

Optimizing Kidney Transplant with The Faster Way

A Guide For Kidney Donors and Recipients

Cristina Fontana, RN, Certified Faster Way Coach, Living Kidney Donor



Why The Faster Way?

A year after my kidney donation, I crossed paths with the FASTER Way program. I wanted to learn how to track my protein and wondered if my 2 year labs could improve. I also wanted more energy, better sleep, fat loss and a plan I could follow long term. I wanted to learn about intermittent fasting and carb cycling and knew that if I could eat more and workout less AND see results I was in!

Today, I stand healthier than ever before, having followed this plan for 4 years, a testament to the remarkable influence of this program on my well-being and the reason I became a Certified FASTER Way to Fat Loss® coach.

The FASTER Way has given me the pathway to share my expertise, creating a healthier life for others, impacting donors and their recipients.





Faster Way for Kidney Donors and Recipients

My passion lies in empowering potential kidney donors and recipients before, during and after donation/transplant.

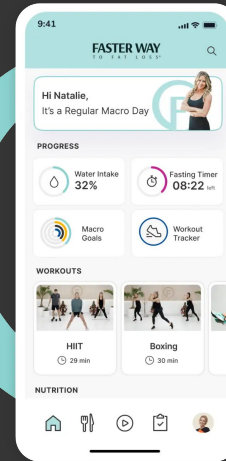
I firmly believe that by providing comprehensive support throughout the donation/transplant process and beyond, donors and recipients can not only enjoy a successful donation experience but also sustained health and well being in the years to follow.

The Faster Way Approach:

The Faster way is the only program that strategically pairs effective workouts with science-backed nutrition strategies and expert **1 on 1 coaching** for effective weight and fat loss.

Faster Way Pillars:

1. Whole Food Nutrition
2. Macronutrient Tracking
3. Intermittent Fasting
4. Carb Cycling
5. 30 min Workouts
6. Rest/Sleep
7. Motivated Mindset
8. Community Support



NOTE

Everything the patient needs at their fingertips is located on the **Mobile App or Desktop Portal**.

There they track macros, water intake, IF, workouts. It provides, recipes, education, blogs, podcasts, shop and more.

Comparing WW, Noom and Faster Way

Flexibility: WW offers flexibility in food choices assigning values to food on a point system. Noom focuses on psychology based changes. Faster Way combines nutrition, exercise and fasting on a macro tracking system.

Sustainability: Noom promotes sustainable behavior changes. Faster Way emphasizes long term health and fitness.

Support: WW and Noom offer coaching and community support. Faster Way provides strong community support and comprehensive 1 on 1 daily coaching during initial 6 weeks.

Approach: WW uses point based tracking, Noom employs psychology and Faster Way combines macro tracking, exercise and fasting.

Overall, The Faster Way program's holistic approach of macro tracking, 1 on 1 individual coaching, community support system and focus on long term health make it a compelling choice for donors and recipients seeking to improve their well being and maintain a healthy lifestyle after surgery.

Pre-Transplant Preparation:

- Patients will track macros and focus on whole food nutrition. Work with transplant dietitian for dietary consult and food restrictions.
- 30 minute workouts/ physical activity before surgery.
- Highlight importance of rest days and sleep for fat loss and recovery.
- Motivated Mindset from coach.





Post Transplant Recovery:

- Continue to encourage the importance of whole food nutrition post op short and long term. Patients will work with transplant dietitian for specific dietary consult/restrictions.
- Coach will encourage walking + importance of rest/sleep immediate post op.
- Importance of hydration-
- Motivated Mindset from coach.

Success Stories

"Lost 20 lbs over the several months I was doing FW. I am SOOOO glad I started FW with you before my kidney donor evaluation. No way I could have said this 6 months ago. And even better, this feels like a lifestyle I can stick with, because I know I don't have to be perfect. The accountability and cheerleading really has been wonderful. My goal has never been to lose weight/fat as fast as possible, but instead develop healthy habits for a long life with one kidney. I was approved to donate my left kidney, thank you Cristina".

~ Anne, potential kidney donor

"I have tried many weight loss programs and could never find one that encompassed diet, exercise and education like Faster Way does. In addition to all of this, you also have a personalized health coach. Everything is literally at your fingertips. The first 6 week round had me sold. In those 6 weeks I lost 12 pounds and inches, had no more bloating, my joints felt so much better, hot flashes improved, and I was sleeping better. My body was being fueled as it should be with whole foods and well hydrated. I am still a work in progress and not perfect, but another reason I love this program. Faster Way focuses on progress not perfection as we all know life happen ."

~Tracy, kidney disease



Faster Way client results for illustration purposes only

"I was diagnosed with (generalized) nephritis at the age of 12. This summer (2023) at age 50, I received a devastating diagnosis. The chronic nephritis I had just shrugged my shoulders at for decades finally had a name and explained why I had also suffered premature (profound) hearing loss as well as a sudden macular hole in my left eye...After the initial meeting with my nephrologist, my lab work came back. All the tests are normal. On the urine protein quantification, there is no significant proteinuria...the kidney function is normal. This was STUNNING news! Shocking! I had evidence of blood, protein, and leukocytes in every urinalysis I'd had since I was in the 7th grade! Now NONE OF THAT was present! The only thing that I have done differently in the last 2 years was to join the FASTER Way where we practice a healthy lifestyle centered around whole food nutrition, intermittent fasting, good sleep hygiene, hydration, appropriate exercise, and rest!

~Autumn, living healthy with Alport Syndrome





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**“Creating a lifestyle that is
both healthy and sustainable.”**

~Cristina Fontana

Key Takeaways:

Improved Health: The Faster Way to Fat Loss program offers a holistic approach to health, benefiting both kidney donors and recipients.

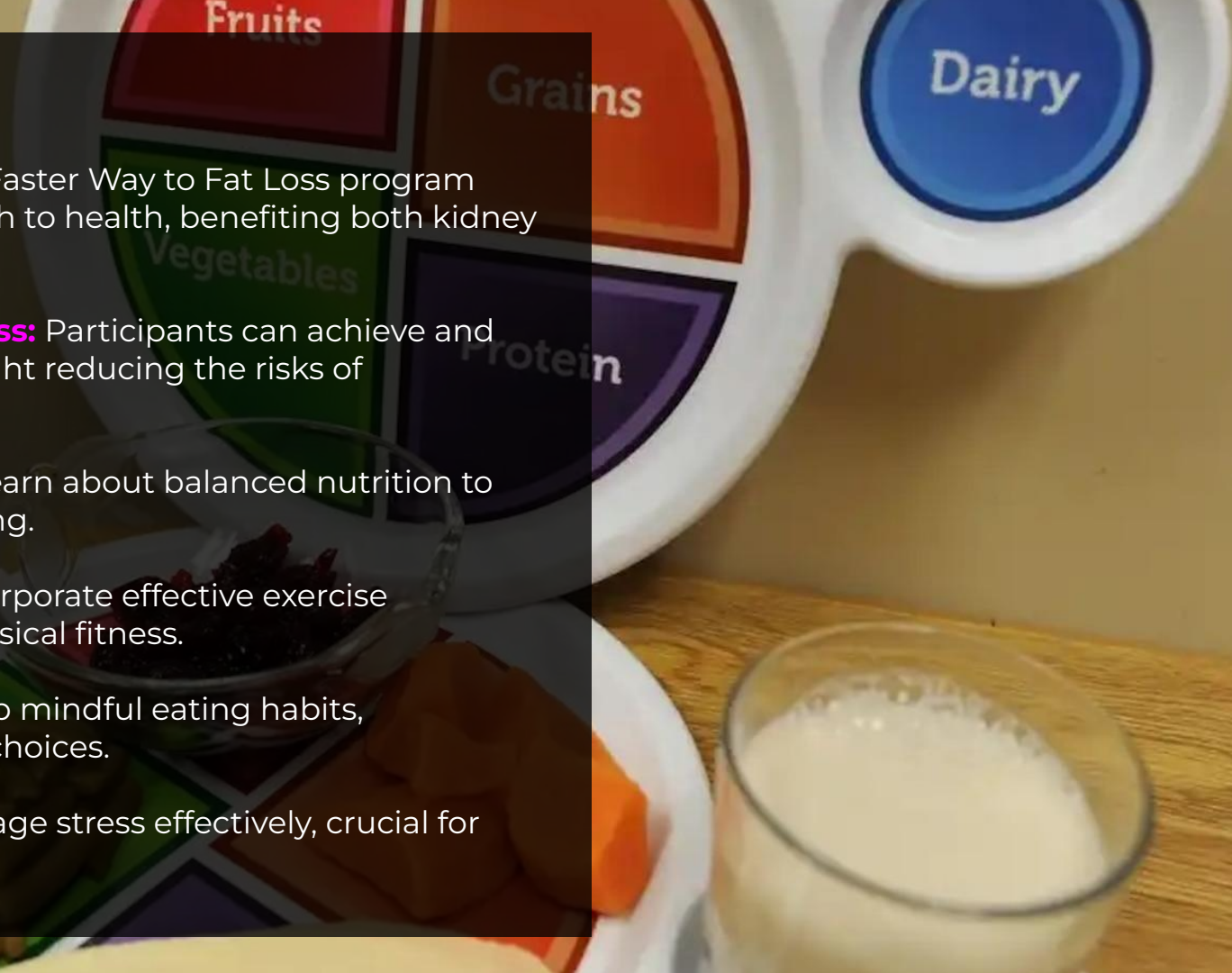
Sustainable Weight Loss: Participants can achieve and maintain a healthy weight reducing the risks of complications.

Nutrition Education: Learn about balanced nutrition to support overall well being.

Enhanced Fitness: Incorporate effective exercise strategies for better physical fitness.

Mindful Eating: Develop mindful eating habits, promoting better food choices.

Stress Reduction: Manage stress effectively, crucial for kidney health.





**A good coach can
change a game. A
great coach can
change a life.**

-John Wooden

Benefits of Faster Way for Kidney Donors:

Preparation for surgery: Improve overall health before kidney donation, ensuring a successful procedure.

Faster Recovery: Enhanced fitness and nutrition can expedite post op healing.

Reduced Health Risks: Lower the risk of complication during and after surgery.

Empowerment: Donors take active role in their health and well being.

Benefits of Faster Way for Kidney Recipients:

Weight Management: Maintain a healthy weight pre and post transplant, aiding long term kidney function.

Improved Immunity: A balanced diet and fitness can boost the immune system, crucial for recipients on immunosuppression medications..

Long Term Health: Lower the risk of obesity related health issues.

Quality of Life: Enhance overall wellbeing and vitality.

“WE MAKE A
LIVING BY WHAT
WE GET, BUT WE
MAKE A LIFE BY
WHAT WE GIVE.”

-WINSTON CHURCHILL



The Faster Way to Fat Loss Program offers kidney donors and recipients a comprehensive approach to health, including sustainable weight management, nutrition education, fitness, and stress reduction. By adopting these practices, participants can improve their overall health, prepare for successful surgeries, and enhance their quality of life post transplant.

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For inquiries, guidance or to get started with the Faster Way to Fat Loss Program, please feel free to reach out to:

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I am honored to assist donors and recipients in their journey towards improved health.

Thank you!
