Achieving Wellness

Your Body Transformation Blueprint

by

Greg Justice, MA
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HOW TO ACHIEVE WELLNESS

If I’d known I was going to live so long,
I’d have taken better care of myself.

~ Eubie Blake

Having access to a wellness program is an opportunity to participate in activities that you may not otherwise participate in, due to lack of time, knowledge, money, or interest. Your wellness program offers you the opportunity to become aware of your current health status and health risks. You will learn how to turn the tables on those risks and any current illness, giving you the ability to take control of your own health and wellness, naturally.

As you become more knowledgeable in prevention and participate in programs, you and your family will benefit in ways you never thought possible! Good things happen when we give our bodies the tools it needs to get well and stay well.

The bottom line here is that you and you alone, are accountable for your health and the choices you make for your body, your mind, and your spirit. Choose well and your body, mind, and spirit will prosper! The same way you learned to tie your shoes, ride your bike, and drive a car, you will learn and experience wellness, one step at a time.

WHAT IS WELLNESS?

Our body is a machine for living. It is organized for that, it is its nature.
Let life go on in it unhindered and let it defend itself, it will do more than if you paralyze it by encumbering it with remedies. ~Leo Tolstoy

Random House Dictionary defines wellness this way:

• 1. the quality or state of being healthy in body and mind, esp. as the result of deliberate effort.

• 2. an approach to health care that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

Wellness is actually a lifestyle of healthy choices made on a daily basis that give the body the tools it needs to achieve wellness, resulting in a body, mind, and spirit that work together smoothly, creating an abundant quality of life. It is not simply “not getting sick”.

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WHAT EXACTLY ARE THE NEEDS OF THE HUMAN BODY?

A good laugh and a long sleep are the best cures in the doctor's book. ~ Irish Proverb

Fresh air impoverishes the doctor. ~ Danish Proverb

Water, air, and cleanliness are the chief articles in my pharmacopoeia. ~ Napoleon I

There are seven key elements that the human body needs to sustain it and provide quality of life and longevity. These seven key elements are restful sleep, fresh air, sunshine, regular exercise, proper nutrition, water, and stress reduction.

Here is the simple truth of how our bodies work and what they need, plain and simple. Greg Justice worked with Dr. Alicia Johnson, a naturopath in Mission, KS to develop a professional, accurate, and very clear picture...

The good news is that our bodies have dynamic and powerful self healing mechanisms that are fueled by vitamins, amino acids, and fatty acids.

That means that when we eat nutritious food we give our bodies the tools it needs to repair and heal itself.

Systems that depend on this nutritious food for fuel include our brain chemistry, inflammation levels, blood cell quality, digestion and elimination, blood flow, concentration, and sleep.

Our bone and muscle system requires regular use, especially since our lymphatic flow completely depends on regular muscle contraction to function. The lymph system is part of our immune system, helping defend against disease and sickness.

The bottom line is that without proper exercise and nutrition, our bodies slowly break down into a state of disease.

This is one of the most important reasons why we need a regular exercise and good nutrition program in place. Current health problems will only continue to worsen if regular exercise and proper nutrition does not become a part of your daily life.

Without the daily presence of all seven of the key elements of wellness, the body, mind, and spirit will suffer. This program is an opportunity for you to give your body the edge in achieving wellness and improving the quality of your health and life.
WHAT A WELLNESS LIFESTYLE CAN DO FOR YOU

Take care of your body. It's the only place you have to live. ~ Jim Rohn

Wellness helps you live longer with a higher quality of life. Conversely, a lifestyle of unhealthy choices will not nourish your body, leading to disease, deterioration, disability, and early death if those unhealthy choices aren’t changed to healthy choices.

You will save money in reduced medical costs, less time out of the game sick, and have more energy and enthusiasm for your life, relationships, and activities. The mental clarity that is produced by a wellness lifestyle can open doors of thought, planning, and action that help you get where you want to be in life, faster and more easily. The glow of wellness on your face, the twinkle in your eye, the energy you will feel, all can make the minor adjustments in lifestyle be worth all the more to you!

Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense. ~ Henry Miller

Take some time to learn the basics of wellness to reap a lifetime of good health and quality of life.

Wellness can improve your attitude toward life. When you have your health, and your body is working well for you, you can focus on the things and activities that give you great satisfaction. When you don’t feel well, all of your energy seems to become focused on your illness and symptoms.

Wellness can shift your perspectives and help you see clearly. While a cholesterol lowering drug may well reduce your cholesterol, it does nothing to strengthen your heart to prevent heart attacks. You need proper nutrition and regular exercise to strengthen your heart to prevent heart attacks, and while you are doing that, you also are reducing your cholesterol naturally.

Your focus shifts away from the perceived magic of pills to proactively giving your body what it needs to maintain good health and wellness. You sleep sounder, feel more energetic, and can live bolder and richer when you are well.

It does not take long to begin seeing positive results in your health, your attitude, your energy level, greater range of motion, less aches and pain, more clarity of thinking, and much, much more!

Start participating as soon as possible and see what you experience after just 3 sessions, then notice what results have transpired in just 2 weeks! Make special note of the incredible difference even just one month of wellness participation makes for you! Go for it, your body will respond well to it!
**The Truth About the Lies and Myths of Health**

*Be careful about reading health books. You may die of a misprint.* ~ Mark Twain

*Sickness is the vengeance of nature for the violation of her laws.* ~ Charles Simmons

*Half the modern drugs could well be thrown out the window, except that the birds might eat them.* ~ Martin H. Fischer

“It runs in my family, there is nothing I can do about it.” You may be pleasantly surprised to hear that unhealthy patterns such as sedentary lifestyles, poor diets, excessive portion sizes, and unhealthy habits tend to run in families more frequently than do poor or defective genes.

“I can eat anything I want and it doesn’t affect me.” Nothing could be further from the truth. Everything we eat has some effect on our bodies. If it is nutritious it will help our body function well. If it is not nutritious and our body is not able to dispose of it, it will be stored within our body.

“I can’t eat vegetables, I don’t like them and they make me feel sick.” There are some medications that specify contraindications of green vegetables, but if you are not taking any medications that prohibit eating vegetables, know this: people acquire tastes to all kinds of things, and quite easily too. When you feed your body nutritious food it can work more efficiently at clearing out all the toxic things you’ve eaten previously. There is a period of cleansing going on when you change your eating habits from unhealthy to nutritious. It is the cleansing period that makes you feel unwell. The reality is that your body is purging the bad and working to stabilize itself. It is actually very happy that you have eaten your vegetables and it will only be a few days at most until you begin feeling very well.

“I look good and am not overweight, so I don’t need to exercise.” Not true. Everybody needs exercise. The body was made to move. The heart is a muscle that needs exercise to keep it strong. The bones need weight bearing exercise to keep them strong. The joints need to move to keep them mobile and strong. Just because a person looks healthy, doesn’t necessarily mean they are. Illness can be hidden beneath the surface in a body that is neglected, and it will show up, sooner or later.

“So what if I’m carrying around a few extra pounds. People should love me the way I am and not try to make me be somebody else.” You are not your weight. Your personality, the sparkle in your eye, the love and humor you share, the uniqueness about you is what makes you YOU. Not your weight. Your weight, when it is excessive, causes damage to your internal organs and hinders the processes they need to stay well and do their job. When we carry excess weight on our body for too long, systems begin to
clog up, deteriorate, and fail. It can become a domino effect that is unnecessary. Love yourself enough to keep to a reasonable weight that won’t tax your heart, kidneys, liver, knees, ankles, and circulation system. Bringing your body around to a healthy weight helps keep you around longer for those who love you and need you.

“Our water is polluted, our air is polluted, our food is polluted, why even try?” Things are not as hopeless as you make it sound. You can still get or create good water. The air is freshest early in the morning before traffic starts moving and the dew is still on the ground. Grow your own fruits and vegetables. Learn about organic food. Where there is a will, there is a way.

Wellness is not difficult to achieve. It does take consistency and we know that practice makes perfect. Two days in a row of sitting on the couch can lead to more. Two days in a row of exercise can lead to more. Be careful what you practice!

“What I do outside of work has no bearing on my work.” Our body carries residual effects of every action we take, whether we are at work, at play, or simply sitting at home. When we don’t exercise regularly, our body has less oxygen to utilize in our brain to help with clear thinking. When we participate in unhealthy habits that hinder our bodies, the effects of them are still present hours, even days later. Every choice we make about what to put into our bodies affects every aspect of our lives.
The patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop. ~ Quentin Regestein

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<tr>
<th>Know Your Numbers</th>
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Think about it...where your body sits today is the consequence of lifestyle choices in your past. You CAN change your future...but only if you change your actions.
PREPARING FOR WELLNESS

When you prepare for a vacation you decide first where you want to go and what you want to do.

Preparing for wellness is similar in the sense that you will decide what you want to do first. Some people want to drop some weight and get toned. Others want to strengthen their knees, their heart, or their legs. Still others want to bring their body back to normal range of blood pressure, cholesterol, and sugar levels. Some have been told by their doctors that if they don’t start exercising and eating right, right now, they are at high risk of disability or sudden death.

Next, you need to get your road map, order your airline tickets or prepare your vehicle, and plan for hotels and meals. You’ll want to explore any and all attractions in the area you will be visiting so you can maximize your vacation time.

Your road map to wellness will be created by you, to fit your needs and desires, and your wellness lifestyle and goals. Your input is needed and your planning is crucial because you are the one who will be implementing it into your life.

If this sounds intimidating, there are professionals who can help you. Be sure to look for experienced, degreed professionals. Find the answers to the following questions to determine whether they can help you reach your goals.

• Is this their full-time career?
• How long have they been in business?
• Did they go to a 4-year college or a just a 6-week accreditation program?
• May you contact references to verify client experiences and results?
• Does their training and/or nutrition philosophy sound realistic? Does it seem too good to be true? If so, it could be unhealthy for you in the long-run. This is a lifestyle change, not a get “fit” quick scheme.

Creating a plan that works for you, and includes all the elements of a wellness lifestyle, gives you the very best opportunity to achieve your goals. If you don’t like your plan, change it. Discover what works best for you, and then stick with it.

You will quickly be on your way to a richer and healthier life when you know where you are going and how to get there.

Start now!
MY WELLNESS PLAN OF ACTION

*Use this space* to make note of areas of chronic illness, health risk, or unhealthy choices you need to address to get back on the road to wellness.

*Develop a vision of wellness for yourself.* If you didn’t have the health problems and risks, what would your life look like? Be specific and use as many more pages as you need. When you participate, your health and fitness levels WILL improve, so you might as well be prepared to achieve the life you want!

*With those areas of focus and your vision in mind, write your goals here.*

Short Term Goals (be specific, put in a time frame and a reason you want to achieve them)

Long Term Goals (be specific, put in a time frame and a reason you want to achieve them)
Using your vision and your goals, create your plan here.

What I will change about the first hour I am awake each day...

What I will change about my breakfast...

What I will choose for healthy snacks...

How I will change my daily activities...

What I will choose for healthy lunches...

How I will begin to look at portion sizes differently...

What one-minute activity can I do each hour of the day?

When I will fit exercise into my day...
How my dinnertime will be different..

What I will do after dinner...

How I will change my bedtime routine...

How I will think differently about my health...

How my priorities have changed...

What I now realize about the amazing body I have...
ACHIEVING FITNESS

It's so hard when I have to, and so easy when I want to. ~Annie Gottlier

Your perspective about fitness is the most telling way to predict the results you will achieve. When you participate in wellness you will achieve a degree of wellness that is in direct proportion to your participation. The more eggs that you put in the basket, the more eggs you have in the basket. There are no two ways about it!

When you participate, your body will respond favorably. If you don’t participate, your body will continue with more of what you are currently experiencing.

WHAT IS FITNESS?

Sedentary lifestyle is by far the biggest contributor to disease in America. Our bodies were made to move. Our organs, bones, joints, and systems all need movement to thrive and function as they were meant to. Movement is not simply walking from the parking lot to the store, or cutting the grass once a week, or vacuuming and doing laundry. Those are everyday activities, the quality of which is directly affected by our level of fitness.

If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all. ~Joey Adams

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato

Dictionary definitions of fitness are vague, and fitness means different things to different people. For the purpose of wellness, fitness is a description of a body, mind, and spirit that are working well together with clarity, focus, and the capability to do and experience everything the individual desires.

Fitness grows with use. Our balance and coordination will get better and better the more we use them. Our strength and stamina grows as we work our muscles to the max on a regular basis. We can climb stairs without getting winded, and pick up our kids and grandkids safely without thinking about it first.
PREPARATION FOR FITNESS

This is a lot simpler when you have a personal trainer or a customized program in place. When you have your goals, abilities, interests, and any time constraints all figured out, you then have a menu of activities you can choose from. **No one has to stay unwell, everyone can benefit and improve.**

Decide **why** you want to commit to change. Explore the vision of your life and your body as you want it to be. Then **write that down**. You will have some concrete goals to reach, yet wellness is a lifelong journey. It does not end when you reach those goals.

A personal trainer and/or online health and fitness resources can provide you with information that will help you find the specific paths for your specific goals. The one common denominator will be that **you must provide your body with proper nutrition and regular exercise.** That is what your body needs and it will not get well or stay well if it doesn’t receive what it needs.

Gather the information you need to help you stop unhealthy habits, form new healthy habits, or to simply shift your perspectives. One example of a shift in perspective is to eat food that will fuel your body instead of eating to stop a growling stomach.

That information along with your vision will help you find your motivation and fine tune your goals to create your plan of action.

If you don’t feel inclined to work with a trainer, that is quite all right - as long as you begin a regular exercise program and eat nutritious food. The changes you see and feel in your body and life will help you begin making decisions and plans for your body and its health.

You have everything you need to become successful at wellness. All that is needed is your participation!

For more information on fitness, visit [http://www.fitness.gov/](http://www.fitness.gov/)
REGULAR EXERCISE

*A man's health can be judged by which he takes two at a time - pills or stairs.* ~ Joan Welsh

*An hour of basketball feels like 15 minutes. An hour on a treadmill feels like a weekend in traffic school.* ~ David Walters

*When you get your regular exercise in a manner you find enjoyable, you will stick with it.* Do not choose an exercise program that you find boring or not to your liking. There are plenty of physical activities you can choose from.

If you are very out of shape and have not exercised in a very long time, take medication, are over 45 for men and 55 for women, have a chronic illness or recent surgery or injury, please consult your doctor before beginning an exercise program or making major lifestyle changes.

For beginners, it is recommended that you start with a combination of walking and a cardio/strength training workout. These two activities will kick start your body progressively into a state of good health, sending you in the direction of wellness quickly and effectively.

Utilizing the services of a personal trainer will keep you safe, teach you proper exercise form, help you develop the areas you need to work on, and keep you progressing to a higher level of fitness. Learn proper form and a variety of moves before you branch off on your own.

An effective exercise program includes a warm-up period, cardio activities, strength and resistance training, and stretching that utilizes all major muscle groups and range of motion.

Read the guidelines established by the US government and ACSM and create a schedule for yourself to help you get well faster by meeting your body’s daily minimum requirements.

My company, AYC Health & Fitness, has created several High Intensity Interval Training exercise programs for our individual clients and for our corporate wellness programs. These workouts enable anyone to meet their exercise requirements, no matter what their skill or fitness levels, and remove the common barriers associated with lack of exercise.

Whatever program you choose, make sure you meet your daily minimum exercise requirements safely, or your body will be lacking the movement necessary to help ensure your wellness.
2008 Physical Activity Guidelines for Americans Summary

Being physically active is one of the most important steps that Americans of all ages can take to improve their health. The 2008 Physical Activity Guidelines for Americans provides science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity.

The U.S. Department of Health and Human Services (HHS) issues the Physical Activity Guidelines for Americans. The content of the Physical Activity Guidelines complements the Dietary Guidelines for Americans, a joint effort of HHS and the U.S. Department of Agriculture (USDA). Together, the two documents provide guidance on the importance of being physically active and eating a healthy diet to promote good health and reduce the risk of chronic diseases.

The primary audiences for the Physical Activity Guidelines are policymakers and health professionals. These Guidelines are designed to provide information and guidance on the types and amounts of physical activity that provide substantial health benefits. This information may also be useful to interested members of the public. The main idea behind the Guidelines is that regular physical activity over months and years can produce long-term health benefits. Realizing these benefits requires physical activity each week.

The Physical Activity Guidelines for Americans describes the major research findings on the health benefits of physical activity:

- Regular physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with disabilities.
- The benefits of physical activity far outweigh the possibility of adverse outcomes.

The following are the key Guidelines included in the Physical Activity Guidelines for Americans:

Key Guidelines for Children and Adolescents

- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.
  - Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.

Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

**Key Guidelines for Adults**

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate intensity, or 150 minutes a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

**Key Guidelines for Older Adults**

*The Key Guidelines for Adults also apply to older adults.*

*In addition, the following guidelines are just for older adults:*

- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

**Key Guidelines for Safe Physical Activity**

To do physical activity safely and reduce the risk of injuries and other adverse events, people should:

- Understand the risks and yet be confident that physical activity is safe for almost everyone.
- Choose to do types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
• Increase physical activity gradually over time whenever more activity is necessary to meet guidelines or health goals. Inactive people should “start low and go slow” by gradually increasing how often and how long activities are done.

• Protect themselves by using appropriate gear and sports equipment, looking for safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.

• Be under the care of a health-care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.

**KEY GUIDELINES FOR WOMEN DURING PREGNANCY AND THE POSTPARTUM PERIOD**

• Healthy women who are not already highly active or doing vigorous-intensity activity should get at least 150 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period. Preferably, this activity should be spread throughout the week.

• Pregnant women who habitually engage in vigorous-intensity aerobic activity or who are highly active can continue physical activity during pregnancy and the postpartum period, provided that they remain healthy and discuss with their health-care provider how and when activity should be adjusted over time.

**KEY GUIDELINES FOR ADULTS WITH DISABILITIES**

• Adults with disabilities, who are able to, should get at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

• Adults with disabilities, who are able to, should also do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

• When adults with disabilities are not able to meet the Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.

• Adults with disabilities should consult their health-care provider about the amounts and types of physical activity that are appropriate for their abilities.

**KEY MESSAGES FOR PEOPLE WITH CHRONIC MEDICAL CONDITIONS**

• Adults with chronic conditions obtain important health benefits from regular physical activity.

• When adults with chronic conditions do activity according to their abilities, physical activity is safe.

• Adults with chronic conditions should be under the care of a health-care provider. People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.
H.I.I.T. For Every Body

Put a 60-year-old executive with heart disease, a 50 year old manager with bum knees, type 2 diabetes, and 100 lbs. to lose, and a 20 year old athlete all in the same exercise program at the same time – sound strange? Studies show it works!

**High Intensity Interval Training (H.I.I.T.)** is performed at each individual’s maximum capabilities with little to no equipment achieving a myriad of healthful benefits in a short time span. Here are some of the top benefits of regular H.I.I.T. exercise.

1. An amazing sense of energy and well-being is experienced the rest of the day after this exercise. Endorphins are naturally occurring opiates that flow in response to strenuous exercise.

2. The body begins to build new capillaries and can take in and deliver oxygen to the working muscles. The heart is a muscle too, which grows stronger with positive changes in the cardiovascular system as it becomes more efficient. The resting pulse rate drops because the heart is pumping more blood with less effort.

3. Shorter bursts and lower overall training time helps prevent injuries due to overtraining and avoiding burnout so participants have continued to exercise regularly without boredom.

4. Endurance improves and stair climbing becomes easier. Your heart becomes more efficient at swimming, cycling, cross-country skiing, hiking, running, sprinting to the next meeting without becoming winded.

5. Reduced levels of blood pressure and cholesterol. The cardiovascular component of H.I.I.T. has been shown to lower levels that are already higher than is safe as well as preventing the risk of developing high levels. When blood pressure and cholesterol levels are within healthy range there is a lowered risk of heart disease, stroke, arthritis and other inflammatory disorders.

6. The immune system becomes stronger with a heightened immune response, fighting off colds and flu much easier.

7. Perhaps the most remarkable and appealing benefit of H.I.I.T. is its ability to burn 9x the body fat of conventional exercise. The unscientific explanation of this is that to work hard, the body must use new muscle fibers. Our muscle fibers burn fuel in the form of carbohydrates and fat. The more muscle fibers we have and use the more fuel we burn, even while we sleep.

8. H.I.I.T. is often thought of as a fountain of youth because of its overall impact on the physical, mental, and emotional areas of life. You sleep better and wake refreshed and feeling better. Your digestion and elimination, your stamina, agility, posture, and range of motion all improve. Your body becomes toned, you lose body fat, and more oxygen is circulating in your body so your skin glows. The list goes on...
These healthy benefits become evident in just a matter of days and weeks. Thirty minutes of high intensity interval training two or three days each week, supplemented with moderate intensity exercise such as walking three to four days each week is recommended to maintain healthy bodies. Proper nutrition is also a necessary key that works together with exercise in regaining and maintaining health.

This exercise program is available at **AYC Health & Fitness**, both one-on-one with a trainer in our private studios or in a small group class. If you haven’t participated in a H.I.I.T workout before, I encouraged you to check it out and discover for yourself how your body will react to exercise. You may be pleasantly surprised at how capable you really are and how quickly your body adapts to its new abilities when its needs are being met.
**WALKING**

*Make your feet your friend. ~ J.M. Barrie*

Begin your walking program with body weight only and start slowly. Do not add any other weight to your body until you have mastered your normal walking course. A brisk walk three times per week with a cardio and strength training workout three other days per week will meet your body’s exercise requirements.

- Warm up your legs, ankles, and shoulders to prepare them for your walk.
- Use proper technique with correct posture and movement to avoid strain and injury.
- Use a pedometer to count your steps or walk with intervals from your iPod.
- Stretch after your walk and be sure to drink plenty of water before, during, and after.

When first starting a walking program, the average walker walks between 3 and 3.5 miles per hour, depending on the length of the legs and the stride.

As you continue to walk regularly (3 times per week for 30 minutes or more), your cardiovascular endurance will grow and your speed will naturally increase.

**STEP UP YOUR WALKING PROGRAM**

*When you are ready to step it up* and progress to another level, here are some ideas for you:

Change the elevation by adding some hills. Add a walking lunge for a section of your path.

Wear a backpack with added weight. Water bottles, books, or kettle bells work well for this. Start small and add weight as you progress.

If your walk takes you past sturdy older trees with trunks that you can barely put your arms around, you have found an ideal spot to add some strength training to your walk! For tree push-ups, simply place your hands on the trunk at chest level and take a few steps back. The further back your feet are from the tree, the more effort required.

A tall curb or a tree stump can be used as a bench dip, tightening and strengthening your triceps. Work your biceps with a large rock or water bottle. Squats can be done anywhere.
WATER DRINKING REQUIREMENTS DURING EXERCISE

The amount of water you need to be adequately hydrated varies depending on your temperature, weight, level and duration of exercise, and many other factors.

ABSTRACT PROVIDED BY ACSM FOLLOWS:

It is the position of the American College of Sports Medicine that adequate fluid replacement helps maintain hydration and, therefore, promotes the health, safety, and optimal physical performance of individuals participating in regular physical activity. This position statement is based on a comprehensive review and interpretation of scientific literature concerning the influence of fluid replacement on exercise performance and the risk of thermal injury associated with dehydration and hyperthermia. Based on available evidence, the American College of Sports Medicine makes the following general recommendations on the amount and composition of fluid that should be ingested in preparation for, during, and after exercise or athletic competition:

1. It is recommended that individuals consume a nutritionally balanced diet and drink adequate fluids during the 24-hour period before an event, especially during the period that includes the meal prior to exercise, to promote proper hydration before exercise or competition.

2. It is recommended that individuals drink about 500 ml (about 17 ounces) of fluid about 2 hours before exercise to promote adequate hydration and allow time for excretion of excess ingested water.

3. During exercise, athletes should start drinking early and at regular intervals in an attempt to consume fluids at a rate sufficient to replace all the water lost through sweating (i.e., body weight loss), or consume the maximal amount that can be tolerated.

4. It is recommended that ingested fluids be cooler than ambient temperature [between 15° and 22°C (59° and 72°F)] and flavored to enhance palatability and promote fluid replacement. Fluids should be readily available and served in containers that allow adequate volumes to be ingested with ease and with minimal interruption of exercise.

5. Addition of proper amounts of carbohydrates and/or electrolytes to a fluid replacement solution is recommended for exercise events of duration greater than 1 hour since it does not significantly impair water delivery to the body and may enhance performance. During exercise lasting less than 1 hour, there is little evidence of physiological or physical performance differences between consuming a carbohydrate-electrolyte drink and plain water.

6. During intense exercise lasting longer than 1 hour, it is recommended that carbohydrates be ingested at a rate of 30-60 g · hour⁻¹ to maintain oxidation of carbohydrates and delay fatigue. This rate of carbohydrate intake can be achieved without compromising fluid delivery by drinking 600-1200 ml·hour⁻¹ of solutions containing 4%-8% carbohydrates (g · 100 ml⁻¹). The carbohydrates can be sugars (glucose or sucrose) or starch (e.g., maltodextrin).

7. Inclusion of sodium (0.5-0.7 g · 1⁻¹ of water) in the rehydration solution ingested during exercise lasting longer than 1 hour is recommended since it may be advantageous in enhancing palatability, promoting fluid retention, and possibly preventing hyponatremia in certain individuals who drink excessive quantities of fluid. There is little physiological basis for the presence of sodium in an oral rehydration solution for enhancing intestinal water absorption as long as sodium is sufficiently available from the previous meal.
NUTRITION

FOODS TO FUEL YOU – AND HELP YOU LOSE FAT & GAIN MUSCLE

It's bizarre that the produce manager is more important to my children's health than the pediatrician. ~ Meryl Streep

Take control of your metabolism! These foods and beverages, along with the right exercise program, will help you burn fat, maintain muscle, and give you the body you’ve always wanted.

I’ve broken them down into six categories:

• Grains
• Fruits
• Vegetables
• Diary
• Meat, Poultry & Fish
• Nuts, Seeds & Legumes

GRAINS – Grains are high in energy density, meaning you receive a lot of nutrients with fewer calories and they keep you satisfied for long periods of time.

Oatmeal (Old Fashioned) – One of my personal favorites that I eat every morning for breakfast. Oats are high in fiber, they help you feel full for hours, and have 4.6 grams of Resistance Starch (Healthy carbs that boosts metabolism).

Wild Rice – It’s really not even rice. It’s a long grain marsh grass seed that is high in fiber and protein. Wild rice has also been shown to help fight heart disease, diabetes, and cancer.

Brown Rice – Here’s another one of my personal favorites. It is low in calories (1/2 cup = 108 calories), with only 1 gram of sugar, high in protein (5 grams) and fiber and full of vitamins and essential minerals.

Lentils – Loaded with protein and B vitamins, full of minerals and fiber, lentils are an excellent food choice.

Whole Wheat Pasta – Much higher in nutrients than white pasta and harder to breakdown and store as fat makes this an ideal choice for nourishing your body.

FRUITS – Fruits are an excellent source of energy and nutrition. They improve circulation, boost your immune system, and improve digestion.

Blueberries – Full of antioxidants and loaded with soluble fiber that helps you feel full longer, blueberries are truly a super fruit.
Bananas – An everyday staple in my diet, bananas are a metabolism boosting food that has 12.5 grams of Resistant Starch. They are also loaded with sodium, potassium and lots of other vitamins and minerals.

Grapefruit – A high fiber, low glycemic food that has chemical properties that reduce insulin levels and encourages weight loss.

Apples – Red, yellow, or green, it really doesn’t matter. Apples are a smart choice to add to your diet. They’re loaded with antioxidants and have pectin, a soluble fiber found in several fruits that can help you lose weight.

Pears – One pear has 15% of your daily-recommended amount of fiber. They’re a low-glycemic fruit that digests slowly, so they don’t spike insulin levels. Low glycemic fruits help you maintain balanced insulin levels to prevent body fat storage.

VEGETABLES – Many vegetables are low in calories and rich in nutrients, making them an ideal replacement for other high calorie foods.

Spinach – Especially low in calories and high in nutrients, spinach has been called the “epitome” of health food.

Broccoli – Here’s a low calorie, zero fat vegetable that has a lot of fiber and many more health benefits.

Sweet Potatoes – One of the most nutritious foods in the world. Along with being low in calories and having a low-glycemic index, they’re rich in dietary fiber, complex carbohydrates, protein, vitamins and minerals.

Potatoes – Even though they’re high in carbs, potatoes are quite filling and are rich in Resistant Starch, which helps your body burn fat.

Red Peppers – Have a molecule called capsicum which increases your metabolism through thermogenesis, or production of heat.

DIARY – Multiple studies have shown a correlation between dairy intake and overall loss of body fat.

Cheese – Feta and goat cheese are your best choices, as they have a fatty acid that helps you feel full and burn more fat. Used in moderation, cheese can be a great dietary choice.

Yogurt – another daily staple in my diet. The high calcium content in yogurt helps strengthen bone density and muscle mass while increasing fat loss. It also contains healthy bacteria that aid in digestion.

Milk – The same fatty acid, found in cheese that helps you feel full and burn more fat, is also found in milk. It’s best to opt for low-fat milk.

MEAT, POULTRY, & FISH – Helps you build or maintain muscle and takes longer to digest than carbohydrates. You’ll burn more calories by eating protein because they require more energy to digest.

Lean Turkey – Loaded with niacin and vitamin B6, turkey will also help boost your immune system.

Salmon – Not one of my favorites, but there’s no mistaking the fact that it’s loaded with healthy fats, which are conducive to weight loss.
Lean Chicken – Very high in protein and one of my personal favorites. It’s tasty, filling and can be used in a variety of dishes.

Tuna – Low in calorie, high in protein, and loaded with good fats, makes tuna a very popular choice for health conscious individuals. If you buy canned, make sure it is packed in water, not oil.

Eggs – Eggs contain only 85 calories, but are loaded with protein, vitamins, and minerals, including vitamins A, D, E and B12, zinc, and iron.

NUTS, SEEDS, & LEGUMES –

Almonds – Almonds are high in protein and monounsaturated fat (good fat). They help suppress your appetite and fight off hunger cravings. They also contain magnesium, which is important for maintaining and building muscle.

Walnuts – Research has shown that eating two ounces of walnuts, five days a week lowered blood cholesterol levels by 12%. They’re high in omega-3 fatty acids and can play a role in weight loss.

Black Beans – With more antioxidant activity (gram for gram) than any other type of bean, Black beans are a great choice for your weight management program. They also help build muscle, burn fat, regulate digestion, and control hunger.

Kidney Beans – Because of their low calorie count and high fiber content, kidney beans are a great food to eat for weight loss. They also help lower cholesterol and blood sugar levels and help the digestive system run smoothly.

Natural Peanut Butter – Surprise, surprise! Peanut butter actually makes the list. It’s high in monounsaturated fats that can improve heart health, help you lose belly fat and keep your cholesterol down. Limit yourself to two tablespoons a day and try to find a brand that is 100% peanuts, with no sugar added. You may be able to grind it yourself at your local grocers.

BONUS – MORE GOOD THINGS

Cinnamon – A spice that has many health benefits, including weight loss. It helps keep your insulin and blood sugar levels in check, which is an important component of weight management.

Dark Chocolate – Too good to be true? Research shows that dark chocolate helps curb appetite and has phenyl ethylamine, a compound that releases the same feel-good endorphins triggered by sex.

Red Wine – Research shows that red wine can help control obesity. A substance, in red wine, called piceatannol, blocks insulin’s ability to activate genes that carry out fat cell formation.

Olive Oil – Perhaps your best choice, because it’s high in monounsaturated fatty acids. Research has shown that monounsaturated fat enhances the body’s breakdown of stored fat.

Whey Protein – A high quality protein that contains essential amino acids that builds muscle and burns fat.

Water – Studies have shown that drinking water before each meal has been shown to help promote and maintain weight loss. Drinking water before meals makes you feel fuller and causes you to eat less.
CELEBRATE YOUR ACHIEVEMENTS, EXPLORE YOUR CHOICES, AND PLAN FOR WELLNESS.

Add a blank page each week:
My specific actions to take this week are:

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Activities

- Sunshine
- Fresh Air
- Exercise
- Stress Reduction
- Sleep Time

Water (8 oz.)

Journal Notes