

# Public Safety Health and Wellness

## KEYPOINTE MEDICAL WEIGHT LOSS AND WELLNESS

### GOALS: Let's Make Them and Get There

#### Objectives:

- "Real World Conditions" Approach to Goals
- The Importance of Journaling
- How to Set Personal Short Term and Long Term Goals
- "SMART Goals"
- Our Goal For You of 10%
- Creating Goals After You Have Achieved Success



Throughout our bi-monthly meetings we will assess old goals and create new goals every visit.

We will create:

- Observational Goals
- Physical Activity Goals
- Behavioral Goals
- Nutritional Goals

#### "Real World Conditions"

Is an approach /technique that focuses on more than just weight loss. Our main purpose it to have you succeed in all aspects of your life, in order to assist you in such a way need discuss obstacles, behavioral changes, bad habits, as well as eating behaviors.

Goal setting and planning promotes long-term vision and short-term motivation. It focuses intention, desire, acquisition of knowledge, and helps to organize resources. Efficient goal work includes recognizing and resolving all guilt, inner conflict or limiting belief that might cause one to sabotage one's efforts. By setting clearly defined goals, one can subsequently measure and take pride in the achievement of those goals. One can see progress in what might have seemed a long, perhaps impossible grind.

#### Observational Goals:

Examples of observational goals will be to keep a food log and eating behavior diary, we will assess hunger sensation before eating on a 0-5 scale. In this log we will also take note of possible bingeing episodes and try to capture the circumstances around the event like time, place, activities, thoughts, and feelings.

#### Physical Activity Goals:

Examples would be to park further from work and store to walk more, do house cleaning on your gym "off day", perform cardio (x) days a week, increase cardio time (x) minutes each session this week, included resistance training (x) times a week, monitor HR, increase preserved exertion, walk after dinner.

#### Behavioral Goals:

Identify barriers to lack of physical activity (visualize your workout and your great progress), Work on shopping strategies to increase protein and vegetable consumption. Visualize oneself eating less during meals and less frequency of sweets. Reflect on the significance of eating healthy. Log all foods in food journal. Use a food scale to measure meats and carbs, try not to eat in front of a screen. Identify pros and cons of losing weight, practicing more physical activity, eat less sweets and white sugars, etc...

#### Nutritional Goals:

Eat one more serving of vegetables (x) times a week, Drink 8-12 oz of water before every meal and another 8-12oz with your meal, cook meals head of time, read food labels and take note of calories, fat calories, grams of sugar, carbs, fiber and protein, consume at least 20-30 grams of protein with all meals, Read more about healthy fats, healthy carbs and lean meats. Try a new healthy recipe. Find substitutes for high caloric foods and high caloric cravings. Research restaurants menu and calories per dish prior to the outing. Look up healthy choices to restaurants you visit more frequently.

## Want to Succeed?

Here is an important point everyone should know, I'm sure you have heard of it, but do you do it? The greatest gains for weight loss and body transformation is done at home, not at the gym. Numbers of studies have shown the benefits of keeping a food journal, being honest with yourself and writing down everything that goes in (no matter if it was just one bite, or the last three fries on your kids plate), don't forget to include beverages. With our fast pace world we have more options to a food journal than just a pen and paper, we have apps, and cameras on our phone. If you are away from your log, snap a picture of your meal so that you can remember what you ate, your phone will also tell you date and time.

Use this same concept for the gym, write down the name of exercise and how any reps and sets you performed, as for cardio log minutes, machine, and intensity. This way you can track progress of endurance and strength.

Focusing on the ideas above will help maximize your gains and get you to your goal weight.

### THE BIG 10 is Our Goal For You...

The BIG 10 Goal is assisting you in achieving a 10% weight reduction within the first 6 months on being on our program. Our dedicated team is here to help educate you and provide a number of tools to facilitate your efforts. The Big 10 Goal has a short term goal of approximately 1-2 pounds a week. The reason why our team emphasizes the Big 10 is because a number of studies have shown the life improving benefits of such weight loss: resolution of sleep apnea, diabetes type 2, rheumatoid arthritis pain, lipid improvements, decreased cardio vascular risk and most importantly increased life expectancy. We are driven to see you succeed and live a prosperous life.



### Short- Term Goals:

These goals are created for daily and weekly accomplishments. Make these goals specific, be sure these goals will help you get to the long term goal.

### Long term Goals:

This is the end all goal, weight loss and wellness. Its important to keep the "big goal" visible so that you can reflect upon in it each day, doing this will help you stay on track. Post it on the frig or mirror.

### Creating SMART Goals:

**Specific:** Make sure your goals are detailed (ex: "portion out my meals with a food scale and measuring cups", not just "watch what I eat" or "eat less")

**Measureable:** How we will monitor progress (body fat%, muscle mass, inches etc...)

**Attainable:** Make goals important to you and focus on completing short term goals

**Realistic:** Assess your attitude and your willingness to change and work hard

**Timely:** Having a structured plan with a timeline will keep you on track to achieve success

### Achieving personal goals

Achieving complex and difficult goals requires focus, long-term diligence and effort. Success in any field requires forgoing excuses and justifications for poor performance or lack of adequate planning; in short, success requires emotional maturity. The measure of belief that people have in their ability to achieve a personal goal also affects that achievement. Long term achievements rely on short-term achievements.

**Emotional control over the small moments of the single day makes a big difference in the long term.**

### Life After Losing:

Our long term goal for you is to see you to maintain goal weight or continue your great progress long after you complete you goals with our team. We are dedicated to equip you with plenty of education, and behavioral modification to enhance your life, long after completing our program. We strongly advise you to work hard on the fundamentals of weight loss and wellness so that over time it can become second nature. We strive to teach everything you need to know in order to lose weight with out relapse, however we understand, we are only human. We will provide you with a panic value, if you notice you are diverting to old habits and regaining, contact us immediately, we are here for you. Your never alone.

One formula for achievement reads  $A = I * M$

**A = achievement**

**I = intelligence**

**M = motivation.**

**When motivation equals zero, achievement always equals zero, no matter the degree of intelligence. Similarly for intelligence: if intelligence equals zero, achievement always equals zero. The higher the combination of both intelligence and the motivation, the higher the achievements**