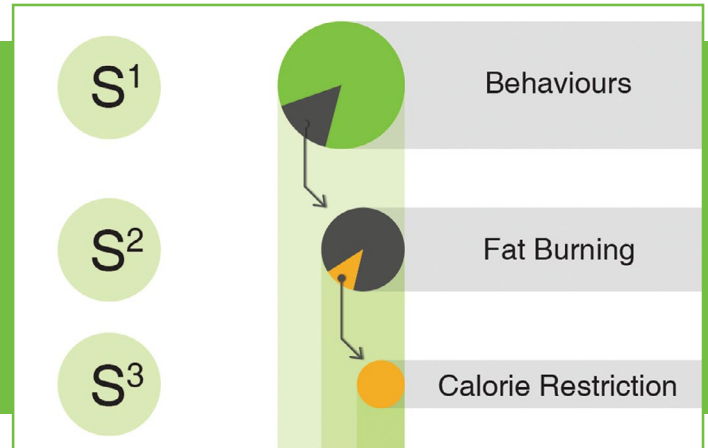


When You Are Done With Diets

S³ Lifestyle Weight Loss Program

- Systematic
- Stratified
- Sustainable

Physician-led, Team-based Lifestyle Medicine



Many have learned the hard way that diets do not work.

Most diets are temporary, highly restrictive programs of eating pursued purely for the purpose of losing weight, and are unfortunately damaging exercises in futility.

If you are going to lose weight and keep it off—you have to address the root causes of your weight gain.

We believe a **systematic, stratified** approach is the best and most reliable approach to **sustainable** weight loss.

To start there are two vital questions?

1. Are your current lifestyle behaviors—nutrition, exercise, sleep, stress tolerance, relationships and purpose—contributing to your inability to lose weight.
2. Are there medical reasons why you have gained weight or why you may be struggling to lose weight.

If there are significant medical or behavioural reasons for your weight gain—correcting these comes first.

Embracing a flexible, “better mindset”, where you seek small incremental changes in behaviour works better than a rigid, “perfect” mindset.

Sustainable, lifestyle change happens one healthy habit at a time. Over time, you find that you

are eating real whole food, exercising regularly, sleeping well, coping with stress, and happy and fulfilled in relationships and purpose.

For many people these changes are sufficient to unlock their ability to lose weight.

For others we need to go deeper.

In the end, all weight loss requires becoming efficient at burning fat for fuel. Unfortunately, some people, despite good nutrition are unable to effectively burn fat: they lack metabolic flexibility.

Physiological testing provides the answer to whether you are metabolically flexible and able to burn fat. If the answer is no, pursuing specific strategies to unlock your ability to burn fat comes next.

If at this stage you are metabolically flexible, have healthy behaviors, and have dealt with any contributing medical issues, the next thing to examine is your resting metabolic rate as determined by physiologic testing and compare it to your actual caloric intake, ensuring that there is a sufficient deficit to ensure weight loss.

Our experience along with medical evidence has shown that this type of **systematic**, behavioral program **stratified** on the basis of your personal data will lead to improved health and **sustainable** weight loss.

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The first phase assesses:

- **Metabolic Health:** Whether there are any medical reasons why you have gained weight or why you may be struggling to lose weight.
- **Lifestyle Behaviours:** Whether your daily actions are contributing to your inability to lose weight.

If there are significant medical or behavioral reasons for your weight gain—correcting these comes first.

Adopting the “better” mindset along with health coaching helps you link together many small changes leading to significant long-term results.

For many, work at this tier establishes the right trajectory and consistency is all that is needed.

For others, weight loss can be elusive despite good behaviours and excellent metabolic health. So we need to go deeper.

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The second phase assesses **metabolic flexibility**. Simply put—do you switch easily to fat burning?

We do this by measuring your fasting respiratory quotient (RQ).

The RQ indicates which macronutrients are metabolized, as different energy pathways are used for fats, carbohydrates, and proteins. An RQ of 0.7 indicates fat burning, while an RQ or 1.0 means that you are fueled by carbohydrates. **After 12 hours of fasting, metabolically flexible people should be burning fat.**

If not— we need to work on fat burning strategies.

- Nutritional changes - adjusting dietary carbohydrate and fat ratios.
- Activating AMPK, a cellular energy sensor that increases fat oxidation
- Intermittent fasting and time restricted eating
- Training in the aerobic training zone

Once again, another cycle of health coaching directed at the sustainable implementations of these fat burning strategies may be all that is necessary to unlock your ability to lose weight.

Finally, and only if weight loss has not been achieved by Phase I and Phase II approaches do we go to Phase III

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Resting Metabolic Rate in order to estimate your Total Daily Energy Expenditure.

Comparing a physiologically accurate assessment of your daily caloric energy expenditure with your actual caloric intake provides the key data to ensure that there is a sufficient deficit to result in weight loss.



Learn More About S³ Lifestyle Weight Loss Program