


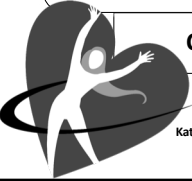
**Coach Kat and Dr. Mimi's  
NEW 6 Month Online  
Health and Fitness Program**



**Class 2: Your Nutrition Plan**

Mimi Secor, DNP, FNP-BC, FAANP  
Onset, Massachusetts

Katherine Secor, IFBB Pro, Certified Trainer/Coach  
Las Vegas, Nevada




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**Self-assessment  
Your Nutrition Plan**



- How are you doing with your nutrition plan? Scale 1-10
- What's going well? (Your victories)
- What isn't going well? (Your challenges)
- What is your nutritional goal for the next few weeks?
- What are your SPECIFIC ACTION STEPS to reach this goal?
  - SHARE: 30 seconds at the end of class

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**Overview**



- Improve your understanding of Macros:
  - Protein, Carbs, Fats, Alcohol
- Vitamins and Nutrients
- Practical pearls
- Tweaking your nutrition program (we're helping you)
- Assess progress with your nutrition plan (scale of 1-10)

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**KEY CONCEPT**



Weight loss is 80% food /diet related !!!

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**Tracking Your Food: MyPtHub**



- How is it going?
- What are your challenges?

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**REVIEW OF Macronutrients  
AKA "Macros"**



- Macros are what makeup the caloric content of food and are needed in large amounts by the body

There are 4 Categories of Macronutrients, containing specific calories per gram

- 1 gram of Protein = 4 calories
- 1 gram of Carbohydrate = 4 calories
- 1 gram of Alcohol = 7 calories
- 1 gram of Fat = 9 calories (calorie dense)

• **NOTE: This is why - if Carbs are high, keep Fats low, and vice versa**

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**Why is Protein Important?**



- Body uses protein to build and repair tissue
- Make enzymes, hormones, other body chemicals
- PROTEIN is a building block of bones, MUSCLES, cartilage, skin, and blood
- High protein diets increase satiety (Ghrelin) and decrease hunger compared to high-fat or high-carb diets
- Helps You MAINTAIN Muscle Mass

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**How Much Protein Per Day?**



- To maintain lean muscle mass: 1 gram per 1 LB body weight
- 0.85 gram per 1 LB body weight for weight loss (starting)
  - Assuming normal kidney function
- Recommendation per ADA
  - Active adults = 0.8 grams protein per kg body weight per day
  - Example: body weight 125 lbs = 45-57 g of protein per day
  - 
  - Endurance athlete = 1.2- 1.7 g protein per kg body weight
  - Example: 150 lb athlete = 95-135 g protein per day

**How Much Protein Are You Eating Right Now?**

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**How Much Protein?  
Our Recommendation**



- To maintain lean muscle mass:
- 1 gram per 1 LB body weight

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**Protein: What Contains Protein?**



- **WHOLE FOODS:** (our preference)
  - Lean proteins: chicken, fish, lean red meat, pork, egg whites, etc.
- **OTHER SOURCES:**
  - Protein powders: Quest, Iso100, Vega, etc.
  - Protein bars: Quest, ONE bar, etc.
- **Read Label & Look For:** high protein equal or higher than carb content, fat below 10 grams, AND high fiber

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**What Are the Benefits of Carbs?**



- Provides Energy
  - Improve Athletic Performance & Replenish Muscle Glycogen
- Contribute to Satiety
- Are Mood Stabilizing
  - Can back fire, due to insulin spike
- Enhance Brain Function
- Aid in Digestion and Regularity (dietary fiber)
- **TIP:** More slowly absorbed when eaten with Protein

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**How Many Carbohydrates Per Day?**



- **VARIES GREATLY** from PERSON TO PERSON
- **FACTORS:**
  - Insulin Sensitivity
  - Your Unique Metabolism
  - Your Energy Expenditure
- Starting Point: 1 gram per 1 lb of body weight
- **40% of your total calories**

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**Carbs: What Contains Carbs? Whole Foods**



- **SIMPLE CARBS:** More rapidly absorbed
  - White Rice/ Cream of Rice, Grits
  - White, red potato, sweet potato
  - Butternut squash
  - FRUIT
- **COMPLEX CARBS:** More slowly absorbed
  - Oatmeal, oat bran
  - Quinoa/ faro/ couscous/ brown rice
  - Beans (pinto, black, kidney)
- (Reference Grocery List)

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**Carbs: How Many Grams per Serving?**



- Differing theories:
- **NUTRIENT TIMING** is more important than **QUANTITY**
- When should I eat simple carbs? **WHY?**
  - Pre workout
  - Post workout
  - Eat with protein to maintain stable blood sugar levels
- **STARTING POINT:** 25-30 GRAMS (1/2-3/4 cup) 3 TIMES A DAY
- OR → **40% of your total food** from Carb sources

**“EAT MORE TO NOT OVER EAT”**

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**How Many Veggies Should I Eat Per Day?**



- **Benefits:**  
Vegetables offer a wide variety of nutrients and vitamins that are necessary for healthy body function
- **ADA:** 5-11 Servings per day!

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**Glycemic Index Versus Glycemic Load?**



- **Glycemic Index:** Value assigned to foods based on how slowly or how quickly those foods cause increases in blood glucose levels
  - **Glycemic Load:** How much glucose will be absorbed  
Example: Watermelon has a high GI  
...but low GL= total calories absorbed are low
  - **Low glycemic veggies:** lettuce, green beans, broccoli, kale, cucumber, peppers, onions, asparagus
  - **High glycemic veggies:** Peas, corn, potato, carrots (medium), bananas (how ripe influences GI)
- NOTE:** More ripe = higher GI, Less ripe = lower GI

[http://www.health.harvard.edu/diseases-and-conditions/glycemic\\_index\\_and\\_glycemic\\_load\\_for\\_100\\_foods](http://www.health.harvard.edu/diseases-and-conditions/glycemic_index_and_glycemic_load_for_100_foods)  
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**Carbs to Aim for and Carbs to Avoid**



- **Aim For:** Less processed whole grains, vegetables, whole fruits, and beans → these options promote health by providing vitamins, minerals, fiber, and phytonutrients
- **Avoid:** White breads, pastries, sodas, other highly processed or refined foods. These contain easily digested carbs that may contribute to weight gain, interfere with weight loss, promote diabetes and heart disease (pro-inflammatory)

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/>

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**Processed Carbs & Refined Sugar**



- Refined Sugar = No Nutritional Benefit
- **Excess sugar = Weight gain**
- Can cause insulin resistance
  - → which can lead to diabetes, obesity and according to recent research increases risk of cancer/s
- **Other negative health effects:**
  - Damage to liver, premature aging skin, disruptive sleep patterns, diabetes, CVD, dementia



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**DO YOU NEED CARBS? Not Necessarily**



• Depending on your personal characteristics/ goals a low carb diet may be a good option for you

- HIGH PROTEIN
- VEGETABLES: Lots of Low Glycemic ones
- HEALTHY FATS: Small amount

→ Produces WEIGHT LOSS SUCCESS (for many)

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**Why are Healthy Fats Important?**



- FAT is an Essential Nutrient
- Brain development in children
- Vitamin absorption and healthy skin, hair, nails
- Needed for blood clotting & inflammation
- Important source of energy
- Helps reduce CVD risk and improve lipids!
- **May help metabolism, weight loss**

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**Fats: Options?**



- WHOLE FOODS:
  - Avocado
  - Nuts (almonds, pistachios, cashews)
  - Nut Butters
  - EVOO/ Coconut oils
  - SALMON/Fatty meats
- OTHER SOURCES:
  - Many processed/pre packaged foods and sauces/dressings contain fats
  - AVOID trans fats in processed foods

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### Fats Per Day



- Starting Point:
  - High Carb Diet: 20% of total calories
  - Low Carb/High Fat Diet: 30-40% of total calories
- Example: 1500 calorie diet → consume 30 grams (1 oz)
  - 1 oz/30 gms = 24 nuts = 170 calories
  - 2 Tb = Peanut butter = 190 calories
  - 3 oz/90 gms = Avocado = 150 calories (lower than nuts)

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### Alcohol: Is a Poison!



- Alcohol is digested differently!
  - **Alcohol is extremely toxic!!!**
  - When ingested, metabolism of food shuts down while the alcohol is metabolized first.
  - Carbohydrates that would have been metabolized are more likely to be stored as FAT.
  - The fat storage site that tends to take up EXCESSIVE carbohydrate calories is BELLY fat! (Greedy & efficient!!!)
- How Much Alcohol Do You CONSUME?

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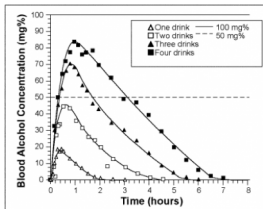
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### Alcohol



- As few as 4 drinks can provide fuel for up to 7 hours (liver can only metabolize between 7-15g/alcohol per hour)
- 7+ hours to metabolize alcohol **IN ADDITION TO** whatever glucose or fat is consumed



<https://graemethomasonline.com/beach-body-or-beer-belly-alcohol-and-your-physique/>

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### Vitamins & Nutrients



- Even eating a low calorie diet, you can obtain the needed vitamins and minerals through your diet without additional supplementation
- → Only exception of Vitamin D (minimum = 1,000 IU daily)
- Visit the link below to access the Dietary Reference Intakes (DRI's) that will outline how much of each vitamin and mineral you may need
- [https://www.nal.usda.gov/sites/default/files/fnic\\_uploads/RDA\\_AI\\_vitamins\\_elements.pdf](https://www.nal.usda.gov/sites/default/files/fnic_uploads/RDA_AI_vitamins_elements.pdf)

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### Vitamins & Nutrient TIPS



- **Food Quality** not Food Quantity
- Choose a wide variety of colorful fruits and vegetables!
- Vary the types of carbohydrates you consume
- Vary the types of proteins and fats you consume
- Supplementation Options: Green Drink Powders
  - CytoGreens Acai Berry

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### Vitamins & Nutrient DENSE FOODS

(nutrient rich foods relative to number of calories)



- |                                |   |
|--------------------------------|---|
| • Avocados                     | • Seeds (flax, pumpkin, sesame)               |
| • Chard, collard greens, kale  | • Dried beans (garbanzo, kidney, navy, pinto) |
| • Mustard greens, spinach      | • Lentils, peas                               |
| • Bell peppers                 | • Almonds, cashews, peanuts                   |
| • Brussels sprouts             | • Barley, oats, quinoa, brown rice            |
| • Mushrooms                    | • Salmon, halibut, cod, scallops              |
| • Sweet potatoes               | • Lean beef, lamb, venison                    |
| • Low fat yogurt/ greek yogurt | • Chicken, Turkey                             |
| • eggs                         |   |

<http://www.health.harvard.edu/womens-health/getting-your-vitamins-and-minerals-through-diet>

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### Healthy Snacks



“Fail to prepare, prepare to fail”

**Suggestions:**

- Quest chips
- Quest whey powder as pudding
- Casein protein pudding
- Arctic zero & Halo Top ice cream
- Pb2 powder
- Zero Calorie Noodles (Miracle Noodle, Nasoya Pasta Zero)
- Egg whites w cinnamon (Mimi’s favorite)
- Herbal tea

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### Healthy Snacks: Protein Bars BEWARE



Not all “protein bars” are protein bars BUT rather CARB bars

**Our Recommendation:**

- Quest or ONE Bars (Look for: 220 cal or less, equal protein and carbs (or close to), 9g sugar or less)
- Just because they are in the “protein bar” section does not mean they are protein bars
- Some bars may contain only 4-6g protein BUT packed w/ 300+calories, 40g + carbs, and 15+g fat! BEWARE
- READ THE LABELS; it gets easier with practice

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### Hunger: What Does it Mean?



- It may be thirst! Try drinking water
- ½ Gallon to 1 Gallon of water per day
- If you are hungry but your last meal containing adequate protein (3-4 oz) was less than 3 hours ago, do your best to wait (drink some water)

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**Satiety Tips & Tricks**



**Remember:**

- It takes 20 mins after eating for your brain to register Satiety

**Tips:**

- Savor your food
- Eat mindfully
- Slow down and taste every bite

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**Food Prep: IS KEY**



“Fail to prepare, prepare to fail”

- Planning meals
- Regular Grocery list
- Food prep: schedule day of the week or time of day?
- Planning: Week before, day before  
work versus, weekend, vs travel
- To go container (with cooling packs):
- Reevaluate your success

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**Food Prep: (Continued)**



- Don't shop hungry: Have a snack or meal before hand!
- If it's not on your list- do you really need it?
- Avoid trigger food areas of the store (Center)
- Get in and out quickly.
- If you do the grocery shopping, that's an advantage!

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### Summary



- Improve your understanding of Macros:  
Protein, Carbs, Fats, Alcohol
- Vitamins and Nutrients
- Practical pearls
- Tweaking your nutrition program (we're helping you)
- Assess progress with your nutrition plan (scale of 1-10)

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### Your Contract and Our Expectations



- You are **Fully** committed
- You will **Participate in ALL Activities**
- You will be **Honest and Vulnerable**
- You will **ASK FOR HELP**
- You will **Support** others
- You will be a **Good "accountability partner"**
- **Your success is ultimately up to you**
- **AND** you will have **FUN**

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### Homework:



- Access student portal of CoachKatandDrMimi.com
- Post daily on our Private Facebook page  
(a Victory, challenge, or comment on a post)
- Keep recording your food and exercise in MyPthub
- Check-in with your Accountability Partner x 1 week, and mid week
- Recommit to this program (print form and post visibly)
- Revisit/recommit to your 6 month goal
- **MyPthub: Every 1-2 weeks on Sat by 12 pm EST, (weekly is better for you)**  
Check-in with Photos, Weight, etc.
- **NEW: Email us too (more accountability)**

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**Summary and Discussion**



**SHARE:** 30 seconds on your progress  
this past few weeks???

**NEXT Coaching Call**  
**Sunday, June 10, 2018 at 7 pm EST**  
Submit your Coaching Question Form  
by Sat, June 9<sup>th</sup>, earlier is better!!!

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**Thank you and Questions**

Mimi Secor, DNP, FNP-BC, FAANP  
Katherine Secor, IFBB Pro, Trainer/Coach

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**Addendum Slides from Class 1  
For Your Easy Review**

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### Your Contract and Our Expectations



- You are **Fully** committed
- You will **Participate in ALL Activities**
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### OVERVIEW: Basic Principles



- Week to week accountability (skin in the game)
- Safe environment
- “Judgement free zone”
- Affirmations
- Support system with faculty, and peer to peer
- Parallel journey (different goals, etc)
- 100% effort, but may be individual (framework)
- Accountability
- Pushing past your comfort zone
- Learning, sharing, developing strategies
- Moving forward
- Toward long term success

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### Logistics



- Contact info:
  - Kat Secor, 508-472-1007, [Kat@KatSecor.com](mailto:Kat@KatSecor.com)
  - Mimi Secor, 508-801-6056, [Mimi@MimiSecor.co](mailto:Mimi@MimiSecor.co)

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**Logistics**



- Open [www.myphub.com](http://www.myphub.com) and create an account
- Enter necessary information
- Upload your pictures, measurements, weight
- All info is confidential

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**Your Student Portal**



- Go to [CoachKatandDrMimi.com](http://CoachKatandDrMimi.com)
- Student area, 6 month program
- Username: CoachKatandDrMimi, Password: CKDM18.1
- Contains PDFs, links to recorded classes, and coaching calls
- Other resources

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**Logistics: Check-ins**



- Using MyPTHub.com
- Twice a month upload your photos (same clothes, positions, lighting)
- 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month
- Weekly if you want to be even more successful
- **MARK YOUR CALENDAR, SET AN ALARM**

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**Logistics: Webinar Classes**



- 1<sup>st</sup> Sunday of the month at 7 pm EST
- Using Instant Teleseminar or Zoom
- We'll email you with the login info
- All classes will be recorded and posted in your student portal
- MARK YOUR CALENDAR, SET AN ALARM

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**Logistics: Group Coaching Calls**



- 3<sup>rd</sup> Sunday of the month at 7:00 pm EST
- Submit a "coaching call form" by Saturday
  - Go to CoachKatandDrMimi.com
  - See members area, 6 month program
  - Username is CoachKatandDrMimi, password is CKDM18.1
  - All classes will be recorded and posted in your student portal
- Using Zoom or Facebook Live

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**Accountability Partner**



- We'll assign partners
- 1 weekly goals (small, doable)
- 15 min call weekly to report (Do not exceed 15 min)
- Check in Monday, Wed, Friday, quick text/or email
- ADD TO YOUR CALENDAR!
- That's it !!!

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**Private Facebook Group: Interact**



- Get and give support
- Comment
- Share
- Support others
- Be vulnerable
- Have fun

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**Track Your Food: Using MyPtHub**



- Record all your food (even nibbles, licks and bits)
- Scan barcodes
- We need precise baseline information to analyze and advise you
- Without this “you are just wishing and hoping”

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**Track Your Exercise: Using MyPtHub**



- We’ll give you feedback on your exercise and modify your exercise to maximize your results
- And we’ll teach you how to make changes on your own

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**COURSE OVERVIEW**



• Goal of this program: Expand your knowledge, adjust attitudes/mindset and build new skills, through an immersion experience, to help you achieve your health and fitness goals

• Your Goal: for next 6 months (write it down)

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**Overview: CKDM 6 Month Program**



- Getting started: Baseline data
- Nutrition/Diet
- Exercise
- Emotional challenges (Mindset, triggers, addictions)
- Logistics/planning: Fail to prepare, prepare to fail
- Support
- Accountability
- Common Challenges
- Sleep
- Stress Reduction

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**Setting Your Goal**



- What is a goal: 6 month (then work backwards)
- Reverse engineering your goal
- What is your goal: 6 month, 3 month, 1 month
- Specific
- Measurable

- Homework:
- Developing plan, step by step

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### What are your challenges?



Challenges/Problems

- 1.
- 2.
- 3.
- 4.

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### Baseline Measurements



- Baseline vital signs
- Weight, BMI, Height, Age
- Body Fat Percentage (NOT NECESSARY)
  - DEXA, BodPod, Calipers, Handheld
- Tracking Weekly
  - Weight
  - Photos: front, back, side (in sports bra and shorts)
  - Measurements (chest, waist, hips, thighs)

Disclaimer: Before starting any new nutrition or fitness plan, check with your healthcare provider for medical clearance.

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### Baseline Measurements



- Medical Clearance
  - Stress test if risk factors or age 50+
  - Blood pressure and pulse
  - If any physical challenges/injuries consult a physical therapist or trainer

Disclaimer: Before starting any new nutrition or fitness plan, check with your healthcare provider for medical clearance.

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**Baseline Measurements**



- Diagnostic Testing
  - Cholesterol/lipids (Total, HDL, LDL)
  - Blood sugar
  - Thyroid, anemia, etc.

Disclaimer: Before starting any new nutrition or fitness plan, check with your healthcare provider for medical clearance.

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**Take YOUR Baseline Measurements**



- Are you prepared?
  - Flexible measuring tape
  - Bodyweight scale
  - Set time weekly to take measurements

Note: always take weight/measurements/pictures under the same circumstances (preferably in the morning upon waking, before food or fluids, after using the restroom)

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**Take YOUR Baseline Measurements**



- Weekly Measurements: REVIEW
  - Weigh yourself
  - Take your measurements
  - Have a family member or friend take your photos
    - Or learn to use your timer app on your phone
  - Be relaxed in photos; front, back and side
    - Wear the same clothing

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### Your Learning Curve



- Be patient with yourself on this journey
- Everything is hard until its easy
- Things Take Time (TTT)
- Ask for HELP
- Celebrate your victories, big and small
- Expect Roadblocks, Setbacks, and Challenges
- It's a process...we're here to help you

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### Summary



- Course and Logistics
- 6 month goal
- Baseline measurements
- Recording your food
- Homework for Nutrition class next week

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### How Much Protein: Our Recommendation



- To maintain lean muscle mass:
- 1 gram per 1 LB body weight

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