

Welcome To Seminar #6

So glad you are with us for this course!

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RECIPE

Tex Mex Bowl

Ingredients

Recipe for Tofu Marinade	1-2 cups shredded lettuce
Recipe for Cauliflower Rice	Handful of cherry tomatoes
Recipe for Avocado Ranch	1 small cucumber
1 15 oz can black beans	

Tofu Marinade

7-ounces firm tofu	1 tsp chili powder (optional) or 1
1 tsp maple syrup	tsp cumin
1 tbsp Braggs liquid aminos	1 tbsp almond butter

1. Whisk together all the marinade ingredients together until combined.
2. Drain the tofu very well.
3. Line a plate with a paper towel, place the tofu on top, add another layer of paper towel and place something heavy on top. Press the tofu for 5-10 minutes.
4. Cut it into cubes and add it to the sauce.
5. Stir to coat and let marinate for at least 20 minutes.
6. Heat a large nonstick skillet over medium heat.
7. Add the tofu and cook for 5-6 minutes, stirring frequently until the tofu is light brown. Remove from heat and set aside. Alternatively, bake at 350 for 20 minutes or air fry tofu.

Cauliflower Rice

2 cups of cauliflower, either chopped fine or frozen riced cauliflower

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.

(recipe continues on next page)

Tex Mex Bowl (continued)

Avocado Ranch Dressing

1 medium avocado	1 teaspoon dried parsley
1/2 cup unsweetened almond milk	1 teaspoon dried dill
2 Tablespoons lemon juice	2 Tablespoons fresh parsley, basil or dill (pick your favorite)
1 clove of garlic	1/2 teaspoon sea salt
1 teaspoon garlic powder	
1 teaspoon onion powder	

1. Place all ingredients in a high-powered blender and process until smooth and creamy, adding more almond milk if the dressing seems too thick.
2. Once the texture is to your liking, taste and season with additional salt and pepper if needed.

Session 6 Worksheet

1. Persons with type 2 diabetes are advised to sleep _____ to _____ hours per night.
2. Good sleep quality and adequate sleep duration leads to higher daytime leptin levels and _____ food-seeking behaviors.
3. Good sleep quality and adequate duration leads to _____ insulin sensitivity.
4. Circadian misalignment, highly prevalent among shift workers, increases blood _____ and _____ levels after meals.
5. Intermittent fasting raised nighttime _____ production in men.
6. Produced during sleep, _____ burns fat, restores muscles, and helps the body repair itself at a cellular level.
7. Late night meals during intermittent fasts have been shown to reduce _____ levels.
8. Diabetes _____ is defined as achieving markers of blood glucose (i.e. fasting blood sugars or A1c values) below the diabetic range in the absence of active medications or surgical therapy.
9. The _____ test indicates how much insulin beta cells are capable of making and can help indicate whether a person will need medication in addition to lifestyle changes to manage their blood sugars.
10. The speed at which you transition to a low-fat plant-based, whole food diet is _____ important than developing sustainable daily habits and consistency.

EXERCISE: WHAT WE'VE LEARNED IN REVIEW!

By Lora Lucas, DPT

BURST TRAINING: GOAL & DEFINITION

- The goal of burst training is to get you performing aerobic (cardiovascular) exercise.
- The goal of this form of exercise is to improve your body's efficiency pumping blood.
 - Nutrients
 - Water
 - Removal of waste from cells
 - Aid in healing processes
- You will be performing bursts of activity at a higher intensity than your normal pace.
- How will you know that you are performing burst training correctly?
 - Breathing
 - Heart Rate
 - Talking

BURST TRAINING: WHERE TO START

- Burst training: hit it hard & take a break.
 - Choose a form of exercise you can do easily and safely!
 - Start your exercise session by warming up by walking at a normal pace.
- Sample:
 - After 3-5 minutes of walking at a normal pace, add a "burst".
 - Increase your speed to "as fast as you can"
 - What if all I can do is a slow jog? That's okay. If you can do that safely, go for it!
 - Continue this "burst" of activity for 20-30 seconds.

BURST TRAINING: WHERE TO START

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

**Breathing between
“Hard” & “Really Hard”**

BURST TRAINING: WHERE TO START 2

- If you're new to cardio exercise, 20 seconds is a good starting point for your burst.
- Complete your burst by returning to a walk at normal pace.
- Repeat this burst-normal pace pattern 3-5 times to complete this exercise session.
- Be sure to end your session with a 3-5 minute cool down of walking at normal pace.

BURST TRAINING: GOALS

- REMEMBER THE GOAL: your heart should be pounding!
 - Once you have completed a “burst”, you want your heart rate to slow safely.
 - Exercise gently through recovery
 - Catch your breath
 - Drink water to hydrate!
- Frequency?
 - Burst training should occur 3-6 times a week.

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

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.



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BURST TRAINING: VARIABLES

- Length of burst session
- Number of bursts in an exercise session
- Number of days of burst training in a week
- Increase your speed
- Vary the terrain
- Change what cardiovascular 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 improvement in your health status.

STRETCHES- BASIC PRINCIPLES

- Hold each stretch 15-30 seconds.
 - Smaller muscles don't need as long
 - Larger muscles ideal is a minimum of 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.



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- BASIC PRINCIPLES

- 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.

ASSIGNMET

- Keep your aerobic exercise challenging!
 - Follow principles to keep breathing hard!
- Continue stretching exercises after each burst session.
- Add at least 2 days/week of strengthening exercises.
- Build YOUR accountability team strong to continue all year long!

S.M.A.R.T. HEALTH GOALS – Week 6

Specific Measurable Attainable Relevant Time-Based

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”
Galatians 6:9

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.

After this program, you will not be meeting each week with your coach. Consider how you would like to continue to meet your goals. Also, what happens if you should gain back a few pounds or if you notice your blood sugar is starting to rise a little? Follow these tips.

1. Plan your health goals for the next 4 months.
2. Set specific times to re-evaluate your goals – once a week is good.
3. If you are not meeting your goals, take corrective action to get back on track.
4. Set a benchmark that if you begin to gain weight or your blood sugar is starting to rise, you will take corrective action. (Perhaps this will be a weight gain of five pounds or your blood sugar is over 120 for several days within a week or two.)
5. Partner with someone who can help you be accountable.
6. Phone a friend. Did you make a new friend in this seminar with a classmate or your table coach? Exchange phone numbers and check in with them regularly or at a scheduled time.
7. Begin a collection of your favorite new recipes and exchange them with your class or friends.
8. Continue to learn about your health by reading and/or attending additional health seminars.
9. Claim Bible promises, such as the one at the top of this sheet, and ask God to help you not to grow weary as you strive to improve your health.

(Goals continue on next page)

**DIABETES REWIND
SEMINAR**

Weight: I will lose _____ pounds by _____.

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.

Water: I will drink _____ glasses of **water** per day.

Fiber: I will increase my fiber intake to _____ grams per day.

Recipes: I will try at least _____ new high-fiber recipes this week.

Blood Sugar: I will check my blood sugar _____ and when I feel badly or as instructed by my doctor.

Learning: I will read [The End of Diabetes](#), pages _____.

Reversal Strategy: _____

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														

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