

Welcome To Seminar #2

So glad you are with us for this course!

Contents:

Recipe.....	2
Worksheet.....	3
Exercise.....	4
SMART Goals.....	7
Achievement Record.....	8

RECIPE

Cauliflower Alfredo

Ingredients

3 cups cauliflower or 16 oz bag frozen
¼ cup cashews
¼ cup nutritional yeast
2 tsp garlic powder or 6 cloves garlic
1-½ tsp salt

Instructions

1. Bring a large pot of boiling water to a boil.
2. Add the cauliflower and cook, covered, for 8-10 minutes or until the cauliflower is fork tender. Reserve 1 cup of the boiling water.
3. Heat the olive oil in a large skillet over medium heat.
4. Sauté the minced garlic until soft and fragrant, but not browned, about 1-2 minutes.
5. Use a slotted spoon to transfer the cooked cauliflower to a blender.
6. Add the sautéed garlic, reserved 1 cup cooking liquid, salt, nutritional yeast, and cashews.
7. Cover the vent in your blender lid with a thin kitchen towel to allow venting and puree until the sauce is smooth and creamy, about 1 minute.
8. If the sauce starts to look dry, add a few drops of water.

Session 2 Worksheet

1. Three types of fats: ____ fats, ____ fats and ____ fats.
2. A dinner high in total fat _____ insulin requirements in persons with type 1 diabetes compared to a low-fat dinner.
3. As fatty acid levels rise in blood, glucose entry into muscle cells _____.
4. In the Nurses Health Study, diets highest in trans fats increased risk of diabetes by __%.
5. Diets higher in saturated fat _____ risk of diabetes.
6. Nuts, seeds, avocados, coconuts, and olives are nutrient-dense foods with _____ fat.
7. Replacing trans fats and saturated fats and with _____ fats reduces the risk of type 2 diabetes.
8. ____ whole foods contain fat.
9. Low-density lipoprotein (LDL)-cholesterol particles in blood _____ the risk of heart disease.
10. Replacing 10% of your calories from saturated fat with _____-rich whole foods may reduce total cholesterol by about 20 mg/dL and LDL cholesterol about 14 mg/dL.

BURST TRAINING: WHAT NEXT?!

By Lora Lucas

BURST TRAINING PROGRESSION

- Last week we talked about how to begin a burst training program.
- This week I want to
 - Review what we learned.
 - Focus on a way that you might increase your training potential through Burst training.

BURST TRAINING: GOAL

- The goal of burst training is to get you performing aerobic exercise.
- Aerobic exercise is also known as
 - Cardiovascular exercise
- How will you know that you are performing burst training correctly?
 - Breathing
 - Heart Rate
 - Talking
 - Comfort

BURST TRAINING: CHANGING A VARIABLE

- Increase the length of your bursts
 - If you started with bursts of 20-30 seconds in length.
 - Increase your burst by 2-5 seconds in length.
 - Now your exercise is 22-35 second long bursts.

What if???

- It's all I can do to perform a 20 second burst.
 - Good – keep at this schedule this week!
 - Know that it will become easy.
 - Try again to increase your burst length next week.

BURST TRAINING: GOALS

- REMEMBER THE GOAL: Increase **YOUR** heart rate!
 - Once you have completed the burst, you want your heart rate to slow safely.
- Breathing matters!
 - Sometimes while I'm doing my cardio my breathing sounds like a dog panting! I'm gasping for air!
 - Intensity – too strong for conditions?
 - Heat? Hydration? Illness? Allergies?
 - Resolve any of the above issues prior to returning to activity.
 - Pursed-lip Breathing

1 - 10 Borg Rating of Perceived Exertion Scale	
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal: Just like my hardest race

Graphic Credit: <https://exercise.trekeeducation.org/assessment/borg-scale-rpe/> . Accessed June 7, 2021.

BURST TRAINING: RECOVERY & PURSED-LIP BREATHING

- Think of this as birthday candle breathing.
 - Breathe in through your nose deeply.
 - Think of smelling a rose garden
 - As you're ready to exhale, blow out of your mouth.
- Think of blowing out candles.

Think of this as birthday candle breathing.



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S.M.A.R.T. HEALTH GOALS – Week 2
Specific Measurable Attainable Relevant Time-Based

“I can do all things through Christ which strengtheneth me.” Phil. 4:13

It is important to apply these principles we have learned in order to achieve success. We have given you suggestions, but to make them work, you need to customize them to fit your individual situation.

For example, a goal which states, I want to lose weight is not acceptable because it is not specific, there is nothing to compare it to; therefore, I will never know when my results are good enough or when I plan to accomplish it. However, a goal which states I will lose 1 pound by (date) is a SMART goal as it meets all five of the elements. This week you will write out seven SMART goals. Keep the goals small so you can realize success.

WEIGHT: Set your own goal to lose 1-2 pounds this week. Losing weight too fast is unhealthy.

EXERCISE: Burst training for 5-10 repetitions, 3-6 days a week; increase the number of repetitions and increase the burst by 2-5 seconds. In addition, do moderate exercise for 20 minutes after eating. Set the goals at a level you believe you can accomplish.

RECIPES: Try some high-fiber recipes this week. Each of the fiber wheels in the [Full Plate Diet](#) book are recipes. Write down how many you can realistically try this week. Write down the ingredients you may need to purchase on your way home.

BLOOD SUGAR: Write out how often you are going to check your sugars.

LEARNING: Read [The End of Diabetes](#) pages 1-40 this week.

FIBER: 30-35 grams/day. Keep the [Full Plate Diet](#) book handy for reference. Also, read nutritional labels to check for total grams of fiber.

WATER: Drink 8-10 glasses of water per day; set the goal at a level you believe you can accomplish.

MY GOALS:

1. **Weight:** I will lose _____ pounds by _____.
2. **Exercise:** I will do Burst Training for _____ repetitions _____ days this week.
I will do moderate exercise for _____ minutes after _____ meals each day for _____ days this week.
3. **Water:** I will drink _____ glasses of **water** per day.
4. **Fiber:** I will increase my fiber intake to _____ grams per day.
5. **Recipes:** I will try at least _____ new high-fiber recipes this week.
6. **Blood Sugar:** I will check my blood sugar _____ and when I feel badly or as instructed by my doctor.
7. **Learning:** I will read [The End of Diabetes](#), pages _____

**DIABETES REWIND
SEMINAR**

Achievement Record

You may use the following card to help you keep track of your goals this week.

DATE														
GOAL	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
WEIGHT														
EXERCISE														
WATER														
FIBER														
RECIPES														
BLD SGR														
LEARNING														

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