

My Healthy Potential. 2-Month Training/Coaching Course Syllabus.

Jumpstart with Boot camp. 10 sessions.

Session 1. Overview and Agenda and Calendar.

Opening Video. *"I Woke Up, So to Speak"*.

Calendar of Events, Schedule at a Glance

Our Unique Strategy. A-B-C

Tools we will use. Communicating and Data Collection and Tracking Access.

- our membership site at MHP
- Nudge App, Mobile and Online
- Group Coaching Genie (GCG) Platform
- Zoom Meeting, App and Online
- laboratory testing at LabCorp
- equipment from Omron or HRM USA
- assessment with Health Risk Calculators
- Facebook Group (optional)

The *Anatomy of Change*

Review. Q&A

Session 2. Obtain your Laboratory Tests.

How to obtain your requisition.

How to locate your favorite laboratory.

Scheduling your lab appointment.

Preparations for fasting tests.

Receive your Baseline Results.

Logging and Tracking your results.

Review. Q&A

Session 3. Collecting your Bodily Measurements.

Height, Weight, BMI

Body fat analysis

Logging and Tracking your results.

Review. Q&A

Session 4. Risk factors for ASCVD and its relationship to Diabetes, Hypertension, Dyslipidemia.

Prediabetes and the Metabolic Syndrome

Diabetes

Genetics

Age

Gender

Obesity and nutrition, overnutrition.

Smoking and health

Sedentary lifestyle and "sitting disease"

Stress!

Review. Q&A

Session 5. Diets and Nutrition.

Meal plans, food scales, portion control.

My Healthy Potential. 2-Month Training/Coaching Course Syllabus.

Jumpstart with Boot camp. 10 sessions.

Calorie counting, in and out.

Choice of foods. Organic vs nonorganic, genetically modified.

Types of diets. Diet fads.

Diets based on science, evidence-based.

China study.

Weight loss programs.

Choosing your current weight-loss strategy.

Losing weight initially.

Bright-line eating

Intermittent fasting

Mediterranean diet

Fresh, whole, paleo, keto, vegetarian, vegan.

Mayo Clinic Diet

Food shipping services. Popular on TV (packaged and fresh foods) and now

BlueApron, Trifecta.

Special problems to expect.

—Yo-yo effect.

—Weight-loss plateau

Maintaining a healthy weight.

What works for you?

Review. Q&A

Session 6. Techniques for identifying/assessing your risks. Using risk calculators.

All models are wrong. Some are useful.

Arteriosclerotic Cardiovascular Disease

—Coronary Artery Disease

—Stroke

—Abdominal Aortic Aneurysm

—Peripheral Artery Disease

Prediabetes and diabetes

Review. Q&A

Session 7. Lipid profiles and the metabolic syndrome

Cholesterol

—Total cholesterol

—LDL cholesterol

—HDL cholesterol

—VLDL cholesterol

Triglycerides

CRP, cardiac

Fasting glucose

HgbA1c

Review. Q&A

Session 8. Choosing your exercise strategy.

My Healthy Potential. 2-Month Training/Coaching Course Syllabus.

Jumpstart with Boot camp. 10 sessions.

The best exercise is the one you will do.

Gyms and group programs

Exercising at home.

Aerobic and weight training.

Walking as running

Lifting weights

Effect of exercise on muscle metabolism

Effect of exercise on food craving.

Review. Q&A

Session 9. Tracking progress over time. Bodily Measurements and Obtain Your Follow-Up Labs.

Biometrics revisited.

—Weight, Height, BMI

—Waist circumference, waist/hip ratio.

—Limb measures, biceps, thigh.

—Blood pressure, Pulse

—Body Fat Analysis (% body fat, body fat mass, lean body mass)

Review. Q&A

Laboratory testing revisited

Cholesterol

—Total cholesterol

—LDL cholesterol

—HDL cholesterol

—VLDL cholesterol

Triglycerides

CRP, cardiac

Fasting glucose

HgbA1c

Review. Q&A

Session 10. Maintaining Self-Care Prevention.

Self care. In a medical sense.

How do people change?

Planning requires data. We will have the data.

Begin planning your approach for success.

—Hydration

—Diet and Nutrition

—Exercise, aerobic and weight training.

What is risk?

How to identify your risks.

How low can you go?

Importants of including biometric data.

—Physical Measures

—Laboratory Measures

My Healthy Potential. 2-Month Training/Coaching Course Syllabus.

Jumpstart with Boot camp. 10 sessions.

The Anatomy of Change. Review of the cycle of change.

Where do we go from here.

Staying motivated.

Maintenance program.

Additional programs

—Becoming a non-smoker

—Managing stress

—?

Review. Q&A