Healthy Steps for Healthy Living
Healthy Living Steps

1. Maintain a healthy weight
2. Eat healthy most of the time
3. Exercise most days of the week
4. Take the right supplements for you
5. Manage Stress
6. Get a regularly scheduled, comprehensive physical exam
Squaring off the Curve

- Low-risk lifestyle
- Exceptional survival
- Deficient survival
- High-risk lifestyle

Age vs. Functional Capacity
1: Maintain a healthy weight
Habits of Successful Losers
National Weight Control Registry

• Most members...
  ✓ Maintain a lower calorie diet
  ✓ Eat breakfast
  ✓ Weigh themselves at least once a week
  ✓ Watch less than 10 hours of TV per week (1 ½ hours per day)
  ✓ Exercise more - about 1 hour per day

www.nwcr.ws
Successful Losers Log
MyFitnessPal.com | CalorieKing.com

Eat delicious food and have a boring body...

...OR...

Eat “boring” food and have a delicious body.

You pick!
Healthy Living

2: Eat healthy most of the time
What We Believe

• Healthy Eating should taste good
• There are no “forbidden” or “bad” foods (or food groups)
• Eating favorite foods is part of healthy weight loss
• 80/20 rule
Eat Real Food

• Whole grains (whole wheat, steel cut oats, brown rice, quinoa)
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• Vegetables (a colorful variety—not potatoes)
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- Whole fruits (not fruit juices)
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• Whole fruits (not fruit juices)
• Nuts, seeds, beans and other healthful sources of protein (fish and poultry)
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- Whole grains (whole wheat, steel cut oats, brown rice, quinoa)
- Vegetables (a colorful variety-not potatoes)
- Whole fruits (not fruit juices)
- Nuts, seeds, beans and other healthful sources of protein (fish and poultry)
- Plant oils (olive and other vegetable oils)
If You Are Only Willing To Change One Thing..., Eat One **Additional** Serving of Vegetable or Fruit Per Day
3. Exercise most days of the week
Aerobic Conditioning

• 150 minutes per week
  – 30 minutes/day, 5 days

• Moderate intensity
  – Effort is “5 or 6” on a scale of 0-10
  – Elevate your heart rate
  – Sweat!
Exercise Examples
"Moderate Intensity Aerobic Activity"

• Walking 3- to 4.5 mph on a level surface
• Bicycling 5- to 9 mph on level terrain, or with few hills.
• Doubles Tennis
• Golf – wheeling or carrying clubs
Look For Opportunities
Activity doesn’t just happen to sedentary people

• Purposefully add activity to your life
• Incorporate additional steps in your day
• Take advantage of bits of time – a 1 mile walk is better than a no mile walk

• Have exercise clothes & shoes at work!
Strength Conditioning

• 2+ times per week
• 8-10 strength-training exercises targeting all major muscle groups
• 2-4 sets X 8-12 repetitions
  • More Sets = Less Reps/More Load
  • Less Sets = More Reps/Less Load

ACSM, 2011; AHA, 2007
Healthy Living

4: Take the right supplements for you
Consider a Multivitamin

If You...

1. Maintain a healthy weight
2. Don’t eat healthy most of the time
3. Don’t exercise most days of the week
4. Take the right supplements for you
5. Don’t manage your stress
6. Get a regularly scheduled, comprehensive physical exam
Consider Omega-3’s

If You Have...

1. Depression
2. Alzheimer’s or Dementia concerns
3. Heart Disease or Risks – cuts triglycerides, reduces BP, & lowers risk of death
4. Inflammation – big hitters like Rheumatoid Arthritis, but also Rosacea, Psoriasis, and Eczema, and bad knees & tennis elbow
5. Dry Eyes or Night Vision issues
6. ADD/ADHD
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5: Manage stress
“Frank just up and exploded. I hope I never get that burned out.”
Top Ten Causes of Stress

1. Death of a loved one
2. Financial issues
3. Job change/work-related stress
4. Childhood trauma
5. Divorce
6. Health Issues
7. Relationship issues
8. Chronically ill child
9. Pregnancy
10. Danger
Top Ways to Manage Stress

• Exercise

• Set boundaries
  – Be there for your family
  – Be there for your work

• Sleep – 7-8 uninterrupted hours/night

• Practice relaxation

• Have a spiritual life
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6: Get a regular, comprehensive physical exam
Talk to Your Doctor
“Age fast, age slow. It’s up to you!”

Kenneth H. Cooper, MD, MPH