

Sherman Oaks Lutheran Church

Healthy Life Program

SOLC-HLP

“Let's Eat Right, Think Right, and Get a Move On!”

Need:

You know you are overweight and it is affecting your health and limiting your enjoyment of life. You hate your condition but do not know how to change it. Diets do not work and perhaps you have given up.

We will focus on what goes in your mouth, what comes out of your mouth, and getting you going.

The cost of participation in this program is nothing, except your participation. The cost for non-participation is continuing on your current path. I hope the cost of non-participating would be too expensive and would provide incentive to take part.

Benefit:

This is a long list of living fuller, better, happier. What would Christ have for us? This is not a program for us but for Him and He will bless us in return. We are the holy temple of the Spirit of God, so prepare to be good stewards of that honor.

My Journey

The blind leading the lame. I love food and that is what got me to 250 pounds nearly eight years ago. For years I tried all sorts of trendy crazy things to lose the weight to no avail. Up and down, up and down, nothing lasting. Then I learned I had to eat to lose weight. It took me two years to shed 65 pounds. I wish I knew then what I know now because I could have lost the weight sooner. Nevertheless, I have kept that weight off and have been in and about 185 for six years. I enjoy food more, eat better, have become a better cook, have more energy, less pain, excellent medical and blood checkups, Diane says I snore less, the cloths fit better, and the list goes on. Since I lost a third of me, that was getting in the way of me being the way I wanted to be, I have been helping thousands of people to do the same. I think it. I teach it. I practice it. The principles, science, and the skills I have picked up along the way I feel compelled to share.

Your Journey

There is science to weight loss. The science behind HLP works when applied. It is not capricious, working for some and not for others. It is based on the Law of Causality. If you apply the proper causes, then you will get the proper results. It would be a good practice to take time to write about your weight loss journey so far. In doing so, ask yourself what would you have done differently. Ask yourself: Has it always been a diet? Have I felt miserable in my attempts? Did I lose weight and then regain it all back and then some? Have I given up? Do I feel hopeless? Start with a good honest assessment, because the very mechanisms that caused you to put on weight, will be the same mechanisms that will be used to reverse your weight gain and then achieve sustainability. Are you ready for an adventure?

Three Areas

There are three areas of focus in the SOLC-HLP. Our motto is:

“Let's Eat Right, Think Right, and Get a Move On!”

Eat - You need to eat so let's eat to lose weight. The secret is eating right.

- No Gimmicks

There are no extraordinary measures to take, no food to buy, no race to the finish, no fasting, no diet mentality, ETC. In your lexicon, start now to define diet as a noun and not a verb.

- No Limits

No type of food is off limits; however, quantity and frequency of the consumption of some foods is limited. This means you can have your cake and eat it too, but maybe less and less often.

- Sustainable

Sustainable means healthy and enjoyable. If your diet is unhealthy, then it is by definition unsustainable. If you don't enjoy your food, then you won't continue eating it.

- KISS

Keep It Simple and Smart. Some of the most enjoyable food is simple and easy to prepare. Contrarily, convenient foods that are processed, and processed means less nutritional value. Stay smart about what you are putting into your mouth; less calories going in then calories going out. But how to know how much? This is the smart section. Counting calories is difficult and tedious. There are tools that assist, but it takes discipline to effectively use them. You will be eating “No Brainer” foods and staying out of danger and in control. Foods fall into three groups; to wit, Red, Amber, and Green. Examples: ice cream - Red, pork - Amber, chicken breast - Green.

Think - You need to rethink what you consume that feeds your mind. Before you can shed the weight you need to shed the stinkin' thinkin'.

- Alter the Altar

You are a temple and your mind is the altar. Don't allow thoughtlessness govern your life. Look to the altar. As the altar in the sanctuary is a place to take your needs, to leave sins and your offerings, to worship and praise; your mind governs your heart as your heart governs who you are.

- Power Daydreams

Practice daydreaming and avoid depending on the will. Will power is too weak to struggle against behavior. Use your will power to prepare and to dream or visualize.

- Keep Your Mouth Shut

If your mouth is shut, you can't eat and you can't say harmful things. If we only spoke in terms of how God sees us, then keeping your mouth shut would not apply; however, often our words to ourselves are less than complimentary.

- Behavior

Cue, Do, and Yahoo! the behavior and craving loop. We are creatures of habits. We have eating habits. See the connection?

- Journal a Journal

Write it down. Keep track of what you eat, how you feel, and what you have learned. When it is time to measure progress, you have the causality of the effect in writing.

Move - waiving your hands in the air is better than laying idly by your sides.

- 80:20 Ratio

There is a weight loss ratio between food and exercise of 80:20 respectively. Eighty percent of your weight loss will be derived from what you eat and 20% from exercise.

- Moving Better Than Exercise

First of all, the word exercise has a connotation of not so wonderful thoughts. Moving is a better word because we are on the move throughout our day anyway and with a little extra effort we can amplify the benefits with a tad more moving.

- We Need No Stickin' Sweatbands

Exercise does not mean the gym. If you enjoy the gym, then great. Keep it up. If on the other hand, you have been there and done that, there is no need. Moving should be fun. If it isn't fun, then we will resist doing it. Find things you enjoy doing that fit your abilities.

- It Becomes Easier

It gets easier as you go. That number 20 is smaller when we start but increases as we lose weight.

- Sleep Better, Eat Better

When we get the right sleep, we make better choices. Choices of what, where, when, why, and how we eat are affected by our sleep patterns. When we are tired we eat. Our resolve has dissolves.

- Sluggish to Supercharged

Move a little to loosen up. Loosen up to warm up. Warm up to move. Move to get supercharged. We feel better. We think better. We sleep better. We live better.

Expectations, Yours and Mine:

What to expect: there is a healthy, sustainable, sweet spot of 0.5 to 2.0 pound loss per week. Less than 0.5 pounds is a stall. More than 2.0 pounds is a fall. There will be confidentiality in weight and progress unless you care to divulge to others. I will weigh you at the beginning of the program. From then on, you will weigh yourself. But you will report to me so that I can assist you in your journey. Think of me as a mechanic to whom you will be taking your vehicle for check up, diagnosis, maintenance.

This is what I'm going to provide for you.

I will be providing you with a work-study/workbook that explains and explores Eating Right, Thinking Right, and Getting a Move On.

We will meet once a week for a half hour. We will check on your progress. Weights are private; however, reported weigh loses will be added to the group loss and praised by others. We will cover some material in the handouts, what is working, what is not, and what we can continue to do or do differently.



We often refer to a traffic light as a “Stop Light.” Why don't we call it a “Go Light?”

Enlightenment:	<ul style="list-style-type: none"> • guidance in what foods to eat • meal suggestions • recipes • portion control • meal balance • interpretation of body signals • calorie counting • science behind the curtain • ETC
Encouragement:	<ul style="list-style-type: none"> • conquering cravings • altering behaviors • venturing beyond comfort zone • dealing with emotional eating • mitigating binging • ETC
Empowering:	<ul style="list-style-type: none"> • new skill sets & behaviors • practicing awareness • cooking and food preparation • finding alternative or substitute foods • power daydreaming • tips, tricks, & tools • ETC

Red, Amber, Green

To keep things simple and smart, we will use the traffic light as an analogy. Red means stop, Amber means warning, and Green means go. Let's cross the columns of Eat, Think, Move with Red, Amber, Green to create the HLP Matrix. We can place what we eat, how we think, and how we move in each cell.

HLP Matrix	Eat	Think	Move
Red	Doughnut Burger, Fries, and Milk Shake All you can eat buffet	“I'm hopeless and I'm going to continue ruminating on that.” “What's the use? I can't change.” “I'm big boned.” “I'm not fat, I'm just fluffy.”	Weekend Couching Waiting for the pain to stop
Amber	Beef	“That was stupid!” “That looks good.”	“I'm too tired. Maybe later.”
Green	Chicken	“I can do all things through Christ who strengthens me!” “Hope springs eternal.”	“Let's go? I have a need to burn.” Parking and walking Leg lifts while watching TV

HLP Matrix

HLP Matrix	Eat	Think	Move
Red			
Amber			
Green			

Your HLP Matrix – Fill in the blanks

Eating Right

Eating right means practicing proper eating habits and recognizing the gradation in food value. Foods that are of low value, are within the Red zone of the spectrum. Foods that are marginal in value, are in the Amber zone. Foods that have high value are in the Green zone.

<p>Red Food Poor food value - high calories and poor satiation duration <i>A doughnut is in the Red zone.</i></p>	<p>High fat content High sugar and carbs Low protein Low nutrition Short satiation duration</p>
<p>Amber Food Good food value - high calories and good satiation duration <i>Lean beef and avocados are in the Amber zone.</i></p>	<p>Some fat Some sugar and carbs Some or high protein Better nutrition Longer satiation duration</p>
<p>Green Food Best food value - low calories and long satiation duration <i>Eggs, fish, chicken, and beans are in the Green zone.</i></p>	<p>Low fat Low sugar and carbs High protein Good nutrition Long lasting satiation duration</p>

Thinking right

Thinking right means practicing proper mental and emotional health through proper analysis, imagery, affirmation, and behavior modification. It is understanding that will power is powerless when confronted with deep learned behaviors that have been made permanent with emotions.

<p>Red Thinking Poor mental state – unmotivated, despondent, helpless, discouraged, ETC. <i>“I can't.” is in the Red zone.</i></p>	<p>No purpose and or goals Negative rumination Uncontrolled negative emotions Feeling not thinking Emotional</p>
<p>Amber Thinking Transitional thinking – heading from a good mental state to a bad one <i>“Maybe I ...” is in the Amber zone.</i></p>	<p>Tolerating the intolerance Losing emotional control Losing perspective Getting weary</p>
<p>Green Thinking Good mental state – motivated, happy, capable, encouraged, ETC. <i>“Just imagine what could be!” is in the Green zone.</i></p>	<p>Have purpose and goals Positive perspective Positive reinforcement Controlled emotions Thinking not feeling Energized Practiced Power Daydreamer</p>

Moving right

Moving right means increasing and maintaining good physical activity throughout the day. We can move from quiescence to energized in incremental steps. Five minutes of walking every hour in a work day means 40 minutes of walking. That will be more than the steps you will take in a normal day.

<p>Red Moving</p> <p>Poor physical state – sluggish, stiff, suffering aches and pains.</p> <p><i>It hurts to stretch is in the Red zone.</i></p>	<p>No planned activity</p> <p>Poor sleeping habits</p> <p>Ignoring the body's signals</p> <p>Physically over-stressing</p> <p>Not stretching</p>
<p>Amber Moving</p> <p>Transitional physical state – heading from a good physical state to a bad one</p> <p><i>Looking to get out of exercise is in the Amber zone.</i></p>	<p>Finding excuses</p> <p>Ignoring pain</p> <p>Not working through pain</p> <p>Not finding time</p>
<p>Green Moving</p> <p>Good physical state – energized, flexible, enjoying a sense of well-being.</p> <p><i>Looking forward to getting a move on is in the Green zone.</i></p>	<p>Planned activity</p> <p>Good sleeping habits</p> <p>Aware of body</p> <p>Knowing your body's limits</p> <p>Stretching</p>