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eat. learn. live.

Life in Balance

*Insights and techniques for
achieving optimum wellness*



Life in Balance



● Nutrition



● Movement



● Stress Management



● Rest

Test Your Nutrition Status

Keep standing if you . . .

- Think you eat pretty healthy already
- Eat at least 2 servings of fruit each day
- Eat at least 3 servings of vegetables each day
- Eat at least half of your grains as whole grains each day
- Eat plant-based as well as animal-based proteins
- Drink water every day

Nutrition: Test Your Knowledge

Carbohydrates make you gain weight

Myth

Fact

Nutrition: Test Your Knowledge

Carbohydrates are an essential part of a healthy diet

50 – 60%

Simple

Sugar

Candy Bar

Fruit Juice

Fruit

Vegetables

White Rice,
Pasta
White Bread

Complex

Whole Grains

Brown Rice,
Quinoa
Whole Grain
Bread

Nutrition: Test Your Knowledge

A high protein intake makes your body build more muscle

Myth

Fact

Nutrition: Test Your Knowledge

Protein in the Body

- Builds and Repairs Cells (skin, hair, organs, blood and muscle)

Good Sources of Protein

- Animal-based (meat, poultry, fish)
- Plant-based (nuts, seeds, legumes, whole grains)

15% to 20%

Nutrition: Test Your Knowledge

**You should eat very little to no fat
in your diet**

Myth

Fact

Nutrition: Test Your Knowledge

Unsaturated

Saturated



30%

Nutrition: Test Your Knowledge

What would your shopping cart look like with foods all high in

Omega-3's?

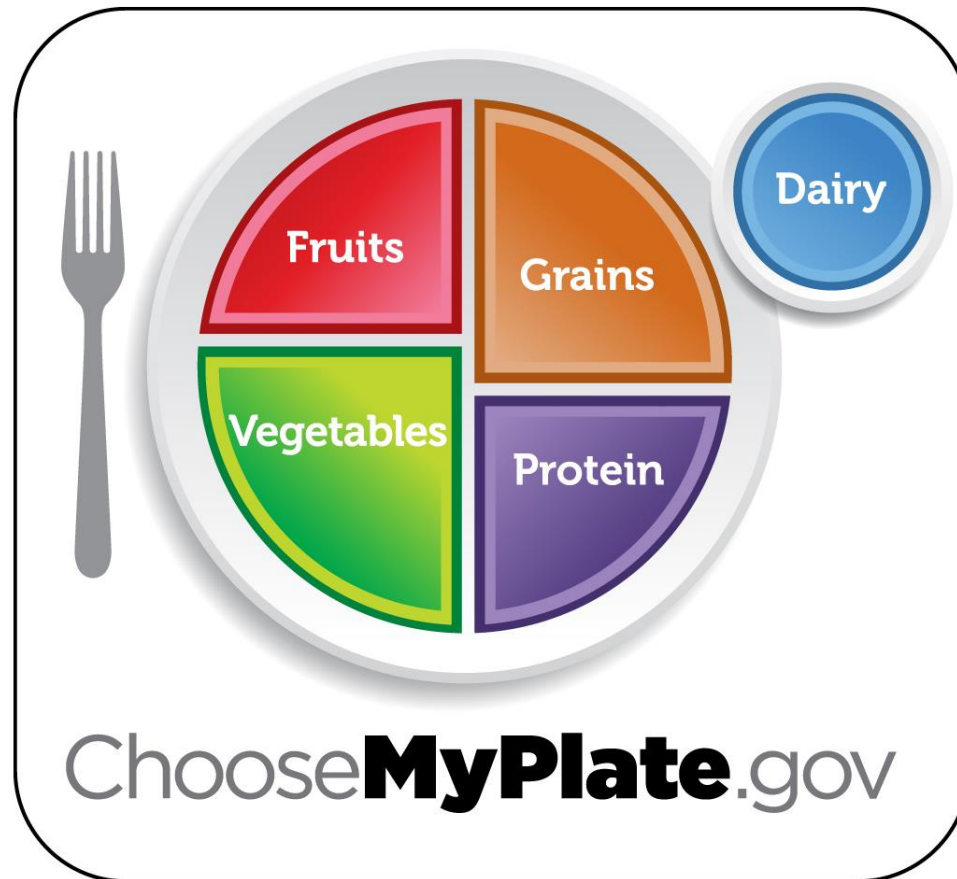
- a. Oysters, Herring, Walnuts, Kale and Canola Oil**
- b. Salmon, Swordfish, Cous Cous, and Legumes**
- c. Filet Mignon, Spinach, Oatmeal and Peanut Butter**

Nutrition: Test Your Knowledge

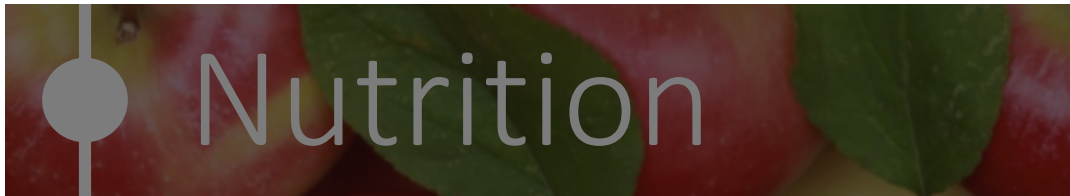
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- a. Oysters, Herring, Walnuts, Kale and Canola Oil
- b. Salmon, Swordfish, Cous Cous, and Legumes
- a. Filet Mignon, Spinach, Oatmeal and Peanut Butter

A Balanced Meal



Life in Balance



Benefits of Movement

- What is movement?
- Benefits of movement:
 - Reduction of risk factors for disease
- Recommendation of 150 mins
 - (2 hours and 30 mins) aerobic activity a week



Get Up and Get Moving

- Aerobic (cardio activity)
 - Intensity, frequency, duration
- Muscle Strengthening
 - Intensity, frequency, repetition

- Aerobic vs. Muscle Strengthening activities

Discussion Question:

Can you work just one muscle group to lose fat in a target area?

Getting Started

- Set goals that are S.M.A.R.T.

Specific

Measureable

Attainable

Relevant

Time-Bound

- Start small and work your way to more
- Use the buddy system
- Make it enjoyable



How Can I Stay Active At Work?

Focus: Stay Active at Work

Background: A study that compared physical activity during the work day and body weight changes in U.S. adults found that over the last 50 years daily work-related energy expenditure has **decreased** by more than 100 calories, while average body weight has **increased** in both men and women.



Get up and MOVE during Work

Wellness Challenge:

Do this short exercise routine once per day this next week!

Toe Taps – 10

Squats – 5

Jog in place – 30 seconds

Wall pushups – 5



At Work Exercise Routine

Activity: Exercise Routine

Toe Taps (10) – Sit down in your chair. Speedily tap your toes on the floor under your desk. Do 10 of these.

Squats (5)

1. Place feet shoulder-width apart with your toes pointing slightly out.
2. Keep your weight in your heels and your torso upright with your shoulders pulled back.
3. Knees should be over (but not beyond) your toes. Then just squat down and stand back up.

At Work Exercise Routine

Activity: Exercise Routine

Jog in Place (30 sec)– Stand up. Jog in place. Make it harder by picking up your knees.

Wall Push-Ups (5)

1. Stand a little farther than arm's length away from a wall, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion.

Movement Trivia

Trivia

Question 1:

What is the Centers for Disease Control's (CDC) weekly recommended amount of physical activity for adults?

- a) 150 minutes of moderate-intensity aerobic activity (i.e., brisk walking)
- b) Muscle-strengthening activities on 2 or more days a week
- c) 75 minutes of vigorous-intensity aerobic activity (i.e., jogging or running).
- d) All of the above.

Movement Trivia

Trivia

Question 2:

The best ways to stay active at work include:

- a) Pack your tennis shoes to go for a walk during your lunch break
- b) Do chair exercises if you find yourself sitting for longer than an hour or so
- c) Stand up when taking a phone call
- d) All of the above



Life in Balance

A horizontal banner with a background image of fresh red apples and green leaves. A vertical white line is on the left side, with a grey circle at the top. The word "Nutrition" is written in a light grey, sans-serif font.

● Nutrition

A horizontal banner with a background image of people in a gym or studio, some are lying on the floor. A vertical white line is on the left side, with a grey circle at the top. The word "Movement" is written in a light grey, sans-serif font.

● Movement

A horizontal banner with a background image of a stone dropped into water, creating ripples. A vertical white line is on the left side, with a white circle at the top. The words "Stress Management" are written in a white, sans-serif font.

● Stress Management

Sources of Stress

Positive Stress

- Planning a wedding
- Starting a new job
- Buying a new home

Negative Stress

- High demands at work
- Loved one is ill



Negative Effects of Stress

Symptoms

PHYSICAL	EMOTIONAL
Back pain and muscle spasms	Burnout
Dizziness and fainting spells	Poor memory
High blood pressure	Irritability
Headache or migraine	Depression
Poor immune system	Inability to concentrate
Sleeping disorder	Sudden angry outbursts
Stomach upset	Frequent crying
Chest pain	Sugar cravings
Loss of libido	Social withdrawal

Coping with Stress

- Yoga
- Tai-chi
- Massage
- Deep Breathing Techniques
- Practicing mindfulness through meditation
- Being in nature



Wellness Moment

Focus: Deep Breathing Techniques

Background: Deep breathing increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which promotes a state of calmness.

Wellness Challenge: Practice 3-4 times per day for 1 to 2 minutes each time, especially when you are feeling stressed.

Adapted from: <http://www.stress.org/take-a-deep-breath/>



Wellness Moment

Breathing Activity: Square Breathing

- Sit in a comfortable, upright position.
- Inhale through your nose for four slow counts.
- Hold that breath in for four slow counts.
- Exhale through your nose for four slow counts.
- Hold that breath out for four slow counts.
- Repeat 2 times, going at your own pace



Wellness Moment

True or False?

- 1) Watching TV is a good way to reduce stress in the evenings.
- 2) When I am upset I can practice deep breathing techniques to calm myself down.
- 3) It takes up to 60 minutes of deep breathing before my body will feel stress relieving results.
- 4) Deep breathing techniques are expensive and only adults can afford them.

Life in Balance



● Nutrition

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● Movement

A horizontal banner with a background image of people exercising in a gym. A vertical line on the left side has a grey circle at the top.



● Stress Management

A horizontal banner with a background image of a clock and a person's face. A vertical line on the left side has a grey circle at the top.



● Rest

A horizontal banner with a background image of a clock and a person sleeping. A vertical line on the left side has a white circle at the top.

Sleep Hygiene

- 1. Avoid Caffeine (4-6) , Alcohol (3), and Nicotine interfere with Sleep**
- 2. Turn Your Bedroom into a Sleep-Inducing Environment (quiet, dark, cool)**
- 3. Establish a Soothing Pre-Sleep Routine (read, bath, relaxation techniques)**
- 4. Go to Sleep When You're Truly Tired (after 20 minutes)**



Sleep Hygiene

5. **Don't Be a Nighttime Clock-Watcher (turn the clock face away from you)**
6. **Use Light to Your Advantage (open the curtains in the morning)**
7. **Keep Your Internal Clock Set with a Consistent Sleep Schedule (avoid the Monday Hangover)**
8. **Nap Early—Or Not at All (30 mins before 5 pm)**



Sleep Hygiene

9. Lighten Up on Evening Meals

10. Balance Fluid Intake

11. Exercise Early (at least 3 hours before bed)

12. Follow Through



The Big Picture

- A life in balance includes proper nutrition, movement, stress management and rest
- Set goals that are S.M.A.R.T.

Specific

Measureable

Attainable

Relevant

Time-Bound

- What is the one goal that you can set today to ensure you are on a path to reach a life in balance?



Examples of SMART Goals

- What is the one goal that you can set today to ensure you are on a path to reach a life in balance?
- Example 1: I will eat 3 servings of vegetables each day
- Example 2: I will go to bed by 10 pm every night
- Share your goal with your neighbor



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Thank You!

