

Welcome To Seminar #3

So glad you are with us for this course!

Contents:

Recipe.....	2
Worksheet.....	3
Exercise.....	4
SMART Goals.....	7
Achievement Record.....	8
Daily Menu Worksheet.....	9

RECIPE

Mediterranean Salad

Ingredients

- 1 ½ cups cooked garbanzo beans- (1 can, drained and rinsed)
- 1 bell pepper-diced
- 1 cup chopped vine ripened tomatoes
- 1 cup chopped cucumber
- 3 scallions, sliced on the diagonal
- ½ cup fresh mint- chopped
- ½ cup kale– chopped

Tahini Dressing

Ingredients

- ½ cup tahini
- ¼ –⅓ cup warm tap water, more to desired consistency.
- 2 tablespoons lemon juice (more to taste)
- 2 garlic cloves (finely minced – use a garlic press) or ½- 1 tsp garlic powder
- ½ teaspoon sea salt.

Instructions

1. Put all ingredients in a bowl and mix until well combined.
2. If consistency is too thick, add more water, too thin add more tahini.

Session 3 Worksheet

Proteins

1. _____ are the building blocks of body tissues.
2. Proteins are comprised of _____ acids.
3. There are 2 main sources of dietary protein: _____ foods and _____ foods.
4. All whole foods contain some _____.
5. Intake of processed and unprocessed red meat _____ the risk of developing type 2 diabetes.
6. Egg consumption has been linked with _____ risk of developing type 2 diabetes.
7. Both plant and animal foods contain leucine, but the concentration of leucine is _____ in animal foods.
8. Heme iron is found predominantly in _____ foods.
9. Advanced glycation end products (AGEs) are formed in your body when a sugar molecule attaches to protein or fat. AGEs are also present in food. Foods found to have the lowest AGE content were _____ foods high in _____.
10. The ability of legumes to lower blood glucose values, not only after the meal they are eaten at but also at the next meal, is called the _____ meal effect.

BURST TRAINING: HELPFUL TIPS

By Lora Lucas

BURST TRAINING PROGRESSION

- Last week we talked of increasing the length of each burst.
- This week I want to focus on other ways that you might increase your training potential through Burst training.

BURST TRAINING

- What is the goal of burst training?
- As you are looking at possibilities for ways to increase your aerobic exercise, let's find some possibilities.
- Remember! Only choose one way to increase your aerobic exercise in any one session.

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

BURST TRAINING: VARIABLES # 1 - 6

#1 Length of bursts

- Start with bursts of 20-30 seconds in length.
- Increase your burst by 2-5 seconds in length.
- Last week we increased your burst length from 20-30 seconds the first week to 22-35 seconds. Keep that increased burst length this week & add another variable!

#2 Number of bursts in an exercise session.

- If you began with 3-5 bursts of exercise in a session, increase that by 1 burst in this week's session.
- Length of burst session
- Number of bursts in an exercise session

#3 Number of days of burst training in a week

- If you started burst training 3 days a week, increase that to 4 days a week.

#4 Increase your speed

- As you perform burst training in a regular "course" find landmarks that you start at and see if you can go farther in your next burst session.

#5 The terrain

- If you begin burst training on level ground, add a hill into your course.

#6 Change what exercise you are doing

- If you've started with sit to stand exercises perhaps it's time you tried walking/running bursts.
- Biking with bursts
- Jump rope
- Burpees
- Mountain climbers

ASSINGNMENT!

- #1 Length of burst session
- #2 Number of bursts in an exercise session
- #3 Number of days of burst training in a week
- #4 Increase your speed
- #5 Vary the terrain
- #6 Change what exercise you are doing.

BURST TRAINING: GOALS

- REMEMBER THE GOAL
-
- This is cardiac training, you're trying to get your heart to beat faster!
 - You should be out of breath at the end of each burst session – unable to talk in a complete sentence.
 - When you slow your pace, your breathing should return near normal before beginning another burst.
- As you continue, your heart and lungs will improve in efficiency.
 - Your breathing will “normalize” more quickly after burst exercise.
 - Your heart rate will return to its resting pace faster.
- Keep consistent!
 - You will find your resting heart rate will slow – another way to show you're making improvements in your health status! Celebrate that!

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

“I will instruct thee and teach thee in the way which thou shalt go.” Ps. 32:8

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: 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.

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. You can also catch up on suggested reading for weeks 1 and 2.

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 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														

Daily Menu Worksheet

BREAKFAST

LUNCH

SUPPER