



Eat With Me Train With Me



Julie Markoska

Accredited Practising Dietitian & Nutritionist
www.juliemarkoska.com.au
Nutrition Evolutionary

8 Week Nutrition Program

Well done on taking the first step to improving your health.

Eat With Me Train With Me is an 8 week online nutrition program. Each week will have a different focus and by the end of the 8 weeks you should have:

- Improved your health and wellbeing
- Lost weight
- Helped your body detox
- Learnt all about healthy eating
- Increased your energy levels

What you get...

A Nutrition Plan to follow

You'll get recipes & shopping lists every week to make life easy!

Nutrition Education

Nutrition tips, course material & 'homework' so that you are empowered to eat healthily for life.

Support

Lots of online support & motivation and the option to upgrade for additional nutrition coaching with an expert dietitian.

eat with me, train with me

How it works

Lose weight

- You follow the simple nutrition plan provided for 8 weeks and lose up to 8 kg or more.

Learn

- You learn about nutrition and how to be healthy through the weekly course materials and apply it to your own life through the 'homework' task.
- You learn facts (not fads) from Evo's very own degree qualified expert Dietitian and Nutritionist – Julie Markoska.

Ask

- Need some personalised advice or extra coaching to keep you motivated?
- No worries, we've got you covered. It's easy to upgrade to Eat With Me Train With Me One-on-One Coaching where you can get one on one advice and coaching from Julie.



eat with me, train with me

Weekly rundown of Eat With Me Train With Me course materials

Week 1	• Measure Up & work out your health risks. • Join us on Facebook (optional).
Week 2	• Eating for weight loss & getting lean
Week 3	• Setting your goals & strategies to achieve them
Week 4	• Kitchen cleanout (absolutely essential, no ifs, buts, or maybes!!)
Week 5	• What food labels really mean
Week 6	• Getting organised for success & overcoming obstacles
Week 7	• Eating out, alcohol & recipe makeovers
Week 8	• Mindful eating (mindset lessons)

eat with me, train with me

Let's get started!!

Don't worry, just give it a go. I'll be there to support you along the way. Ultimately though, it's up to you to engage fully and make the most of this nutrition challenge. I'm giving you all the tools, guidance and support you need but you have to take action and make it happen. No one else can do this for you!



Week 1

Measure up & say hello

You have 3 tasks this week:

1. Print the meal plan & recipes
2. Measure up: Food diary and physical measurements
3. Find us on Facebook and say hello (optional)

And lots of reading. I promise you won't have to do this much reading every week!

Task 1: Print your meal plan & recipes

Download and print your meal plan & recipes for the week. You don't have to follow the meal plan precisely, just use it as guide to help structure your eating for the week.

eat with me, train with me

Task 2: Measure up

It's important to take measurements of your current situation so that you can evaluate your progress and know when you've reached your goals.

Your measurements should relate to what you want to achieve. For example, if your goal is weight loss, then you should be measuring your weight. If your goal is to eat more than 4 serves of vegetables per day, then you need to be measuring and recording your dietary intake with a food diary and comparing how your diet has improved with time.

The more measurements you take, the better picture you will have.

This week we'll look at both your physical measurements and we'll also measure your food intake by keeping a food diary.

Food Diary – measuring what you eat!

Your Week 1 materials include a Food Diary template (see the last page of this document). Use the Food Diary to record everything you eat and drink for 7 days. Be completely honest with yourself.

Estimate your portions based on standard measuring cups and spoons. Also write down how hungry you're feeling before and after each meal and any symptoms you may be experiencing.

All you have to do this week is remember to write down everything you eat. Next week we'll analyse your intake and look at where we can make improvements.

(Note: If you are on the 'One-on-One Coaching' plan I will call you to provide feedback on your food diary, advice and coaching on how you can improve.)

Physical measurements

Use the table on the next page to record all your physical measurements for week 1. Then read on for an explanation of what all those measurements really mean for your health.

eat with me, train with me

My measurements

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 12
Weight naked, in the morning, before breakfast and after going to the loo									
Weight change									
BMI weight in kg ÷ height in metres squared. Eg 60kg ÷ (1.65m x 1.65m)									
Waist Girls measure 4 cm above your belly button, boys measure around your belly button. Breathe out and measure.									
Chest Measure around the nipple. Optional.									
Dietary intake – Food diary Did you keep a food diary? Any improvements? (Yes/No)									
Other Eg any fitness measures of your choice, how many training sessions you attended, how many push ups you can do, how long you can hold the plank etc									

eat with me, train with me

What your measurements mean

Body Mass Index (BMI)

Have you heard of BMI before? Maybe you already know what your BMI is or maybe you have no idea what BMI stands for, so I'll just go ahead and tell you about it!

BMI is a measure of your body weight in relation to your height. To work out your BMI, you need to know your weight (in kilograms) and your height (in metres). Your BMI will be your weight in kg divided by your height in metres squared.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height x height (m)}}$$

Eg Jane weighs 60kg and is 1.65 metres tall so her BMI is $60\text{kg} \div (1.65\text{m} \times 1.65\text{m}) = 22$.

Once you have calculated your BMI, you can determine your healthy weight range. Ideally your BMI should be between 18.5 and 25. This is known as the healthy weight range.

Where do you fit in the table below?

BMI	Classification	Health Risk (eg diabetes, hypertension, high cholesterol and cardiovascular disease)
<18.50	Underweight	Low (but risk of other clinical problems increased)
18.50 - 24.99	Normal range	No additional risk 😊
25.00 - 29.99	Overweight	Increased
30.00 - 34.99	Obese class 1	Moderate
35.00 - 39.99	Obese class 2	Severe
>40.00	Obese class 3	Very severe

Source: Obesity: Preventing and Managing the Global Epidemic, 2000, WHO, Geneva

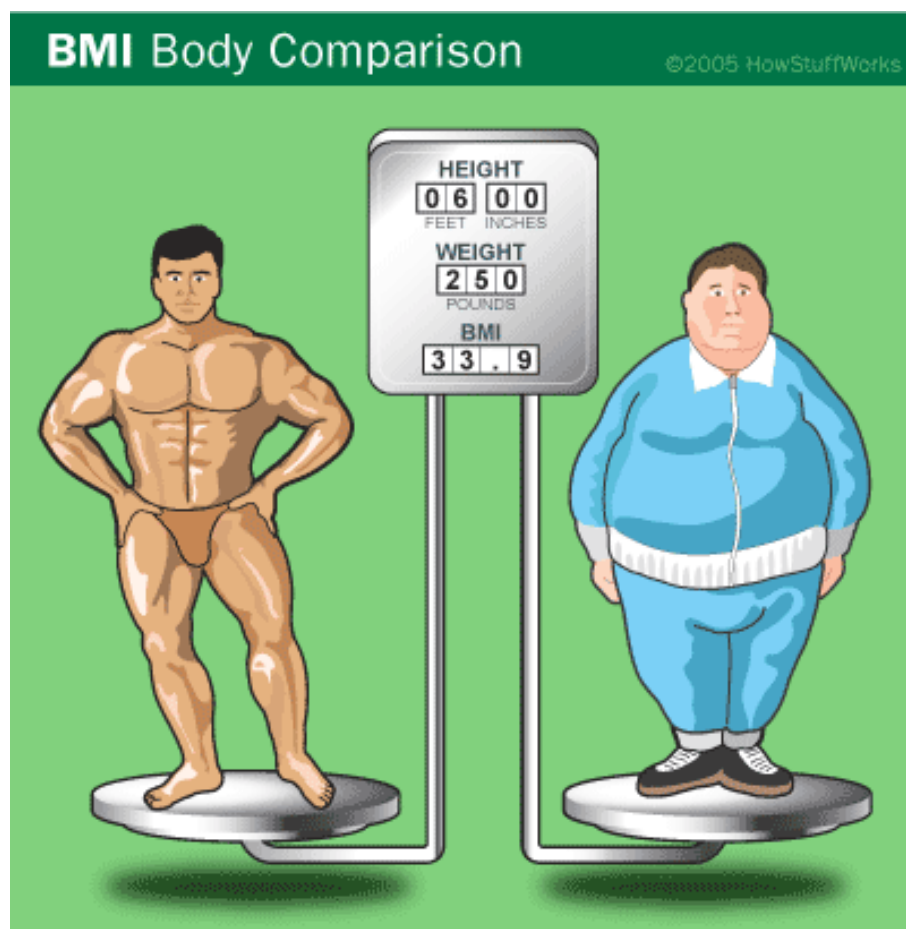
eat with me, train with me

When not to rely on your BMI

BMI is not a good indicator of body fat if you are:

- very muscular – BMI overestimates fat
- a body builder – BMI overestimates fat
- a high performance athlete – BMI overestimates fat
- pregnant – BMI overestimates fat
- over 70 years old – BMI underestimates fat
- unable to walk and have muscle wasting, for example, because of a physical disability or injury – BMI underestimates fat

BMI measures are most suited to Caucasians. The specific cut-off measurements of BMI are not suitable for all ethnic groups, who may have equivalent levels of risk at a lower BMI or higher BMI. For example, if you are Asian your BMI ranges should be lower and if you are Pacific Islander your BMI ranges should be shifted higher than those in the table on the previous page.



eat with me, train with me

Healthy Weight Ranges based on BMI

Height	Healthy Weights (Min/Max)
148 cm	44-55 kg
150 cm	45-56 kg
152 cm	46-58 kg
154 cm	47-59 kg
156 cm	49-61 kg
158 cm	50-62 kg
160 cm	51-64 kg
162 cm	52-66 kg
164 cm	54-67 kg
166 cm	55-69 kg
168 cm	56-71 kg
170 cm	58-72 kg
172 cm	59-74 kg
174 cm	61-76 kg
176 cm	62-77 kg
178 cm	63-79 kg
180 cm	65-81 kg
182 cm	66-83 kg
184 cm	68-85 kg
186 cm	69-86 kg
188 cm	71-88 kg
190 cm	72-90 kg
192 cm	74-92 kg
194 cm	75-94 kg
196 cm	77-96 kg
198 cm	78-98 kg
200 cm	80-100 kg
202 cm	82-102 kg
204 cm	83-104 kg

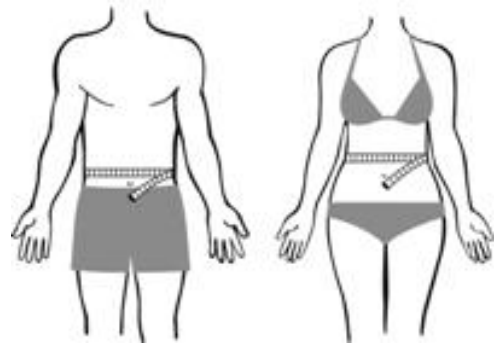
Have a look at the table for a rough indication of what your weight should be, based on a BMI of 20-25. Girls, your weight should be closer to the lower value and boys, your weight should be near the upper value.

eat with me, train with me

Waist measurement

Your waist circumference can be used to work out your health risk and is actually a better predictor of health risk than BMI. Both measurements are useful and you should consider both when assessing your current health status.

Having fat around the stomach or a 'pot belly', regardless of your body size, means you are more likely to develop certain obesity-related health conditions. Fat around the hips and butt doesn't appear to have the same risk.



So, boys you should aim for a waist circumference below 94cm. Girls, you should aim for a waist circumference below 80cm.

How to measure your waist

Girls measure 4 cm above your belly button, boys measure around your belly button. Breathe out and measure.

Once you have your measurement, see where you fit on the table below.

Waist circumference (cm)		Health Risk (eg diabetes, hypertension, high cholesterol and cardiovascular disease)
Men	Women	
< 94	<80	No additional risk
≥ 94	≥ 80	Increased
≥ 102	≥ 88	Substantially increased

Source: Obesity: Preventing and Managing the Global Epidemic, 2000, WHO, Geneva.

eat with me, train with me

Wrist Measurement & Body Frame

What is a healthy weight for you is also influenced by the size of your body frame. Ever heard people saying “I’m big boned”? Well this is what it means! In some cases, this can be a better indicator of your ideal weight than your BMI.

You can work out whether you have a small, medium or large body frame really easily by measuring the size of your wrist. Our wrist size doesn’t change much with weight gain or loss so this is a pretty accurate measure, no matter what your size.

Measure the size of your wrist at the narrowest point and use the table below to work out your body frame size.

Body Frame Size based on Wrist Circumference			
	Small Frame	Medium Frame	Large Frame
Male wrist circumference (cm)	<15.9	15.9 - 17.8	>17.8
Female wrist circumference (cm)	<13.3	13.3 - 15.2	>15.2

Healthy Weight Ranges based on body frame size

Now, use your height and body frame size to work out your healthy weight range based on the tables on the next page. For example, I’m female with a small frame and a height of 166cm, so my ideal weight should be between 53 and 59.

eat with me, train with me

Healthy Weight Ranges based on body frame size

BOYS			
Height (cm)	Small frame (kg)	Medium frame (kg)	Large frame (kg)
158	58 - 61	59 - 64	63 - 68
160	59 - 62	60 - 65	64 - 69
163	60 - 63	61 - 66	64 - 71
165	61 - 64	62 - 67	65 - 73
168	62 - 64	63 - 69	66 - 74
170	63 - 66	64 - 70	68 - 76
173	64 - 67	66 - 71	69 - 78
175	64 - 69	67 - 73	70 - 80
178	65 - 70	69 - 74	72 - 82
180	66 - 71	70 - 75	73 - 84
183	68 - 73	71 - 77	74 - 85
185	69 - 74	73 - 79	76 - 87
188	70 - 76	74 - 81	78 - 89
191	72 - 78	76 - 83	80 - 92
193	74 - 80	78 - 85	82 - 94

GIRLS			
Height (cm)	Small frame (kg)	Medium frame (kg)	Large frame (kg)
147	46 - 50	49 - 54	53 - 59
150	46 - 51	50 - 55	54 - 60
152	47 - 52	51 - 57	55 - 62
155	48 - 53	52 - 58	56 - 63
158	49 - 54	53 - 59	58 - 64
160	50 - 56	54 - 61	59 - 66
163	51 - 57	56 - 62	66 - 68
165	53 - 59	57 - 63	62 - 70
168	54 - 60	59 - 65	63 - 72
170	55 - 61	59 - 66	64 - 73
173	57 - 63	61 - 68	66 - 75
175	59 - 64	63 - 69	68 - 77
178	59 - 65	64 - 70	68 - 78
180	61 - 67	65 - 72	70 - 79
183	62 - 68	67 - 73	71 - 81

eat with me, train with me

I've measured myself – now what?

If your BMI and waist measurements fall into an 'increased risk' category then you may need to lose some weight. This will depend on a whole range of factors so don't take these measurements as gospel! Just use them as guidelines and indicators of where about you



should be in terms of weight and waist size.

Aim to get your waist measurement down to <80 cm for women and <94 cm for men. But also consider your body frame size and whether those waist measures are realistic for your frame.

If you have any questions or are a bit worried about your measurements, please let me know via the Facebook group and I will answer them!

eat with me, train with me

Task 3: Find us on Facebook & say hello!

Go to our Facebook Eat With Me Train With Me group by clicking the link in the email. This is a private group so you will have to request to join and I will approve you! Once you're there, introduce yourself and be part of the Eat With Me Train With Me community.

Share with us:

1. Your name
2. Where in the world you are from (eg city, state or country – for security reasons please don't share your home or work address!)
3. What you do (eg work, study etc) and any other interesting facts about you
4. Some of your nutrition and fitness goals!

I will be logging in to the Facebook group to answer your questions about the program and provide you with support!

Buddy up & support each other

Eat With Me Train With Me is all about community and being in a supportive environment is essential to achieving your nutrition goals. Share your experience and tips on the Eat With Me Train With Me Facebook page, comment on each other's posts and help your fellow Eaters reach their nutrition goals.

Your words of encouragement could be just what it takes to make another person's day or help motivate them to stick to their plan. Using the Eat With Me Train With Me Facebook page will also help keep you accountable to yourself so get onto it!



Date

Food Diary

Time of day	Amount	Food / Drink	Hunger before	Hunger after	Symptoms	Exercise