

# The Wellcare “Achieve Your Perfect Weight” Program

LOSE WEIGHT - GET HEALTHY - FEEL GREAT

A proven 6 to 10 week system to help you lose weight quickly  
**and keep it off for life**



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*Dear Client,*

*Welcome to the Program!*

**I**'m so excited you've decided to join our Lose it for life program. If you're looking for serious results, then you've come to the right place!

Anyone who has tried diets or weight loss plans knows all too well that finding long-term success can be a difficult task. Many plans and products offer rapid weight loss as a quick fix, but keeping the weight off turns out to be the bigger challenge.

Whether this is your first attempt to lose weight and get healthy or whether you've been going on and off diets for a while, we can help you achieve lasting weight loss and make permanent changes to your lifestyle.

In fact, if you succeed in the healthy habits we've laid out for you in this program, you'll be making a major, positive change, which will benefit you for the rest of your life.

You already know that if you have excessive weight or more weight than you desire, it did not come overnight. It took a while. Similarly, the most effective weight management strategies require time to be effective.

This program is not a quick fix, magical or easy solution. But is it a solution that has proven to work and last for life. Please know that we'll expect a lot of hard work and commitment from you. In return, we're going to give you all that we've got.

However, there are many who need a little extra help. I am particularly talking about people with highly efficient metabolisms, many women who are more primed to store fat, people who do not like to exercise regularly, chronic dieters and those who have trouble getting motivated and sticking to a healthy eating plan and exercise program.

Consequently, our goal is to provide you with the skills but also the truth about how to be successful at weight loss. In all honesty this is not about weight loss. It is about achieving a healthy weight and maintaining it, for the rest of your life!

Once you decide to make a sincere effort at the program, you will recognize how rewarding it is. But not until you begin to implement the program will you actually know that. So begin your new life, confront your fears and resistance, follow the program for at least 6 weeks and change yourself for the better and forever.

**Are you ready? Let's do this!**

**Wellcare Team**

## Who is this program for?

This program is best suited for anyone who;

- Wants to lose weight and keep it off for life.
- Has tried many other weight loss programs with limited success.
- Wants to integrate healthy eating and living into their home and lifestyle.

## The Wellcare Health and Weight Management University (A brand product of Wellcare)

At Wellcare we have designed our weight management program to through the Wellcare Health and Weight Management University. The program is a course that you take, study, practice and do all the course related assignments. It is designed to guarantee success if one takes it seriously.

Our program is designed to allow you our client to achieve your perfect weight in a gradual and measured way. We have set different weight loss target ranges to be aimed for at each level of study and engagement to allow you to have small but realistic targets to aim for at each stage. In this way you see the fruits of the program while getting rewarded for every achievement along the way. Every target range is given a qualification from our weight management university. The more you achieve the more you will be rewarded.

| Qualification                        | Weight Loss Category | Estimated duration |
|--------------------------------------|----------------------|--------------------|
| Certificate of Weight Management     | 3kg to 8kg           | 1 to 3 weeks       |
| Bachelors of Weight Management       | 8kg to 15kg          | 3 to 8 weeks       |
| Masters of Weight Management         | 15 to 25kg           | 8 to 15 weeks      |
| Doctorate (PHD) of Weight Management | 25kg & beyond        | 3 months and more  |

Once you have achieved a particular target you graduate to the next level and you receive a certificate of recognition to remind you that you are already a winner and that you have conquered the first target and are ready for the next. It also serves as a reminder of where you have come from and a motivator to thrust you forward. However, you could opt to remain at any level you have achieved. Everyone has a different target and we want to be able to recognize and celebrate your achievement if you have hit your target no matter how small your target was.

## How much weight you can expect to lose?

“Remember you will only lose weight until you reach your body’s naturally desired weight and not more. You will then enjoy this new weight for the rest of your life.”

- Lose up to 15kg in 6 weeks
- Up to 25 kg in 10 weeks
- & Up to 50kg in 1 year

Please note that some people are more than 50kgs overweight and so this can be a realistic target and which can also be achieved in a healthy manner.

# Our Fresh Approach to Weight Management

## Food- Rest - Exercise - Support - Habits

### 1. Food

The three aspects of food that we utilize are

- Eating a nutritious and wholesome diet
- Drinking adequate amounts of water to remain hydrated
- Use of nutritional complements, to correct deficiencies and support medical or other challenges that could be promoting weight gain or preventing weight loss

These will be outlined in the plans that shall be assigned to you to use with our program. Our weight management program is a healthy lifestyle program that is developed around the principle of eating enough amounts of the correct type of food (eating always until one is satisfied), an abundance mentality and not one of food deprivation (calorie and portion restriction or missing meals).

We encourage the use of whole, fresh and natural foods that can be prepared to be great tasting.

### 2. Rest

Rest is the secret ingredient to successful weight management. Without adequate rest, the body will struggle with maintaining the right hormonal and energy balance. Rest will involve both relaxation and adequate sleep

- Relaxation

You need to give yourself a break. You need to relax. Stress and fatigue lead to the production of chemicals that cause inflammation, predispose to diabetes, increase belly fat and increase cravings, appetite and weight gain. Any serious weight management program must involve relaxation.

We have incorporated a 5-minute breathing exercise that must be practiced daily to improve your outcome. It's only FIVE minutes.... No excuses...

- Adequate Sleep

It is strongly recommending that you get a minimum of 7 hours (preferably 8) for duration of the program and see the powerful benefits that sleep can have on your health, appetite and energy levels. Ensure to go to bed no later than 10.00 pm. The best hours of sleep are 9.30pm - 6.00am (8 and 1/2 hours) or 10.00pm to 5.30am (7 and ½ hours)

### 3. Exercise

Each of your days during the initial 6 weeks **must** consist of 30 minutes of aerobic/ cardio exercise. This may be a brisk walk, a jog, aerobics class, treadmill, swimming or anything similar. Preferably start your day with exercise, first thing in the morning; this can jump start your metabolism and set you up for a great day. The bottom line is exercise enhances

everything you're doing on this program.

For the first 7 days (during the detox), keep your exercise very mild, limiting it to walking or light exercise and then increase the intensity and severity for the remaining 5 weeks.

Details on how best to do this shall be given with the program.

#### **4. Support**

“Two people are better off than one, for they can help each other succeed.” - Ecclesiastes 4:9 (NLT). If you could have done this alone, you would have already done so. Support is the difference between staying down when you fall and continuing to reach your goal. Support needs people and helps us to realize our need for each other. During this journey we shall support you to keep with the program until you achieve your goal but will also require that you develop a personal support network of trusted people and friends that can encourage you and even meet with you regularly. On the other hand, you may also need to make a point to avoid people who pull you down rather than pick you up or win them to your side

#### **5. Habits**

Developing new and self-supporting habits are the key to your success. We all know that whenever we want to make changes we begin with great enthusiasm and hopeful expectations but over time these feelings fade and so does commitment. That is why key to change is to develop new good and positive habits to replace our self-defeating behaviors

Our habits shape our lives. During this program, with support, we help people to learn and develop new habits

Two habits that we shall encourage you to develop as we go along are the habits of

- Gratitude and
- Deep breathing

## How the program is implemented

### Phase 1 – 6 Week period

The healthy living weight loss principles are followed 100% of time to facilitate rapid weight loss together with health improvements

- Phase 1A (Day 1 to 7): A 7-day detox program (No vigorous exercise except walking and mild exercises)
- Phase 1B (Week 2 to 3): A rapid weight loss healthy eating plan with moderate cardio and strength building exercise
- Phase 1C (Week 4 to 6): A moderate weight loss healthy eating plan with vigorous cardio and strength building exercise.

Please note that we encourage everyone to repeat Phase 1A for 7 days in the fourth week (Week 4) and then proceed to Phase 1C for week 5 and 6. This option is not provided for in the weight loss program but offered to you as an option to boost your weight loss.

### Phase 2 -4 Week period

The healthy living weight loss principles are followed 90% of time and with room for other choices that you like 10% of time to help you make a transition.

### Phase 3 The for Life Plan

In this phase the healthy living and weight management principles learnt over the 90days should be followed 80 – 90% of the time. 10 - 20% of the time, you may have the liberty to also have some practices that may not be very healthy but that you may enjoy occasionally keeping your life interesting.

## Implementation of the Food component of the program

|               | Day 1                                 | Day 2                                 | Day 3                                  | Day 4                                  | Day 5                                  | Day 6                                 | Day 7                                 |
|---------------|---------------------------------------|---------------------------------------|--|--|--|---------------------------------------|---------------------------------------|
| Week 1        | Phase 1 A - Detox Program (Raw foods) | Phase 1 A - Detox Program (Raw foods) | Phase 1 A - Detox Program (Juice Fast) | Phase 1 A - Detox Program (Juice Fast) | Phase 1 A - Detox Program (Juice Fast) | Phase 1 A - Detox Program (Raw foods) | Phase 1 A - Detox Program (Raw foods) |
| Week 2        | Phase 1B Healthy Eating Plan          | Phase 1B Healthy Eating Plan          | Phase 1B Healthy Eating Plan           | Phase 1B Healthy Eating Plan           | Phase 1B Healthy Eating Plan           | Phase 1B Healthy Eating Plan          | Phase 1B Healthy Eating Plan          |
| Week 3        | Phase 1B Healthy Eating Plan          | Phase 1B Healthy Eating Plan          | Phase 1B Healthy Eating Plan           | Phase 1B Healthy Eating Plan           | Phase 1B Healthy Eating Plan           | Phase 1B Healthy Eating Plan          | Phase 1B Healthy Eating Plan          |
| Week 4        | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan          |
| Week 5        | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan          |
| Week 6        | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan           | Phase 1C Healthy Eating Plan          | Phase 1C Healthy Eating Plan          |
| Week 7 - 10   | Phase 2 Healthy Eating Plan           | Phase 2 Healthy Eating Plan           | Phase 2 Healthy Eating Plan            | Phase 2 Healthy Eating Plan            | Phase 2 Healthy Eating Plan            | Phase 2 Healthy Eating Plan           | Phase 2 Healthy Eating Plan           |
| For Life Plan | Phase 3 Healthy Eating Plan           | Phase 3 Healthy Eating Plan           | Phase 3 Healthy Eating Plan            | Phase 3 Healthy Eating Plan            | Phase 3 Healthy Eating Plan            | Phase 3 Healthy Eating Plan           | Phase 3 Healthy Eating Plan           |

Please note that we encourage everyone to repeat Phase 1A for 7 days in the fourth week (Week 4) and then proceed to Phase 1C for week 5 and 6. This option is not provided for in the weight loss program but offered to you as an option to boost your weight loss.

## Why this program is effective.

- **We keep it simple**
  - No calorie counting
  - It is simple to follow. No rules on specific nutrients such as high protein or low carb. It is based on normal foods. People don't eat calories or nutrients. They eat food. We keep this simple and based on food groups you can easily understand.
  - No restriction of amounts of foods. No portion control or deprivation but rather learning to eat the right type of food in the correct quantities
  - We don't support any form of hunger. Whenever you're hungry, you are to eat, but only eat the right type of foods. When satisfied you must also stop eating
  - We shall not completely eliminate the food that you really like or crave.
- **We keep it practical**
  - The program is based on eating plans that consist of foods that are locally available, easy to find and prepare. No specialty foods or equipment are required
  - The program can be followed even if you have to travel.
  - No need to purchase meals. Meals will be simple to understand and can be prepared by anyone. This will help you to maintain control of food preparation even after the program has ended

## Why do some people fail to lose weight despite trying so hard?

Sometimes weight gain or failure to achieve weight loss goals may be due to a hidden or other obstacle.

The following are some of the obstacles to weight loss;

- Missing meals (starvation mode)
- Insulin resistance – condition that leads to cravings and later diabetes
- High levels of toxins and toxic fat
- Hormonal Imbalances -Estrogen and other hormones
- Thyroid problems
- Medications (birth control pills, steroids, insulin, cholesterol lowering, some hyper-tensive drugs)
- Chronic stress
- Putting focus only on exercise
- Lack of adequate sleep
- Not drinking enough water – mild dehydration
- Vitamin D deficiency
- Excessive use of honey or artificial sweeteners.

If you can identify with any of these, you may be getting some useful insight into why you may not have been successful and what you may have to focus on when trying to manage your weight.

Medical advice or evaluation may be required in circumstances where there may be an underlying health challenge or obstacle to weight loss.

## 7 Habits you will need to succeed

1. Increase activity level and decrease seated or passive time. Avoid being seated continuously for more than 1 hour.
2. Eat breakfast daily. People who eat breakfast daily have been shown to have better success at managing their weight.
3. Be consistent with your plan and food choices even at parties, when traveling or on holiday.
4. Monitor your progress regularly after initial 6 – 10 weeks
  - Check your weight, body fat percentage and waist circumference regularly to monitor your progress
5. Modify your eating habits. You may need to integrate some useful practices into your diet such as;
  - Careful food selection
  - Serving small portions at a time but eating always until satisfied
  - Chew your food thoroughly
6. Be accountable
  - To someone, preferably a buddy who is on the same journey as you are
  - To yourself
7. Forgive, Accept and love yourself the way you are. This is critical at the beginning of the program to allow yourself the emotional freedom to keep you going.

### Important Information

At some point during the weight management program, some people hit a temporary plateau (a phase where you seem not to be making much progress despite continued efforts). This is not uncommon but it is a way your body tries to adjust to the weight loss. However, some people get frustrated by this and even give up. We don't want this to be an obstacle to your success. If you experience this 2 things will be very important for you.

- First. It will be very wise to seek the help of someone who has gone through this phase and conquered it. Wellcare has a resource pool and a partner who can support you through this phase.
- Second. You should try to vary the type and intensity of your exercise routine. A high intensity interval training schedule would be beneficial

## How to prepare for your program.

### Did you know you can enhance your weight loss by properly preparing?

#### 5 things you need to get prepared

##### 1. Set your goals and make the commitment

- a. Set a weight loss goal and target for this program
  1. How much weight do you want to lose?
  2. What size of clothes do you want to wear?
  3. What kind of health do you want to have?
- b. Create your personal success and affirmation statement

##### 2. Get your body measured

It is advisable to get measured and tested before, during and at the end of the weight loss program. This will help you objectively assess the progress you have made during the program.

The following tests and measurements are recommended.

- a. Take your baseline body composition measurements
  1. Body Mass Index
  2. Fat & Muscle %
  3. Body Age
  4. Waist to Hip ratio
- b. Blood sugar
- c. Lipid profile and cholesterol
- d. Complete blood count
- e. Thyroid function (if you're a lady over 35)

##### 3. Get your supplies and tools

1. Food supplies
  - Go shopping for all the supplies you need (Use the shopping list for guidance)
2. Kitchen supplies
  - Acquire a nutribullet (nutrient extractor) or a very good blender
3. Nutritional complements
  - Herbal tea - preferably green tea or matcha green tea
  - Chia seeds
  - Get the weight loss recommended supplements
    - Vitamin D
    - Plus, others that may be useful (*Ask the Wellcare team for guidance*)
  - Exercise gear
  - Comfortable pair of shoes
  - Fitness monitor or tracker
4. Water bottle

#### 4. Prepare your mind.

##### 1. Get your mind right

- Focus on why you can have chosen to do this cleanse and on the benefits.
- Think thoughts of gratitude and maintain a positive outlook.
- Believe in yourself – you can do this.

#### 5. Get an accountability or support buddy

### Daily Activities.

2. Wake up no later than 6am and practice the 5 minutes of deep breathing exercises
3. Drink 2 glasses (A glass of 250 mls) of alkaline water within 10 minutes of rising
4. Get 30 minutes of daily exercise preferably early morning
5. Make your breakfast smoothie
6. Drink 1 – 2 cups of green tea daily (preferably matcha green tea)
7. Take supplements as directed
8. Throughout the day, drink 8 glasses of clean, filtered water (preferably alkaline)
9. Practice the 5 minutes of silence and meditation before bed time (You can use this time for prayer as well)
10. Gratitude moment. Take 3 to 5 minutes to focus on things to be grateful for.
11. Get 7 – 8 hours of sleep. Try to go to bed no later than 10pm

### Weight loss Tips and Guidelines

1. Make a written commitment and Discover your Why
2. Keep this simple. No calorie counting and no missing meals
3. Get the help of a buddy to see you through
4. Stock your kitchen with the right stuff
5. Make exercise easy and fun
6. Stay away from the danger zones.
7. Keep hydrated
8. Get a fitness tracking device like a pedometer
9. Make sure you get at least 20 minutes of exposure to sunshine daily
10. Prioritize sleep

### 6 to 10-week Exercise plan

This plan will be provided by the Wellcare weight management team. It will usually be customized to suit your current fitness levels and ability to exercise.

*Ask the Wellcare team for help with this.*

## Useful Resources and tools

### Commitment Contract

I, \_\_\_\_\_, earnestly make this commitment to myself that I will complete this weight loss program even though at times it may seem difficult.

1. I will give myself at least 6 weeks on this program because I realize that I deserve to live a better, healthier, lifestyle and I recognize that it takes time to develop a healthy habit.
2. I will NOT beat myself up if I cheat or if I have a moment of weakness. I will just continue the program as it is and keep moving forward.
3. I will make sure that I follow through with what I say that I'm going to do because I am a powerful committed person who takes action.
4. I will remember why I'm doing this program, especially when I'm tempted to stop doing it because it seems "too hard" or when success is not easily accomplished.
5. I will take control of my thoughts so that my emotions won't dictate my actions.
6. I will not let anyone discourage me throughout this challenge.
7. I will trust in \_\_\_\_\_ for strength and the right attitude.

Signed \_\_\_\_\_

Date \_\_\_\_\_

## My Daily Affirmation

I am a powerful committed person who takes action.

I can achieve anything I set my mind to.

Every day in every way I am getting better and better.

I look and feel a healthy \_\_\_\_\_ years of age

I am a healthy \_\_\_\_\_ kg adult

## Deep breathing exercise

Shallow breathing may lead to tension and fatigue. Breathing with your diaphragm tends to reduce stress and improve energy.

*Abdominal breathing*, also known as *diaphragmatic breathing*, is a powerful way to decrease stress by activating relaxation centers in the brain. The abdominal expansion causes negative pressure to pull blood into the chest, improving the venous flow of blood back to the heart.

- Find a comfortable place to sit or lie down, with your feet slightly apart, one hand on your abdomen near the navel, and the other hand on your chest.
- Gently exhale the air in your lungs through your mouth, then inhale slowly through your nose to the count of 4, pushing out your abdomen slightly and concentrating on your breath. As you breathe in, imagine warm air flowing all over your body. Hold the breath for a count of at least 4 but not more than 7.
- Slowly exhale through your mouth while counting to 8. Gently contract your abdominal muscles to completely release the remaining air in the lungs.
- Repeat until you feel deeply relaxed for a total of 15 - 30 cycles or more if you can.
- Once you feel comfortable with your ability to breathe into the abdomen, it is not necessary to use your hands on your abdomen and chest.
- Do this for at least 5- 15 minutes twice daily

There may be an added benefit of lowering blood pressure when you place your tongue on the ridge of the roof of your mouth, just behind your teeth.

## My Personal Wellness and Body Composition Goals - Worksheet.

People who are successful at making lifestyle changes take time to write out specific goals and make a plan of action. Use this work sheet to write out your goals and action plans. Review the various area of your health. Decide in which areas you would like to make improvement. Make your goals SMART

Keep track of your progress. Review your goals regularly. Get help from others as needed.

Personal wellness plan for: \_\_\_\_\_ Start date: \_\_\_\_\_

| Goal Area                    | Goal Description & Target | Action Plan & Required Tools (what you will do and what you need) | Target Date |
|------------------------------|---------------------------|---|-------------|
| Weight                       |                           |   |             |
| Body Fat Percentage          |                           |   |             |
| Body Muscle Percentage       |                           |   |             |
| Waist circumference          |                           |   |             |
| Blood pressure               |                           |   |             |
| Blood sugar                  |                           |   |             |
| Healthy Cooking              |                           |   |             |
| Healthy Eating               |                           |   |             |
| Exercise & Physical activity |                           |   |             |
| Other (Specify)              |                           |   |             |

Other areas you may want to consider are;

Bad habits such as smoking and excessive alcohol consumption, emotional stress and coping, relaxation

Who shall be your accountability buddy(s)

1. \_\_\_\_\_

2. \_\_\_\_\_

Why do you want to achieve these goals? (What is your motivation? (Your kids, health, self-esteem, prevent disease etc.)

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What General Steps shall you take towards achieving your goals?

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What resources, tools, programs, wellness products or solutions do you need?

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List the obstacles in your way, and how you plan to overcome them:

*Obstacles*

*Solutions*

|       |       |
|-------|-------|
| ----- | ----- |
| ----- | ----- |
| ----- | ----- |

Whose help do you need?  
avoid?

Who do you need to

|       |       |
|-------|-------|
| ----- | ----- |
| ----- | ----- |

### Weight & Wellness Tracking sheet

| Weight & Wellness Tracking sheet |       |        |        |        |         |       |       |         |
|----------------------------------|-------|--------|--------|--------|---------|-------|-------|---------|
| Name                             |       |        |        |        | Age     |       |       |         |
| Height (meters)                  |       |        |        |        | Gender  |       |       |         |
|                                  | Start | Week 1 | Week 3 | Week 6 | Week 10 | Other | Other | Comment |
| Date                             |       |        |        |        |         |       |       |         |
| Weight (kg)                      |       |        |        |        |         |       |       |         |
| Body Mass Index (BMI)            |       |        |        |        |         |       |       |         |
| Body fat %                       |       |        |        |        |         |       |       |         |
| Skeletal muscle%                 |       |        |        |        |         |       |       |         |
| Visceral fat                     |       |        |        |        |         |       |       |         |
| Body Age                         |       |        |        |        |         |       |       |         |
| Waist circumference              |       |        |        |        |         |       |       |         |
| Hip circumference                |       |        |        |        |         |       |       |         |
| Blood pressure                   |       |        |        |        |         |       |       |         |
| Blood sugar                      |       |        |        |        |         |       |       |         |
| Sleep                            |       |        |        |        |         |       |       |         |
| Mood                             |       |        |        |        |         |       |       |         |
| Other 1                          |       |        |        |        |         |       |       |         |
| Other 2                          |       |        |        |        |         |       |       |         |



Mini Ultimate  
Set

Ultimate  
Set

## FIVE Good Reasons for BUYING

Nutrition Enhancing  
Healthy cookware

  
GOOD HEALTH STARTS HERE

- **Health** Your health is Priceless  
Look after it by cooking fat-free and waterless
- **Saving** The cookware eventually pays for itself with savings  
in Electricity, Fuel and cooking condiments
- **Quality** Finest quality cookware. Made from highest grade nickel  
chrome stainless steel.
- **Lifetime Guarantee** Cookware that never has to be replaced
- **Value for money** Saves you money in the long run



**WELLNESS**  
AMBASSADOR

THE AMAZING  
SUPERFOOD  
NUTRIENT EXTRACTOR



## Extraordinary Device

- Superior to blending or juicing.
- Retains all fiber and nutrients.
- Exceptional nutrient extraction.
- Breaks down even skin, peels, nuts and seeds.
- Makes instant smoothies, soups, salad dressing and more.
- Easy to use and clean.

## Beneficial for

- Weight loss
- Detox and cleansing
- Belly fat reduction
- Superior Health and disease prevention

Wellcare   
GOOD HEALTH STARTS HERE





**WELLNESS**  
AMBASSADOR