

# **LOSE A TURKEY BY THANKSGIVING SUCCESS MANUAL**

## **The YMCA of Hope Mills, NC**

**Welcome** to the Hope Mill YMCA, “Lose a Turkey Challenge” We couldn’t be happier that you have chosen to participate in this 4-week journey to Lose a few Turkey pounds before the Thanksgiving holiday. We also hope to help you with a few healthy habits to help stay healthy and maintain sanity through the Christmas holidays in preparation for a new year of health and wellness. Although this is a short 4-week journey, we are truly excited that you are here, and we look forward to watching you change your life over the course of the upcoming 4 weeks.

Let’s get started by looking at a few of the habits we will be focusing on over the next 4 weeks.

Having a starting point, and knowing that point is crucial to our success. Therefore, we have included a Habit Assessment Worksheet in your package to be completed. Please complete the habit assessment worksheet NOW before continuing then come return here.

**[CLICK HERE TO PRINT AND COMPLETE THE HABIT ASSESSMENT  
WORKHSEET](#)**

Here is a brief introduction to a few of the habits we will focus on. As we continue throughout the Challenge you will receive emails and or text messaging as it relates to the habits we are focusing on. Also, don’t forget to join our private Facebook group for more motivation, support, and health and wellness information.

Each week, we will continue to add in habits. I need you to focus on successes in this program. Don’t worry about your mistakes; instead, focus on what you did well each week, and build on those successes so that you can continue to grow and learn what works for you.

**Week 1: Take a 15-minute action NOW (Being and staying mindful), and Eating slowly.**

The purpose of this habit is to spark action. Rather than knowing or just reading this document (consuming information, or wondering and worrying.) Let's take action immediately. When you take action immediately, you'll feel empowered and start accumulating daily successes. Being mindful means to be aware of what's going on right here and now. Exercising discipline at the moment of choice. We'll discuss this more this week.

Eating slowly will lead to eating less, feeling more in control of eating, as well as more mindful and aware. This is a simple habit to understand, but maybe difficult to do because of the fast lifestyle most people live today. NOTE: We will also work on a personal habit or obstacle that has kept you from achieving optimum health and wellness.

**Week 2 Habits: Get your Resistance training in; Eat protein with at least 3 meals / snack and one personal habit.**

Besides Nutrition, resistance training (lifting weights or other forms of resistance against the muscles) is a major key to weight loss. Protein is the staple in our nutrition plan. It helps support your lean mass and will keep you feeling full.

**Week 3 Habits: Is stress making me Fat: 20 minutes of de-stressing for the holidays plus one personal habit.**

Stress is high for almost everyone in the 21st century. Stress affects our emotions, thoughts, behaviors, and physical health, usually negatively. Having a regular de-stressing practice can help improve your mindset, ability to cope productively, physical health, and overall wellbeing. For most of us relaxing won't happen by accident.

**Week 4: One Personal habit.**

Let go ahead and get started. We'll get back to the habits later.

**Here's what else you need to know and do to be successful at this challenge.**

- \_\_\_ 1. Read, this manual.
- \_\_\_ 2. Print out and take the Habit Assessment. **Please bring this worksheet to the Personal Trainer so we may determine how best to serve you during this challenge.**
- \_\_\_ 3. Print the meal plan. Study the meal plan pattern.
- \_\_\_ 4. Make a list of the foods you don't have and go shopping. Don't forget to get containers for meal prep if you don't already have them.
- \_\_\_ 5. Actually, Do meal prep.
- \_\_\_ 6. Schedule your workout times as if they were doctor's appointment.
- \_\_\_ 7. Schedule coaching sessions with Personal Trainer.
- \_\_\_ 8. TAKE ACTIONS

### **Baseline nutritional and eating recommendations that will make you successful**

1. The first thing that we want to do is to change is the quality of food we eat while keeping the portion size in mind. Look at the food you're eating. Is your eating plan full of lean proteins, greens, veggies, and fruits? Keep this in mind when shopping. Try to eat as many natural things as you possibly can. If it has more than 5 ingredients you should think twice about eating it! Shop the outer perimeter of the grocery store.
2. Eat at least 4 to 5 small meals a day and keep them proportional accurate (ref to calorie control illustrations in this manual. Smaller portion allows for complete metabolization of the meal into energy with little fat storage. **By eating these small meals, you speed up your metabolism and minimize late evening and late at night cravings.** **PREP YOUR MEALS IN ADVANCE**

If possible, eat every 3 to 4 hours. Experiment with your schedule to fit these meals in at the most appropriate intervals. Work out a system that works for you.

**Intentionally make it happen.**

**A Four-to-Five meal plan eating plan may look like this ex.**

7:00-8:00am	Breakfast
11:00am - 1:00pm	Lunch
3:00pm - 4:00pm	Snack
6:00pm - 500pm	Dinner
8:00-9:30pm	Healthy Snack if needed

3. **Always eat breakfast.**
4. **Eliminate all drinks with calories with the exception of protein shakes and meal replacements.**
5. **Your meals should be composed mostly of lean proteins and vegetables.**
6. For these 4 weeks days limit your carbohydrate intake. Simple sugars and starchy carbs are the first thing that should go in a fat loss diet. Take out breads and potatoes, and pastas and replace them with veggies and fruits. **Aim to get most of your carbohydrates servings in around your workout.**
7. Include healthy fats. Fats are important. They keep you feeling full. Healthy fats speed up your metabolism and teach your body how to burn fat. If you deprive your body of fat in your diet you will be telling it that it needs to hold on to the fat that it currently has stored for excess energy.
8. **Follow your plan 90% of the time** and allow yourself 10% to do whatever you want. **This allows you to plan your free meals. If you eat 5 meals a day that equals 35 meals each week. This means that you have 3.5, or let's say 3 meals that you don't have to adhere to the plan. This means that you can skip the meal, eat something not on the plan, or do whatever you would like, but you must get right back on the plan.**

## How much to eat

Portion size is important to weight management. By following the suggestions in the infographic, you will alleviate the need to count calories, fat, and protein.

### Calorie Control: A Simple Guide

#### FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods with most meals



1 entire thumb of fat dense foods with most meals

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

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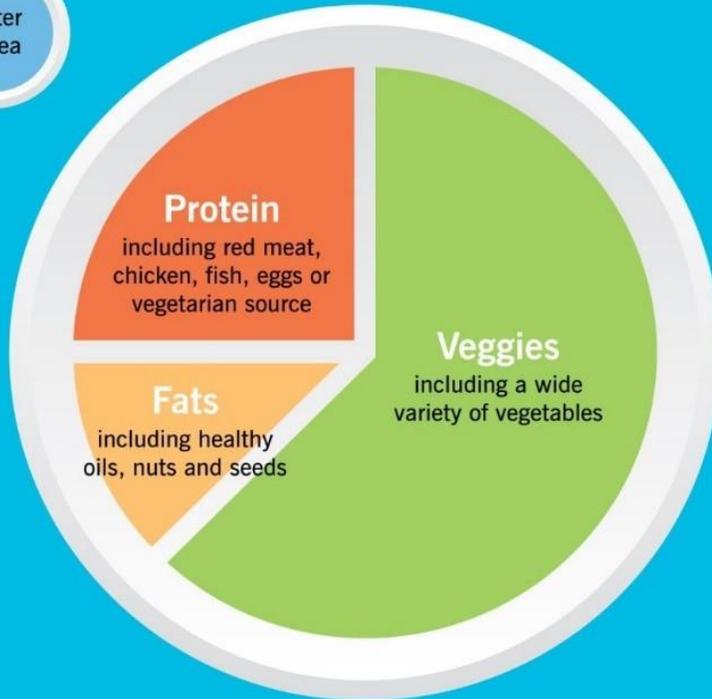
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# Here's how your plate should look

## Anytime Meal

All your meals not directly after a workout

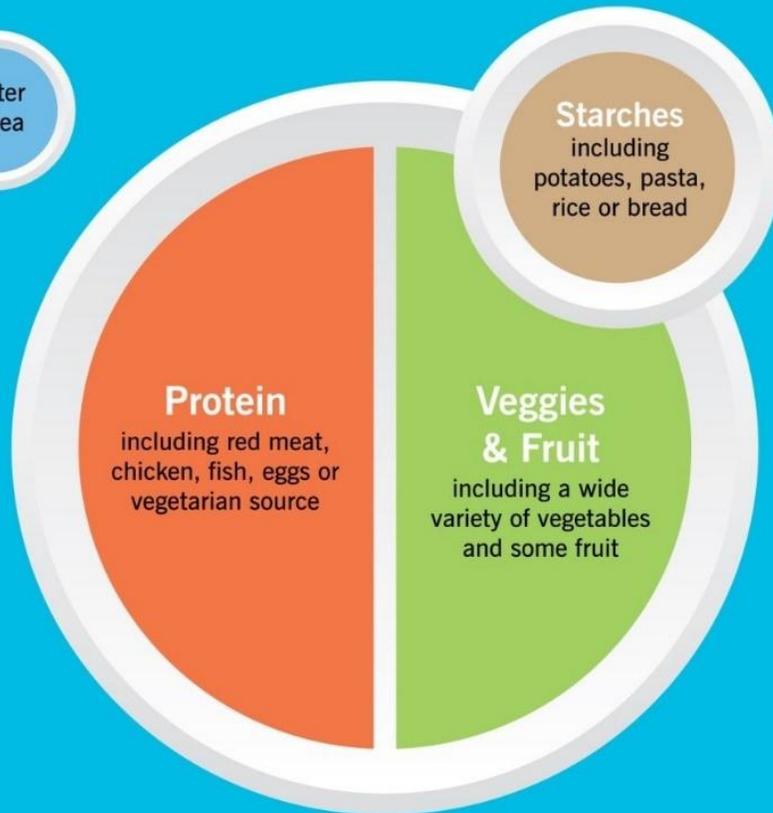


- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

# Post Workout Meal

Your first meal after an intense workout

Water  
or tea



- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

PrecisionNutrition



## Prepare Your Meals in Advance

Prepare your meals in advance or the night before. You may be running late in the morning. If you do not prepare, you'll find yourself stopping at a fast food establishment or reaching for whatever is within reach. It will usually be some type of junk food. Work out a plan that works for you. If you perceive that you will lack time later (within the week or next day) fix your meals in advance and freeze them.

**Meal Prep Examples:** Purchase plastic storage containers, sports bottles, a water jug and a cooler to store and carry your food.



[YOU CAN PICK UP A EATING PLAN HERE](#)

## **Eating on The Go**

Keeping nutrition bars or beverages in the car, office, brief case, and back pack. What usually happens is that we run out of the house in a hurry and forget our packaged meals? By having nutritious bars or other products strategically placed in the car, office, briefcase or purse, will alleviate temptation to reach for something unhealthy.

If you know that you are going to have an appointment, take a nutrition bar along or a healthy snack along. Appointments sometimes run overtime, right.

## **Tips for Dining Out**

Dining out can be tricky. It can demand a test of willpower and demands a strong constitution. Research your favorite restaurants. The first step is to not go in unprepared. Most restaurants are required to have nutrition sheets for menu items, but you must ask. Look at the menu ahead of time and if possible. Many restaurants have their menus posted online. Know what your healthy choices are at your favorite restaurants. Know what cooking styles and methods are healthy and unhealthy.

When you look at the menu ahead of breeze through and check out what options you should consider that fit for your plan. Watch out for fried, breaded, blackened, etc., which indicate that the protein may be cooked in a lot of extra fats or oils.

Do you best to avoid the breads and chips that might come out ahead of time. This is where having a salad come out early can help you out. Ask for a salad dressing with vinegar and olive oil or vinaigrette dressing. There have been studies shown that you eat less if you start the meal off with a soup or salad. Have the dressing come out in a side container.

When ordering your meal, opt for the lean cuts of meat such as chicken breast, white fish, or sirloin, lean ground beef, etc. Order a side of vegetables or even get a double side of veggies instead of potatoes or pasta.

It's okay to ask the server questions about your food and how it is prepared. Don't be afraid to ask for substitutions and offer to pay extra if needed to make them. Most restaurants are used to these requests and as long as you are polite and ask nicely they will accommodate your needs.

## **Eating Before and After Working-out**

What you eat before, during, and after your workout dramatically affect your performance, recovery, your next workout, how you feel overall, and the results you want to achieve.

Understand that one person's food may not work for another. Human body biology are the same but our chemistries are different. For example, for pre-exercise...does a plain bagel, a piece of toast, a banana, or cereal sit better with you. It may take a little experimenting.

### **PRE-EXERCISE NUTRITION**

Pre-exercise nutrition is important because it will allow sufficient energy to see you through much of the exercise session that will follow the meal.

- Drink plenty of water.
- Consume this meal approximately one 3.5 to 4 hours before the workout if the meal is large. Two to three hours if the meal is small.
- Light carbohydrates snacks such as crackers may be consumed within one hour of exercise.
- Only consume foods you know make you feel good and do not cause any stomach problems.
- Keep fats low as possible

**POST-EXERCISE NUTRITION:** Prepares the body for recovery and the next workout. **DO NOT NEGLECT POST-EXERCISE NUTRITION**

For both resistance and Cardio exercise: Immediately after your work out begin to drink plenty of fluids to replace loss fluids.

#### After Resistance training (weight lifting)

- Immediately after or within 30 minutes to an hour minutes after your workout consume a meal that contain protein and carbohydrates.

#### Post-Exercise Meals/Snacks Examples

- One bagel w/peanut butter and 2/3 cup of raisins
- One cup of low fat yogurt, one banana, and a cup of orange juice
- One turkey sandwich on whole wheat bread w/ one cup of apple sauce
- Spaghetti with meat sauce
- 12oz of a protein beverage and a bagel
- An old favorite CHOCOLATE MILK

Have your next balanced meal within 1-2 hours later

## **The Question of Supplements**

Supplementation can be confusing! There are so many options and so many ads that promise great results by taking a little pill or consuming a powdered mix. Let me make it easy for you...Nutrition, training, and lifestyle changes are going to make the biggest impact on your results. But I also know that you may ask about supplements, so here are some basic recommendations.

### **Multivitamins**

It is a good practice to include a quality multivitamin to your daily routine to cover all your bases. There really isn't any need for a crazy expensive multivitamin or some special blend. You can pick up one that fits your budget. If your budget allows, purchase a whole foods multivitamin.

### **Fish oil**

Getting in your Omega-3 fats, especially EPA and DHA, are important to your overall health. Not only will you feel better, but they help to reduce inflammation and have numerous other benefits.

A few quality choices for liquid fish oil are:

- Carlson's Finest Fish Oil (get the flavored kind)
- Nordic Naturals Ultimate Omega
- SFH Omega-3

If the thought of drinking fish oil grosses you out, you can certainly take pills.

A few quality choices are:

- Nordic Naturals Ultimate Omega
- Carlson's Finest Fish Oils

### **Protein powders**

Sometimes getting in your protein servings can be tough! This is where finding a high-quality protein supplement can come in handy. It is easy to make on the go or take with you on the road.

## **Workouts**

We recommend a minimum of 2-3 resistance/weight lifting workouts per week (three is optimum) and 2-3 cardio sessions or group exercise classes a week. We understand that everyone has busy schedules, but for a few short weeks, we are going to ask you to create the time and make training a priority. If exercise is not a habit now...hopeful it will be by the end of this challenge. Remember this is a Challenge. Go for the Grand Prize.

**PLEASE PARTICIPATE IN THE VARIOUS EXERCISE CLASSES AT THE YMCA. BODYPUMP AND RAGE FIT CIRCUIT FIT INTO THE RESISTANCE TRAINING CATEGORY.**

Give it your best effort. If you don't have much time.... A quick circuit on the machines in the gym or a 20-min jog on the treadmill will get you closer to your goals. Focus on achieving your Goal.

1. Be consistent. "Get it in." Get your workout in. You can't sign up and expect things to change without putting in the work. Again, shoot for 90% compliance for optimal results. So, you need to show up 90% of the time!
2. Effort, effort, effort. Please put forth a great effort during your exercise sessions. You have to make yourself work and take yourself out of your comfort zone. If you do this, you will always be making progress towards your goal.
3. Get better every day. Don't settle for doing the same level of work at each and every session. During your workouts challenge yourself and push yourself to new heights. Don't settle for being average. Increase your weight, stretch a bit further, squat a little deeper etc. Do the absolute best that you possibly can. If we could just show up and get great results everyone would be in great shape. The people that see great results are those that put forth the effort required to earn those results. Give your best effort.
4. Keep in mind that we are looking for *progress* and not *perfection*. I would rather see you be consistent with your training than burnout after a few weeks of trying too much.

[CLICK HERE FOR YOUR RESISTANCE WORKOUT AND](#)

[CLICK HERE FOR THE WORKOUT INSTRUCTIONS](#)

## Lifestyle

**This is often the forgotten piece of the transformation puzzle. Your lifestyle can either work for or against you when it comes to looking and feeling great.**

Here are a few tips that can help you out:

1. **Aim to get at least 8 hours of sleep a night.** If you aren't anywhere to close to that right now, try to create a pre-bedtime ritual that helps you prepare for bed and start working on going to bed 20-30 minutes sooner until you reach that magic 7 hours number. You can make small, incremental progress on this as well over the course of weeks.
2. **Stress management** plays a big part in weight loss. A stressed body will fight you every chance you get. Try some meditation or deep breathing a few times per week. Even 5 minutes of this a day can make a big difference or use your walks outdoors to practice breathing into your belly and taking your mind off all the things in your life.
3. **Support system.** Use your family and friends as a crutch during this time by filling them in on your goals and letting them know why you are doing this for yourself. Make sure they know you need their support. You will be surprised how much this helps when things get tough for you. I must also caution you here. Avoid those who are negative toward and my work to down you or sabotage you progress. Don't forget to join our private Facebook group. **And please do participate.** We are here to support you.
4. And, of course our team at the Y will be here to support you on this journey.

**That is for now. If you have any questions let us know. You can reach me at 910-476-2042. It's ok to text.**

**"Let Do This"**

**Prepared by: Wilton McCallum, CSCS**

YMCA Personal trainer, Hope Mills, NC

**P.S. I'll be checking on you often as we work with the habits.**

**P.S. Remember you have access to the Personal Trainers ... Hit me up with any questions. If I don't have the answer, I find it.**