



RED MOUNTAIN
WEIGHT LOSS®



Your
**HAPPY &
HEALTHY**
Summer Guide

**Tips on healthy eating while on vacation, fun summer infographics, challenges,
and summer recipes the *Red Mountain Way*!**



“
**‘Cause a little bit of
summer is what the
whole year is all about.**

– John Mayer

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WHAT TYPE OF *Vacationer* ARE YOU?

YOUNG FAMILIES

Family first! Vacating means bringing the family together for quality time. Now is the time to make memories that'll last forever.



LOCATION

The Beach House

FAVORITE RM® SNACK

Divine Lemon Cream Protein Bar

(Not approved on RM3® Weight Loss Window)



FAVORITE RM® SUPPLEMENT

Lipo Burn



WORKING PROFESSIONAL

Traveling for business and pleasure, the Working Professional embraces the new concept of flexcation, where they can work remotely and still have time to play.



LOCATION

Airports and Hotels

FAVORITE RM® SNACK

Tropical Fruit Punch Protein Shake



FAVORITE RM® SUPPLEMENT

Carb Control



ADVENTURE SEEKERS

With curated vacation outfits, and a flair for adventure, the Adventure Seekers are always seeking fun, new experiences.



LOCATION

Around the Camp fire

FAVORITE RM® SNACK

Crispy Shortbread Cookie Protein Bar

(Not approved on RM3® Weight Loss Window)



FAVORITE RM® SUPPLEMENT

Crave Control



CREATE MOMENTS, NOT WEIGHT GAIN

How to Develop Your Weight Loss Vacation Mindset

51% of Americans are vacationing in July, so many of us use it as a time to indulge with fried food, sugary cocktails, and lazy beach days – a breeding ground for weight gain on vacation. In fact, 61% of vacationers report gaining weight during vacation! Before you go into panic mode, we're here to share that it is possible to have a fabulous time without sacrificing fun or sabotaging all that hard work you put in before your trip. You just need to change and master your weight loss vacation mindset:

Weight **Gain** Vacation Mindset

I'm on vacation so I'm going to eat as much as I want.

I dieted before vacation, and I'll go back on my diet when I get home to lose what I gain. I better enjoy eating while I can.

Food is everywhere all the time so I can eat constantly.

There are so many great restaurants and foods to try! I'm going to try everything.

I'm not going to worry about what I eat this week.

I'm going to splurge!

I'm on vacation! Why exercise?

Weight **Loss** Vacation Mindset

I'm on vacation, and I am going to follow my meal plan as much as possible.

I worked hard before vacation and will continue to maintain that hard work during it, too.

I will choose to wait to eat until I'm actually hungry, and make healthy choices according to my meal plan.

There are so many great things to do on vacation other than eat. I will try to enjoy the experience and not just the food.

I will eat to meet my needs for nourishment but not overindulge in them.

I'm on vacation so I'm going to enjoy *some* new foods and new activities.

I'm on vacation! I can swim, walk on the beach, dance, hike, go sightseeing, kayak, play golf, or tennis!

The 3 C's: Catch, Check & Change

Use the 3 C's Method to take charge of your weight loss vacation mindset.

CATCH IT

The first step in changing your mindset is to notice or "catch" the thoughts that are impeding your success. The best way to do this is to use your emotions as cues. When you feel unmotivated and pessimistic about your weight loss journey, notice and "catch" your thoughts.

- *What am I thinking?*
- *Could those thoughts be making me engage in self-sabotage?*

CHECK IT

After you catch your thoughts, it is time to examine them more closely. Consider whether your thought is helpful or harmful - whether the consequences of the thought are good or bad for you. Ask yourself:

- *What am I telling myself that is making me feel this way?*
- *Is this extreme thinking? Is this distorted thinking?*
- *Is this thinking helpful or harmful?*
- *What is the evidence to confirm that my judgment is accurate?*

CHANGE IT

If you identified you have a harmful thought, it is time to develop a winning mindset. Ask yourself:

- *What inspiring and motivating thought could replace my harmful thought?*
- *What will encourage me?*

Your level of success with weight loss while on vacation is going to be significantly affected by your mindset. If you don't believe it's possible to lose or maintain your weight while on vacation, it will negatively affect everything you do and prevent you from being successful. Remember to be kind to yourself as you shift your mindset. You are absolutely capable of achieving anything you put your mind to!

5 Tips for Healthy Eating on Vacation

Whether you are vacationing to make new memories, finding time to reconnect, or simply want to enjoy a new place, you don't have to sacrifice your diet in order to enjoy your vacation.

1

Pack healthy snacks for day of travel. Traveling to your destination can be stressful and it'll be easy to pick up things at the airport or convenience stores (if you're going on a road trip). Eat healthy while traveling by packing healthy snacks ahead of time. This will help you with portion control and temptation. Here are a few healthy snack ideas:

- Small sweet peppers
- Cut-up cucumbers
- Cut-up apples & oranges
- Cherry tomatoes
- Deli meat (no skin)
- Cut-up grilled chicken
- Hard-boiled eggs
- RM Protein Bars - exclusively available to purchase at Red Mountain.
(Not approved for RM3® Weight Loss Window)
- RM Protein Shake Powder - Put individual servings of the powder in snack-sized baggies, then place all the baggies in a protein shaker bottle. This way, all you need to do is add water. RM Shakes are also available in to-go sizes and to for purchase exclusively at Red Mountain.

2

Pack your suitcase with extra prepared meals to minimize eating out.

Restaurants offer large portions, and lots of unhealthy options so bringing your own healthy options eliminates temptation. If you're going to eat out, we recommend eating out only once a day. This also saves more time for fun activities and less time sitting around waiting for food! Here's extra meal ideas:

- Frozen grilled chicken, pork, turkey. Placing this frozen in the suitcase keeps other packed food cool during travel.
- Veggies
- Walden Farms® products – coffee creamer, salad dressings, barbecue sauce

3

Get lodging that comes with a microwave and a fridge. The key to stay on track with your diet while traveling is to have the necessary tools. With a microwave and fridge, you can store snacks and meals you bring from home as well as shop for groceries.

4

Shop at the grocery store at your destination. Shopping for groceries allows you to stock up on other healthy options that you don't want to pack. For example, alcohol* with zero-calorie mixers dismisses the temptation for sugary cocktails and other high calorie drink options. *Alcohol is only approved on RM Lifestyle.

5

Try fun restaurants but learn how to order. Watch our *Dining Out the Red Mountain Way* videos for great restaurant tips.

- Skip the bread, ask the server not to bring a bread basket to your table.
- Bring your own Walden Farms® salad dressing.
- Ask for a to-go container right away, then put half your meal immediately into the container so you aren't tempted to eat more than you planned. This can be kept in your hotel fridge for lunch the next day.

STAY FIT

on vacation



by Anita Terlizzi, RM Fitness Expert
& Certified Personal Trainer

You don't have to skip a workout just because you are on a vacation. Whether you are staying at a hotel, have extra time at an airport, or want to scorch those calories at the beach, here are some creative ways to stay fit.

Hotel Exercises

Depending on the hotel you are staying at, you may or may not have a gym available. With these exercises, you can easily do them in your hotel room if gym access is unavailable. Here are a few examples of strength training and cardio you can quickly fit in before you start your day.

Jumping Jacks: (traditional or modified): A good way to start your workout. Wake up and warm up those muscles!

Squats: You determine how deep your squat is. Listen to your body. Just make sure you are putting all of your body weight into your heels (never toes) and swing those hips back as if you are about to sit in a tiny chair behind you.

Tricep Dip: This exercise works the back of your arms. You can use the seat of a chair or a dresser. Stand in front of the chair or dresser, place the heels of your hand on the edge of the furniture. Slowly walk your feet away from you. If you are a beginner, your knees will bend at a 90 degree angle. If you are more advanced and want more of a challenge, straighten those legs out, heels on the floor, toes to the sky, keep your elbows close to the rib cage, as you bend at the elbow to lower your bottom half towards the floor, then press back up to straight arms.

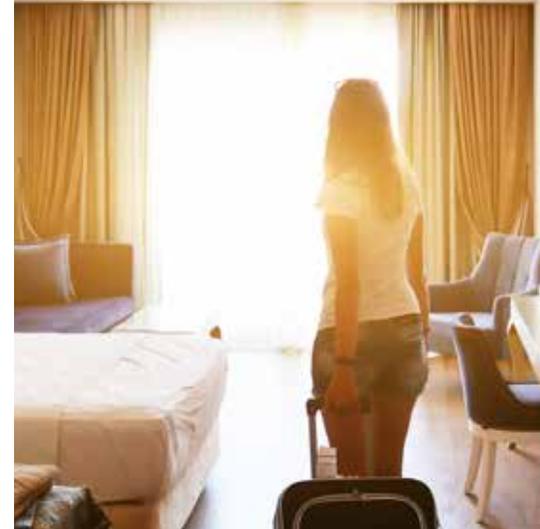
Incline Push up: This is a pushup utilizing furniture: set up the pushup off your bed, back of a chair, against the wall, on a dresser, or on a table. Make sure you line the center of your chest with the edge of furniture. Your chest should end up between your hands. If you are a beginner, stagger your stance (one foot in front, one foot behind). This will allow you to assist your body if you need help getting back up.

Single Leg Lunge off Bed: Stand in front of the end of your bed, (your back is facing bed). Place all of your balance on your left leg. Squat to a seated position on bed and bounce up to a standing position on your left leg; immediately take a forward step on to your right leg. As you press into the right heel to stand back up, fall back into the "squat and bounce" to repeat the move. Do 10x's for each leg.

Rock N' Roll: This exercise targets your lower abs. Roll back onto bed, tuck knees toward your chest, and lift both legs towards the ceiling. You will be lifting your tail bone off the bed.

Hip Thrust Off Bed: Put the top half of your body on the bed, chest facing up. Legs are at a 90 degree angle, and feet flat on floor. Your body weight will be in the heels of your feet. Drop your hips toward the floor, then press through heels, and raise hips toward the ceiling. Do 10 reps.

Stairs: Does your hotel have stairs? Run or walk up and down the stairs. Do you want to challenge yourself for a greater cardio workout? Set a timer. Run up and down for :45 seconds, rest for :15 seconds. Repeat 8x's.



Airport Exercises

Do you have extra time on a layover or time before boarding your flight? Utilize this time at the airport with these exercises to get your heart pumping before you jet set.

Push up: This is a push up off the back of a chair. Make sure you line the center of your chest with the edge of the chair. Your chest should end up between your hands. If you are a beginner, stagger your stance (one foot in front, one foot behind). This will allow you to assist if you need help getting back up. Do 10 reps.

Squats with Backpack: You determine how deep your squat is. Listen to your body. Just make sure you are putting all of your body weight into your heels (never toes) and swing those hips back as if you are about to sit in a tiny chair behind you. If you want a challenge, and you have a backpack or heavy bag, throw that backpack on or hug that heavy bag in front of you while you squat. Do 10 reps.

Calf Raises: Stand next to a wall or chair. Use the wall or chair for balance. Raise up onto your toes and back down. Pull up your toes gently as you land on your heels. Do 10-20 reps.

V-Sit Bicycles: Sit at the edge of a chair, put your hands behind you on the seat of the chair. Keep your upper body tall, lean back slightly and engage your core muscles. Alternate legs as you press leg away from you. Keep feet flexed.

V-Sit Crunches: Same as V-Sit Bicycles, but both legs will be extended out and both legs come toward you.

Mountain Climbers Off Chair: Stand behind chair, like you would if you were doing a push up. Lean toward the back of the chair, your body is a straight line from head to toe. Your body weight is in the balls of your feet. Holding this position, rotate your right knee toward your left forearm. Alternate left knee and right knee.

Bulgarian Split Lunge: Stand in front of a chair, a leg length away from it. You will want to be close enough that you can put the top of your shoe on the seat of the chair. On your standing leg, your knee and ankle are lined up as you lower your body weight into your standing leg (remember, all of your weight is in the heel of your foot). Lower your body toward the floor and back up to standing position. Do 10 reps each leg.

Beach Exercises

The beach is a great place to relax, but it's also a perfect place to torch those calories – especially using the waves and the sand! Check these exercises out for the ultimate calorie burners.

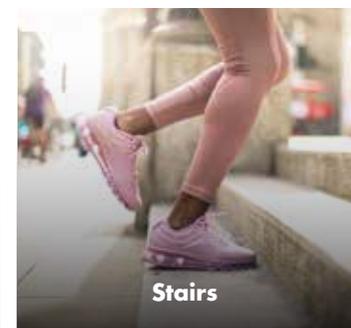
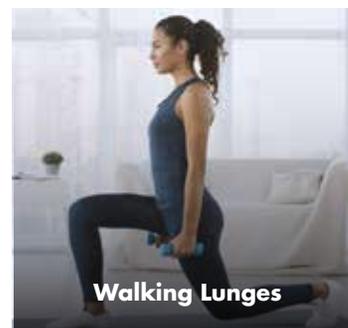
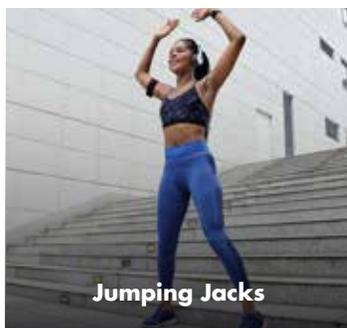
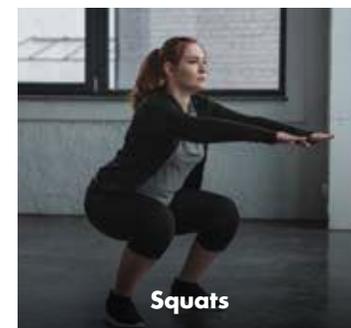
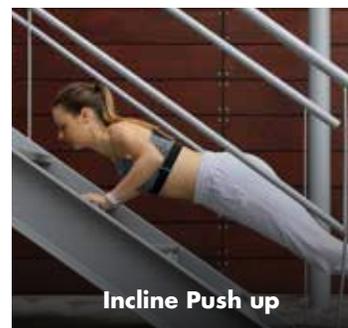
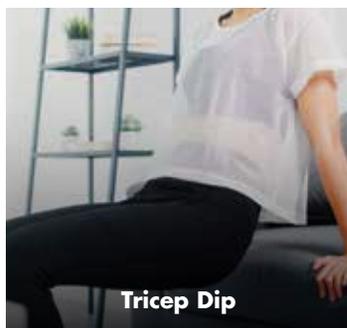
Run or speed walk: Almost twice as many calories are burned running or walking on sand than on a hard surface, so run or speed walk at a moderate to fast pace in the sand.

Walking Lunges: Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle.

Swim or Jump Waves: Swimming, wading in water, or jumping waves is a great way to enjoy your summer days and burn calories!

Squats: You determine how deep your squat is. Listen to your body. Just make sure you are putting all of your body weight into your heels (never toes) and swing those hips back as if you are about to sit in a tiny chair behind you. If you want a challenge, and you have a backpack or heavy bag, throw that backpack on or hug that heavy bag in front of you while you squat. Do 10 reps.

Step Ups: Typically, you will find a large rock or small cement wall nearby. Step up with your entire foot. Lead with your right foot, up and down. Do 10x's. Then, lead with your left foot up and down and do another 10x's.



WEIGHT LOSS FLUCTUATION:

SUMMER WEIGHT LOSS ROLLERCOASTER

We love summer for its easy-breezy impulse-driven feel, but there's something about tank tops and jean-shorts that leave us cringing at their very mention. Summer has the power to induce a rollercoaster of emotions ranging from happiness at the warm weather to pure dread at the idea of poolside BBQs.

The summer weight loss rollercoaster is an adventure many embark on, though few know how to manage. The impulsivity of summer matched with the necessity of structure in a weight loss or maintenance plan is a recipe for the "maybe next year" end-of-season mindset. While the drive to be swimsuit-ready may be high, the temptation of tortilla chips and salsa has a tendency to suppress an unfocused dieter's drive. As the days pass and the summer sun shines bright, we must remind ourselves constantly of the benefits and drawbacks of our actions to not fall victim to the summer weight loss rollercoaster.

Tales of success are not written in days of hard work and punctuated by 'cheat meals' and poor decisions, but are rather stories of perseverance and consistency. There may be no 'one-size-fits-all' path to success, but there are surely certain activities (or lack thereof) that should be avoided as a general rule for most. Though the road to health is not the same for everyone, there are several similarities in said roads that deserve to be noted.



WEIGHT LOSS FLUCTUATION: SUMMER WEIGHT LOSS ROLLERCOASTER (CONT.)



Hydration

Especially during the summer, proper hydration is absolutely necessary! Insufficient water intake has the power to cause dizziness, lack of concentration, and excessive fatigue, as well as premature aging and increased risk of cancer. If that's not enough to get you to grab a water bottle the next time you're leaving the house, just know that water intake has been linked to an increase in metabolism – meaning your weight loss struggle could be made easier with each sip you take.



Portion Control

There's no time of year with more backyard pool parties than sweet summertime – meaning you're more surrounded with endless calorie-filled appetizers than ever! If you have issues resisting the food table, do yourself a favor and track what you're eating. This way, you have a solid representation of what you've been consuming, and can more readily judge when you should be cutting yourself off from the oh-so-delicious pigs in a blanket and artichoke dip. Remind yourself, and as Dr. Bentz always says, "the first bite or two is the best, nothing tastes quite as good after that."



Consistent Activity

No, being "super good" on Monday does not give you a free pass to overeat on Saturday, nor does burning "extra calories" than your goal mean that eating a pint of ice cream for breakfast has been "earned". There is no making-up or balancing game associated with a healthy lifestyle. Of course, you will inevitably have more active days than others, however this does not mean that good behavior should be rewarded with poor choices. Consistency is key when it comes to a healthy lifestyle.



Managed Stress

Stress is often un-anticipated, yet almost always plays a role. Being linked to weight gain, it is important that individuals explore what works best for them in terms of managing stress and making sure its effects do not cause a deterrence from their weight loss goals and plans for healthy living. Especially for stress-eaters, taking up things like journaling, yoga, or afternoon walks are great ways to alleviate the stress of daily life and keep from stress-induced weight gain.



Self-Awareness

Impulsivity can be fun in some areas of life, but is not effective in terms of achieving set goals. To be successful in conquering the summer weight loss rollercoaster, having a set game-plan is crucial to making sure you are on-track. Mix things up in terms of daily activities and meals, but be sure that you are staying on-track by engaging in consistent weigh-ins, self-reflecting, and hitting your caloric intake and activity targets on a daily basis.



30 DAYS OF SUMMER CHALLENGE

the Red Mountain Way

<p>For this 30 Days of Summer Challenge the <i>Red Mountain Way</i>, be sure to post your summer milestones to social media using #RedMountainSummerChallenge. We love seeing your journey!</p>						<p>1</p> <p>Comment and like all your favorite posts on our social media pages!</p>	<p>2</p> <p>Take a #summer selfie and post it</p>
<p>3</p> <p>Go on a bike ride for 20 minutes.</p>	<p>4</p> <p>Paint your nails Red Mountain red.</p>	<p>5</p> <p>Picnic at the park with elevated meals from the Red Mountain Easy Gourmet Recipes eBook.</p>	<p>6</p> <p>Start your day with a RM protein shake.</p>	<p>7</p> <p>Paint a sunset with watercolors.</p>	<p>8</p> <p>Host a backyard BBQ and serve the RM BBQ Chicken Pizza Recipe.</p>	<p>9</p> <p>Make RM Orange Lime Mojito mocktails and have a happy hour poolside.</p>	
<p>10</p> <p>Visit a Farmer's Market and pick up fresh produce that is RM3@-approved.</p>	<p>11</p> <p>Read a summer novel in the sun. Use SkinMedica® Total Defense Sunscreen SPF!</p>	<p>12</p> <p>Cook your RM Grilled Salmon with Kale Saute for dinner and post a picture of it on</p>	<p>13</p> <p>Do yoga and channel your inner warrior.</p>	<p>14</p> <p>Breathe with your belly! Breathe with your lower belly to relax and lessen cravings.</p>	<p>15</p> <p>Choose a small, specific goal for today, like "I will walk 10 minutes more than yesterday."</p>	<p>16</p> <p>Complete 3 Quick & Easy Exercise Circuits from the RM exercise eBook.</p>	
<p>17</p> <p>Go hiking and climb a mountain.</p>	<p>18</p> <p>Visualize success. Spend time envisioning yourself practicing your healthy habits.</p>	<p>19</p> <p>Take a staycation somewhere nearby!</p>	<p>20</p> <p>Sculpt that summer body with our RM Get Fit with HIIT eBook.</p>	<p>21</p> <p>Post your WHY on social media. Share your motivations for WHY you're on this weight loss journey.</p>	<p>22</p> <p>Show off your weight loss goal outfit for #OOTD (Outfit of the Day).</p>	<p>23</p> <p>Drink your 8 glasses of water today.</p>	
<p>24</p> <p>Go camping and stargaze.</p>	<p>25</p> <p>Grill vegetables and eat every last bite.</p>	<p>26</p> <p>Go on a road trip and enjoy the ride.</p>	<p>27</p> <p>Overcome your self-doubt by reminding yourself of everything you're doing right.</p>	<p>28</p> <p>Share a smile! Take a silly pic and post it.</p>	<p>29</p> <p>Give yourself a positive self-talk. Positive self talk boosts productivity, motivation, and confidence!</p>	<p>30</p> <p>Treat yourself to flowers, you did it!</p>	

30 DAYS OF SUMMER CHALLENGE RECIPES

DAY 6

Start your day with a RM protein shakes.



DAY 9

Orange Lime Mojito Mocktail



INGREDIENTS

- ½ of an orange
- ½ of lime
- 4 mint leaves
- ½ cup crushed ice
- ½ cup club soda
- ½ cup water

DIRECTIONS

Muddle and mash the fresh mint leaves and lime wedges together. Add the mixture into a tall glass. Add juice from the orange and stir. Finally, add crushed ice, water, and club soda. Enjoy!

DAY 8

BBQ Chicken Pizza



INGREDIENTS

- 2 cups riced, cooked cauliflower
- 3 oz. cooked chicken (cubed)
- 2 egg whites
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp garlic powder
- Walden Farms® BBQ sauce of choice
- Zero calorie non-stick cooking spray

DIRECTIONS

To rice the cauliflower, cut florets into chunks and pulse in a food processor until you see rice-like bits. Do not over process. Microwave the riced cauliflower in a bowl for 5-8 minutes. After microwaving, transfer riced cauliflower to a fine mesh strainer and drain completely, gently pressing out excess water. Transfer riced cauliflower to a clean dish towel and wrap the sides around the cauliflower while gently pressing out excess water. This drying process is important! Cook chicken. Preheat oven to 450 degrees. Spray a cookie sheet with zero calorie non-stick cooking spray. In a bowl, combine 2 cups riced, cooked cauliflower, 2 egg whites and any seasonings. Making sure everything is well mixed, and place your "dough" on the cookie sheet and pat out to 9" round. Bake at 450 degrees for 15 minutes. Remove from oven. Add BBQ sauce and toppings to your cauliflower pizza. Place pizza under broiler for 1 to 2 minutes once you've added all of your healthy toppings.

DAY 12

Grilled Salmon with Kale Sauté



INGREDIENTS

- 2 filets of salmon, about 1-inch thick
- ½ tsp thyme, crushed
- ¼ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 Tbsp shallots, finely chopped
- 1 small clove of garlic, minced
- 6 oz kale
- ½ tsp lemon zest
- Salt & pepper (to taste)

DIRECTIONS

Thaw fish if frozen. When defrosted, rinse & pat dry. Set aside. In a small bowl, mix together thyme, garlic powder, cayenne pepper, salt and pepper. Sprinkle evenly on top of the salmon. Heat grill & cook the fish, uncovered, for 8-12 minutes or until it begins to become flaky. Turn once halfway through grilling to ensure that it is cooked through. If concerned about the fish sticking to the grill, spray it with a little nonstick cooking spray before cooking. In a pan, cook the shallot and garlic with a little zero-calorie nonstick cooking spray until fragrant. Add kale and lemon zest, then cover & cook for 2 minutes. Uncover and continue to cook until the kale begins to wilt, or for about 6-8 minutes. Sprinkle kale with salt and serve alongside the salmon.

Summer Recipes

THE RED MOUNTAIN WAY



Spicy Crab Stuffed Mushrooms

20 mushrooms
8 oz crab meat
1 yellow onion, diced
4 cloves garlic minced
½ tsp paprika
½ tsp salt
1 tsp old bay seasoning
½ cup of Walden Farms® Mayo
Zero-calorie non-stick cooking spray

Heat oven to 375° F and prepare an iron skillet with zero-calorie non-stick cooking spray.

Remove stems of mushrooms and place in the skillet.
Set aside.

In another pan, spray zero-calorie non-stick cooking spray, sauté onion and garlic in pan until simmering. Add in crab meat, paprika, old bay seasoning, salt, mayo, and stir.

Take the crab mixture and stuff the mushrooms.

Bake in the oven for 25 minutes or until mushrooms are cooked. Serve as an appetizer or snack!



Bunless California Burgers

1 pound beef
1 tbsp of burger seasoning
1 tsp of salt and pepper
1 red onion diced
1 tomato, diced
2 egg whites
½ head of lettuce

Preheat grill.

Season the beef with the burger seasoning, salt, and pepper. Roll into balls. Gently press patties on the grill, grill until cooked to your desire.

In a separate pan, cook egg whites on low-medium heat. Stack your Bunless California Burger with two pieces of lettuce on the outside, beef on the inside, and red onions, tomatoes and egg whites on top. Taste your delicious concoction!



Strawberry Mint Spritzer

1 cup of strawberries sliced
½ cup fresh mint leaves
4 cups sparkling water
2 tbsp Stevia sweetener
1 cup ice

Combine strawberries, mint, and sweetener in a saucepan. Heat to low-medium, and until the mixture turns into a purée, about ten minutes.

Turn heat off. Let cool for a few minutes, and then add to a blender. Blend until smooth.

Pour sparkling water and ice in a glass, and add 2 tbsp of the purée. Add more to taste. Enjoy a refreshing beverage!



Take the first step to becoming a healthier version of you.

If you are looking for a partner to help you keep your weight on track, request an appointment to meet with one of our medical providers in-person at one of our locations or online via video appointment.

800.239.7830 | [REDMOUNTAINWEIGHTLOSS.COM](https://www.redmountainweightloss.com)

*RM3© patients should limit their workouts to 30 minutes per day. Always consult with your medical provider before beginning a new fitness routine.