



An HMR® Program

Fundamentals of Weight Loss

We want to do as little work as possible. As much as we'd like to say we'll count calories, do extra exercise, or "get back on track tomorrow", the truth is that there will always be a time when we do not want to do the work (i.e. vacations, holidays, emotional distress) or a time where we CAN NOT do the work (i.e. the gym is closed, our work schedule gets crazy, we don't have the time). We need options that are practical, flexible, and can be done, regardless of the challenges we face, if we expect ourselves to lose weight AND keep it off long term.

What do we need to do?

Track our progress: Weigh ourselves once per week and record it. Check monthly to make sure we are meeting the expected progress.

Keep records: Write down what we eat, and what we do for Physical Activity. Use the records to make changes to our routine as necessary (i.e. when we aren't losing weight).

Eat more fruits and vegetables: Incorporate fruits and vegetables at all points throughout the day. Increase the amounts and the variety. Enjoy them without adding high calorie condiments.

Do more Physical Activity (PA): Move more often. Start by incorporating movement into everyday activities (i.e. take the stairs instead of the elevator). Then add activities that are enjoyable (i.e. walking, gardening, bowling, dancing).

Make more healthy food substitutions: Replace higher calorie foods with lower calorie options (i.e. turkey burger instead of beef, diet soda instead of regular, popcorn instead of chips). Practice until find an alternative that we are happy with.

IMPORTANT: We eat for many different reasons. We need alternatives that address all of our needs. We need things that taste good, things that fill us up, things that are affordable, things that are portable, things that are easy, things that we can share with others, things that act as comfort foods, things that remind us of our childhood, things that "feel like Christmas", things that allow us to fit in socially, things that feel like we're being naughty, things that are crunchy/chewy/sweet/spicy, etc. This of course, will take some time and practice.



An HMR® Program

Fundamentals of Weight Loss

How do we make sure we do what we need to, and what do we do if we aren't getting the results we want?

Get help: Get a coach, or join a community. Get accountability, emotional support, and practical suggestions (tips, strategies, and recipes). There are 5 main areas to practice:

Practice variety: Prepare foods, do activity, keep records **in different ways**. We're looking for different options so that we have a tool for every scenario. Strategies that work in the summer may not work in the winter, for example. We want to be ready to handle any challenge.

Practice higher numbers: Do **MORE**: More activity, more vegetables, and more attention to detail. If something is good for us, the more we do it, the better our results will be. Some days will be more challenging than others. You will need to do more activity when you have a holiday, you will need to eat more fruits and vegetables while you are on vacation, and you will need to get more accountability/support when you are going through emotional challenges.

Practice volume: Make **better** choices. For food, this means making more substitutions. Some foods are lower in calories than others. You may want to eat more vegetables and fewer crackers, more seafood, and less chicken, or more yogurt and less pudding. For PA, this means burning more calories in a shorter amount of time. Increase your intensity by moving faster or adding weight or resistance. This can be done for EVERY activity, and it results in you burning more calories without adding any extra time, or burning the same calories in LESS time. For record keeping, this means limiting the amount of detail you track. Most people don't need to track carbs, protein, sodium, or gluten. Keep track of what you are doing, but record the detail that gives you the most important information.

Practice strategic timing: Change **WHEN** you do certain things. If I eat an apple at 3 PM will it make it easier for me to make better choices at dinner? If I have my breakfast earlier, or do my PA first thing in the morning, does it have an impact on my day? Should I record what I do right as I do it, at the end of the day, all at once, or should I plan my day out the night before?

Practice environmental control: Change your environment to make it **EASIER** to make the right choices. Get the chips out of the house. Don't walk past the food court at the mall; use a different entrance. Keep fruits out on the counter and easy to grab. Chop and wash your vegetables at the beginning of the week so they are ready when you need them. Get a pair of sneakers at work so you can take a walk when you are ready. Lower your temptations and surround yourself with reasons to make the healthy choice.



An HMR® Program

Fundamentals of Weight Loss

The HMR Calorie Guide™

Make the substitution: In any situation where you are given a choice, choose the food that is lower on the calorie guide for the best results. Choose chicken instead of steak, for example, or shrimp instead of chicken. Doing this, you won't need to memorize the calories/portion sizes for any food you would want to eat, and you won't need to look up a nutritional label each time, either.

General Goals:

1-3s: Eat a lot. 90% (or more) of your day should come from this category. The most important 1-3s are vegetables/fruits (for variety and accessibility) and meal replacements (for convenience, ease, and portability). **Any time you are eating a food from another category, you should be having a 1-3 as well.** For example, if you have chicken, have some green beans and a baked potato on the side. This helps with portion control. **Never stop experimenting.** Find ways of using these foods to handle any of your emotional, practical, or craving needs.

4-6s: Cook without 7-10s. Pasta is fine, but not with butter or cheese. Chicken is good, but not breaded and fried in oil. **Keep an eye on portion size.** A good standard portion size is **1 cup** for grains like pasta, rice, or cereal, **1 "sandwich"** for grains like bread, wraps, or bagels, and **6 ounces (about the size of your hand, or 2 decks of playing cards)** for proteins. Cut these portion sizes in half if you do a grain and a protein together in the same meal (i.e. 3 ounces of shrimp and ½ cup of rice to make a stir fry). **Always eat these foods with 1-3s to help control your portions.** Put 2 cups of peppers, onions, and mushrooms in that shrimp and rice stir fry!

7-10s: Find a substitution whenever possible. If you eat a cheeseburger, you've got to have a small one, or do extra exercise, or only eat it once a year. If you eat a turkey burger, or a crab cake sandwich, you may be able to do so everyday without any extra work at all! The trick is to get to the point where you have a reasonable substitution that you LIKE, that tastes good and meets all of your needs. Otherwise, you will have to **do some work to balance it out.** If you eat 7-10s (like cookies, for example), even if you only have a little bit, you will have to give it some thought. If you cross your fingers and hope that it doesn't show up on the scale, that's a BAD long-term strategy. **REMEMBER:** We may say that it's "worth it" or that we're willing to do some extra work to eat something high in calories, but the truth is that we won't. It's a lot of work to do, and there will always come a time where we are too busy, or lack the motivation. You should always be willing to look for alternatives for ANY 7-10. Anything can be replaced (or at least improved) if we find the right recipe.