



 QuadMed®

Eat Right, Move More



What is your favorite way to break a sweat?

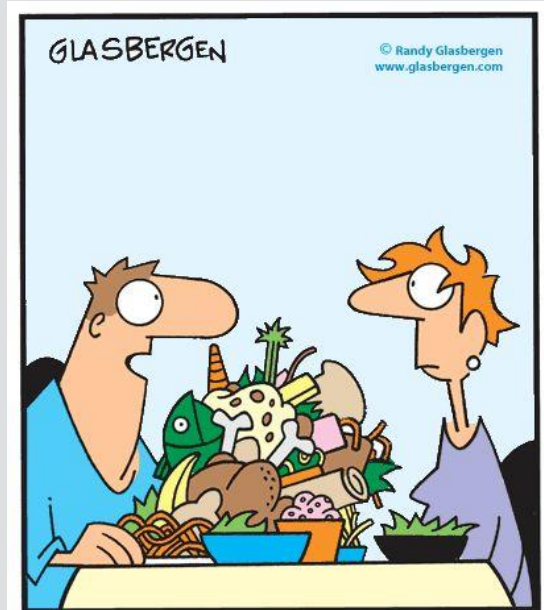


"This treadmill is so high-tech, you burn 100 calories just selecting your workout program!"



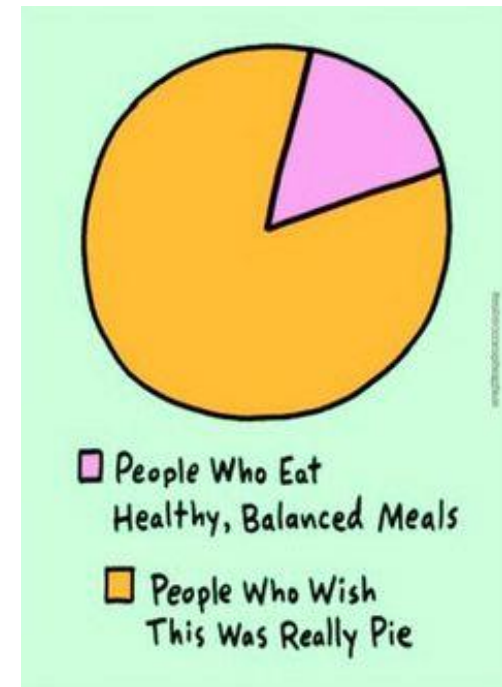
"I tried jogging, but all that bouncing up and down made my beer too foamy!"

If you could be any fruit, what would you be and why?



"If I follow 5 different diets at the same time, one of them is bound to work!"

- Discuss fitness goals
- Nutrition recommendations-general
- Carbohydrates
- Fat
- Protein
- Hydration goals



At least 150 minutes of **moderate-intensity** exercise per week

=2 hours and 30 minutes

=75 minutes of vigorous intensity

OR a combination of both

In at least 10-minute bursts

At least 2 days of muscle-strengthening activity per week





- Brisk Walking (15 minute mile/4mph)
- Water aerobics
- Riding a bike (10-13.9 mph)
- Dancing
- Doubles tennis
- Pushing a lawn mower
- Hiking
- Roller blading

Vigorous Examples:

- Running
- Swimming laps
- Riding bicycle fast
- Singles Tennis

Example 1



Moderate-intensity aerobic activity

(e.g., brisk walking) for 150 minutes every week (for example, 30 minutes a day, 5 days a week)

AND



Muscle-strengthening activities

on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Example 2



Vigorous-intensity aerobic activity

(e.g., jogging or running) for 75 minutes (1 hour and 15 minutes) every week

AND



Muscle-strengthening activities

on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Example 3



An equivalent mix of moderate- and vigorous-intensity aerobic activity

on 2 or more days a week

AND



Muscle-strengthening activities

on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Age (years)	Target range (50 – 70% of maxHR) heart beats per minute
20	100 – 140
25	98 – 137
30	95 – 133
35	93 – 130
40	90 – 126
45	88 – 123
50	85 – 119
55	83 – 116
60	80 – 112
65	78 – 109



- As a rule of thumb: If you can **talk** and **sing** without puffing at all, you're exercising at a **low level**.
- If you can comfortably talk, but **not sing**, you're doing **moderate intensity** activity.
- If you **can't say** more than a few words without gasping for breath, you're exercising at a **vigorous intensity**.



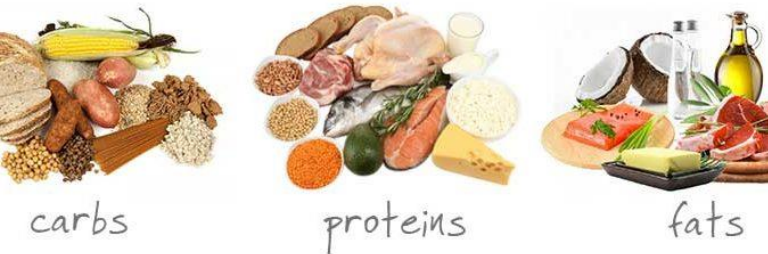
What about nutrition?

Carbohydrates: 45-65% of intake

Protein: 10-35% of intake

Fat: 20-35% of intake

Macronutrients



Calories depend on various factors

	RECOMMENDED RANGES (% OF CALORIES)	LOWER CARB HIGHER PROTEIN (% OF CALORIES)	LOWER CARB & FAT HIGHER PROTEIN (% OF CALORIES)
CARBS	45-65%	45%	45%
PROTEIN	10-35%	25%	30%
FAT	20-35%	30%	25%

- ✓ Fuel muscles
- ✓ Best source of energy for brain, nervous system and red blood cells
- ✓ Think about quality-complex carbohydrates

Complex Carbohydrates:

- Whole grains
- Beans
- Peas
- Lentils
- Most fruits
- Starchy vegetables



Simple Carbohydrates

- White bread and pasta
- Foods with added sugar
- Candy
- Potato chips
- Granola bars
- Crackers



DID YOU KNOW?

100 years ago, meat, fat, and sugar combined contributed to only 15% of the total number of calories in total diet. Today, the figure is nearer to 60%. The quantity of fiber has dropped nearly 90% in 100 years.



Fiber: Soluble and Insoluble

- Insoluble: “roughage”, attaches to waste, prevents hemorrhoids, heart disease and some types of cancer.
 - Fruits with skins, uncooked vegetables, nuts, legumes, bran, brown rice, whole-grain flour
- Soluble: regulates blood sugar levels and removes cholesterol from blood stream
 - Oats, barley, dried beans, peas, strawberries, apples, potatoes, citrus and prunes

- ✓ Builds and repair tissue, muscle
- ✓ Increases satiety
- ✓ Preserves muscle
- ✓ Makes enzymes and hormones that help regulate metabolism



Sources:

- Meat
- Poultry
- Fish
- Dairy
- Eggs
- Legumes
- Nuts
- Seeds
- Soy
- Grains



Complete proteins vs. incomplete proteins

Complete proteins: supply all 9 essential amino acids. Supply 9 AA's on their own.

Sources:

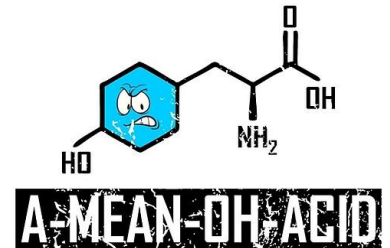
- Animal products: chicken, eggs, dairy, seafood
- Plant-based: quinoa, buckwheat, soy

Incomplete proteins: important but lack one or more essential amino acids. Can be made complete by combining two incomplete proteins.

Sources

- Rice
- Vegetables
- Combinations to make complete: peanut butter on whole wheat bread, brown rice and beans

WHAT DO YOU CALL AN
ACID WITH AN ATTITUDE?

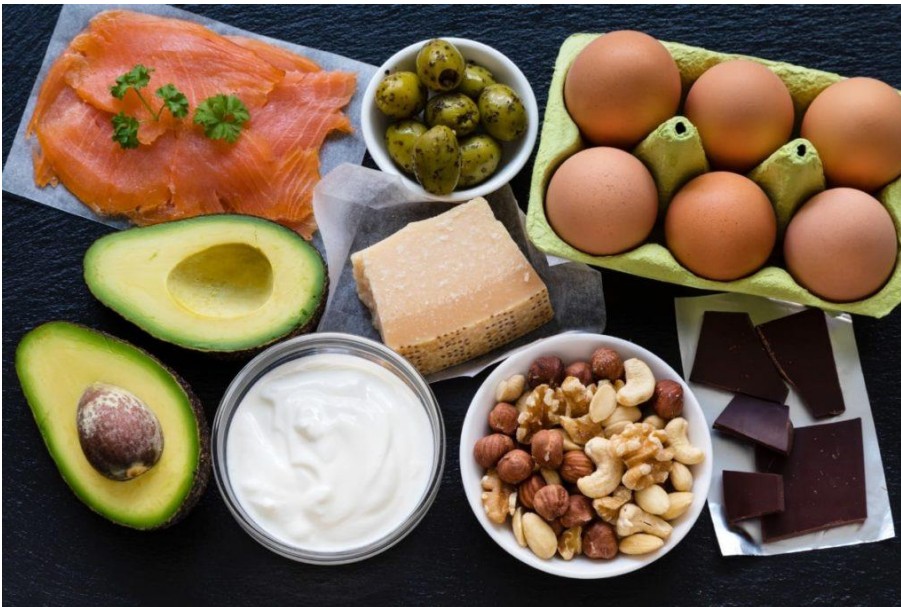


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- ✓ Plays major role in brain function
- ✓ Vitamin absorption, including vitamin A, D, E and K.
- ✓ Supply essential fatty acids that we cannot make

Sources:

- Avocados
- Fatty fish
- Nuts/seeds
- Oils
- Olives



Saturated Fat

- ✓ Solid at room temperature
- ✓ Raises risk for heart disease
- ✓ Found in mostly animal foods, some plant foods

Sources:

- Beef, sausage, bacon
- Grain-based desserts
- Full fat dairy products (cheese, butter, ice cream)
- Coconut oil
- Palm oil

Trans Fat

- ✓ Byproduct of hydrogenation
- ✓ Banned in the US, no safe level.

Sources: fried foods, baked goods, margarine

Unsaturated Fat:

- ✓ liquid at room temperature
- ✓ Improve blood cholesterol levels
- ✓ Ease inflammation
- ✓ Stabilize heart rhythms

Monounsaturated fat

- Olive, peanut, canola oils
- Avocados
- Nuts: almonds, hazelnuts, pecans
- Pumpkin and sesame seeds

Polyunsaturated fat (including Omega 3)

- Sunflower, corn, soybean, flaxseed oil
- Walnuts
- Flaxseeds
- Fish



HAMBURGER **600 CALORIES**



4oz 80/20 Beef Patty: 280 Cals
1 Tablespoon Mayo: 90 Cals
1 Tablespoon Ketchup: 20 Cals
Ball Park Sesame Seed Bun: 210 Cals

ALSO A HAMBURGER **340 CALORIES**



4oz 90/10 Beef Patty: 200 Cals
1 Tablespoon Ketchup: 20 Cals
White Hamburger Bun: 120 Cals

**SMALL CHANGES CAN MAKE
A VERY BIG DIFFERENCE**

**ANY FOOD THAT YOU PERCEIVE AS UNHEALTHY
CAN EASILY MADE HEALTHIER WITH SOME SIMPLE SWAPS**

What are the essential nutrients I need?

Water Soluble

Vitamins: B1, B2, B3, B5, B6, B7, B9, B12, C

- milk, yogurt, cheese, eggs, soybeans, soymilk, tofu and other soy products, whole and enriched grains and cereals, meat, poultry, fish, mushrooms, potatoes, broccoli, avocados, legumes, watermelon, acorn squash, bananas, asparagus, spinach, broccoli, orange juice

Fat Soluble

Vitamins:
A, D, E and K

- beef, liver, fatty fish, eggs, shrimp, fish, milk (fortified), sweet potatoes, carrots, pumpkins, spinach, mangoes, fortified cereals, vegetables oils, leafy green vegetables, cabbage, whole grains, nuts

Minerals: Calcium, Chloride, Magnesium, Potassium, Sodium, Chromium, Copper, Fluoride, Iodine, Iron, Manganese, Selenium, Zinc

- meat, organ meat, seafood, shellfish, salmon, poultry, fish, eggs, yogurt, cheese, milk, leafy green vegetables, spinach, broccoli, seeds, fruits, vegetables, soy sauce, nuts, seeds, whole-grain products, beans, prunes, teas, iodized salt, walnuts, legumes



What about water?



Your body is made up of approximately 60% water.

Men need \longrightarrow 3.7 L / 125 oz

Women need \longrightarrow 2.7 L / 91 oz

Aids digestion and prevents constipation

Carries oxygen and nutrients to your cells

Helps stabilize blood pressure and heartbeat

Supports healthy joints and joint function

Helps regulate body temperature

Helps us to feel full and satiated

Boosts energy levels

Benefits brain function: boosts mood and improves concentration and decreases stress



My Fitness Pal

Lose It!

FatSecret

FitBit

