

Wellness & Weight Management

Freddie Wolner, CEO and Founder of 3PT
10/21/2020



Who Are We?

Mokena

Oak Lawn

LaGrange

Melrose Park

Bourbonnais

The logo for Three Point Healthcare, featuring the letters '3PT' in a bold, blue, sans-serif font. The '3' is significantly larger than the 'PT'.

THREE POINT HEALTHCARE

PHYSICAL THERAPY · BEHAVIORAL MEDICINE · NUTRITION

Our Services:

Physical Therapy

Workers Compensation

Work Conditioning/FCEs

Weight Loss

Nutrition Counseling

Therapeutic Exercise/PT

Behavioral Medicine

What Are We Going to Discuss Today?

1. Metabolism - what is it and can you change it?
2. Why knowing the number is important
3. Some simple nutrition concepts
4. Some common challenges with **Exercise**
5. Basic Exercise Physiology concepts
6. Potential Behavioral Challenges for healthy weight loss

Understanding Your Metabolism

- **Converting food into energy**
- **What does your body need energy for?**
 - **Thermogenesis - Digestion**
 - **Neurological**
 - **Cardiovascular**
 - **Pulmonary / Respiratory**
 - **Musculoskeletal**
 - **Endo/Exocrine**
- **Age, height, weight, gender, body composition, genetics**
- **Can you do anything about your metabolism?**

How Metabolism is Determined

- Most Doctors and Registered Dietitian Nutritionists use formulas based on mass populations
 - MSJ
 - Harris Benedict
- The Use of Indirect Calorimetry becoming more prevalent
 - 15 minute test
 - At rest, partial fast
 - Very accurate - gold standard
 - Expensive

We know your metabolic rate, now what?

- Determine a nutrition plan based on your actual metabolic needs
- Understand how this number can work for you - Get a professional to help you, not a paid spokesperson that sells products
 - Avoid the diet mentality, get on a plan like a budget
 - Nutrition 101
 - Tracking intake
 - The hunger scale
 - Disordered eating
 - If you are obese, you are dealing with disordered eating
 - Nutrient timing vs. Binges
 - How over exercising can derail you

Exercise - Why Don't We *Just Do It*?

- **#1 reason - Pain.** What's your plan?
- Don't know what to do
- Don't know how to do it
- Afraid of getting hurt
- Bored
- **#2 reason - Don't like it.** What's your plan?
- Don't see results

Understanding how your body responds to exercise

- Everybody responds to exercise differently based on several factors:
 - Age, height, weight, gender
 - Level of fitness
 - Genetics
- How do you know how hard or how easy to exercise?
- Are you burning fat or carbs?
- Are you burning enough calories to lose weight?
- Cardiopulmonary exercise test - 15-20 minute tests gives you all the answers
- Learn to like exercise? Are you kidding me?

Losing weight is really hard, get the help you deserve

- Do you have an unhealthy relationship with food?
- Do you use food in unhealthy ways?
- Does stress, anxiety, and or depression affect your nutrition?
- Do you hardly eat all day because your not hungry and then have a big meal at night because you are really hungry?
- Does your body crave carbs after exercise?
- Does family, work, social obligations affect your nutrition?
- Do you spend enough time on self care?

