

Lifestyle Works

Each new day is a new opportunity to improve yourself. Take it. And make the most of it.

 **Sanitas**
Medical Center

As a participant of the Lifestyle Works program, I agree to:

- Complete the initial and final questionnaire
- Actively participate in the one-on-one sessions with the care coach, educator, and dietitian
- Watch the recorded videos and complete the quizzes
- Reach out to a team member if I have any questions
- Work hard to meet my goals

Signature: _____

Lifestyle Works

Gaining weight can happen for many reasons. It can happen because we eat and/or drink more calories than we burn. Other reasons might be stress, hormones, not enough sleep, intestinal imbalance and not getting enough of the nutrients (vitamins, minerals, protein, etc.) that we need. Having a high BMI (body mass index) can make getting certain non-contagious diseases or conditions more possible. These include heart disease, conditions related to the muscles or skeleton (for example, arthritis, osteoporosis) and some cancers. These diseases and conditions, as well as overweight and obesity, can usually be prevented.

Research has shown that combining different ways to lose weight and keep it off is helpful. This increases the chance of having success over a long period of time. The goal is not only to start using the new changes, but to be able to keep using them for a long time.

Initial Questionnaire: <https://bit.ly/3Jfq854>

Final Questionnaire: <https://bit.ly/3oFfKu1>



Here is a review of what to expect from this 6 month program:

- In the first session, the Care Educator Nurse or Care Coach introduce the program.
- Three 30 minute nutrition visits.
- One final visit with the Care Educator Nurse or Care Coach.
- Participation in 6 online health classes.



Here is the breakdown of what will take place in each session:

Session #1 with the Care Educator Nurse or Care Coach

- Introduction to the Lifestyle Works Program.

Session #2 with the Registered Dietitian

- Evaluation of health and nutrition habits.
- Set 1-2 lifestyle or nutrition goals to work on for the next visit.

Session #3 and #4 with the Registered Dietitian

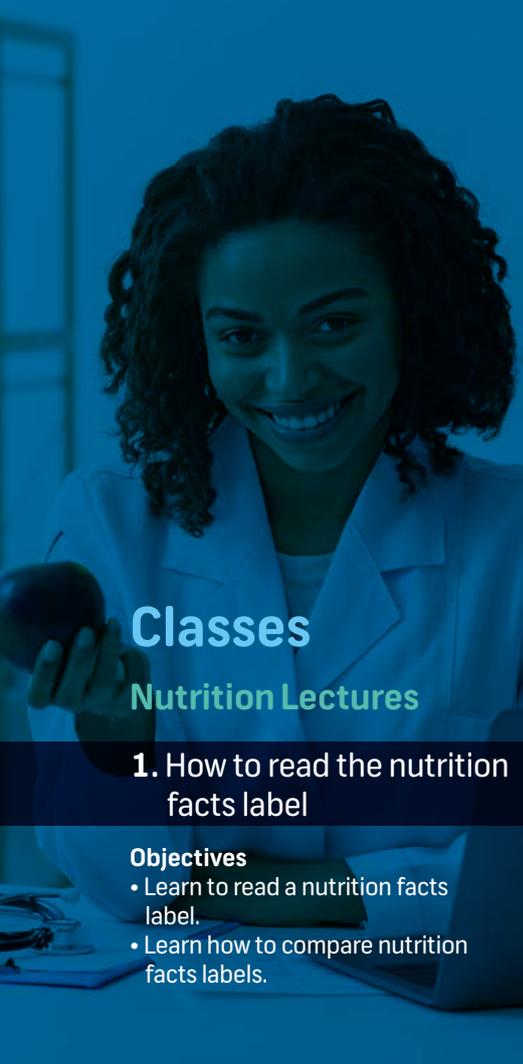
- Evaluate how previous nutrition recommendations have been going.
- You may have the possibility of reviewing a meal plan (it depends on the evaluation of the dietitian).

Session #5 with the Care Educator Nurse or Care Coach

- Evaluate how far you have come since the start of the program.

Online Classes:

- You have 6 topics to choose from that can help you with making life-long changes.
- You can access these classes at your own time.



Classes

Nutrition Lectures

1. How to read the nutrition facts label

Objectives

- Learn to read a nutrition facts label.
- Learn how to compare nutrition facts labels.

| Nutrition Facts | |
|-------------------------------|-----------------------|
| 4 servings per container | |
| Serving size | 1 cup (227g) |
| Amount Per Serving | |
| Calories | 280 |
| | % Daily Value* |
| Total Fat 9g | 12% |
| Saturated Fat 4.5g | 23% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 35mg | 12% |
| Sodium 850mg | 37% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 5g | |
| Vitamin A | 0% |
| Vitamin C | 25% |
| Calcium | 8% |
| Iron | 10% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving size information →

Calories →

Macronutrients →

← Quick Guide to percent Daily Value (%DV)



2. Change your eating habits without being on a diet

Objectives

- Learn how to build a healthy plate.
- Understand the glycemic index.
- Create your own meal ideas.
- Learn grocery store tips.
- Understand mindful eating.

Balanced plate

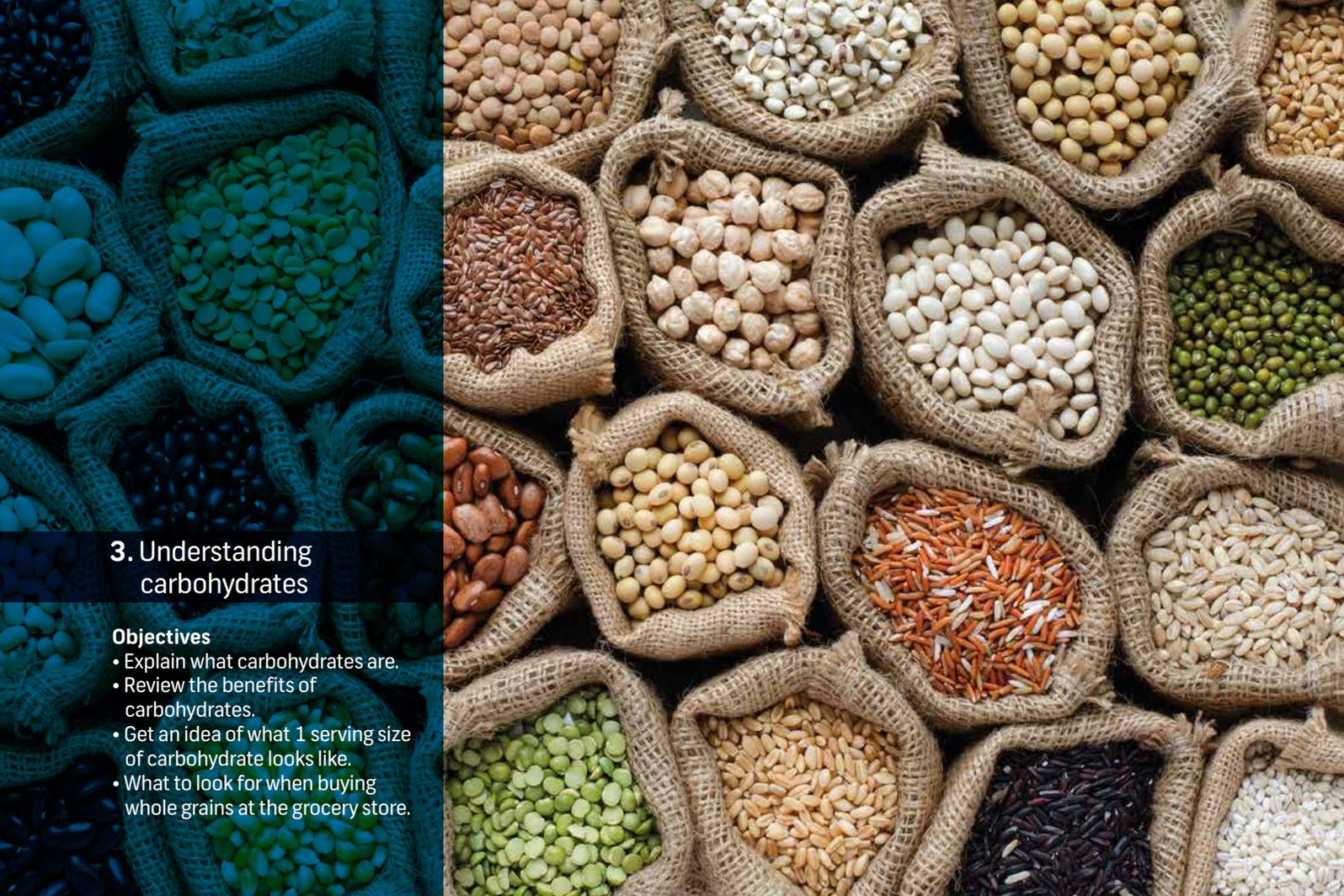
Vegetables

Protein

Fat

Carbohydrate





3. Understanding carbohydrates

Objectives

- Explain what carbohydrates are.
- Review the benefits of carbohydrates.
- Get an idea of what 1 serving size of carbohydrate looks like.
- What to look for when buying whole grains at the grocery store.



General Health Lectures

4. Staying on Track

Objectives

- Learn how to set goals, overcome barriers, and stay motivated.

5. Let's Move

Objectives

- Learn simple exercises you can do in the comfort of your own home.
- Learn the proper form of specific exercises.

6. Steps to a Healthier Body

Objectives

- Learn about the benefits of physical activity and the different types of exercise you can incorporate on most days.



Watch each class using this QR code and claim your gift at the end.

Goal Setting

Long term goals

Long term goal: _____

3 mini goals:



Actionable ↓ tasks



Reward: _____

Why are you selecting this goal? _____

Food Log

| Meal | What are you eating? | Hungry before eating? Yes/No | How do you feel (before or after eating)? |
|-----------------------|-------------------------|------------------------------|---|
| Example: Breakfast | Egg Toast Avocado | Yes | Satisfied, bloated |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Lifestyle Works Program Class Quizzes

Click on each link and answer the questions!



Exercise with Domingo



Steps to a Healthier Body with Shane Castro



Change Your Eating Habits with Alejandra



Nutrition Facts Label with Alejandra



Carbohydrates with Alejandra



Overcome Barriers with Shane Castro



Lifestyle Works Program Class Quizzes

Click on each link and
answer the questions!

Learning How To Read The Nutrition Facts Label:
<https://forms.gle/p2dCekCoDKSQ2wr26>

Staying On Track:
<https://forms.gle/8S9z2gGmJQeTo5v7A>

Menu Development:
<https://forms.gle/GxPeYvRmb7NrZJxF8>

Steps To A Healthier Body:
<https://forms.gle/4523837cPNLVqgEN8>

Understanding Carbohydrates:
<https://forms.gle/AHewqPrsp4Ajb2a6>



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