

Welcome

To

Seminar #4

So glad you are with us for this course!

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RECIPE

Carrot Balls

Ingredients

1/3 cup almonds
1/2 cup dates
1 cup grated orange carrots
1/2 cup rolled oats
1 teaspoon ground cinnamon

Instructions

1. First grate the carrots and set them aside.
2. Then put the almonds together with the dates into a food processor or blender and process until a sticky mixture forms.
3. Add this to the grated carrots.
4. Stir in the rolled oats, the coconut flakes, the cinnamon, and the vanilla extract.
5. Knead it with your fingers, so it all sticks together.
6. Form about 12-15 energy balls depending on the size you want.

Session 4 Worksheet

Carbohydrates

1. Carbohydrates are made up of _____ molecules.
2. Two main types of carbohydrates: _____ carbohydrates and _____ carbohydrates.
3. Consuming _____ sugars in beverages leads to increased levels of small LDL (bad) cholesterol particles, higher blood sugars and higher inflammation markers in young healthy persons.
4. Data from 3 large studies, showed greater consumption of whole fruits was linked with lower risk of type 2 diabetes, while greater consumption of fruit juice is associated with _____ risk.
5. Intact whole grains keep their layers of bran and germ intact. Refined grains are stripped of both leaving just the inside _____.
6. Replacing 1/3rd serving/day of white rice with brown rice or another whole grain _____ risk of developing T2 diabetes.
7. Highest consumption compared to lowest consumption of _____, which exist in whole carbohydrate-rich foods, lowered the risk of death from all causes by 60% over 5 years.
8. Antioxidant content in whole carbohydrates _____ the antioxidant content in animal foods.
9. Humans cannot cut _____ into single sugars to use as energy, but bacteria in our microbiome can metabolize _____.
10. Benefits of dietary carbohydrate include increased _____ stores in muscles; these stores correlate with better exercise performance.

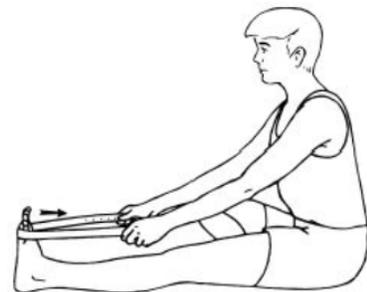
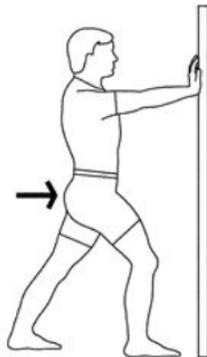
HELPFUL STRETCHES

By Lora Lucas

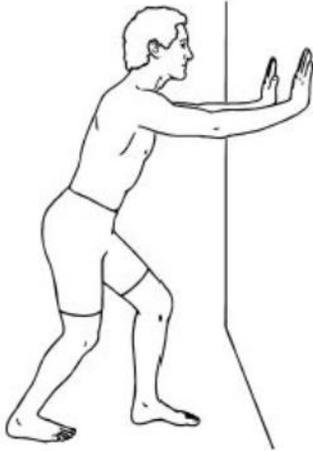
STRETCHES: BASIC PRINCIPLES

- Hold each stretch 15-30 seconds.
 - Smaller muscles don't need as long
 - Larger muscles ideal stretch time is 30 seconds
- Repeat each stretch 3 times on each side.
- Stretch gently
 - DO NOT BOUNCE.
 - DO NOT STRETCH TO TEARS.
- Watch your form carefully
 - Stretch near a mirror.
 - Have a family member check your stretch form with the exercises demonstrated.

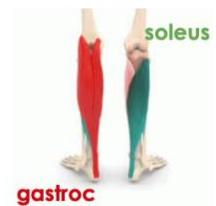
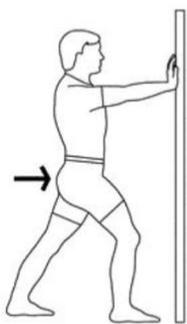
HEEL CORD STRETCH A (CHOOSE 1)



HEEL CORD STRETCH B (CHOOSE 1)

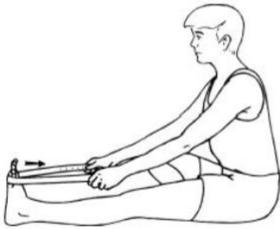


HEEL CORD STRETCHES - COMPARISON



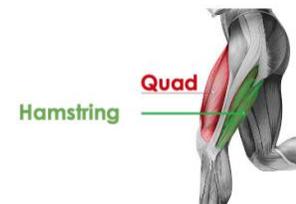
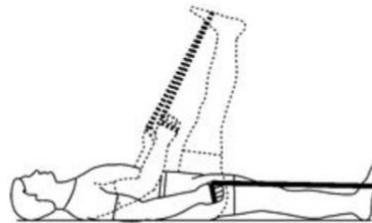
Stretch A is for the **Gastroc**, Stretch B is for the **Soleus**

HEEL CORD STRETCHES - COMPARISON

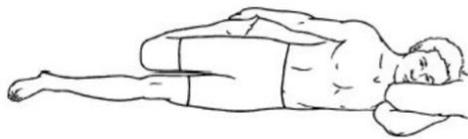
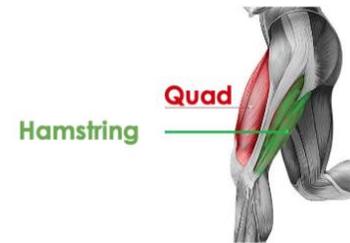


Stretch A is for the Gastroc, Stretch B is for the Soleus

HAMSTRING STRETCH (CHOOSE 1)



QUADRICEPS STRETCH



ASSIGNMENT

- Choose 1 each:
 - Gastroc stretch
 - Soleus stretch
 - Hamstring stretch
- Also perform:
 - Quadriceps stretch
- Perform stretches after burst training sessions.
- Use last week's principles to increase your burst training by 1 additional variable this week.



REFERENCES

- *Physiotherapy Exercises*, www.physiowarzish.in/. Accessed: July 07, 2020.
- Brilliant, Posted by Jolita. "4 Hamstring Stretches For Office Professionals." *Brilliant Massage & Skin TM*, 22 July 2019, jolitabrilliant.com/5-hamstring-stretches-office-professionals/. Accessed July 07, 2020.
- https://upload.wikimedia.org/wikipedia/commons/thumb/d/d8/Triceps_surae_-_animation.gif/240px-Triceps_surae_-_animation.gif accessed June 08, 2021.
- <https://geauxchiro.com/blog/quads-vs-hamstrings>. Accessed June 08, 2021.

S.M.A.R.T. HEALTH GOALS – Week 3
Specific Measurable Attainable Relevant Time-Based

“Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle’s.” Psalm 103:5

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.

This week you will write out seven S.M.A.R.T. goals. Keep the goals realistic so you can achieve success.

WEIGHT: Aim for a healthy weight loss of 1-2 pounds this week

EXERCISE: Continue burst training 3-6 times a week; increase by one repetition each session until you can achieve 10. Increase burst by 2-5 seconds until you get up to 30 seconds. You select what you can do.

Continue moderate exercise after meals. Choose the number of meals/day. After your burst training session, incorporate stretches.

WATER: Drink 8-10 glasses of water a day (very important as you increase the fiber in your diet).

FIBER: First-time participants eat 20-25 grams/day. Returning participants 2nd session eat 30-35 grams of fiber/day. Returning participants 3rd session eat 40-45 grams of fiber/day. Continue to use the [Full Plate Diet](#) book.

RECIPES: The back of [The End of Diabetes](#) (p. 217) includes recipes. Continue to use the [Full Plate Diet](#) book and Rachel’s recipes featured in class.

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

LEARNING: Select the next section of [The End of Diabetes](#) that you will read this week.

DIABETES REWIND SEMINAR

MY GOALS:

1. **Weight:** I will lose _____ pounds by _____.
2. **Exercise:** I will do Burst Training for _____ repetitions _____ days this week. I will perform _____ stretches after Burst training.
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 _____

Achievement Record

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

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

Adapted from Stephen Wickham 2018.