

# Dr. Collado's Weight Loss Program

## Our Objectives

1. To promote health by decreasing weight
2. To decrease risk factors for Coronary Heart Disease
  - a. Decrease high blood pressure
  - b. Decrease cholesterol
  - c. Decrease LDL
  - d. Increase HDL
  - e. Control and prevent diabetes
3. To prevent sleep apnea
4. To improve osteoarthritis
5. To prevent cancer
6. To prevent strokes
7. To improve quality of life and energy levels
8. To increase life expectancy
9. To improve self esteem
10. To increase and improve productivity
11. To decrease short and long term medical expenses
12. To improve mental health
13. To increase fertility and enjoy sexuality

## Definition of Overweight and Obesity

It is the accumulation of excess body fat that results in health problems and decreases life expectancy. Overweight and obesity happens as a mathematical miscalculation, when you take in more calories than you burn off.

- Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for given height.
- The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.
- Overweight and obesity ranges are determined by using weight and height to calculate a number called the "body mass index" (BMI).
  - BMI below 18.5 = underweight
  - BMI 18.6 to 24.9 = healthy weight
  - BMI 25 to 29.9 = overweight
  - BMI 30 to 34.9 = obesity type I
  - BMI 35 to 39.9 = obesity type II
  - BMI 40 and over = obesity type III or morbid obese

## **Risk Factors for Overweight and Obesity**

1. Food
  - a. Quantity
  - b. Quality
  - c. Frequency
  - d. Liquid calories (EX: sodas, energy drinks, etc.)
2. Inactivity
3. Psychological factors
4. Genetics
5. Age
6. Cigarette smoking
7. Pregnancy
8. Medications
9. Medical problems
10. Alcohol
11. Lack of sleep
12. Social and economic issues

## **Complications of Weight Gain**

1. Increase in lipids (fat in blood)
2. Increase in cancers (EX: uterus, cervix, ovaries, breast, colon, rectum and prostate)
3. Depression
4. Gall bladder disease
5. Gynecological problems (EX: Infertility and irregular periods)
6. Heart disease
7. Metabolic syndrome
8. Non-alcoholic fatty liver
9. Osteoarthritis
10. Skin problems (EX: Impaired wound healing and skin folds rashes)
11. Sleep apnea
12. Stroke
13. Diabetes mellitus
14. Disability
15. Physical discomfort
16. Sexual problems
17. Shame
18. Social isolation

## **Facts**

- Two out of three US adults are overweight or obese
- One out of five US children are overweight or obese
- Two out of three adults are not regularly physically active
- One in four adults are completely sedentary
- 61% of Oklahoma adults are overweight or obese

## **Ways to Increase Physical Activity**

- Use stairs instead of an elevator
- Park in the farthest spot in the parking lot
- Walk or bike to work or to the store
- Walk during your lunch hour
- Play with your children instead of watching them play
- Walk with your family after dinner
- Use a push mower to mow the lawn or wash your car manually
- Buy a treadmill and exercise while watching TV
- Use a pedometer and try to increase the number of steps you walk each day

## **Behavior Change**

- Motivate yourself
- Make lifestyle changes a priority
- Have a plan and share it with others
- Set small goals and celebrate when reaching them
- Surround yourself with good examples
- Avoid food triggers
- Write down what you eat and drink
- Be positive and don't give up!

## **Other Ways to Maximize Weight Loss Using Behavior Modification**

1. Make a list before grocery shopping to avoid buying junk food.
2. Plan your meals so you can buy fresh ingredients instead of ready-to-eat foods.
3. Store food where you can't see it, so you won't eat impulsively.
4. Use smaller dishes, glasses, and utensils.
5. During holidays, drink fewer alcoholic beverages.
6. Eat a low calorie snack before going to a party.
7. Chew thoroughly before taking the next bite.
8. Leave some food on the plate.
9. Limit eating out to once or twice a week.
10. Make healthy substitutions such as: cucumbers instead of croutons, skim milk instead of whole milk, and lean ham instead of bacon.
11. Share an entrée with another person. Order a cup of soup instead of a bowl.
12. Ask your server to put half your entrée in a to-go container before you get your meal.
13. If you feel full, stop eating.
14. Ask a friend or a family member to keep you motivated with positive attitude and encouragement.
15. Think about your progress, write your daily intake, and exercise.
16. Don't get discouraged when your plan gets disrupted, take charge and avoid doing it next time.

Thermodynamics:

**The only way to lose weight is to eat fewer calories than one burns.**

### **Three key words:**

- a. Moderation
- b. Discipline
- c. Consistency

## Nutritional Values

<b>Fruits</b>	<b>Portion</b>	<b>Calories</b>	<b>Beverages</b>	<b>Portion</b>	<b>Calories</b>
Prune Juice	½ cup	90	Water	Any	0
Strawberries	1 cup	45	Diet Soda	Moderation	0
Watermelon	1 cup	50	Grape Juice	8 ounces	130
Tangerine	1	37	Kool Aid w/sugar	8 ounces	100
Kiwi	1	45	Lemonade/concentrate	8 ounces	100
Mango	1	135	Orange Drink Canned	8 ounces	125
Orange	1	70	Tea/no sugar added	6 ounces	2
Papaya	1	55	Tea/low calorie	8 ounces	5
Pears	1	100	Coffee (brewed)	6 ounces	5
Pineapple	½	40			
Plum	1	35	<b>Cooking Oils</b>	<b>Portion</b>	<b>Calories</b>
Apricots	3 raw	50	Vegetable Shortening	1 tbs	115
Black Berries	½ cup raw	35	Bacon Fat	1 tbs	125
Banana	1	105	Butter	1 tbs	100
Cantaloupe	1 cup	55	Canola Oil	1 tbs	124
Cranberry	1 cup	45	Chicken Fat	1 tbs	115
Dates	2 dry	45	Coconut Oil	1 tbs	120
Fruit Cocktails	½ cup	55	Corn Oil	1 tbs	125
Grapes	10	40	Cotton Seed Oil	1 tbs	120
Grapefruit	½ cup	40	Lard	1 tbs	115
Apple	1	81	Margarine (Diet)	1 tbs	50
Peaches	1	70	Margarine (Regular)	1 tbs	100
Blueberries	½ cup	40	Olive Oil	1 tbs	125
Raspberries	1 cup	60	Sunflower Oil	1 tbs	125
			Soybean Oil	1 tbs	120
<b>Breads</b>	<b>Portion</b>	<b>Calories</b>	<b>Cereals</b>	<b>Portion</b>	<b>Calories</b>
Italian	1 slice	85	Cheerios	1 cup	110
Mixed Grain	1 slice	65	Raisin Bran	1 cup	170
Pita	1 slice	165	Lucky Charms	1 cup	116
Raisin	1 slice	65	Kellogg's Cornflakes	1 cup	102
Rye	1 slice	65	Corn Pops	1 cup	118
Taco Tostada Shell	1	50	Froot Loops	1 cup	117
Tortilla (Corn)	1	65	Frosted Flakes	¾ cup	119
Tortilla (Flour)	1	95	Special K	1 cup	115
Wheat	1 slice	65	Rice Krispies	1 ¼ cup	124
White	1 slice	65	Oatmeal	¾ cup	108
Whole Wheat	1 slice	70	Oatmeal (Instant)	1 pack	160
			Corn Grits	¾ cup	110
			Cream of Rice	¾ cup	95
			Cream of Wheat	¾ cup	85

### Nutritional Values (Continued)

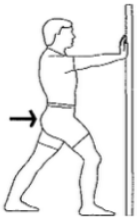

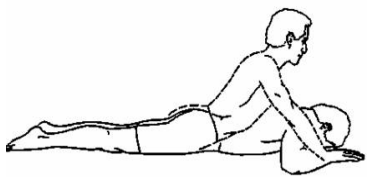
<b>Beef</b>	<b>Portion</b>	<b>Calories</b>	<b>Pork</b>	<b>Portion</b>	<b>Calories</b>
Brisket	3 ounces	330	BBQ Loaf	4 ounces	196
Chuck Roast Braised	3 ounces	310	Pork Chops (Boneless)	4 ounces	219
Corned Beef	3 ounces	215	Bologna	4 slices	230
Flank Steak	3 ounces	215	Hormel Spam	4 ounces	347
Ground Beef	3 ounces	235	Mortadella	4 slices	181
Porter House Steak	3 ounces	255	Canadian Bacon	4 slices	174
Rib Roasted	3 ounces	325	Pork Loaf	4 ounces	312
Short Rib	3 ounces	400			
Sirloin	3 ounces	240	<b>Seafood</b>	<b>Portion</b>	<b>Calories</b>
T-Bone	3 ounces	275	Cod	4 ounces	140
Tenderloin	3 ounces	225	Bass	4 ounces	140
			Halibut	4 ounces	150
<b>Cheeses</b>	<b>Portion</b>	<b>Calories</b>	Mackerel	4 ounces	270
Blue Cheese	1 ounce	100	Perch	4 ounces	130
Cheddar	1 ounce	115	Salmon	4 ounces	230
Cottage (Low Fat 2%)	½ cup	100	Sea Trout	4 ounces	150
Cream Cheese	1 ounce	100	Snapper	4 ounces	140
Feta	1 ounce	75	Sword Fish	4 ounces	165
Gouda	1 ounce	100	Trout	4 ounces	170
Monterrey	1 ounce	105	Tuna Salad	4 ounces	212
Mozzarella	1 ounce	80	Tuna Light Canned	4 ounces	131
Parmesan	1 ounce	130	Shrimp	4 ounces	120
Provolone	1 ounce	100	Canned Shrimp	4 ounces	136
Ricotta	½ cup	215	Shrimp Salad (No Sauce)	1 cup	71
Swiss	1 ounce	105			
Velveeta Slices	1 ounce	99	<b>Poultry</b>	<b>Portion</b>	<b>Calories</b>
American	1 ounce	105	Chicken Breast Roasted (No Skin)	4 ounces	180
			Stewed Chicken	4 ounces	158
			Fajita Chicken Strip	6 ounces	222
			Turkey	1 patty/4 ounces	170
			Rotisserie Turkey Breast	6 ounces	240
			Turkey Ham	4 slices	146

## Activities & Calories Burned

Activities	Minutes	Weight	Calories	Weight	Calories
Basketball (Game Play)	30	200 lb	395	150 lb	296
Basketball (No Game Play)	30	200 lb	285	150 lb	214
Bowling	30	200 lb	142	150 lb	107
Boxing (Sparring)	30	200 lb	395	150 lb	296
Cycling 5.5 mph	30	200 lb	166	150 lb	125
Dancing (Aerobics)	30	200 lb	357	150 lb	267
Dancing (Socially)	30	200 lb	238	150 lb	178
Football (Touch)	30	200 lb	376	150 lb	282
Gardening	30	200 lb	238	150 lb	178
Golf (Walking)	30	200 lb	242	150 lb	182
Hiking Trail	30	200 lb	238	150 lb	178
Racquetball	30	200 lb	428	150 lb	321
Jumping Rope 60-80 skips/min	30	200 lb	428	150 lb	321
Running 12 min/mile	30	200 lb	414	150 lb	310
Downhill Skiing	30	200 lb	309	150 lb	232
Water Skiing	30	200 lb	258	150 lb	214
Snowshoeing	30	200 lb	471	150 lb	214
Soccer	30	200 lb	404	150 lb	303
Stair Climbing	30	200 lb	285	150 lb	214
Swimming	30	200 lb	285	150 lb	214
Tennis	30	200 lb	309	150 lb	232
Volleyball	30	200 lb	214	150 lb	160
Walking 3mph	30	200 lb	157	150 lb	117
Canoeing	30	200 lb	175	150 lb	135
Lawn Mowing	30	200 lb	450	150 lb	350
Shoveling	30	200 lb	405	150 lb	325
Softball	30	200 lb	305	150 lb	275

# Guide to Stretching

Before and After Exercising

<p><b>Stretch cerv side bends arm outstretched</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>	<p><b>Stretch Rhomboids</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>	<p><b>Stretch upper cerv rot sit (chin tuck with rotation)</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>
<p><b>Stretch Latissimus/Obliques stand</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>	<p><b>Stretch Gastroc uni standing</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>	<p><b>Stretch groin sit</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>
<p><b>Stretch hamstring uni stand</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>	<p><b>Stretch Piriformis longsit</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>	<p><b>Stretch lumbar flx/rotn sit</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>
<p><b>Stretch shld capsule inferior</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>	<p><b>Stretch Quads half kneeling</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>	<p><b>Stretch lumbar ext prone on elbows</b></p>  <p>Perform 1 set of 4 reps, twice a day Hold exercise for 20 seconds</p>



## Exercise Program for Patients

**DAILY EXERCISE:** A minimum of 30 minutes outside of work.

### Resisted Bicycling



Bicycle in your neighborhood and adjust the gears for more or for less resistance. If capable, bicycle on a mixture of level and hilly terrain.

\*Always practice city bike laws and wear a helmet\*

### AROM Gait Walking with Treadmill



- Stand on treadmill with feet to the sides of belt
- Turn treadmill on to a slow speed
- Cautiously step onto belt and begin walking
- Gradually increase the speed to a comfortable pace

### Resist Knee/Shoulder Bicycle with Stationary Bike



- Adjust the bike seat height as needed
- Sit on stationary bike with arm pedals
- Place feet on pedals and grasp arm pedals
- Begin bicycling at a steady pace

### AROM Hip/Knee Swimming with Kickboard



Beginning in the water, place the kickboard under your chest. Try a combination of flutter kicks and frog kicks, going from one end of the pool to the other. You can also perform these exercises while holding onto the side of the pool without a kickboard.

\*Always swim with a partner for safety\*

### Elliptical Walking



Holding the handlebars firmly, carefully step onto the foot pads one at a time. Begin a walking motion without lifting your feet to start machine motion.

### AROM Gait Walking



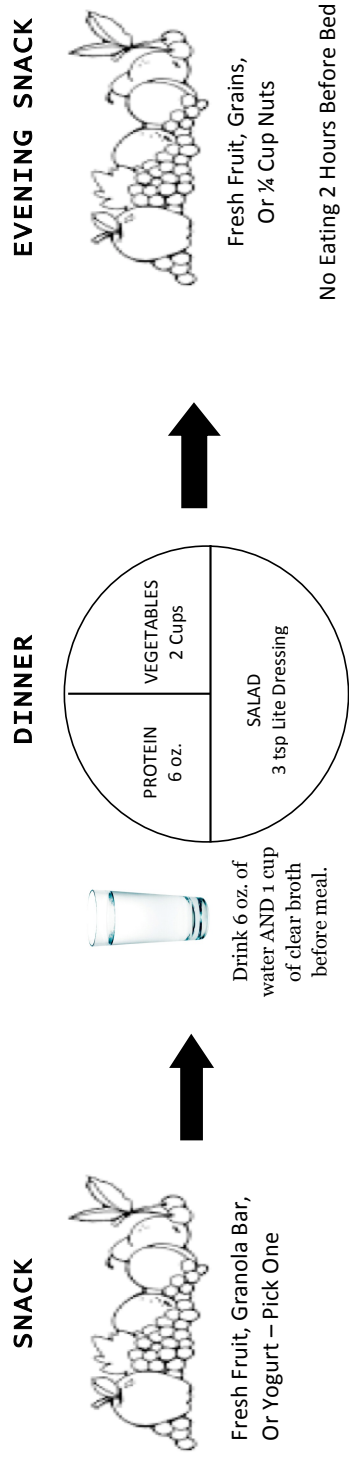
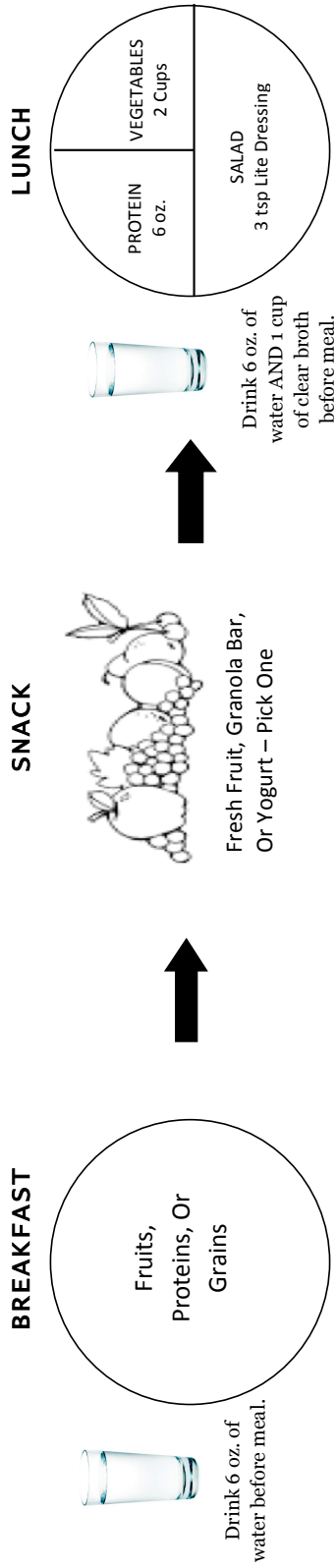
Walk at a brisk pace that still allows for you to breath comfortably.

**Dr. Collado's Weight Loss Program**  
**Nutrition Direction**

<b>YES</b>	<b>NO</b>
✓ Fresh Fruits	Ø Energy Drinks / Soda
✓ Vegetables	Ø Chips, Candy, Ice Cream
✓ Salad (3 tsp. lite dressing)	Ø Fried Food
✓ Protein (6oz. Fish, Chicken, Pork, Beef)	Ø Pasta, Rice, Bread
✓ Grains (Oatmeal, Cereal, ¼ C. Nuts)	Ø Pizza
✓ Water	Ø Alcohol

# DR. COLLADO'S WEIGHT LOSS PROGRAM

## 8-Inch Plate Portions



## New Patient Tips

### Side Effect Remedies

Constipation	Insomnia
<ul style="list-style-type: none"><li>• Be sure you drink 8 glasses of water daily.</li><li>• Increase your fiber intake with fresh fruits, nuts, seeds, and vegetables, such as:<ul style="list-style-type: none"><li>- Kiwi            - Berries            - Pears</li><li>- Oranges        - Apples            - Raisins</li><li>- Plums            - Prunes            - Figs</li><li>- Almonds        - Pecans            - Walnuts</li><li>- Flaxseed        - Broccoli          - Carrots</li><li>- Celery           - Pumpkin Seeds</li></ul></li><li>• Exercise Daily</li><li>• Over-the-counter stool softeners or fiber powder/pills</li></ul>	<ul style="list-style-type: none"><li>• Don't consume drinks with caffeine such as coffee and soda</li><li>• Remove electronics from your bedroom</li><li>• Dim your home lights after 7pm</li><li>• Turn off your cell phone or set up the "do not disturb" setting</li><li>• Keep your home thermostat between 60 and 67 °F</li><li>• May take chamomile tea or over-the-counter Melatonin at bedtime</li></ul>

### Before Your Appointment

- ✓ Drink water throughout the day prior to your appointment to be well hydrated
- ✓ Avoid sugary and caffeinated beverages such as energy drinks and coffee
- ✓ Avoid large amounts of salt or salty foods 24 hours before your appointment
- ✓ Do not take the weight loss medication the day of your appointment
- ✓ Do not smoke during the hour prior to your appointment

