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ChooseWell ←



Healthful Decisions

Debora Hankinson & Joelle Dunaetz



HEALTHY

SIMPLE FITNESS AND NUTRITION CHOICES TO ACHIEVE A HEALTHY LIFE

OUTLINE



- Benefits of Healthy Choices
- Nutrition Suggestions
- Fitness Suggestions
- Healthy Tips
- Getting Started

PERSONAL BENEFITS

- Reducing Health Risks
- Reduced Stress
- Improved Sleep and Energy
- Increased Mental Clarity
- Improved Immune System
Less Sick Days
- Improved Physical Capabilities
(Functionality)
- Feel Good About Self!



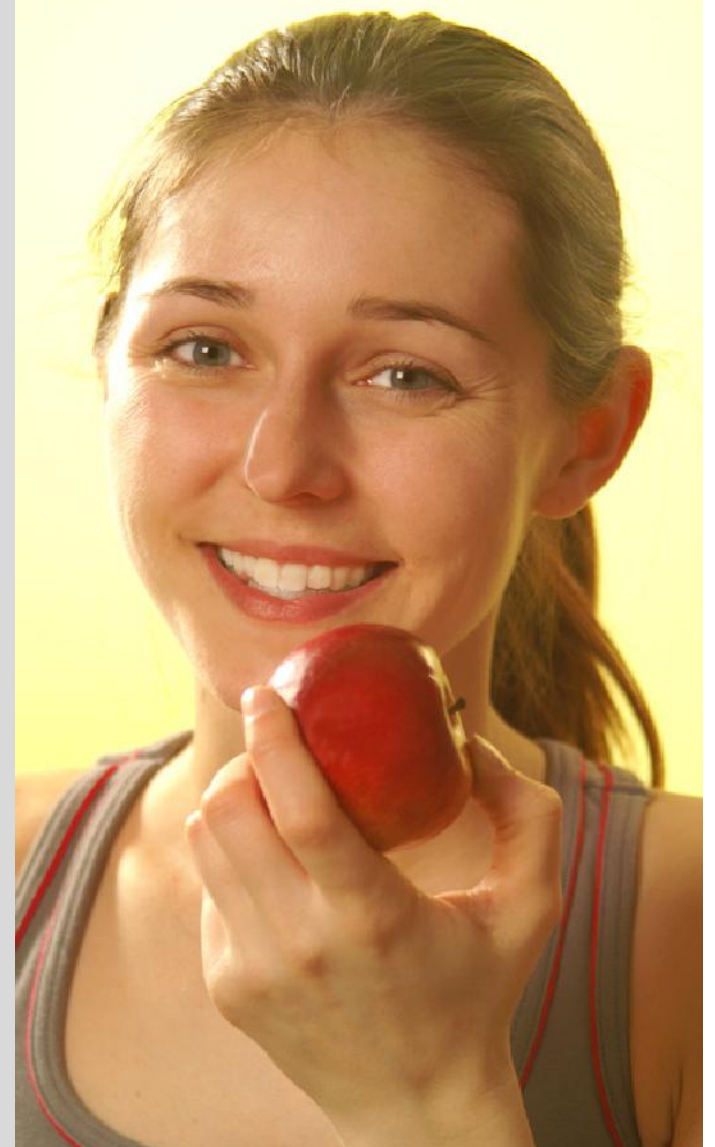
WORKPLACE BENEFITS



- Increased Productivity
- Reduced Absenteeism
- Increase Presenteeism
- Increased Job Satisfaction
- More Positive Attitude
- Improved Workplace Relationships
- Reduction in Health Care Premiums

THE IMPORTANCE OF NUTRITION

- Many common illnesses are linked to inadequate diets and obesity
- Lifestyle and food choices are more important to your health than your genes
- People feel better when they eat a healthy diet and exercise
- People who eat a healthy diet live longer than those who eat a “western diet” of processed foods



WHAT DRIVES FOOD CHOICES?



- Convenience / Availability
- Personal Preference / Taste
- Habits / Traditions
- Social Interactions
- Body Weight and Image
- Emotional Support
- Cost (Americans spend less \$)
- Nutrition

COMMON NUTRITION RUTS



- Overly Processed Foods / Low in Nutrients
- Artificial Ingredients – Chemical Additives, Preservatives
- Too Much Sugar
- Skipping Meals
- Eat Too Fast
- Too Little Variety
- Not Enough Raw Foods

SYMPTOMS OF BLOOD SUGAR IMBALANCE



- Crave Sweets During the Day
- Must Have Sweets After Meals
- Depend on Coffee or Sugar to Keep Yourself Going
- Get Lightheaded or Irritable if Meals are Missed
- Eating Relieves Fatigue
- Poor Memory/Forgetful

BLOOD SUGAR CONTROL RULES

- Never Skips Meals - Eat 3 Main Meals and 2-3 Snacks
- Eat Protein Centered Breakfast Within One Hour of Waking
- Include Protein and Fiber with All Meals and Snacks
- Reduce Simple Carbohydrates Found in Pastries, Chips, Crackers and Breads
- Reduce Sugar Intake From Soda, Juice, Candy and Desserts



SUGAR = SICK EMPLOYEES



- No Positive Nutritional Value
- Interferes with the Functioning of the Immune System
- Requires Nutrients for its Metabolism
- Interferes with Good Bacteria
- Avoid Dried Fruit, Candy, Cakes, Cookies, Soda and Processed Foods
- **Avoid HFCS!**
(High Fructose Corn Syrup)

HEALTHY EATING TIPS

- Eat Real, Whole Fresh Foods
 - Proteins, Fats/Oils, Vegetables, Fruits & Whole Grains
- Eat More Variety
- Improve How You Eat (Rest and Digest)
- Eat More Raw Foods
- Drink More Water
- Establish a Sustainable Healthy Eating Lifestyle
- 50/50 Rule



Shopper's Guide to Pesticides in Produce



... Buy these Organic ...

- WORST** 1. Apples
- 2. Celery
- 3. Strawberries
- 4. Peaches
- 5. Nectarines **I**
- 6. Grapes **I**
- 7. Sweet Bell Peppers
- 8. Potatoes
- 9. Blueberries **D**
- 10. Lettuce
- 11. Kale/collard greens

D Domestic
I Imported



... Lowest in Pesticides ...

- BEST** 1. Onion
- 2. Corn
- 3. Pineapple
- 4. Avocado
- 5. Asparagus
- 6. Sweet Peas
- 7. Mangoes
- 8. Eggplant
- 9. Cantalope **D**
- 10. Kiwi
- 11. Cabbage
- 12. Watermelon
- 13. Sweet Potatoes
- 14. Grapefruit
- 15. Mushrooms

HEALTHY BREAKFAST CHOICES

High Protein / High Fiber Breakfast

- Oatmeal with Nut Butter and/or Walnuts
- Eggs - Scrambled or Hardboiled- with Multi-grain Toast or Veggies
- Yogurt with Fruit and Nuts
- High Fiber Cereal (6-8 gm) with Berries
- Lean Turkey or Nut Butter on Multi-grain Toast
- Smoothies with Fruit, Protein Powder, Yogurt and Flax Oil



HEALTHY LUNCH ALTERNATIVES



- Sandwiches with Healthy Ingredients
- Burritos – Rice, Beans, Protein (Minimal Cheese)
- Wraps – with Protein and Veggies
- Fresh Fruits and Vegetables
- Dark Leafy Green Salads with Protein
- Vegetable Platters
- Healthy Soups
- Leftovers From Dinner

HEALTHY SNACKS

- Fruit (with skins): Apples, Pears, Peaches
- Nuts / Nut Butters
- Plain Yogurt with Fruit and Nuts
- Hard Boiled Eggs
- Bars: High Fiber / High Protein / Low Sugar
- Celery with Nut Butter
- Avocados with Rice Crackers
- Veggies with Hummus
- Turkey Slices
- Tuna Salad
- Rice Crackers





WHY EXERCISE?

- Creates Lean Muscle Mass (improves body composition)
- Improves Bone Density
- Promotes Aerobic Endurance
- Reduces Stress
- Creates Endorphins
- Promotes Restful Sleep
- A Healthy Body Resists Illness
- Gain Strength, Flexibility, Energy and Focus

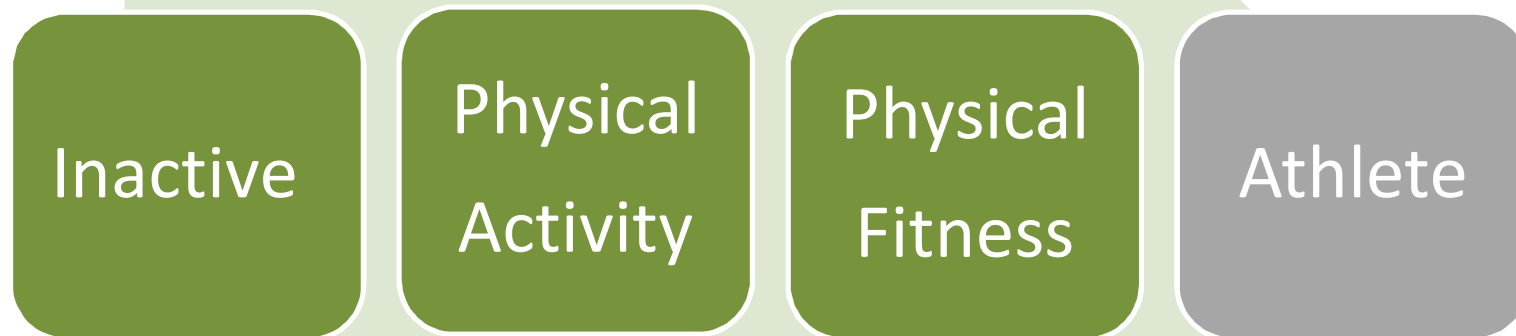
WHAT IS EXERCISE?

- “Planned, repetitive bodily movement done to improve or maintain one or more components of physical fitness”
- Promotes muscle tone and aerobic improvements
- Being moderately active can improve your health!



FROM INACTIVE TO PHYSICALLY FIT

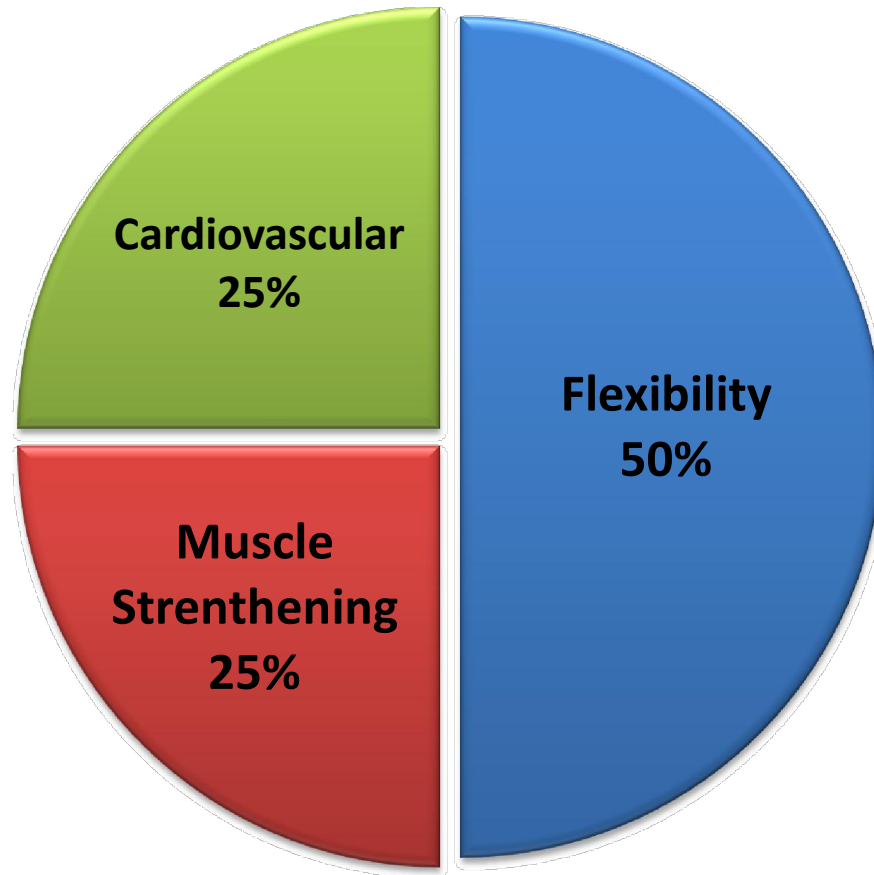
- ***'Physical Activity'*** is movement of the body that uses energy; anything that increases blood flow



- ***'Physical Fitness'*** yields additional benefits beyond physical activity; Often skill-related, health-related, and physiologic components

THE FITNESS TRIAD

All three components are important to achieve full body conditioning and improved health





GET FIT – NO GYM REQUIRED!

It doesn't take a gym or four walls to get in shape;
just *motivation, determination* and *creativity*!

With some thought and ingenuity, you can exercise anywhere!

CARDIOVASCULAR - EXERCISE ANYWHERE



- Walk
- Hike
- Choose the Stairs
- March or Jog in Place
- Dance or Calisthenics
- Videos
- Mix and Match

HOW MUCH DO YOU NEED?

Ideally, 30 minutes most days (10 min. blocks are ok!)

WALKING

- Easiest Form of Exercise
- Can be Done Anywhere
- Use a Pedometer
- You Already Walk, Increase to Gain More Benefits!



MUSCLE TRAINING - ANYWHERE



- **Legs** – *Stairs, Lunges, Squats, Plyometrics*
- **Upper Body** – *Pushups, Shoulder Press, Curls*
- **Core** – *Crunches, Pilates, Bicycle*

HOW MUCH DO YOU NEED?

Ideally, 2-3 times per week, all major muscle groups

STRETCH ANYWHERE

- **Reduces:** Risk of injury, muscle tension, stress, lower back pain
- **Improves:** Mind/body connection, posture, ability to perform daily activities (ADLs)
- Static stretch, ROM, Yoga
- Stretch & relax all body daily, particularly areas of tightness
- Take 5 and stretch at your desk or anywhere!
- Use with full breathing!



HOW MUCH DO YOU NEED?

Ideally, most days, all body parts

WHERE TO EXERCISE

- **At Office or Home**

Desk/counter pushups or dips, wall lunges, purse press, heel lifts

- **Doing Errands**

Fast walk/high knees, jacks, park farther away, stroller press/pull

- **Outdoors**

Varied terrain, longer distances, side shuffle, tree pull-up or presses

Other Ideas –

- Inexpensive equipment (bands, balls, videos, local classes, found props)



HEALTHY WORKPLACE TIPS



- Nutrition
 - Eat Breakfast
 - Pack a Healthy Lunch and Snacks
 - Food breaks *AWAY* From the Computer
 - Rest and Digest
 - Drink Fresh, Filtered Water
- Exercise
 - Get Up and Move
(Go talk to colleagues instead of e-mail)
 - Stand and Stretch Often
 - Take 10 - Stretch, De-focus, Move, Step Outside
 - Keep Small Equipment at Desk

HEALTHFUL WORKPLACE ACTIVITIES

- Lunch Time
 - Nutrition / Health Education
 - Stretching / Exercise
 - Stress Reduction
- Training and Team Building
 - Cooking Classes
 - Group Exercise- Indoors or Out
- Group Activities
 - Food Clubs
 - Exercise Classes
 - Competitions & Incentives



GETTING STARTED



It's not easy, but it is doable!

- Check with Your Doctor
- Seek Information and Support
- Set Reasonable Goals
- Schedule Healthy Activities and Meal Preparation into Your Day
- If New to Exercise, Get Professional Support
- Start Slowly
- Prepare for Setbacks

MAKING HEALTHY CHANGE PART OF LIFE



- Remember Why You Are Making These Changes!
- Take Small Steps
- Be Consistent
- Be Ready for Setbacks With Alternatives
- Turn Negative Thoughts into Positive Learning
- Keep Doing Your Best!



Don't forget to register for Session 3 on August 14th!

www.MINESandAssociates.com/webinar

Thank You!

Debora Hankinson, Master Nutrition Therapist

debora@nutritioninc.com

Joelle Dunaetz, Certified Wellness & Fitness Coach

joelle@wellnessinbalance.com

Questions? Reach us at 800.873.7138 - www.MINESandAssociates.com

