

## Golden Light Health, LLC

### Wellness visit: Weight Management Coaching

email form to [info@goldenlighthelaling.org](mailto:info@goldenlighthelaling.org)

I want you to be encouraged about your stated determination to improve your health. I just wanted to offer you some important health information. We will help you with adherence to a healthier lifestyle We are offering to help you monitor your overall progress.

- healthier food intake
- physical activity planning
- trend weight and BMI
- repeat abnormal labs (as needed).

#### What to bring to your initial visit:

1. Food intake diary/log
2. Physical activity diary/log
3. Your personal health goals, (2-3 goals minimum)
4. Write down any questions you have for your healthcare team.

#### Quick tips:

The best way to avoid worsening health issues is to lose at least 5% to 7% of your current weight, gradually. And, becoming more physically active by getting at least 30 minutes of exercise 5 days a week. Combine weight lifting and cardio exercises, increase your duration slowly and only as tolerated. These changes help the body's cells use blood sugar better and avoid food fuel's storage as fat.

**\*\*BUT**, Please do not begin any rigorous exercise program/routines without proper medical screening. I can order a Cardiac Stress test for you.

Overweight, obesity poor diet can lead to untimely death, loss of organ function, heart attack, stroke, a poor quality of life, depression and joint aches.

1. Eat healthy
  - A healthy, well-planned diet helps control the amount of sugar in your blood. You don't have to give up all the foods you like.
  - Having meals and snacks with vegetables, fruits, lean meats, or other healthy proteins, whole grains, and low carbohydrate foods will help control your blood sugar.
  - Avoid: White flour, processed grains, such as white rice, cereals with little whole grain and lots of sugar, white bread, french fries, fried white-flour tortillas, candy, baked goods, juice and soda.
2. Be physically active
  - Being active helps lower your blood sugar. It does this by helping your body use insulin to turn food into energy. Activity also helps you manage your weight. You should start slowly, but aim for at least 30 minutes of exercise or activity on most days.

Thank you

**For appointments, questions or other needs, email:  
[info@goldenlighthelaling.org](mailto:info@goldenlighthelaling.org)**