



RENALDIET HEADQUARTERS PODCAST

CHRONIC KIDNEY DISEASE
& DIETARY INFORMATION

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Welcome to the Renal Diet Headquarters podcast with your host Mathea Ford, CEO of Renal Diet Headquarters. This is our weekly talk about how you can succeed with a kidney diet. Brought to you by www.RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

This week we're talking about goal setting, this episode is being published on January 1, 2014, so Happy New Year and I hope you had

a great holiday season. You can find information and links that I talk about in this episode at www.renaldietHQ.com/002. Yes, this is the second episode and it's on our website. You can also find us in iTunes, I will put the link in the show notes for you to find and to subscribe. Any comments would be appreciated about this episode or the first episode, and you can send those to podcast@renaldietHQ.com or you can leave them in the comments at our website www.renaldietHQ.com/002

So this week I want to talk about goal setting and I want to talk about how you can plan ahead for your year by doing a little bit of looking back, looking forward, and then what are the best ways to make sure that your goals are successful.

Let's start with looking back. So when you think about what you're going to plan ahead for, you need to look back at your last year and try to see what worked. What did you do that really helped you or helped you to succeed and it's a good idea to just get out a piece of paper and write down some things that you did consistently that seem to help you. Did you write a meal plan every week? Did you do some activity or did you exercise? Did you go bowling every Friday with your friends? Something that you've done that was consistent that is a positive for your health, write those things down on one side of the paper, and track what it is that you did that worked.

Now how this helps you is it helps you to know what you should do more of. If you did a really good job with meal planning and you want to step that up a little bit by finding

some more recipes or planning a little better or getting a little bit more specific with your planning. That would be a good place to go. Activity, if you did a good job with trying to find your partners, or going out with your friends and walking around the block, or taking your dog for a walk. Those sorts of things that you did consistently, that helped you are things you need to do more of.

So next you need to see are there some patterns? Did you have some down weeks, when it seems like you didn't really have a lot done, or did you have what seemed like a down season almost? Sometimes people feel like the summer is a slower time or maybe their better in the summer and in the winter it's harder to get started, or maybe write the beginning of school when your kids went back to school, that was a really good time for you. Look at your seasons and your and your systems and how they worked around to see when you were more successful. That will help you set yourself up for being successful, it will also help you to look at what things can you do to analyze why you weren't necessarily successful at those other times. Did you let the short days of winter kind of get your way of going outside and then didn't find a way to do something inside? Where you could go to the mall and walk around, or you could go to a community center. Maybe you were able to establish some healthy habits and see what you could do consistently and then look at how that pattern helped you, and then look at some other healthy habits that you might've seen as a result. So did your labs improve? Did you lose some weight or something like that, so what sort of results did you see from doing those positive things.

Next you want to look at what did not work. So, what sorts of things you do last year or this year that didn't really work for you to make you better? Did you let your emotions get the best of you sometimes? Did you eat out without preparing and find yourself eating out a little too often and getting a too much salt? Did you not measure your fluid as much between dialysis treatments like you should have? Were you doing a little cheating kind of, but doing it all the time, so what you really felt like was, "Oh it's just one little extra little bit of drink, or an extra donut". You are doing that on a regular basis and that doesn't work to help your diet. So think of those situations and those things that you did that didn't really work to help your diet, and look back at the last year and see where those happened.

So went we look back to last year were looking at what is you did consistently that worked, on the other side of the paper, what did you do consistently that seems to not have worked or at least not been healthy for you, and then what are some patterns that were either positive or negative and how did those affect whether you were successful or not?

Okay and next you want to look forward. So we just got through looking back, and now I want you to think about how you can look forward, and what you want your next year to be like. Now I want you to go way forward and imagine that it is January 1, 2015, and what would you see as a positive outcome for the year if that person that you're talking to? Is it that they weighed 10 pounds less, or is it that they've maintained their GFR rate at a stage 3? Is it that they walk five minutes in a day or 15 minutes a day? Think about

that person that you want to be next year, and what do you see? So describe that you yourself. Say he or she, for my example might be, she's so many pounds less or she walks 30 minutes every day and she's able to climb the stairs with no problem, that type of thing. So think of some specific stuff that you would, say, describe this person with.

Then you need to work backwards to create your goals. So instead of making a goal of I want to lose some weight, say okay that person that I see next year's 50 pounds lighter. So how do you know how much you want to lose? You know a reasonable amount; you know a pound the week, 2 pounds a week, not 5 pounds a week. So if you want to improve your glomerular filtration rate, or if you even just maintain stage 3 you know what you need to do to keep your protein levels low. You want to feel better between treatments; you know specific things that you can do.

Now the specific things that you're in a do is your gonna create, looking backwards, your can create what are called Smart goals. Smart goals are goals that are specific, measurable, actionable, realistic, and time-based. So that is what smart stands for S-M-A-R-T. So when you make them you're in the write and for the example of losing weight, you might say something like, I want to lose 50 pounds by December 1st. So that's about 4 pounds a month, about a pound a week, which is a very reasonable goal.

You can think through, and instead of thinking to yourself I want to lose a pound a week, and even that's easier than thinking about 50 pounds, so instead of thinking okay to lose 50 pounds for the year your thinking okay it's very easy to do a just a pound a week. You can think through and create some action steps that you can do daily that will make the difference. Some of those action steps might be to exercise 30 minutes a day.

Number two might be to eat half of my plate as vegetables. Now those may be low potassium vegetables but there vegetables, more of that plate is vegetables a little less of the starches. Maybe number three would be to plan your meals every week. Instead a kinda flying by the seat of your pants you are going to plan out your meals. You going to find some recipes and you are going to write out what you are getting eat every day for the week and then that's can be your guide and it'll help you to eat healthier and to not have to just grab here and they are not know how many calories. You can make some food ahead, you can do some freezer meals, you can do all different kinds of things, but do you see how, when you break it down into these smaller goals, and all you have to focus on is getting those goals done, it's not necessarily the weight loss, your focused on okay I'm can exercise 30 minutes today. Did I exercise 30 minutes today, yes or no? I need to get that done. Okay did I eat half my plate as vegetables? Okay, I need do that for lunch and dinner, I'm going to eat more vegetables.

Then number three would be, I'm going to plan my meals every week, and did I do that this week? Did I take the time on Sunday or the beginning of my week, and plan out what I was can have for those.

So you're breaking those goals down, you're thinking about who you are going be like next year, you're thinking what are those specific qualities of that person, you're working

backwards and trying to define that person. If it was an example of keeping your kidney disease at stage 3, you might choose to eat a low-protein diet. Which would be a healthy choice, and so you may say, okay that person has maintained stage 3, to do that I know that I need to eat only this many grams of protein every day. The steps that going to take are going to be to plan out what I'm going to eat for protein for the day, and only eat so many grams per meal, and maybe 3 ounces of meat at lunch and dinner, and not go over that amount unless I am compensating. So if I go out to dinner and its 6 ounce steak and I eat the whole thing, then I'm not going to eat any meat at lunch, I'm going to just have vegetables and some starch and maybe some fruit.

So that would be an excellent example of how you could focus on keeping your stage of kidney disease, at that stage 3 or lower. If you are stage 1 or 2 you might focus on doing something like the Dash diet, dietary approaches to stopping hypertension, where you would eat lots more vegetables, lots more fruits, lots more whole grains, and that would help you stabilize in stage 1 or 2.

If you're approaching stage 5 you might focus on making sure that you're in the healthiest state possible as you prepare for dialysis. So doing the exercise that you feel like you can do and eating as healthy as you feel like you can, getting that lower sodium and lower potassium foods, and trying to mentally, emotionally and physically, prepare your body, your mind and your family. So maybe you make a point of every month, talking to your family and planning ahead about how you are going to manage your dialysis, finding out more about dialysis options. So those are just some examples of how you can look forward to next year for your goals.

Now when you think about what worked and what didn't work from the year before, if it didn't work for you to exercise 30 minutes every day, then you need to think about why that didn't work, because that's definitely a part of losing weight and if you want to lose weight, you can't just say well I'm not going to exercise. You may find that breaking that up into little 10 minute activities is better. You may find that you can choose a different time of the day to exercise, you may find that you need to find some activities to do as a group, so maybe going bowling, maybe going and like golf or if you just can walk a little more, getting a pedometer. If it didn't work for you just to say to yourself and an exercise and do your exercise activity at home, maybe you need to find a way to do it at work, maybe need to find a way to do it in your local gym or a community center. Don't just say I'm going to figure out how to exercise at home, when you know didn't work, unless you feel like you are going to be able to keep yourself accountable to that.

If it didn't work for you to say I'm that a prepare all my meals at home, then knowing that, think ahead, and think about how you can maybe make some freezer meals, that would be like you make them all at once, on a Sunday, and it works for the whole week. So instead of thinking I'm a cook every night that can be exhausting, think about how you can cook ahead a little bit and make those meals for the week. That can help you to be more successful.

So it's really important, when you look at what you didn't do well, why it didn't go well, how important that is to your long-term health, and if you need to get it incorporated in

to something, then you need to find a way to change what you are doing so you can make that work.

Lastly, I want you to think about what your goals are and how you can track them. Depending on what your goals are, you need to track them. Just create a simple sheet to track them on, find an Excel spreadsheet, spread out the paper, or even just draw yourself some lines on some paper and make some copies. Do something that is going to help you track.

If you are doing the first example, which was exercising 30 minutes, eating more vegetables and doing your meal plan, you might have a little paper that says, Sunday, Monday, Tuesday, Wednesday, Thursday, Friday and Saturday. Check off that you exercised, and you are going to check off for lunch and for dinner, that you a half your plate of vegetables. Do something that helps you to track. You may not think it's important, it may sound a little silly. There's apps for your iPhone or for your Android phone, that you can use to track, but it really does help to just have that cost a reminder that, Oh yeah I did get this accomplished, and it can also feel good to get something accomplished, and say okay I did that today. So put it on your to do list and check it off.

Number 2, make yourself accountable to someone. So, telling someone, my goal is to lose 50 pounds this year, I want to lose about a pound a week. you should ask me about it, hold me accountable to it. Did I exercise, did I eat more vegetables? Don't ask me about how much weight I lost, that's not the most important thing, and I'm developing healthier habits. Hold yourself accountable to someone, if you don't have anybody that you feel comfortable with saying, hey, ask me about this or that, you can join our Facebook group, and if you go to www.renaldietHQ.com/go/caregivergroup and you can find that link in our show notes, but its www.renaldietHQ.com/go/caregivergroup and that's our Facebook group where we just share information, and we share each other's information. If you feel comfortable and you want to say I'm having a bad day, or if you want to say Hey I need an accountability partner, and just find somebody in there that's willing to work with you and hold you accountable. An accountability partner just great because it's somebody that you fill like you need to tell them, Hey, they can help you come up with ideas for being more responsible, staying on track, and they also can just be a good ear to talk to, or you can just talk to the group, and say hey, for me accountable, I am going to post in here and say that I got my stuff done for today.

Finally, on this topic about goals, I really wanted to remind you that these goals are not set in stone, and that you should adjust, if necessary. So if 30 minutes of exercise is too hard in the beginning, you should start with 10 minutes. Don't say, I have to do 30 minutes that is what the rules say. Start with 10 it's better to start, then to do 30 minutes be so tired and not real to do with the next day. 10 minutes will build and then you can do 15 and then you can do 20 and in a month or so, you'll be at 30 minutes, but if you start out at 30 and then you only do for a couple days, that's not any good. Hold yourself accountable but be reasonable and think of your health and adjust when it's necessary. If you're just having a time when you are going to go on vacation, and you

know, Hey, it's can be a bad week to do a lot of planning and to get a lot of meals done, then think ahead and do some planning as far as, trying to forwarding and get where you need to go.

Okay, so today I talked about how to look back at your last year when you're planning your goals, think about the patterns, think about what worked, think about what didn't work, then plan ahead and look forward to where you want to be this time next year. Give yourself a bigger goal but also break it down to make sure that it's measurable but break it down into smaller goals that are actually just actions that you can do to be successful. Then finally do what you can to track them, make yourself accountable to someone, and adjust if necessary.

So that's been our Renal Diet Headquarters podcast for today, and again I want to remind you that you can go over to our website and check us out @ www.renaldietHQ.com this one will be at [www.renaldietHQ.com /002](http://www.renaldietHQ.com/002) You can also subscribe in iTunes and send us any feedback at podcast@renaldietHQ.com I want you to know that I really appreciate your time listening to the podcast and this has been Mathea Ford and Thank You very much.