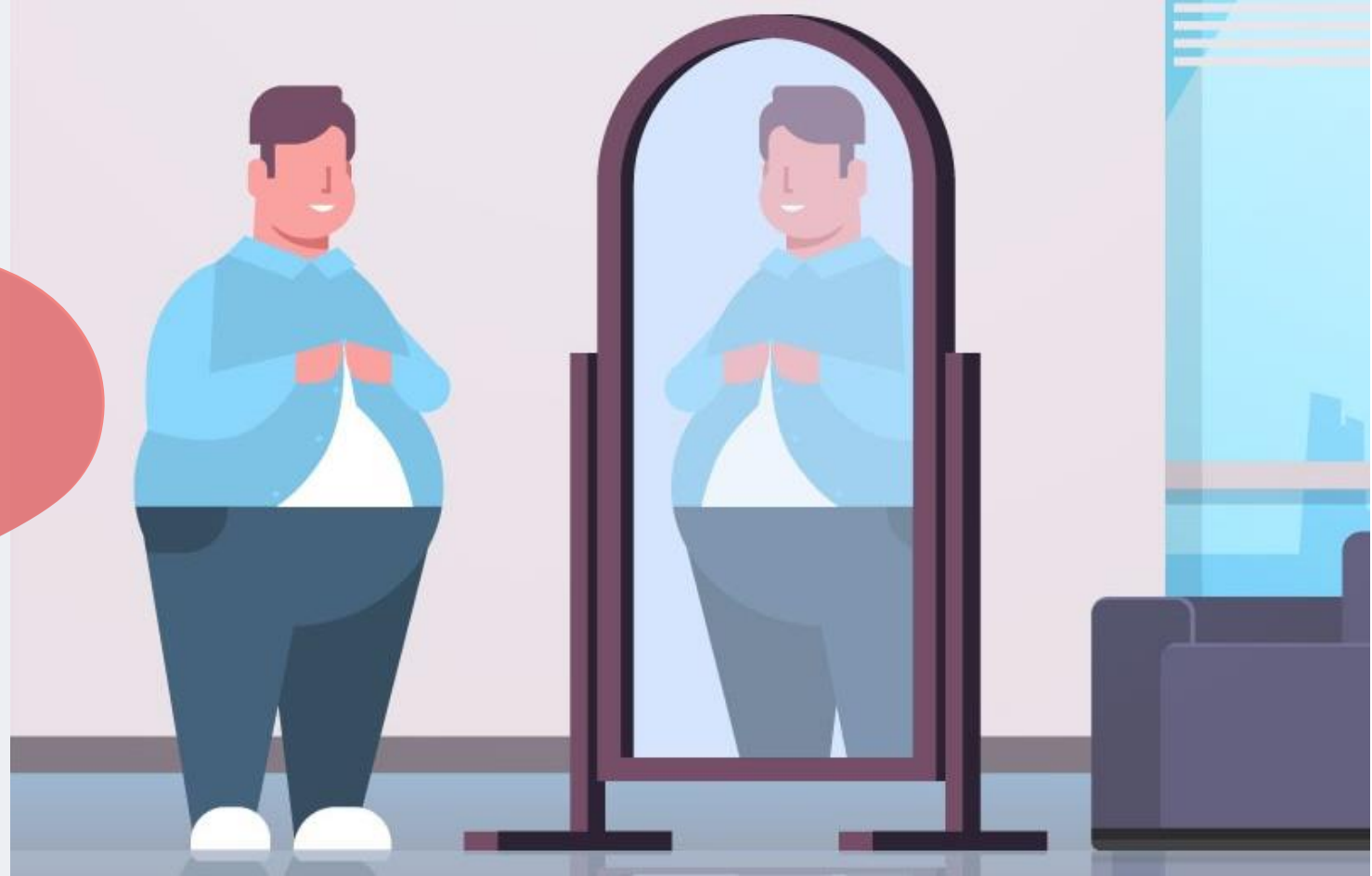


FIND YOUR “WHY”



Finding your "why" is a good practice before goal setting. The “why” ensures our goals are relevant and meaningful, and provides the motivation to achieve the goals we set for ourselves.

When you hit on the values and emotions that drive why you want to achieve a goal, **the emotional part of your brain is activated and helps motivate you to action.**

FIND YOUR

“WHY”

Why do I want to lose weight?

Because I want to fit in a smaller pair of jeans.

Why do you want to fit in a smaller pair of jeans?

Because I want to look better.

Why do you want to look better?

I will feel good about myself and have more energy.

Why do you want to feel good about yourself and have more energy?

When I feel good about myself, I am more assertive and confident.

Why do you want to be more assertive and confident?

When I am more assertive and confident, I am in control and better able to get what I want out of life.



Identifying your true “why” can drive your health improvement. Reach out to your care team for more ways to set meaningful health goals!



Research suggests if you're **eating food from high-quality sources** and doing a **variety of workouts including strength training, conditioning, and recovery work**, together they can help you carry more muscle and less fat.

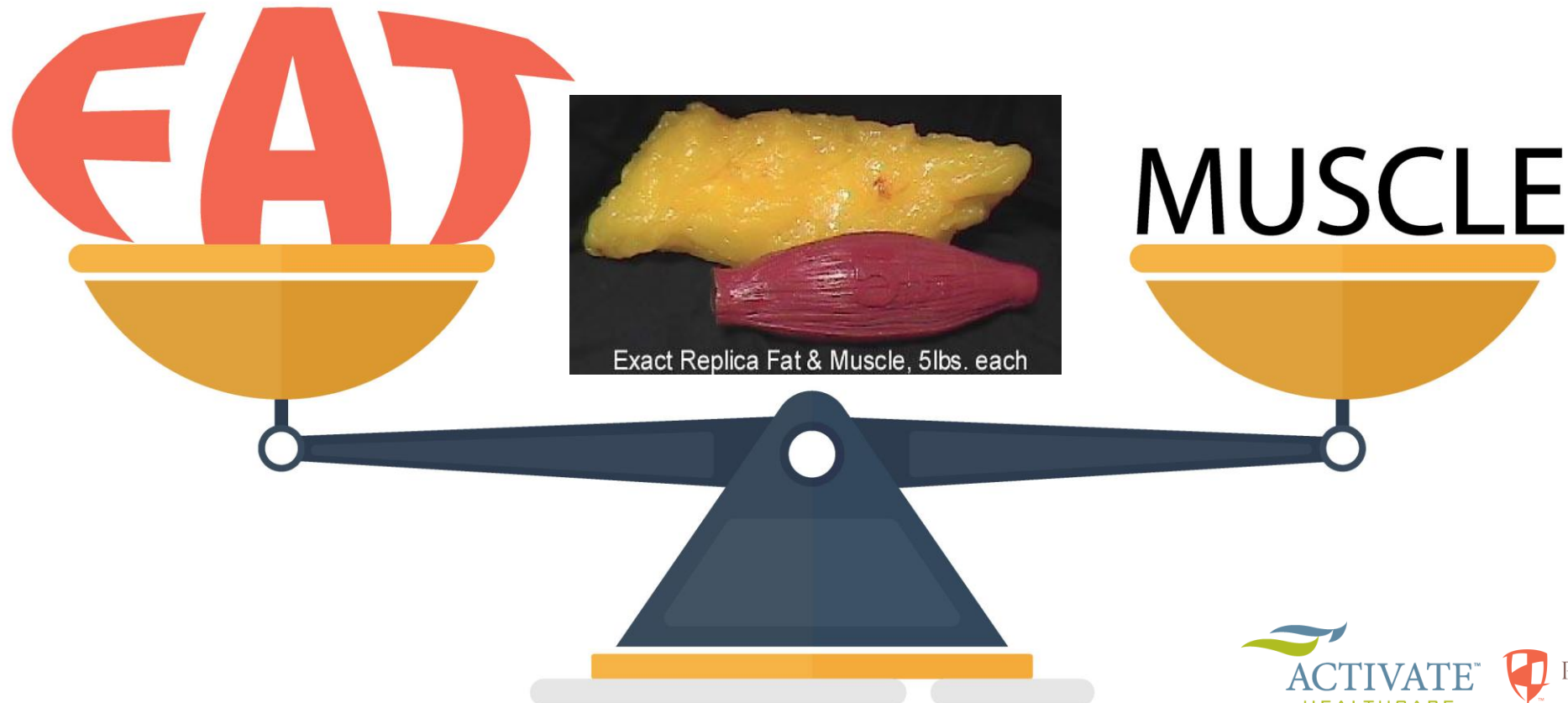
Incorporating healthier foods and increasing daily activity allows you to lose weight in a safe and healthy manner.

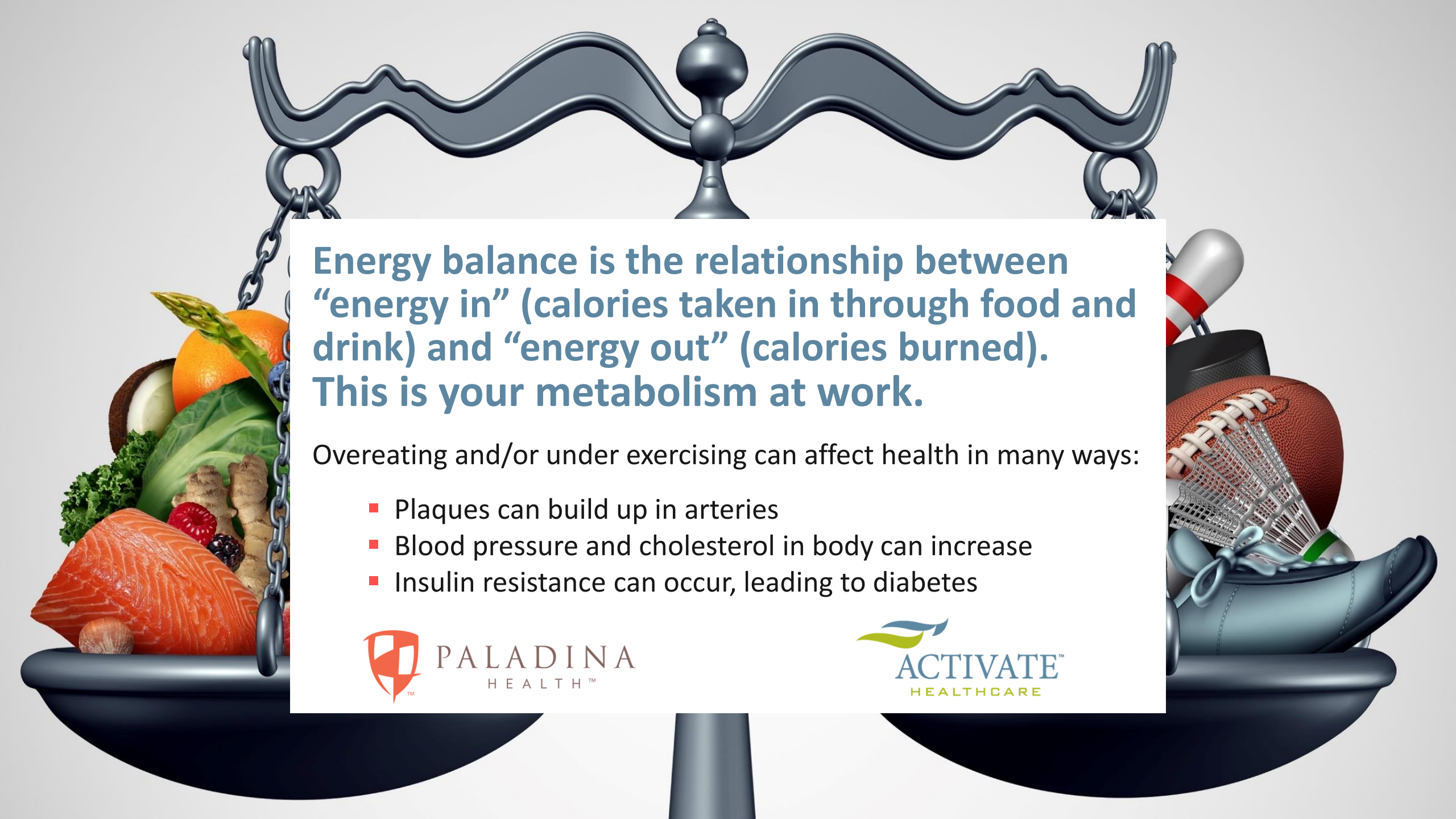
Ready to get started? We can help!



WHICH WEIGHS MORE – a pound of fat or a pound of muscle?

Trick question – they weigh the same. So where did the idea come from? If you look at them side by side, muscle looks smaller, which may imply that it weighs less. In reality they both weigh the same. **What is different is that muscle is more dense than fat, meaning it takes up less space in the body.**




A balance scale is shown, symbolizing energy balance. The left pan is lower and contains a variety of fresh foods including salmon, broccoli, asparagus, oranges, raspberries, blackberries, and ginger. The right pan is higher and contains sports equipment including a football, a tennis racket, a badminton racket, and a blue athletic shoe. The scale is a dark grey color with a decorative top.

Energy balance is the relationship between “energy in” (calories taken in through food and drink) and “energy out” (calories burned). This is your metabolism at work.

Overeating and/or under exercising can affect health in many ways:

- Plaques can build up in arteries
- Blood pressure and cholesterol in body can increase
- Insulin resistance can occur, leading to diabetes





**YOUR
CARE TEAM
CAN HELP!**

*Your **ENERGY IN** and **OUT** don't have to balance every day.*

It's having a balance over time that will help you stay at a healthy weight for the long term. If you eat less than the calories you need each day, you will lose weight. If you do the opposite (i.e. eat more than you use), you will gain weight.

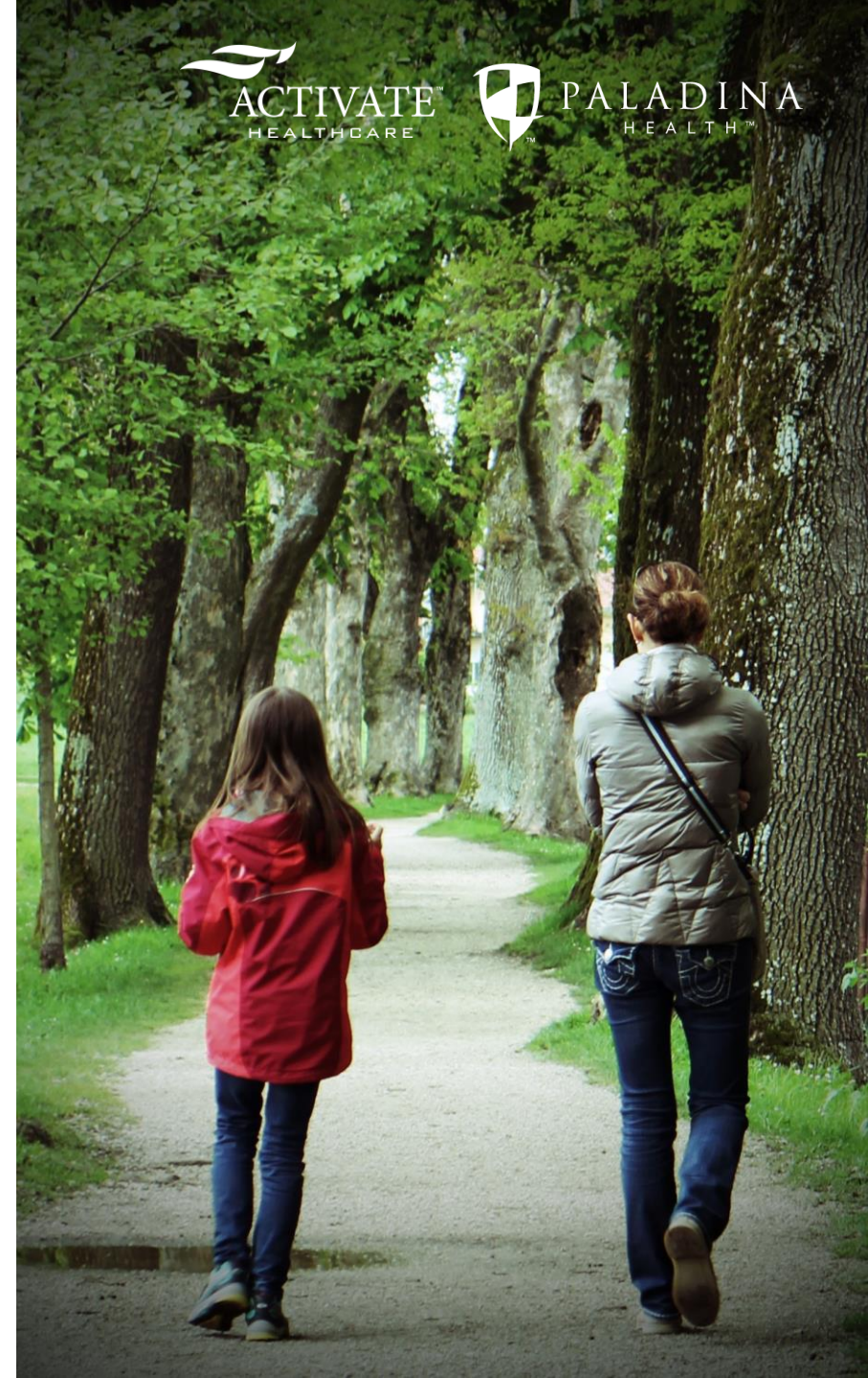


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Quick Tip!: Rather than trying to eliminate a habit altogether, try replacing it with a healthy habit.

Example: Replace “I will not eat sweets” with “I will take a quick walk when I am craving sweets.”



Get **SMART** Around Your Goals

Make a plan that includes small, reasonable goals with specific actions to take by creating SMART goals. Setting SMART goals means you can clarify your ideas, focus your efforts, and use resources productively.

S **Specific** - Your goal should be clear and specific. What exactly is it that you are going to accomplish? Define things such as: Who? What? When? Which? Why?

M **Measurable** - Answer questions such as: How much? How many? How often? How long? Include both the frequency and the duration to help track progress.

A **Agreed Upon**—Is this goal applicable to your life and your long-term goals?

R **Realistic**—This step is about ensuring that your goal aligns with bigger picture goals. The goal should be challenging, yet achievable.

T **Time-Bound**—Set an end date for when the goal will be achieved



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Physical activity and exercise, such as playing tennis, walking to the store or chasing after the dog, is by far **the biggest factor** in determining how many calories are burned each day. Without enough exercise, your muscles will not grow and, because they are not being used, they will actually decrease in size. This will slow your metabolism and increase your fat stores.



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FOOD



DIGESTION



ENERGY

What is Metabolism?

Metabolism is the process in the body which turns the food you eat into the energy it needs to survive and thrive. activity. The number of calories your body uses to carry out these basic functions is known as your basal metabolic rate, or what you may call metabolism.

AGE DOESN'T HAVE TO SLOW YOUR METABOLISM!

Research shows that losing muscle and being less active are the biggest reasons your metabolism slows down with age.



Did you know?

One pound of muscle burns roughly three times as many calories as a pound of fat.

Incorporate strength training twice a week as a way to build muscle.