

TRANSITION AND MAINTENANCE FOR THE BUSY LIFE

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1. Reached your weight goal? The key to long term success, is to transition into a healthy lifestyle that will continue the same life- building principles of the Take Shape for Life 5&1 plan. Transition is the process of slowly adding back healthy meals into the mix until we achieve a plan of eating that we can continue for the future.

2. Balanced living- Take Shape for Life meals have several pivotal features that must be incorporated into our meal selection. Each meal must be balanced in low-fat protein, and carbohydrates to insure a slow rise in our blood sugar for proper hormonal responses and long-lasting energy. The majority of our carbohydrate foods should continue to be low-calorie vegetables, supplemented with small portions of fruit and whole grains. I recommend supplementation with high-quality omega-3 fish oil supplements to reduce inflammation and optimize all of our organ functions. Exercise and stress management will always be foundational components of our lifestyle.

3. A Transition Plan for the Busy Life

Transition allows us to gradually increase our calorie intake with food we prepare, while continuing to eat 6 portion- controlled and low-fat protein/carb balanced meals through the day. **For ease of implementation, continue to eat a Medifast meal mid- morning and mid-afternoon.**

If you have lost 20-75 pounds, allow 1 week for each step.

If you have lost over 75 pounds allow 2 weeks per each step.

Step 1- Leftovers for lunch

The easiest way to have a high quality lunch is to make extra Lean and Green the day before. As you put your meal away, simply take out a sealable plastic container and plan to eat about 2/3 the quantity of your Lean and Green Meal for a light lunch the following day.

Step 2- Breakfast

Your breakfast meal provides energy for the morning. It also sets your hormones correctly to optimally burn fat for energy through out the day. Most breakfasts in America are much too high in carbohydrates and trigger weight gain.

Following is a sample of breakfast ideas that are portion controlled and easy to prepare.

Step 3- Bedtime meal

Eating a small meal before bed allows the ideal release of growth hormone and cortisol while we sleep. Optimizing these hormones increases our muscular strength and fat-burning the next day. This is a good time to have fruit

or a glass of wine balanced with protein. Examples of small meals will follow. They can also be used for mid-morning and mid-afternoon small meals.

Plan for success.

4. Monitor Set upper and lower limits for your weight. If you go below your target weight then adjust your portion sizes up. In the more likely event that you exceed your upper limit, then consider substituting a Medifast meal for your breakfast, lunch or bedtime meal- for a 2-5 pound wt. gain, or for a >5 pound wt. gain, go back on the 5&1 plan until you are at goal, and then transition.

Be curious about what led to your weight gain and ask yourself:

Are my portions too big?

Am I eating foods off the suggested list? (especially fast food, snacks and desserts)

Am I eating out too often?

Am I letting exercise routine slip?

5. Portion control- Continue to eat 6 times a day. Follow the guidelines for your portions, and decrease your portion size if you start to gain weight.

If you eat out, order an appropriate lean and green meal. Ask the server not to bring any bread or chips to the table. Also ask for a take home container. Request that extra vegetables replace any starch such as potatoes or rice. Most meals out contain too much food. If your meal has extra meat , omelet ,or vegetables, then take some home.

6. Support- Peer support provided by family, friends or co-workers significantly improves the chances of continued weight control. Find people to help you stay motivated and to encourage you when you are in tough times.

7. Avoid trigger foods. Avoid having your favorite snacks and off-limit foods at home. When shopping, stick to the perimeter of the grocery store where the healthy items are located. Don't shop for groceries when hungry. Don't eat at restaurants that have tempting items that you can't pass up or where there are no healthy choices.

8. Exercise daily. Exercise increases the metabolism, provides the release in the brain of stimulating endorphins for a feeling of well-being and burns calories. Find ways to enjoy yourself while you exercise. Exercise with a friend, or do something you enjoy such as watching a favorite TV program or listen to your favorite music.

9. Be creative. Try new recipes and healthy foods regularly! Share recipes with friends on Take Shape for Life, or find healthy cookbooks that feature low fat meals with low fat meats/fish/poultry/ soy products along with vegetables and fruits. New tastes keeps our interest in continuing the program.