

“Kick-off”



“Kick-off”

1. What is KicStart[™]?
2. Preparing KicStart[™]
3. ‘Free foods’
4. Keeping track of progress
5. Recording weight and waist measurements

“To reach a port, we must sail - Sail, not tie at anchor - Sail, not drift”
- Franklin Roosevelt

Introduction

This is an exciting week, as it is the beginning of your 18 week Healthy Weight For Life™ program, and a healthy, active lifestyle thereafter. The KicStart™ shakes and soups, along with the Portion Planner Disc and knowledge of 'free foods' will set you on your healthy weight pathway, without feeling hungry. Now is an important time for you to develop new habits, such as weighing yourself and measuring your waist circumference every week, as long term monitoring will be a big part of your success.

Remember to take your weight and waist measurements. Record your results online or phone/SMS your measurements to the Healthy Weight For Life™ Support Team.



Key Points

- Replacing meals with a VLCD, such as KicStart™, is the most effective method of reducing calorie intake and is up to three times more effective than diet alone.
- Learning how to take accurate weight and waist measurements is important, as long term self monitoring is a big part of your on-going success.
- Remember to phone in, SMS or login with your weekly (or fortnightly) weight and waist measurements. *The Healthy Weight For Life™ Support Team* are ready to help you achieve your healthy weight goals.

1. What is KicStart™?

KicStart™ is a very low calorie meal replacement product, to be used as part of a VLCD (very low calorie diet). KicStart™ is an extensively researched, high quality and nutritionally complete product that will help you lose weight without compromising your nutrition and health. It contains all the essential vitamins, minerals, electrolytes and trace elements.

By replacing a normal meal with KicStart™, a greater reduction in the total energy intake (kilojoules / calories) can be achieved than could normally occur with a self prepared meal. It is called KicStart™, as the weight loss on a VLCD is up to three times more effective than diet alone and will help kick start your weight management journey, and boost your motivation to keep going as you begin to feel the benefits of shedding some of those extra kilos.

Using KicStart™ as part of the *Healthy Weight For Life™* program is a short term strategy designed to simplify your daily eating plan, which allows you to give 100% of your attention to learning and practicing your new lifestyle skills one step at a time.



2. Preparing KicStart™

KicStart™ is a complete meal in the form of a shake or soup.

To prepare a shake

- Firstly add 200 ml (or more) of cold water (and ice cubes if you wish) to the shaker provided, or to a blender, then add the sachet of KicStart™ powder to the water.
- Shake or blend for 30 seconds or until the consistency of the liquid is smooth and slightly frothy.
- Pour the shake into a large glass and drink within a few minutes.

Shake tips: for variety, try blending some fresh or frozen berries into your shake to make a smoothie, or for a thinner consistency just add more water.

To prepare a soup

- Firstly add 200 ml (or more) of cold water, **not hot water**, to the shaker provided, or to a blender, then add the sachet of KicStart™ powder to the water.
- Shake or blend for 30 seconds or until the consistency of the liquid is smooth and slightly frothy.
- Pour the mixed soup into a heatproof container and gently heat in the microwave or on a stove top until warm. Do not boil the soup.

Soup tips: to add variety to the flavours, try mixing in fresh or dry herbs, curry powder, pepper, spices or even pureed whole tomatoes to your KicStart™ soups. For an extra hearty meal add a range of steamed vegetables from the 'free foods' list. Alternatively, for a thinner consistency add more water.

3. Free foods

An important key to successful weight loss and weight maintenance is finding ways to avoid feeling hungry or getting bored as well as managing the desire for snacks.

'Free foods' are a great way to help you achieve this as they do not contain enough food energy (kilojoules / calories) to have a significant impact on body weight.

Using 'free foods' (and some creativity) you can prepare a guilt free, tasty snack or small meal to be enjoyed between meals or to accompany a KicStart™ shake or soup.

The free foods and drinks table provides a practical guide on 'free foods'.

Although 'free foods' are healthy for you, it doesn't mean they can't taste great too. Check out our range of delicious 'free food' recipes in the Recipes and Ideas section or on the website. Prepare and refrigerate some of the recipe ideas ahead of time so they can be quickly accessed and easily enjoyed as needed.

You will notice that most fruit is not listed on the free food table. Whole pieces of fruit (not fruit juice) are an important part of a long term healthy maintenance diet, however they do contribute to your overall energy intake. Try to eat only 'free food' fruits at this stage to achieve the best possible weight loss.



Some of the delicious 'free food' recipes found in the recipe section are:

Soups:

- Zucchini and basil soup
- Roasted tomato soup
- Pumpkin soup

Salads and side dishes:

- Warm Asian salad
- Baby spinach and balsamic salad
- Tri-colour coleslaw
- Ratatouille
- Cauliflower mash
- Fennel and baby bean salad
- Roasted italian style vegetables

Snacks and entertaining:

- Roasted semi-dried tomatoes
- Spicy eggplant dip
- Balsamic garlic mushrooms
- Soy and sesame mushrooms
- Quick 'n' easy salsa
- Roasted or BBQ vegetable kebabs

Drinks:

- Berry nice ice blocks
- Ginger, berry and lime punch
- Virgin strawberry "daiquiri"
- Ginger sparkle

Dessert:

- Warm berry compote
- Robyn's rhubarb and raspberry delight.



Free foods and drinks

Vegetables - eaten on their own or made into a hot salad, cold salad or dry roasted			
alfalfa sprouts	carrot	garlic	radish
artichoke hearts (fresh or in brine)	cauliflower	ginger	silver beet
asian greens	celeriac	green beans	spinach
asparagus	celery	kale	spring onions
bamboo shoots	chinese mixed vegies	leeks	squash, button
bean sprouts	choko	lettuce	swede
broccoli	cucumber	mushrooms	tomato (fresh or tinned)
brussel sprouts	dill pickles	onion (spanish, brown or white)	water chestnuts
cabbage	eggplant	peas / snow peas	watercress
capsicum (green, red or yellow)	fennel	pumpkin	zucchini

Fruit
blueberries / blackberries (fresh/frozen)
lemon / lime
passionfruit
raspberries (fresh/frozen)
rhubarb
strawberries (fresh/frozen)

Drinks	
water	sparkling mineral water
fruit infused water	plain mineral water
herbal teas	vegetable juice
miso (limit due to high sodium)	tomato juice
soda water	soup made from free vegetables
tea or coffee with a dash of milk	

Condiments	
pepper	low sodium soy sauce
herbs (dry or fresh)	balsamic vinegar
spices	vinegar
horseradish	sweet pickles
Worcestershire Sauce™	mustard

Some snack suggestions
vegetable dip (such as eggplant)
vegetable sticks
salsas
soups made from free vegetables
diet jellies

4. Keeping track of progress

The program provides personalised tools to help you track your progress to success.

Throughout the 18 week *Healthy Weight For Life™* program, you will need to measure and record your weight and waist measurements every week (every fortnight as a minimum). Self monitoring is an important part of long term success.

For those WITH internet capability:

Record your weight and waist measurements on your personal member hub. If you have any recent measurements (such as blood pressure, cholesterol or HbA1c) you can record these too. You can download a copy of your progress report at any time to take to your doctor to keep them informed of your progress if you wish.

For those WITHOUT internet capability:

Record your weight and waist measurements on the Personal Weight and Health Record which is available in the Tracking Tools section of this book. If you have any other recent measurements (such as blood pressure, cholesterol or HbA1c) you can record these too.

You can take a copy of your Personal Weight and Health Record along to your doctor to keep them informed of your progress if you wish.

For those on the **Osteoarthritis Healthy Weight for Life program**, there are also questionnaires to track how your weight loss journey is impacting your pain levels, mobility, attitude and enjoyment of life.



5. Recording weight and waist measurements

To measure yourself every week, you will need a tape measure and regular access to a set of scales.

Weight Measurements

As you may be aware, your weight is categorised as underweight, healthy weight, overweight or obese according to your Body Mass Index (BMI). This is a ratio of your height and weight. To calculate your BMI, divide your weight by your height squared (kg / m²).

So if you weigh 132kg and your height is 177cm, your BMI calculation is

$$\begin{aligned} 132 \div (1.77 \times 1.77) \\ = 132 \div 3.1329 \\ = 42.133 \end{aligned}$$

You would have a BMI of 42

Classifications for BMI

Underweight	<18.5
Normal Range	18.5 – 24.9
Overweight	>25.0
Pre-obese	25.0 – 29.9
Obese I	30.0 – 34.9
Obese II	35.0 – 39.9
Obese III	>40.0

Determining what your goal BMI will be, and how much weight loss is achievable, is dependent on your starting weight, ability to exercise and other health factors. This may be a discussion you should have with your healthcare team.

The weight loss goals for the *Healthy Weight For Life™* program are:

Phase One: lose 5 to 6% of starting weight

Phase Two: lose 7 to 10% of starting weight

Phase Three: maintain weight loss achieved in Phases One and Two.

When taking your own weight measurements, dress in light (or no) clothing and weigh yourself (with your shoes off) on a set of zeroed scales and record your weight in kilograms on your personal member hub or on the Personal Weight and Health Record. Try to weigh yourself on the same set of scales at the same time of day, as weight fluctuates throughout the day. Don't weigh yourself more frequently than once a week.

Waist Measurements

Excess weight carried around the abdomen is an independent risk factor for many health problems. When you reduce the amount of fat you carry around your waist (thereby reducing the fat surrounding your internal organs) you are effectively decreasing your risk. Every centimetre that you can lose will help.

A healthy goal for Caucasian people is to aim for a waist circumference of less than 102cm for men and less than 88cm for women (in higher risk populations for example those with type 2 diabetes, the recommended targets are below 94cm for men and less than 80cm for women).

When doing your own waist measurements, place the tape measure around your waist (snugly without compressing the underlying tissue). Take the measurements while standing comfortably

with feet approximately 20 to 25cm (10 to 12 inches) apart and record your waist circumference to the nearest 1/2 cm at the end of a normal breath out.

Tip: Some people measure at their belly button, but as you lose weight this position can change so here is a tip to help you find a consistent spot each time you measure your waist. Find the sternal notch (the U shaped notch at the base of your throat) and measure straight down 40cm. Measure your belly here each time.



The time and day of the week that I will measure my weight and waist circumference is:

Time: _____

Day: _____