

The One Page Book * Quick Guide to Weight Maintenance

EMAIL: NursePattye@gmail.com

Pattye Anderson, Confidential Professional Assessments

Board Certified Family Nurse Practitioner

Prescriber / Coach Nurse Consultant

www.SlenderImage.org



1	Monitor your progress	Set PERSONAL Goals ~ Journal ~ Document: Workouts ~ Weight ~ Measurements ~ Meals ~ Labs	
2	Write motivation goal cards	Wedding? Summer Clothes? An outfit? Class Reunion? Medical Reasons? Abnormal Labs? Live Longer? Raise Grandchildren? Prove it to yourself? Attract someone?	
3	Early to Bed Early to Rise	Sleep Hygiene = Increased Health, Prosperity and Mental Clarity	
4	Eat 6 - 8 meals per day	Never eat a BIG anything ~ Start meals within 2 hours of waking ~ Eat every 2 hours	
5	Drink 80 ounces of water/ day	Hunger is sometimes dehydration - Add flavor packets – Drink when you are Hungry ~ Drink later in the day ~ avoid ice ~ Use water as an early waking motivator	
6	10,000 step per day	Get a Pedometer ~ Wear properly fitting shoes ~ 6 miles on a treadmill ~ Walk to post office ~ At the mall ~ Dance ~ Clean House ~ Garden ~ Bike ~ Swim ~ Pilates ~ Yoga	
7	Which Carbohydrates to eat? THE ULTIMATE CARBOHYDRATE COUNTER	GET A CARB BOOK ~ Potatoes ~ Fries ~ Rice ~ Pasta ~ Spaghetti ~ Bread ~ Bagels ~ Flour ~ Corn ~ Cookies ~ Crackers ~ Chips Tortillas Latte Drinks ~ Creamer ~ Sugar ~ Fruits ~ Juices ~ Grapes ~ Alcohol - Wine ~ Soda LIMIT AND AVOID THESE TYPES OF CARBOHYDRATES	
8	125 ~ 150 carbs g / day - Limit intake to 15-25 carbs g / meal	Don't obsessively count – Monitoring Weight & Carbohydrates is More Than Enough for now!!	
9	Eat Every 2-3 hours	You will feel hungry when you eat smaller meals ☺ 8a ~ 10a ~ 12p ~ 2p ~ 4p ~ 6p	
10	SLOW DOWN Eat & Enjoy Be The Last To Finish Eating	Allow about 20 minutes to get the FULL STOMACH message to the BRAIN . Put the fork, knife, spoon, sandwich etc DOWN ~ Time Yourself ~ Chat ~ Smell the Food ~	
11	Are you trying to Lose or Maintain Weight	6 weeks on strict weight loss program ~ 3 weeks on adjusted maintenance program ~ Alternate your Year Round goals and Recognize the Weight Plateaus	
12	Cut down on portions	Read the Serving Size on Packages ~ Measure food portions ~ Use small plates ~ Avoid “Super” Sizes Separate Large into manageable servings (Chips, Chicken) with Zip Bags & Foil	
13	Plan Your Meals Avoid Pitfalls	We crave what is planned – plan a meal your body will desire it knowing what is coming	
14	Practice Self Discipline	Listen to eating versus hunger cues ~ Are you Hungry? Anxious? Sad? Curious about flavors?	
15	Don't Deny Yourself	Want a treat? Have it ~ Be smart & disciplined ~ Remember your goals ~ Don't be a self saboteur	
16	Use Natural Flavor Substitutes	Agave Nectar, Stevia, I Can't Believe It's Not Butter, Lemon, Garlic, Thyme, Rosemary	
17	Protein, Vitamins, Fat Burners	Consider changing your regimen after talking to your Medical Provider and Coach	
18	Professional Motivator Coach	Have a Nurse, Nutritionist, Endocrinologist, Trainer to be accountable to ~ Be sure to visit or call the Coach at least 1- 2 times per month or more frequently as needed	

VISIT <https://www.pushhealth.com/practices/73960/new-patients/panderson73> for prescriptions

The One Page Book * Quick Guide to Weight Maintenance

EMAIL: NursePattye@gmail.com

Pattye Anderson, Confidential Professional Assessments

Board Certified Family Nurse Practitioner

Prescriber / Coach Nurse Consultant

www.SlenderImage.org



VISIT <https://www.pushhealth.com/practices/73960/new-patients/panderson73> for prescriptions

1	Monitore su progreso	Ponga Metas ~ Diario ~ Documente: Ejercicios ~ Peso ~ Medidas ~ Comidas ~ Laboratorios
2	Escriba su motivacion en su tarjeta de motivacion	Boda? Ropa de Verano? Un Traje? Reunion de Clase? Rasones Medicas? Laboratorios Anormales? Viva Mas? Cuidar a sus Nietos? Pruebese usted mismo? Atraer a alguien?
3	Temprano a la cama y Despertar	Buen sueño = Increta Salud, Prosperidad, y Claridad Mental
4	Coma 6 - 8 comidas al dia	Nunca coma algo pesado ~ empieze alimentos despues de 2 horas de caminar ~Coma cada 2 horas
5	Tome 80 onzas de agua al dia	El hambre aveces el dehidracion – Agregue paquetes de sabor– Tome cuando tenga hambre~ Tome en las tardes~ avoid ice ~Use agua como Use water as an early waking motivator
6	10,000 pasos al dia	Agarre un Pedometro ~ Pongase zapatos comodoss~ 6 millas en la caminadora ~Camine al la oficina de correo ~Al centro comercial ~ Baile ~ Limpie Hogar ~ Gardin ~ Bicicleta~ Nadar~ Pilates ~ Yoga
7	Cuales carbohidratos comer? EL ULTIMO CONTADOR DE CARBOHIDRATO	AGARRE UN LIBRO DE CARBOHIDATOS ~ Papas ~ Fritas~ Arroz ~ Pasta ~ Spaghetti ~ Pan ~ Bagels ~ Harina ~ Elote ~ Galletas ~ ~ Papitas Fritas~ Tortillas~ Bebidas Lácteas ~Azucar ~ Frutas ~ Jugos ~ Uvas ~ Alcohol - Vino ~ Soda LIMITE Y EVITE ESTOS TIPOS DE CARBOHIDRATOS
8	125 ~ 150 carbs g / dia Limite de 15-25 carbs g / comida	No cuente obsesivamente- Seguimiento de Peso y carbohidratos es más que suficiente por ahora!!
9	Coma cada 2-3 hours	Se sentira con hambre si come comidas mas chicas ☺ 8a ~ 10a ~ 12p ~ 2p ~ 4p ~ 6p
10	Coma Despacio & Disfrute Sea el Ultimo en terminar de Comer	Permita 20 minutos para que EL STOMAGO LLENO mande una senal al CEREBRO. Ponga el tenedor, cuchara y cuchillo, sandwich etc ABAJO ~ Time Yourself ~ Chatiar ~ Huela la Comida ~
11	Usted quiere Perdiendo o Manteniendo el Peso	6 semanas de programa de perdida de peso~ 3 semanas de programa de ajustes mantenimineto~ Alternate tus Plans para todo el año & Recognize the “Weight Plateau”
12	Reducir las porciones	Lea el tamaño de las porciones en el paquete ~ Mida la porciones de comida ~Use Platos Chicos ~Evite “Super” Sizes Separe Grande en porciones manejables (Papitas Fritas, Pollo)en Zip Bags
13	Plane su Comidas~Evite trampas	Se nos antoja lo que planeamos– Planificar su comida su curpo lo deseara sabiendo lo que viene
14	Practique disciplina misma	Escuche a comer vs a los signos de hambre~ Tiene Hambre? Ansiedad? Triste? Curioso de sabores?
15	No te Nieges	Quiere un antojo? Comaselo ~ Sea inteligente & disciplinado~ Acuerdese sus metas ~ No sea un su mismo saboteador
16	Use Sabores Naturales substivos	Agave Nectar, Stevia, I Can’t Believe It’s Not Butter, Lemon, Ajo, Thyme, Rosemary
17	Proteina, Vitaminas, Fat Burners	Considere la posibilidad de cambiar su régimen después de hablar con su proveedor médico y
18	Profesional Motivador Entrenador	Tenega una enfermera, nutricionista, endocrinólogo, entrenador para que pueda rendir cuentas~ No deje de visitar o llamar al entrenador cada mes

