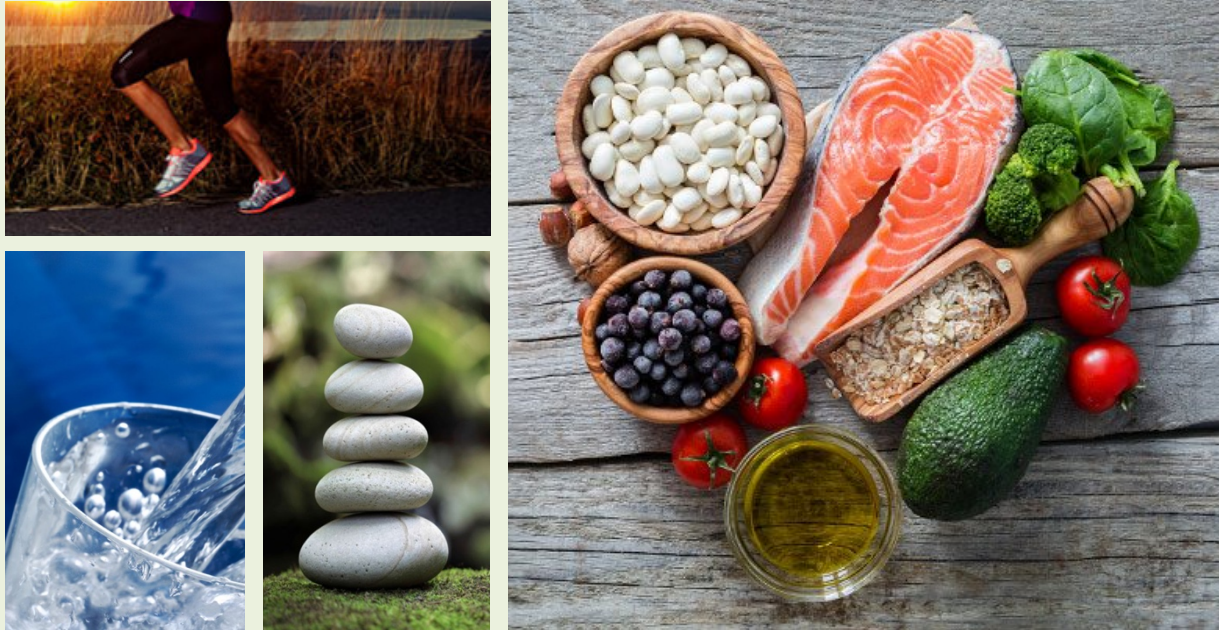


Quick Start Guide to Weight Loss for Weight Wellness



Welcome to the Wholist WholeYou Weight Wellness Coaching Program! We are so excited to be working with you on this journey to your WholeYou! This “WholeYou” we’ll keep talking about is a person who can feel confident in themselves and in their clothes, make intentional food choices, and tackle life with vigor and a clear mind. Along the way we are going to identify your barriers in your life and find ways that work for you to work with them, through them, and past them to get to where you want to be. It is absolutely possible for you to have the crazy busy awesome life that you have while maintaining your ideal weight. Imagine not needing to use food to make yourself feel better during a busy day. Imagine having the time and energy to be productive, eat right, exercise, have fun, take care of yourself and your family, and get enough sleep. Let’s make it a reality!

I know you are stoked to get started. So am I! I wanted to share with you a Quick Start Guide for reference while we prepare for our course and get through the first week of the program on structure and mindset. Then we’ll get into the science of food and weight loss and many more particulars.

1

WHAT IS YOUR WHY? If you are like the rest of us, this feeling of exhaustion and frustration with our health and our weight is not new. You've tried a million things, read "all of the things," and worked hard on it. And maybe you've been successful while you were doing "the things" but then boom, it's back. What is your why now? What is different now? What is your goal weight? Your ideal weight? What will you feel like when you get there? Imagine it, feel it, commit to it.



2

FIND AND COMMIT TIME. We all are busy and we all can't imagine we have enough time to concentrate on one more thing. If meaningful, permanent weight loss is your goal, you can find the time. Sit down and look at your calendar for the last two days. Mark what you did in every 30-minute block. Don't forget TV, social media, phone calls, and email. What can you delegate? What can you let go of? What is a lower priority than this goal of yours? To get the result, you have to change your thoughts and actions. This is the first step. Prioritize you when getting to your WholeYou.

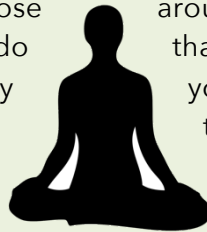
3

MOVE YOUR BODY. Exercise is a great stress reliever, can be a great dopamine "fun" surge, can decrease cardiovascular risk, improve mood and sleep, and can help tone and strengthen muscle and bones. But you can't exercise your way out of a bad diet. You might lose weight, but it'll be a slow weight loss because your body adjusts its energy expenditure accordingly. So exercise is essential—but don't kill yourself doing it in order to lose weight. 30-45 minutes, 3-5 times per week doing something you really ENJOY is key, so you'll keep doing it and get the benefit but not dread going.



4

MINDFUL SELF-CARE. We've all heard it – "You can't take care of others until you take care of yourself." It. Is. Hard. But it is true and essential. If your mind is clear and your body is not overreacting to poor metabolic food input, you will be able to be intentional and present for those around you and you, and they will feel the difference. Explore things to do that give you some clarity on your purpose and remind you of you. Try yoga and meditation. Try a new exercise. Put time aside for yourself on the calendar reserved for reading, a bath, a walk. Make 8 hours of sleep a hard stop for whatever you are doing. It isn't indulgence. It is a necessity.



5

WHAT YOU EAT. The weight science is clear. We've been wrong. Low-fat, calorie-restricted diets are not working because they are counterintuitive to our body's physiological metabolic pathways of use of food and use of energy. No wonder we've been eating so much and still are so hungry. No wonder we've seen ourselves and everyone else fail so miserably at weight loss maintenance. It's not a failure of willpower, it is a triumph of the body's natural processes over our misinformed choices. To lower our weight set point, we need to minimize the insulin surges and the insulin levels between meals. This means you need to only eat at mealtime, eat mindfully and only as much as need to satiate the body hunger. Be wary of the heart or mind hunger. Stop snacking entirely. Nothing between meals. Choose healthy fat, minimal sugar and flour, whole real foods, the right veggies fruits and proteins. After a while, you will be able to recognize true hunger, not false hunger, and realize you are fine with it and know what to do when you feel it.



Here's a course overview to give you an idea of what we'll be covering.

12 Weeks Towards a WholeYou	
Week 1	Setting the Stage For Transformation
Week 2	Building Blocks for Transformation
Week 3	Digging into the Hormonal Effects of Food
Week 4	Definitions, Details, and Food Relationships
Week 5	Macronutrient Details
Week 6	Dig Deeper
Week 7	"Meta" Your Life
Week 8	"Meta Your Protocol"
Week 9	Controversy Week
Week 10	Dig Deeper
Week 11	Intentions and Additions
Week 12	The Feather on the Cap

With that, let's get started!

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