

Weight Management Follow-up Visit
Name _____

OMS 4
Date _____

Current weight _____
Initial weight _____
Last visit _____
Change since first visit _____
Change since last visit _____

Medication _____
BP _____
LMP _____
*UPT _____

BMI _____
Body fat % _____
Water % _____
Resting energy _____

Please answer the questions below

What **challenges** or **difficulties** are you having with your weight loss? _____

If you are taking a **medication***, are you finding it helpful? _____

☐ **yes** ☐ **no**

Any side effects? ☐ **none** ☐ dry mouth ☐ jitteriness ☐ headache ☐ insomnia ☐ nausea ☐ other _____

Are you able to take the medication as directed? ☐ **yes** ☐ **no**

If **no**, what difficulties are you experiencing? _____

Exercise: What type and how often? _____

How well do you **sleep** at night?

☐ through the night ☐ fall asleep easily but can't stay asleep ☐ difficulty falling asleep ☐ frequent or early morning waking

Are you having any **symptoms** or **physical problems** since starting this program? ☐ **none**

☐ hunger ☐ fatigue ☐ fainting ☐ indigestion ☐ headache ☐ tremors ☐ trouble sleeping
☐ cravings ☐ chest pain ☐ short of breath ☐ joint pain ☐ weakness ☐ depression ☐ hair loss
☐ irritability ☐ rapid heart beat ☐ diarrhea ☐ muscle cramps ☐ numbness ☐ anxiety ☐ cold intolerance
☐ lack of control ☐ fluid retention ☐ constipation ☐ rashes ☐ dizziness ☐ moodiness ☐ irregular periods

Food Diary: Consider **WHEN** you eat as well as **WHAT** you eat

- Instead of labeling your meal as "breakfast" please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, eat your larger meal mid-day and your final meal earlier in the evening

time of day **give me an idea of what you eating in a typical day, including beverages!**

Weight Maintenance Session #4: How to Schedule and Plan for Exercise

- 1) Do you currently exercise 3 or more hours weekly? (If yes, skip to question 3)
☐ yes ☐ no
- 2) Could you walk for the purpose of exercise only for 2-5 minutes or greater daily this week??
☐ yes ☐ no
- 3) Do you have any exercise equipment in your home that you could use in case weather does not allow walking outside?
☐ yes ☐ no
- 4) Have you been taught how to lift weights properly?
☐ yes ☐ no
- 5) Could you think of a time to exercise on 3 or more different days of the week?
☐ yes ☐ no

Weight Maintenance Session #4: How to Schedule and Plan for Exercise

1) Do you currently exercise 3 or more hours weekly?

It is really important that you try to get in the mindset of how important exercise is for your overall weight loss success. Unfortunately, most people will not lose weight by exercising alone. A change in diet will be required to lose weight. You will need to exercise to have a greater success in maintaining the weight loss after you lose it. A general goal of 3 or more hours weekly is ideal. Try small increases in time working out with 2-5 minutes a day initially. It is most important to get started in the habit of exercising.

2) Could you walk for the purpose of exercise only for 2-5 minutes or greater daily this week?

If you do not have a physical handicap, you should be able to walk daily for >2 minutes. Start with a short amount of time such as walking 2 minutes daily if you are out of shape patient. Let's agree upon a duration that you can commit to on a daily basis. I will make a note in your chart and we will discuss at your next visit.

3) Do you have any exercise equipment in your home that you could use in case weather does not allow walking outside?

Having an alternative exercise plan in case inclement weather prevents outdoor activities is ideal. Initially, you do not need to invest much money into having exercise equipment. Some inexpensive options include the following: a) Purchase, or find and download a beginner walking DVD and/or aerobics video. b) Use a fitness tracker and walk your local shopping mall c) Purchase resistance bands and start doing upper body exercises d) Purchase an interactive gaming fitness program such as Wii-fitness to challenge yourself.

4) Have you ever been taught how to lift weights properly?

When lifting weights, it is really important to lift with good form while breathing properly. Breathe in while relaxing the muscle and exhale when exerting the muscle. The most common exercise with light dumb bells is to begin by doing arm curls, shoulder presses and/or bench presses. Start with a weight that you can lift easily with proper form 16-18 times the first set. The second set should be 14-16 repetitions. The third set 10-14 repetitions. Try to do 3 or 4 sets of each exercise every time you work out. Challenge yourself by increasing the weight every few months if it is getting too easy. Give your muscles at least 48 hours to rest between workouts. You should only work a muscle group with weights every other day. Cardiovascular exercises such as walking could be done on a daily basis.

5) Could you think of a time to exercise on 3 or more different days of the week?

Finding time to exercise is a challenge for many people. You should evaluate your weekly schedule and make an "exercise appointment" on at least 3 different days. It should become a part of your calendar and you need to make the time to do it. Try waking up a few minutes earlier and walk before getting in the shower for work. Or go out for a walk at lunchtime or before coming home from work. If you work in the city you may be able to walk instead of taking mass transit the whole way home. Unfortunately, people will not find the time to exercise if they do not make it a part of their schedule. The long-term goal is for exercise to become part of your daily/weekly routine. It is important to encourage positive self-talk after a workout. For example, say to yourself: "I feel good after going out for a walk". The hope is that eventually you will start to look forward to going out for a walk.

Is Intermittent Fasting Simply the Next Fad Diet?

Don't be so "fast" to judge

If you keep up with the next big thing in diet and health, then perhaps you have heard about intermittent fasting. And perhaps you quickly dismissed it as crazy, unhealthy, or something you would or could never do. But fasting has been around for centuries. It is part of many religions and cultures. Many of us are advised to fast before a surgery or medical procedure. And no one has been worse for the wear by skipping a meal or two.

Fasting is different from starvation. Therapeutic fasting involves control. It is something you do with purpose. Fasting for health is not a dry fast. In fact, it is imperative to drink water during the waking hours of fasting. Black coffee and tea, even bone broth, can be incorporated, as well.

Jason Fung, MD, who wrote "The Complete Guide to Fasting", refers to fasting as the Seinfeld Diet. All of you familiar with the 1990's comedy series recall it was a show about "nothing". Fasting is the diet of nothing. There's nothing to do. You don't have to shop. You don't have to food prep. It doesn't matter if you have food allergies or sensitivities. It doesn't take any time. AND it doesn't cost anything!

It makes sense that eating nothing could lead to weight loss but you might be thinking how can eating nothing be healthy?!! Well, it's all about insulin. Insulin is a hormone secreted by our bodies when we eat, specifically when we eat carbohydrates and even protein at excess amounts. Insulin is associated with hunger and cravings plus it works like a growth factor. People who cannot make their own insulin are referred to as Type I diabetics. And those that eat excessive amounts of sugar over time may develop insulin resistance. Insulin resistance occurs when the body simply stops responding to the persistent requests to produce more insulin and this may lead to Type 2 diabetes. Women with diabetes during pregnancy are known to have large babies due to the growth factor effect of insulin.

Insulin's job is to take the glucose out of our blood stream and store the unused amounts. The short-term storage form is glycogen which is stored in our liver but is limited to about 24 hours- worth of energy. Any additional glucose is then stored as fat which is long-term and essentially limitless storage. Basically, when we eat, our insulin levels are elevated and we are storing fat. When we don't eat (fast), our insulin levels are low and we can then burn our stored fat for energy.

During the hours that we eat (our "eating window"), our insulin levels are elevated. Over the years we have extended that eating window for more hours of the day. This leads to hunger, cravings and makes us bigger. Back in the 1950's, you ate 3 meals between 7am and 7pm (a 12-hour eating window and 12-hour fast) plus there was no snacking. Now we eat 3 meals and 3 snacks from when we wake up until we go to bed. We have extended our eating window each day to 16 hours or more leaving only the 7-8 hours we sleep for fasting.

What are the benefits of fasting? Again returning to our friend insulin, the magic lies here. When we do not eat, our insulin levels are low. But when we eat for more hours of the day, our insulin levels are chronically elevated. This leads to insulin resistance which not only may lead to diabetes, but heart disease, stroke, dementia and even cancer! There is no medication as effective as fasting for reducing the risk of or for treating these conditions. Fasting has been shown to reverse diabetes, and has been touted with anti-aging and anti-cancer benefits.

Fasting is not for everyone. Fasting is NOT recommended for pregnant or nursing women, children under the age of 18, and anyone who is malnourished or underweight. And if you are taking medications, particularly for diabetes, you should check with your doctor first.

What are the different regimens for fasting? If you decide to undertake a fasting regimen pick one that fits into your lifestyle. Keep in mind the food that you choose during your eating window will affect how hungry you may be during your fasting hours, at least initially.

During the “eating window”, choose healthy fats and protein and less carbohydrates as this will keep your insulin levels lower and control your hunger. Also remember that eating is often “routine”. We eat because it is time to eat and not necessarily because we are hungry. Therapeutic fasting is about incorporating a new routine.

Time-Restricted Feeding refers to short daily fasts. Fasting was a hot topic at Obesity Week this past year in Washington, D.C. Data presented on time-restricted feeding revealed that participants restricted to an 8-hour eating window (10am – 6pm) lost 2.6% of their body weight over 3 months. They were NOT advised on what foods to eat just when to eat. They naturally ate 350 calories less per day by limiting their window. Another study in resistance-trained men comparing the same total calories consumed in an 8-hour versus 12-hour eating window over 8 weeks, resulted in decreased fat mass while maintaining muscle mass. Their LDL (bad) cholesterol and triglyceride levels decreased as well.

Longer intermittent fasting regimens include a 24-hour fast (eating one meal each day 24 hours apart) or a 36-hour fast (eating dinner on day 1 then skip all meals day 2 and not eat again until breakfast on day 3).

Longer fasts are more powerful as you have used up all your glycogen (short-term energy storage) and then your body converts to burning your stored fat. These longer fasting regimens have also shown to improve all cholesterol levels and improve sugar and insulin values.

Alternate-Day Fasting alternates a day of fasting (either a 0-calorie water fast or a 500-calorie meal plan) with a regular day of eating. You might be concerned you will overeat the day after your fast and you are correct. However, studies have shown that most people only overeat by about 500 calories. If your normal regimen is 2,000 calories per day, the post-fasting day typically averages at about 2500 calories. Thus, the total calories consumed over the two days is much less. Some people follow a regimen of fasting 2 out of the 7-day week. This is referred to as a 5:2 diet.

Extended Fasting. This is the big leagues and definitely not a place to start. This refers to fasts longer than 42 hours. Extended fasting has been used in many cultures for centuries and has been studied in medical literature over the past century. During extended fasting, the brain stops using glucose for energy and switches to the use of ketones from fat burning.

Fasting Mimicking Diet (FMD). The FMD was created by Dr. Valter Longo, director of the Longevity Center at USC. He sought to replicate the benefits of water fasting while still providing the body with nutrition. His modifications avoid the calorie deprivation associated with other types of fasting. His protocol is based on decades of research, including several clinical studies.

Though anyone can follow the principles of fast mimicking, Dr. Longo sells a five-day weight loss program called the ProLon Fasting Mimicking Diet through L-Nutra, a nutrition technology company that he started. The ProLon Fasting Mimicking Diet plan includes five-day, prepackaged meal kits. All meals and snacks are whole-food derived and plant based. The meal kits are low in carbs and protein yet high in healthy fats like olives and flax. During the five-day period, dieters only consume what’s contained within the meal kit. The low-calorie, high-fat, low-carb content of the meals causes your body to generate energy from noncarbohydrate sources after glycogen stores are depleted. This process is called gluconeogenesis.

According to one study, the diet is designed to provide 34–54% of normal calorie intake. This calorie restriction mimics the body’s physiological response to traditional fasting methods, such as cell regeneration, decreased inflammation, and fat loss. ProLon recommends that all dieters consult a medical professional — such as a doctor or registered dietitian — before starting the five-day fast. The ProLon five-day plan is not a one-time cleanse and must be followed every one to six months to obtain optimal results.

Intrigued? An easy way to get started is to pick a 12-hour window, such as 7am-7pm, to consume all your meals. Then simply don’t eat between 7pm and 7am. Please drink water, black coffee or tea, during your waking fasting hours. When you master that, shorten your eating window to 10 or even 8 hours each day and watch the magic happen.

Read more at <http://dunnewithdieting.com/weightmanagementvisits/4ifandketo.html>

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