



Weight Management Guide



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Let's talk weight management...



Congratulations on taking the first steps to improve your health and well-being! Deciding to manage your weight, whether it be for your health or cosmetic reasons, can be a challenging choice.

For many, weight management can feel like an impossible task--or a journey that seems never ending, jumping from one diet to the next. It's easy to get discouraged, but with the right mindset and resources, achieving and sustaining a healthy goal weight is within reach.

When beginning a weight management effort or program, it's important to remember that we should be measuring progress, not perfection.

The best diet is the one that adequately fuels your body, is nutritious, and is sustainable for the long term.

The best exercise is the kind that challenges you safely, makes you feel strong, and keeps you moving forward.

The best mindset is to care for yourself and treat your body and mind kindly, focusing on growth--not just loss.

This guide will provide you with nutrition, exercise, wellness, recipes, and goal-setting resources to help you manage your weight, learn new habits, and become a healthier you.

This guide provides weight loss information and is only intended to assist individuals in their personal weight loss efforts. Nothing contained in this guide is medical advice or diagnosis nor should any information in this guide be construed as such.

You are urged and advised to seek the advice of a physician before beginning any weight loss effort or program.

Weight Loss Basics

In order to lose weight (and keep it off), it's necessary to understand how weight loss works.

Weight is gained when excess energy (i.e. calories) is stored in adipose tissue, or fat cells. In order to lose weight, we must start using energy from these reserved fat cells. In order to do this we must be in calorie deficit, or using more calories than we're consuming. This most often looks like decreasing the number of calories we're eating or increasing our aerobic exercise.

On average, moderately active women between the ages of 26-50 need to eat approximately **2,000 calories/day to maintain their weight, and 1,500 calories/day to lose 1 pound per week.**

For men of the same ages, approximately **2,600 calories/day are needed to maintain and 2,100 calories/day are needed to lose 1 pound per week.**



Caloric needs will differ for everyone based on a number of factors including height, weight, age, activity level, health conditions, etc. **Talk to your doctor or use an online calorie calculator to determine your needs.**

For safe, sustainable weight loss aim to lose 1 or 2 pounds/week.

Any diet that includes rapid weight loss (2+ pounds a week) is likely neither safe nor sustainable.

You may have heard that "muscle weighs more than fat," but this isn't exactly true. A pound of muscle will weigh the same as a pound of fat, however, because muscle is more dense it will take up less space than the pound of fat. **So, during your weight loss journey, remember that the number on the scale isn't everything if you're improving your fitness and physique.**

Types of Exercise

Creating a balanced exercise routine involves adding variety to your movements. Regular, varied exercise can make your heart stronger, lower your blood pressure, improve your cholesterol levels, and help you maintain weight loss.

Continue reading below to learn more about the different types of exercise.

Cardio



- Cardiovascular/aerobic activity keeps your heart, lungs, and circulatory system healthy and improves overall fitness.
 - e.g. walking, running, swimming, biking, elliptical, dancing, tennis
- The American Heart Association (AHA) recommends at least **150 minutes of moderate intensity** exercise or **75 minutes of vigorous** exercise per week.
- It's recommended that you exercise within 55 to 85 percent of your maximum heart rate for at least 20 to 30 minutes to get the best results from aerobic exercise. Your MHR (roughly calculated as 220 minus your age) is the upper limit of what your cardiovascular system can handle during physical activity.

Strength



- Strength training includes weight-bearing exercises that use free weights, machines, or your body's own resistance.
- This type of exercise strengthens bones, muscles, and connective tissue, and lowers the risk of injury.
- The AHA recommends strength training at least **2x per week**.
 - 1 set of 8-12 reps of each major muscle group is a great place to start.

Flexibility



- Flexibility exercises stretch your muscles, which can help your body stay more flexible and allow for more freedom of movement.
- Stretch after every aerobic or strength training session, and remember to only stretch when warmed up.
 - Hold the stretch 10-30 seconds, repeat each stretch 3-5 times, stretch to slight discomfort, not pain
 - Remember - no bouncing while stretching

Exercise Resources

Increasing your levels of physical activity is a key component in losing weight and maintaining your weight loss. As previously mentioned, the best kind of exercise challenges you and makes you feel strong, but it shouldn't feel impossible. Setting realistic and achievable fitness goals for yourself can help you keep your motivation high to stay on a long-term fitness journey.

The fitness apps below are great for finding a variety of exercise videos and tracking your activity.



Map My Fitness: This app allows accurate and detailed tracking of your workouts through your device's GPS. You can track your progress over time and build your own personalized workout routines from 800+ exercises included in the app.



Nike Training Club: NTC offers access to 100+ video and audio workouts ranging from yoga, HIIT, strength training, and mobility. You can also follow personalized multi-week training programs that ramp up in intensity over a period of 4-6 weeks. The app tracks every workout you've completed, and workouts range in length from 5 minutes to one hour.



Down Dog: This app offers a non-intimidating entry into yoga, while still providing more advanced classes for experienced yogis. Down Dog has a variety of lessons and routines for all levels, and classes range from 10 minutes to 110 minutes in length.



Runkeeper: You can track workouts with GPS and choose a personalized exercise routine that will help you stay motivated. The app also has an audio feature that can inform you of your pace, distance, and time during your workout. Runkeeper can also sync with your fitness devices for hands-free tracking.

Wellness Resources

While taking care of your physical health, it is important to nourish your mental health as well. Weight loss can often feel stressful or be accompanied by negative emotions, but it doesn't have to be—check out these resources to foster mindfulness, reflection, coping skills, self-care, and more.



Headspace: This app offers a variety of guided meditations for stress, anxiety, depression, sleep, mind-body health, and more. In addition to meditation and mindfulness skills, there are also mindful at-home fitness and cardio workouts led by Olympic trainers. Though most content is only available with a subscription, many resources on the app are available for free with or without a trial.



Aloe Bud: A "self-care pocket companion," this app allows users to set gentle reminders to hydrate, reach out to friends, rest, move, breathe, etc. Users can create flexible and personal self-care routines, journal, reflect on progress or habits, and celebrate victories.



What's Up?: This app uses CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) to help cope with mental health challenges, track habits, log thoughts and feeling, put problems in perspective, and more! There are forums to talk with others and share challenges as well as positivity.



I am - Daily Affirmations: Simple to use, this app sends daily positive affirmations that can help improve users mindsets, confidence, and focus. Users can set daily intentions and choose how many reminders are delivered throughout the day, giving users the power to be their own cheerleader.

Nutrition Resources

Weight loss is the result of a calorie deficit--or consuming less calories than your body burns. Calorie deficit can be achieved by either reducing calorie intake or increasing physical activity, though sustainable, healthy weight loss is the result of both.

Daily caloric intake and nutritional needs are different for every person, so there's no one-size-fits-all diet plan! The following apps can help you keep track of your eating habits and provide personal nutrition guidance.



Ate Food Diary + Habit Tracker: This app focuses on fostering mindful eating in order to achieve health goals. Rather than logging each and every calorie, users can take pictures of meals and log emotions, making it easier to reflect on eating habits. The app also provides mindful experiments to provide sustainable healthy eating habits.



Rise Up + Recover: This app uses self-monitoring homework, an integral part of Cognitive Behavioral Therapy (CBT), to build a healthier body image and relationship with food. Through the app users can log meals, emotions, and behaviors; share pieces of motivation; and share PDFs of their logs with a healthcare provider.



Fooducate: In addition to tracking food intake and exercise, this app allows users to scan food barcodes and see their nutrition grades, making it easier to make healthy choices at the store. The app also offers free health and diet tips from nutrition professionals, as well as community-shared recipes and motivation.



MyFitnessPal: Through this app, users can utilize the large community-created database to track calories as well as micro- and macronutrients through the day. The app offers customized goal setting, progress tracking, healthy recipes, and exercises in order to build healthy habits.

Hydration Information

Getting enough water is essential for a healthy lifestyle and sustainable weight loss. Drinking more water can help suppress your appetite, stimulate your metabolism, reduce your liquid calorie intake, and protect your joints and kidneys which keeps your body running efficiently.

You may have heard that you need to drink eight 8-ounce glasses of water each day, also known as the 8x8 rule; however, how much water you need is dependent on a number of factors including weight, activity level, environment, and more.

The U.S. National Academies of Sciences, Engineering, and Medicine has determined new hydration recommendations:



3.7 liters (about 15.5 cups) of fluids per day
for **men**

2.7 liters (about 11.5 cups) of fluids per day
for **women**

If you're producing sweat due to exercise, heat, or humidity, make sure that you're drinking extra water to replenish.

Try drinking water:

- With & between each meal
- Before, during, & after exercise
- When you feel hungry or thirsty

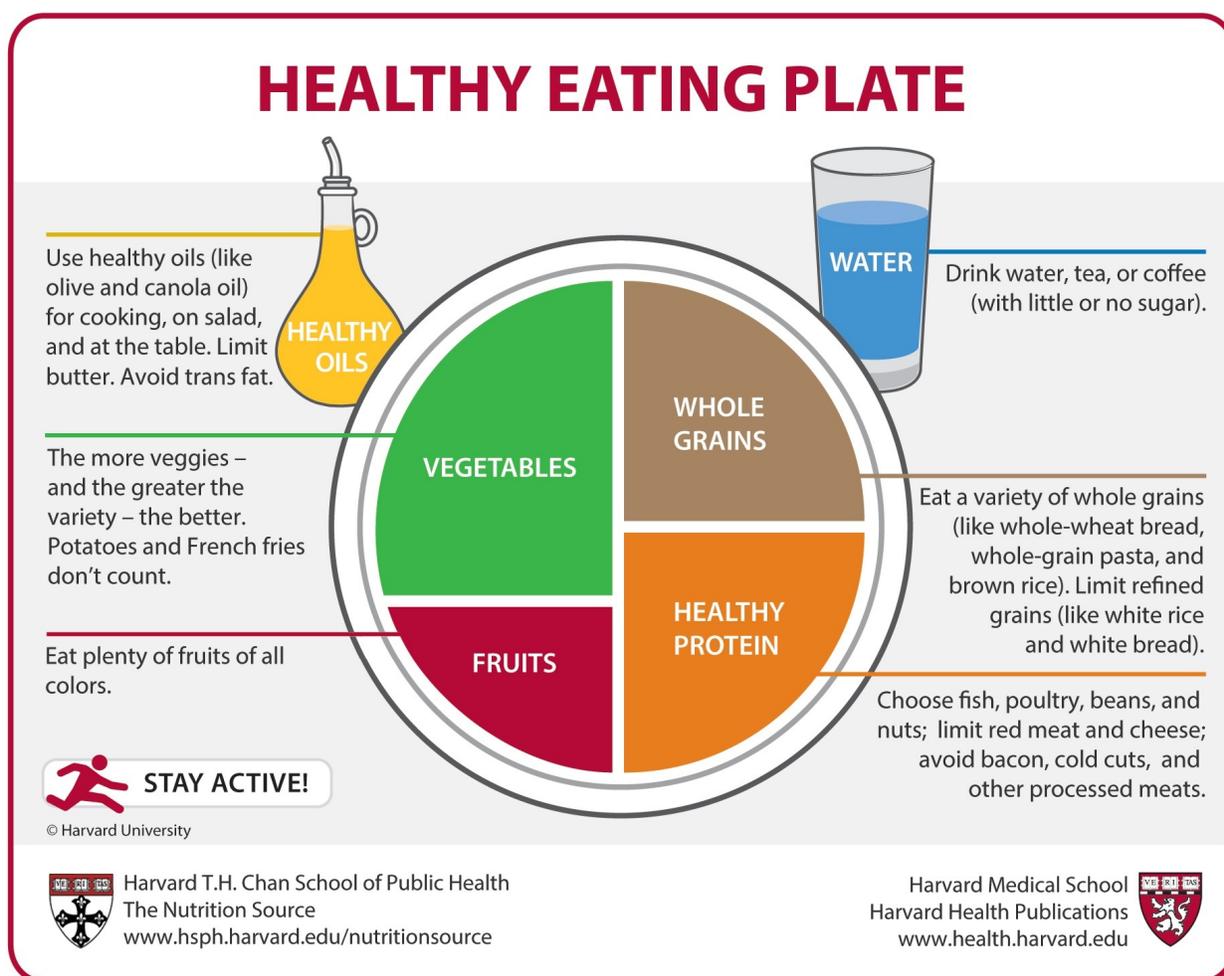
If you find water boring, try drinking flavored sparkling water, adding sliced fruit and herbs, or using water flavor enhancers!

Drink more of: water, coconut water, sports drinks (low or zero sugar), fruit juice (low or no sugar added), low fat milk, and unsweetened milk alternatives (almond, soy, oat, etc.)

Drink less of: soda, coffee, energy drinks, pre-mixed smoothies and protein drinks, sweetened teas, lemonade, alcohol

Nutrition Information

A well-balanced diet consists of meals that fulfill your body's nutritional needs, satisfy your hunger, and allow you the occasional treat. Although every person may have unique dietary needs, the graphic below is helpful in guiding you towards building a balanced and nutritious meal:



The following recipes were selected because of their inclusion of the above food groups, their lower-carb ingredients for people with diabetes, and their ability to be meal-prepped for a quick and easy meal on-the-go. Each recipe can also be easily altered to fit any dietary restrictions you might have.

Portion Control

Understanding how much food you're consuming is an important component in weight loss. Many restaurants tend to serve multiple portions in one meal, so it can be difficult to tell what the standard portion size actually is. See below for a helpful portion size cheat sheet for adults with relative size examples:

FOOD				
		<i>Serving, Uncooked</i>	<i>Serving, Cooked</i>	<i>Relative Size</i>
	FISH	6-7 oz.	3-4 oz.	Checkbook 
	MEAT OR POULTRY	4 oz.	3 oz.	Computer mouse 
	EGGS	2	2	Fist 
	PASTA, RICE, OTHER GRAINS	1 oz. / 1/4 cup	1/2 cup	Half a baseball 
	SPAGHETTI	Nickel-size bundle	1/2 cup	Half a baseball 
	BEANS, LENTILS OR PULSES	1/4 cup	1/2 cup	Half a baseball 
	PASTA SAUCE	1/3 cup	1/3 cup	Large ladle 
	CHEESE	1 oz.	1 oz.	6 dice 

VEGETABLES		
<i>1 Serving Vegetables = 1 Cup</i>		
	LEAFY GREENS	1 cup (2 fists)
	CARROTS	2 medium
	BROCCOLI	6 small florets
	CAULIFLOWER	1/4 head
	CORN ON COB	1 large ear
	GREEN BEANS	10 beans

FRUIT		
<i>1 Serving Fruit = 1 Cup</i>		
	STRAWBERRIES	7 large
	TOMATOES	1 large
	GRAPES	12
	MELON	1/8 of large melon
	PLUMS	2 large



Portion control tips:

- Use a smaller plate to moderate the amount of food you eat while still feeling satisfied
- Drink a big glass of water before every meal
- Slow down and savor your food while eating (avoid watching TV or scrolling on your phone). It takes about 20 minutes for your brain to register that you're full.
- If your portion looks overly large when eating out, ask for a to-go box and box up half your plate before you start eating.
- Avoid eating snacks straight from the container - portion out a serving before snacking.

Recipes

Breakfast

Reach for options that are full of protein and fiber to fuel your day. If you're short on time in the morning, try some on-the-go options: hardboiled eggs, Greek yogurt with flaxseed, avocado toast, or overnight oats.

Mexican Breakfast Scramble (1 serving)

Ingredients:

- 1 link cooked chicken sausage, sliced
- 1/2 medium red bell pepper, cut into bite size strips
- 1/4 medium onion, sliced
- 1/2 fresh jalapeno pepper, seeded and chopped
- 2 eggs, lightly beaten
- 1 tablespoon grated reduced-fat Monterey Jack cheese
- Fresh cilantro sprigs



Instructions:

- Cook sausage, bell pepper, onion, and jalapeno in a large skillet over medium heat until the vegetables are tender and the sausage is browned.
- Add eggs and Monterey Jack to the skillet and cook until scrambled. If desired, top with fresh cilantro sprigs.

Mixed Berry Smoothie (1 serving)

Ingredients:

- 1 cup plain nonfat Greek yogurt
- 1 cup frozen mixed berries
- 2 tablespoons nonfat milk
- 1/2 tablespoon sweetener of choice



Instructions:

- Place all ingredients in a blender and blend until smooth!

Peanut Butter and Apple-Cinnamon Toast (1 serving)

Ingredients:

- 4 teaspoons creamy peanut butter
- 1 slice 100% whole wheat bread, lightly toasted
- 1/4 apple, cored and sliced
- Pinch ground cinnamon



Instructions:

- Spread peanut butter on toast. Arrange the apple slices over the peanut butter and sprinkle with cinnamon. Feel free to top with any unsalted nut of your choice!

Recipes

Lunch

Aim for a well balanced meal that includes a lean protein like chicken or beans, healthy fat such as avocado, fish or olive oil, and a complex carbohydrate.

Chipotle Chicken Quinoa Burrito Bowl (4 servings)

Ingredients:

- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1 pound skinless chicken breast
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
- 1/4 cup pico de gallo
- 1/4 cup shredded lite Monterey Jack cheese



Instructions:

- Preheat broiler.
- Combine chipotles, oil, garlic powder, and cumin in a small bowl.
- Oil a rimmed baking sheet. Broil the chicken on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze, and continue cooking until thickest part of the chicken reads 165 degrees F, Cook 9 minutes more under the broiler. Transfer to a clean cutting board and chop into bite-size pieces.
- Assemble each burrito bowl with 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup lettuce, 1/4 cup beans, 1/4 avocado, 1 tablespoon pico de gallo, and 1 tablespoon cheese.

Cobb Salad (1 serving)

Ingredients:

- 5 cherry tomatoes
- 1/2 avocado, diced
- 1 hardboiled egg, sliced
- 2 cups mixed greens
- 2 oz. chicken breast, shredded
- 1 oz. blue cheese or feta, crumbled



Instructions:

- Dice the tomatoes and avocado. Slice the hardboiled egg.
- Place the mixed greens into a large salad bowl or plate.
- Measure out the shredded chicken breast and blue cheese.
- Place tomatoes, avocado, egg, chicken, and cheese on top of the greens and top with dressing of your choice (blue cheese yogurt dressing, lite raspberry vinaigrette, simple oil and vinegar dressing).

Recipes

Dinner

Tip: to avoid having to cook every day, cook in bulk to have leftovers for lunch and the following dinner.

Lemon Chicken Pasta (1 serving)

Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1 cup spiralized zucchini
- 1/2 cup shredded skinless rotisserie chicken breast
- 1/2 cup cooked whole-wheat spaghetti
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon grated lemon zest
- 1 table spoon fresh lemon juice
- 1 tablespoon panko breadcrumbs, toasted



Instructions:

- Heat oil in a large nonstick skillet over medium heat. Add zucchini and cook for 1 minute.
- Add spinach and chicken and cook for 1 more minute. Remove from heat.
- Add cooked spaghetti, Parmesan, lemon zest, lemon juice, and toss to combine. Sprinkle with toasted panko, season with salt and pepper to taste, and serve.

Mushroom and Tofu Stir Fry (5 servings)

Ingredients:

- 4 tablespoons olive oil, divided
- 1 pound mixed mushrooms, sliced
- 1 medium red bell pepper, diced
- 1 bunch scallions, trimmed and cut into 2-inch pieces
- 1 tablespoon grated fresh ginger
- 1 large clove garlic, grated
- 1 (8 oz.) container baked or smoked tofu, diced
- 3 tablespoons oyster sauce



Instructions:

- Heat 2 tablespoons oil in a cast-iron skillet over high heat. Add mushrooms and bell pepper and cook, stirring occasionally until soft, about 4 minutes. Stir in scallions, ginger, and garlic, cook for 30 seconds more. Transfer the vegetables to a bowl.
- Add the remaining 2 tablespoons oil and tofu to the pan. Cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and oyster sauce. Cook, stirring, until hot, about 1 minute. Serve with rice.

Recipes

Cajun Lime & Honey Salmon with Tomato Cauliflower Rice (2 servings)

Ingredients:

- 2 salmon fillets (as big as you need for your appetite)
- Juice of 1 lime
- 1 + 1/2 teaspoons honey

For the spice rub:

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon coriander (dried)
- 1 teaspoon thyme (dried or fresh)
- 1/2 teaspoon cayenne red pepper
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- Coconut or olive oil for cooking the salmon

Tomato Cauliflower Rice:

- 1 small red onion, finely diced
- 2 tablespoons olive oil
- 1 teaspoon paprika powder
- 1 teaspoon coriander seed powder
- Pinch of chili flakes or powder
- 1/2 teaspoon sea salt
- 1/2 small head of cauliflower, cut into florets and finely chopped
- 1 small carrot, finely chopped
- 1 Roma tomato
- 2 cloves of garlic, finely diced
- 1 teaspoon olive oil
- 2 tablespoons chopped coriander or parsley
- 1-2 tablespoons chopped green onion (optional, for garnish)



Instructions:

- Mix honey and lime juice in a bowl and add the salmon. Coat on both sides and set aside while you prepare the cauliflower rice. Halfway through, turn the piece over so that they marinate evenly on each side.
- Mix the rub spices in a small bowl and set aside.
- Make the tomato cauliflower rice. Preheat a large frying pan over medium-high. Sauté the onions with olive oil for a minute and add the spices. Stir through and then add the chopped vegetables, and cook for 4-5 minutes over high heat. Stir through often. Finish off by adding the fresh herbs and serve.
- To cook the salmon, heat a tablespoon or two of oil in a skillet over medium-high heat. Remove the salmon fillets from the marinade and shake off slightly. Place on a plate and sprinkle evenly with the spice rub (it should cover the fillets quite well). Press down with your fingers. Turn over and cover the other side. Place in a hot skillet and cook for 3+1/2 minutes on each side, until blackened and crispy. Towards the end of the cooking time, drizzle the remaining lime-honey marinade over the fillets. Serve over tomato cauliflower rice.

Recipes

Snacks

Zucchini Pizza Bites (6 servings)

Ingredients:

- 2 large zucchini
- 1/2 cup low-sugar tomato sauce
- 1 teaspoon oregano
- 2 cups mozzarella cheese
- 1/4 cup parmesan cheese
- Pizza toppings as desired



Instructions:

- Preheat oven to 450 degrees F. Line a baking pan with foil and set aside.
- Slice zucchini 1/4 inches thick and arrange on prepared baking sheet
- Top zucchini slices with pizza sauce, oregano, cheese, and your favorite pizza toppings.
- Bake 5 minutes or until zucchini is tender. Broil 5 minutes or until cheese is bubbly and melted.

No-Bake Blueberry Almond Energy Bites

Ingredients:

- 2/3 cup finely chopped raw almonds (unsalted)
- 1/3 cup dried blueberries
- 1 1/4 cup old-fashioned oats
- 1/2 cup almond butter
- 1/4 cup honey



Instructions:

- In a large bowl, stir together all of the ingredients until completely combined.
- Use a spoon to scoop out the mixture, roll into balls, and place on a small baking pan.
- Place the snack bites into the refrigerator to set for 1 hour. Store in an airtight container for up to 1 week.

SMART Goals

Setting goals is an important part of successful weight loss. When our goals are too vague or unrealistic we have a hard time following through. SMART goals allow us to clarify and focus on our goals, motivating us to achieve them within a set time-frame. Read below to learn more about SMART goals before you set your weight loss intentions.



Specific:

What exactly do you want to accomplish? Your goal should be direct and detailed.



Measurable:

How are you going to track and evaluate your goal? Define what evidence you're going to use to prove progress.



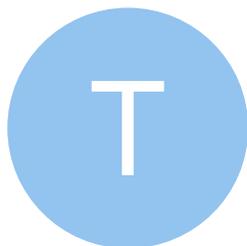
Attainable:

Are you realistically going to be able to accomplish your goal within the given timeframe? Your goal should be challenging but not impossible.



Realistic:

Is your goal worthwhile and does it meet your needs? Make sure that your goals matters to YOU and aligns with other relevant goals.



Time-bound:

When do you plan on achieving your goal? Make sure that your goal has a deadline to focus on and work toward.

My Weight Loss Goals



Examples:

By January 1st of next year I will lose 15 pounds. In order to achieve this goal I will need to lose 5 pounds a month for 3 months. I will track my meals, exercise 4 days a week, and weigh myself once a week to make sure I am on track.

I will add a 15-minute meditation session into my weeknight routine to help reduce my stress and focus on meeting my weight loss goal. This will help me stay motivated until I reach the finish line.

Build your **S M A R T** goal:

What are you going to achieve?

How are you going to track and measure your progress?

Is your goal realistic for the time frame?

How does this goal meet your needs? Why do you want to accomplish this goal?

What's the deadline for your goal?



Goal Tracking



GOAL	
START DATE	
END DATE	

Use the table below to keep track of your progress whether it be pounds lost, workouts, or mindfulness sessions. Have multiple goals? Copy this page to track more!

DATE	MEASURE	DATE	MEASURE

Goal-Setting Resources

If you prefer a virtual method of tracking your weight-loss goals, check out the apps below! Having extra tools for accountability is always beneficial when working toward any significant life change.



Productive - Habit

Tracker: Productive is an easy-to-use tool that helps you build a routine of positive habits. Set personal goals, track your progress, and help keep yourself motivated. Setting smart reminders for throughout your day and analyzing your daily, weekly, and monthly progress are just a few of the ways Productive keeps you on track.



Goalify: This app uses trackers to help you manage repeating tasks and to-do's, track your habits, and improve your overall persistence and productivity. You can also connect with friends on the app to challenge each other and set up accountability groups.

By reading this guide, you've taken the time to consider what your goals are, what tools you will need, and how you can create a weight-loss plan that works for you. Managing your weight is a journey, and we hope that some of the provided resources in this document can help support you along the way.

If you have any questions, you can reach out to the Kapnick Strive team at strive@kapnick.com or 877.233.2296.

Fitness Resource



The Les Mills On Demand platform provides over 1,000 workouts ranging from yoga to HIIT exercises, and classes run from 15-55 minutes in length. Members that enroll directly through the [Strive affiliate link](#) will receive access to Les Mills on Demand for an extended free trial and a discount (30-day free trial and \$12.99/month after versus \$14.99). This is available to all Strive participants!

LES MILLS x  **Kapnick Strive**

WORKOUTS FOR YOUR WORLD



The benefits of regular exercise are endless. That's why we've partnered with global fitness leader, Les Mills, to provide you with an exclusive at-home workout benefit through the LES MILLS On Demand platform.

<p>OVERVIEW</p> <ul style="list-style-type: none">+ A workout platform you can use anytime, anywhere+ Over 1,000 workouts including strength, martial arts, HIIT, yoga, kids programming and more	<p>EDUCATION</p> <ul style="list-style-type: none">+ Les Mills Lab – check out the science behind different programs+ Technique intros+ Tutorials for beginners
<p>VARIETY</p> <ul style="list-style-type: none">+ 13 programs+ Various trainers / presenters+ 15 - 55 minute workouts+ Use a full set of equipment or none	<p>ACCOUNTABILITY</p> <ul style="list-style-type: none">+ Workout plans with schedules+ Online community (Facebook group)+ Personalized coaching available

30-DAY FREE TRIAL
\$12.99 / MONTH AFTER TRIAL

UP TO 5 USERS PER ACCOUNT NO CONTRACT

USE ANY SMART DEVICE TO STREAM, DOWNLOAD, OR CAST

