

# Welcome To Seminar #5

*So glad you are with us for this course!*

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## RECIPE

### Spinach Crepes with Sweet Potatoes

#### Ingredients

##### For the Crepes:

4 handfuls spinach leaves  
1 1/2 cup water  
1 cup chickpea flour  
1/4 cup corn starch  
1 teaspoon baking powder  
2 tablespoons olive oil  
1 teaspoon salt

##### For the Sweet Potatoes:

2 sweet potatoes, diced  
A few fresh thyme leaves  
2 cloves garlic, crushed  
Olive oil  
salt

#### Instructions

##### For the Crepes:

1. Blend or mix the water and spinach, add to a bowl.
2. Stir in the remaining ingredients and set aside for 15 minutes to 1 hour.
3. Heat a small non-stick pan (16 cm) over medium heat. Lightly spray with oil.
4. Add a thin layer of batter (1/4 – 1/3 cup) and tilt the pan around to distribute evenly.
5. Bake until the batter starts to solidify and bubbles appear. Loosen the sides with a spatula and carefully flip the crepe. Repeat with the remaining batter.

##### For the Sweet Potatoes:

1. Preheat the oven to 375°F.
2. Place the sweet potatoes, garlic and thyme in a baking tray.
3. Season with salt and pepper.
4. Lightly coat with olive oil.
5. Bake the potatoes for 15-20 minutes or until golden and crunchy, stirring them halfway.

## Session 5 Worksheet

1. Twelve months of calorie restriction or exercise intervention resulted in a similar reduction in body fat mass and a \_\_\_\_\_ reduction in insulin resistance.
2. In a 16:8 daily intermittent fast, a person \_\_\_\_\_ during an 8-hour window and \_\_\_\_\_ during a 16-hour window daily.
3. In a studies of overweight persons, a daily intermittent fast caused people to \_\_\_\_\_ calorie intake by 300-500 calories per day without counting calories.
4. Diet induced thermogenesis, or the energy dissipated as heat after a meal, was \_\_\_\_\_ times higher after breakfast than after supper.
5. Peak blood sugar level after a late dinner was \_\_\_\_\_, and the amount of fat burned was \_\_\_\_\_, than after an early dinner.
6. Ten minutes walks after meals 3 x daily lower 24-hour glucose values \_\_\_\_\_ than a 30-minute walk daily at a random time of day.
7. Regular aerobic exercise plus strength training lowered hemoglobin levels \_\_\_\_\_ than either aerobic exercise or strength training alone.
8. The amount of moderate aerobic physical activity recommended for US adults is at least \_\_\_\_\_ minutes per week.
9. When a person is exercising at a moderate intensity, they should be able to \_\_\_\_\_ but not sing.
10. People who are most successful at maintaining body weight after weight loss often exercise \_\_\_\_\_ than 250 minutes per week.

# THE “OTHER” EXERCISE

By Lora Lucas

## WHERE WE’VE BEEN

- Burst exercise” (HIIT)
- Progression of Burst exercises
- More ways to progress
- Stretching principles & exercises
- ...

## WHERE WE’RE GOING...

- “Burst exercise” (HIIT)
- Progression of Burst exercises
- More ways to progress
- Stretching principles & exercises
- ...
- **Strength training principles & exercises**

## STRENGTH TRAINING: WHY?

- Lean muscle mass naturally ↓s with age
  - Our bodies will replace those spaces made
  - The replacement is FAT!
- Bone density improvements to fight Osteoporosis
- Help manage/lose weight, increase metabolism, burn more calories
- Enhance your quality of life by improving your ability to do everyday activities
- Sharpen your thinking skills
  - Slows functional declines in dementia
- Reduce many side effects of diseases
  - Arthritis
  - Back pain
  - Obesity
  - Heart disease
  - Depression
  - Diabetes

## STRENGTH TRAINING: WHERE/HOW?

- Home vs. Gym
- Resistance types
  - Weight machines
  - Body weight
  - Resistance bands or tubing
  - Free weights
    - options
- Check with your doctor before you begin!
- Warm up with an aerobic (cardio) activity for 10 minutes before you begin.
  - Injuries happen more with cold muscles than warm muscles.

## STRENGTH TRAINING: BASIC PRINCIPLES

- Breathe with the work!
- Stand in front of a mirror or video yourself.
- Exercise by holding supporting every part of your body (using muscles to hold still) while you actively move that one muscle group you're strengthening.
- Be efficient!
- Listen to your body!
  - Pain ≠ soreness.
    - Pain happens while you are working a muscle. Something is wrong! Stop!
      - ↓ the amount of weight & try again
      - If pain continues, try again in a few days.
    - Soreness is a delayed reaction to muscle strengthening. You're doing it right! Keep on!
- Strength training should not focus on the same muscles daily!
  - Arm/Core day
  - Leg day
- Strength training should be slow & rhythmic – no jerking motions.
- Dept. of Health & Human Services recommends strength training at least 2x/week.
- Goal: replacing shrinking muscle fibers with new strengthened muscle.

# ARM EXERCISES



## CORE EXERCISES

### Abdominal Bracing



## LEG EXERCISES





## MORE OPTIONS

FITON

Fitness Nutrition Wellness Guides Help Login SIGNUP

**#1 Free Fitness App.  
Work Out Anytime.  
Anywhere.**

Unlimited access to the world's best workouts from celebrity trainers

SIGN UP FOR FREE



## ASSIGNMENT

- Continue to ensure you're challenging your aerobic capacity.
  - Increase another variable of your Burst training.

Week 3 outlines the possible variables. **CHOOSE ONE:**

- A. Increase a variable you've already changed **OR**
  - B. Try to increase your intensity using another variable
- Start with 2 sessions this week of Strengthening exercises

If possible for you:

- One session on strengthening arms/core
- One session on strengthening legs

## SOURCES CITED

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**S.M.A.R.T. HEALTH GOALS – Week 5**  
*Specific Measurable Attainable Relevant Time-Based*

“The young lions do lack, and suffer hunger: but they that seek the Lord shall not want any good thing.” Psalm 34:10

Apply the principles we have learned in order to achieve success. If you have been attending the whole program, you have seen suggested goals, and know how to customize them to fit your individual situation. If you are unsure, you may refer to previous **S.M.A.R.T. GOAL INSTRUCTIONS** for guidelines.

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

Barriers can prevent you from achieving your goals. Do you have a **BARRIER?** Are you having trouble in an area and not achieving your goal? Participate in a group discussion about barriers that are keeping your from achieving success. Use the following five steps to help guide you in this effort.

1. Identify barriers that are preventing you from achieving your goals.
2. Select a barrier to work on.
3. Brainstorm ways to overcome this barrier (make a list).
4. Select the best option to work on this week.
5. Report your progress to your group next week.

Based on the opportunity you selected, what do you need to change to be successful? Write this as a SMART Goal for #8.

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 \_\_\_\_\_.
8. **Reversal Strategy:** \_\_\_\_\_

## 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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