

Management Retreat 2017

Fitting Wellness Into Your Everyday Life: Ideas for Busy People



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Exercise: the only thing stopping me from getting in shape.



someecards
user card

I'm going to the gym so I can tell you I'm going to the gym.



ds

I'd do anything to eat healthy and work out.

Pilates? O heavens, no! I thought you said "pie and lattes".



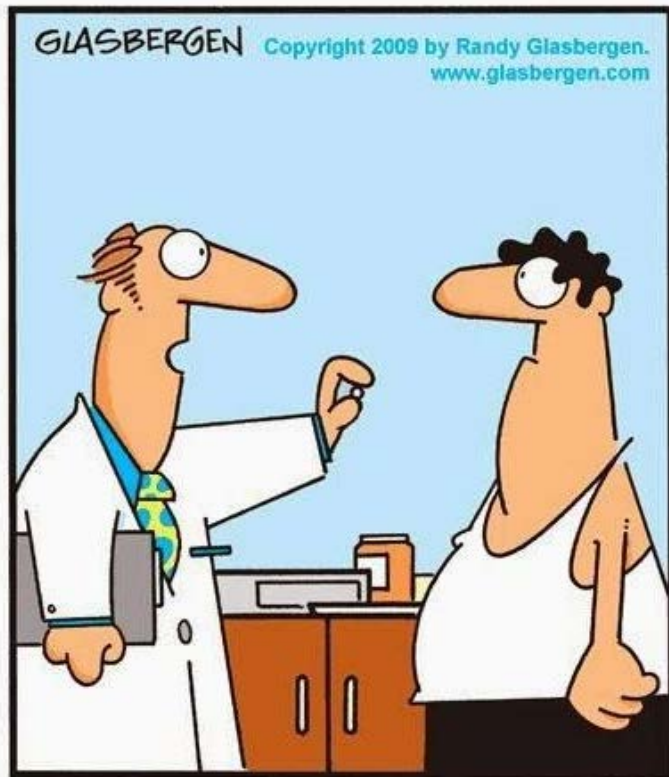
someecards
user card

your
someecards.com

Does running late count as exercise?



your
someecards.com

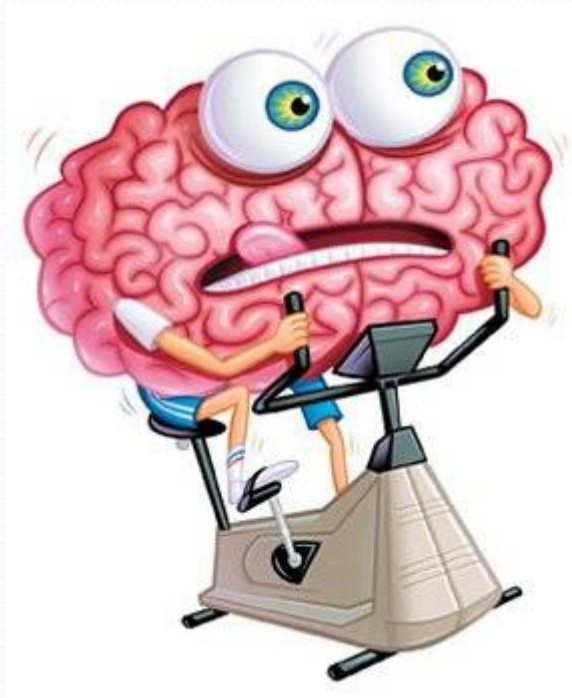


“To prevent a heart attack, take one aspirin every day. Take it out for a run, then take it to the gym, then take it for a bike ride...”



- People Who Eat Healthy, Balanced Meals
- People Who Wish This Was Really Pie

POP QUIZ!



BRAIN WARMUP

TRUE OR FALSE

The best time to workout is first thing in the morning.



I have to exercise early in the morning before my brain figures out what I am doing.



your  cards
someecards.com

TRUE OR FALSE

Too much stress
can cause you to
gain weight.



TRUE OR FALSE

If you want to lose weight fast, skip weight training and just do cardio.



TRUE OR FALSE

To burn the most fat you should exercise for a long duration at a low intensity.



slow & steady!

TRUE OR FALSE

A sedentary lifestyle can be just as deadly as smoking cigarettes.



TRUE OR FALSE

You spend more than
30 minutes a day
surfing the web,
watching TV and
using your phone.



MYTHS

FACTS



MYTH # 1

Skipping meals is a good way
to lose weight.



FACT

- Skipping meals decreases your ability to control your appetite.
- Destroys willpower
- Increases cravings
- Leads to overeating
- Slows metabolism

han·gry

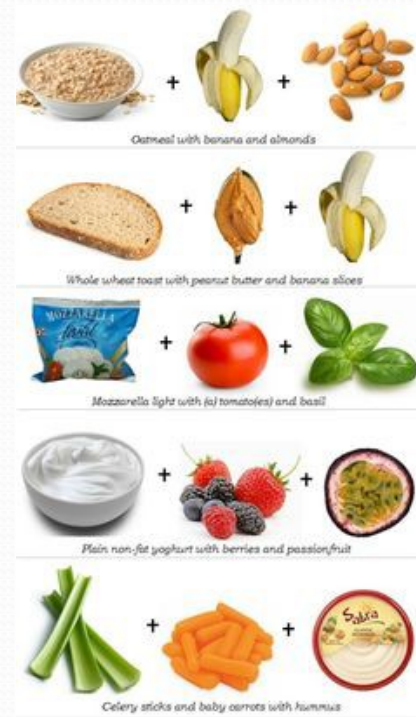
(han-gree) adj.

a state of anger caused by lack of food; hunger causing a negative change in emotional state.



THE 3 FOR 3 RULE:

- ✓ Carbs. + Prot. + Fat every three hours
- ✓ Maintains blood sugar and energy levels
- ✓ Keeps body in a fed state
- ✓ Prevents mood swings and binging
- ✓ Plan meals and snacks ahead of time



One of the most important exercises of the week is grocery shopping and meal preparation.

WEEKLY MEAL PREP

- Cook and prep food
 - Cook meat, eggs, beans, potatoes
 - Clean and chop veggies and fruit
 - Portion out nuts
 - Make smoothie freezer bags
 - Make one pot meals or casseroles
- Be flexible
- Grab a few “just in case” emergency items
 - Canned beans
 - Frozen veggies
 - Premade salads
- Healthy meal services





If healthy food is around you and convenient, you're more likely to eat it.



DIY Frozen Smoothie Bags

A Sample Day Of Eating...

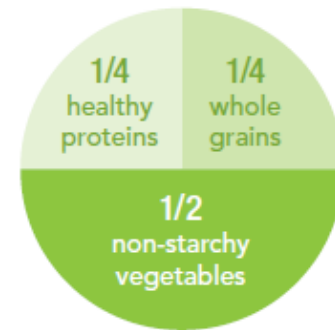
Time	Meal
6:00 AM	Oatmeal with milk, blueberries & walnuts
9:00 AM	Banana, 1 hard boiled egg
12:30 PM	Turkey & avocado sandwich on whole wheat with large spinach salad
3:30 PM	Greek yogurt w/almonds
6:30 PM	Salmon, brown rice with veggies sautéed in olive oil
9:30 PM	Low fat cottage cheese w/berries



Nutrition Guidelines For Healthy Meetings

- Keep calories between 500-650 for meals and 100-200 for snacks.
- Limit foods high in saturated fat and trans fat. Select low fat dairy, lean meat and healthy oils. Keep fat to less than 35% of meal's total calories.
- Emphasize fiber. Include whole grain breads, cereals, rice, pasta and a wide variety of fruits and vegetables.
- Ask for low sodium options.
- Avoid sodas and juices; offer water, tea, and coffee.

The healthy plate



Tips for Encouraging Healthy Choices at Meetings

- **Less is more**– offer fewer choices to help employees avoid overeating.
- **Portion control**— use small plates and napkins to encourage healthy serving sizes.
- **Balance the plate**– include a wide variety of fresh fruits and vegetables.
- **Keep it on the side**—ask for all condiments, sauces, and dressings to be delivered on the side. Keep the food against a side wall rather than in the middle of the table.



MYTH #2

You can “make up” weekend splurges.



Does your week look something like this?

Monday: STRICT AS HELL! (to make up for the weekend)

Tuesday/Weds/Thurs: “Normal”(counting every calorie)

Friday: Counted calories until after work, then let the wine FLOW!

Saturday: JUNK

Sunday: JUNK

Monday: Restrict again, to make up for the weekend full of junk



FACT

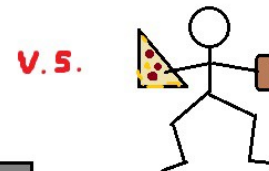
- The weekend represents 30% of the week.
- Space “treats” throughout the week; don’t save all your splurges for the weekend.
- Try to limit dining out to just one meal per weekend.
- Enjoy the healthy foods you eat
- Try new recipes
- Consistency is key!



5 minutes on a treadmill: 45 calories burned



5 minutes with pizza and a root beer: 800 calories consumed



V. S.

MYTH # 3

As long as you watch your food intake, you do not need to exercise.



FACT

- Benefits of regular exercise:
 - Preserves lean muscle mass
 - Reduces your risk of developing disease
 - Improves brain function
 - Improves quality of sleep
 - Improves mood
 - Decreases stress
 - Increases productivity
 - Helps with maintaining a healthy weight
- Research shows that 90% of people who lose weight and keep it off, engage in regular exercise.
- You can't out-diet a lack of exercise.



Exercise is like medicine for your body and your prescription is to do it EVERY DAY for 30 minutes.

MYTH #4

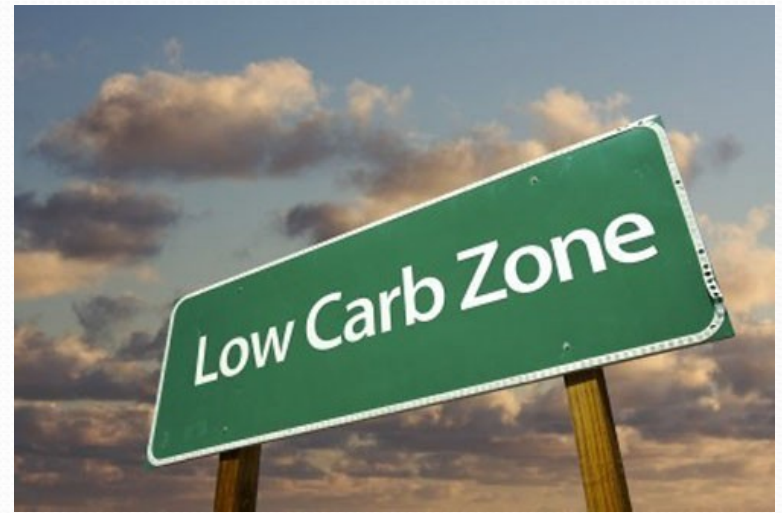
You should give up carbohydrates
to lose weight.



FACT

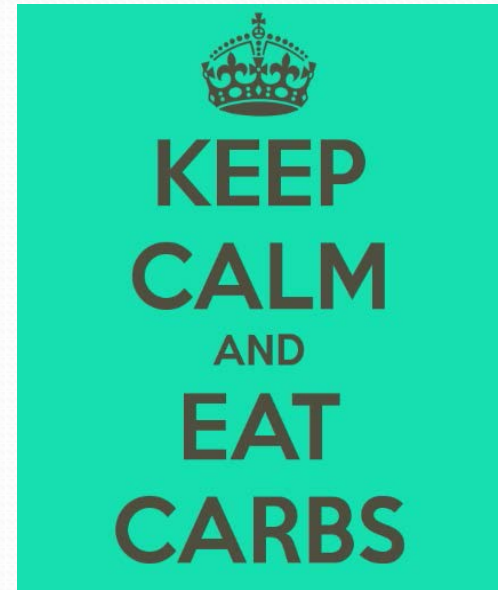
Carbohydrate restriction can be costly...

- Muscle breakdown
- Impaired mood and cognitive function
- Suppressed immune function
- Increased cortisol output
- Decreased testosterone
- Decreased thyroid output
- Chronic fatigue and disrupted sleep
- Increased body fat
- Loss of bone density



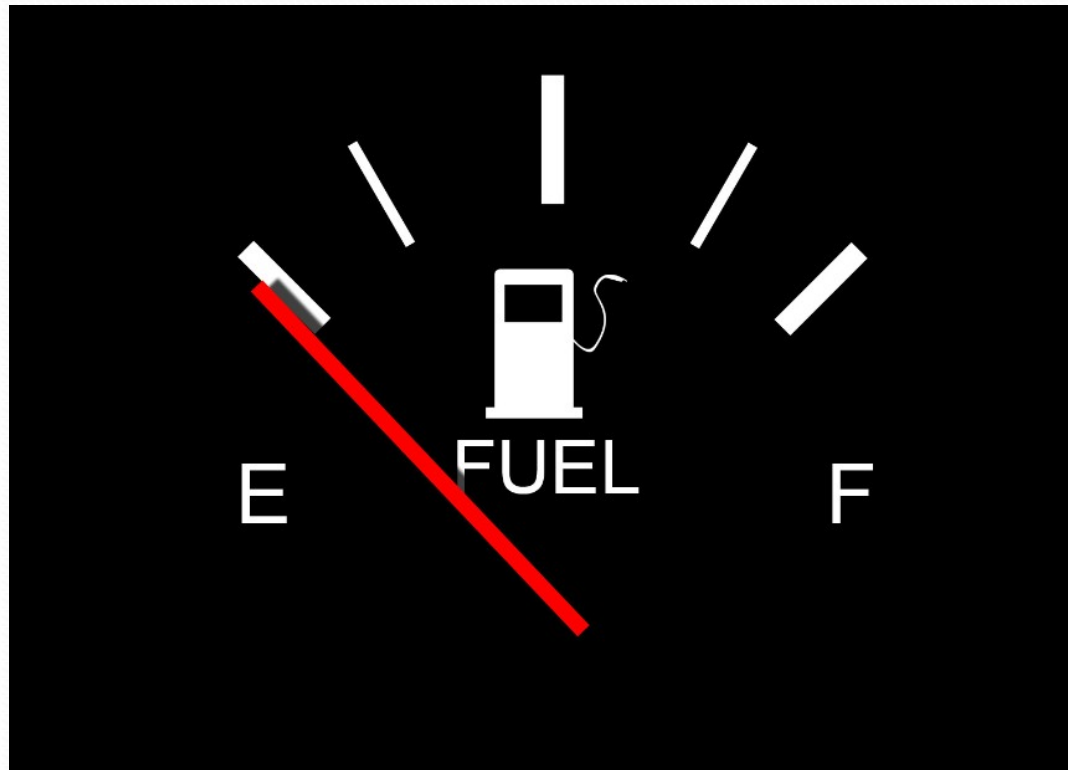
CARBOHYDRATES

- Carbohydrates are the number 1 fuel source for brain and muscle function.
- Your body needs carbohydrates to efficiently burn fat.
- Choose whole grains and unprocessed carbohydrates like brown rice, quinoa, whole grain bread, oats, legumes, and vegetables.
- Limit your intake of unhealthy carbs like processed foods, sweets, white bread, sugary cereals, caloric beverages and refined flours.
- If you are overconsuming food, reduce overall caloric intake by 10-15%.



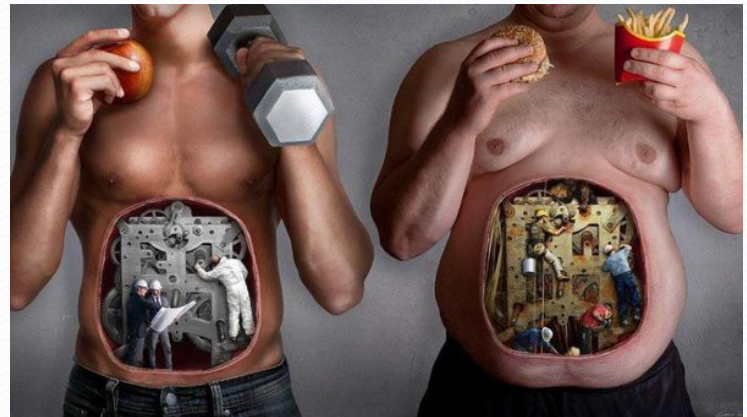
MYTH #5

In order to burn more fat,
you should exercise on
an empty stomach.



FACT

- It takes calories to burn calories.
- Eating before exercise provides your body with energy to do more work during your workout. The more work you perform, the more calories you will burn.
- With more energy you are able to work out more intensely which in turn burns more calories.
- Research shows that the higher the intensity of exercise, the greater the fat usage post-exercise—**two or three times more!**
- Eating before your workout helps preserve lean muscle mass.



What's fueling you?

MYTH #6

Exercising one hour a day cancels out the negative effects of being sedentary the rest of the day.



FACT

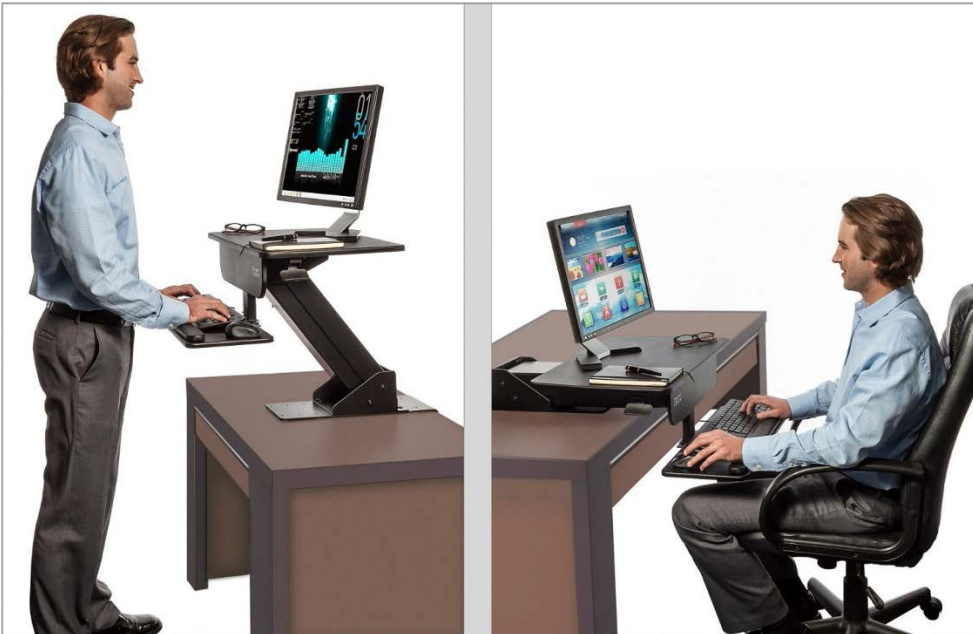
- Sitting most of the day increases the risk of dying from a heart attack by 54%.
- Sitting for 6 or more hours per day makes you 40% more likely to die within 15 years compared to someone who sits less than three. Even if you exercise.
- After just 2 hours of sitting blood sugar increases, blood flow decreases and good cholesterol can drop by 20%.
- 1 in 2 Americans sits for 6+ hours per day.
- 2 in 3 Americans watch 2+ hours of TV per day.
- The average person spends 9.3 hours sitting each day.
- Those who sit 3 hours or more per day watching TV are 64% more likely to die from heart disease. The percentage goes up 11% with each additional hour of TV.



AVOID THE SITTING DISEASE

- Move more all day
- Stand whenever possible
- Walk instead of emailing or calling
- Take movement breaks every hour
- Spend half of your lunch walking
- Exercise at your desk
- Organize walking meetings





Healthy breaks for healthy meetings

Just 10 minutes of exercise a day can improve a person's mood, energy level, and focus.* Energize your employees by scheduling a 5- to 15-minute healthy break when meetings last longer than one hour. Depending on the length of your meeting, you have three revitalizing options:

1

Stretch breaks

2

Active breaks

3

Moving meetings

What is a healthy break?

- It's a quick 5- to 15-minute exercise to energize employees and help enhance their mood
- You or any enthusiastic wellness supporter on your team can successfully lead a break without any professional experience—no physical trainer required
- While you don't need a lot of space, make sure there's enough for everyone to move around comfortably

Remind employees

- Participation is completely voluntary
- Movement should be comfortable and at your own pace
- If anything hurts, please stop immediately
- You'll increase your energy and feel more relaxed—without sweat or pain

1 Stretch breaks

Chair stretches
Many chair stretches are based on yoga poses. Remind employees to sit tall and breathe deeply while they do these stretches—more oxygen in the blood will boost energy levels.

- | | |
|-----------------------|---|
| <input type="radio"/> | Turn your head to the left and hold for 5–10 seconds. Then turn your head to the right and repeat. |
| <input type="radio"/> | Inhale and shrug your shoulders upward, squeezing them tightly. Exhale and relax as you slide your shoulder blades down your back. Repeat five times. |
| <input type="radio"/> | Take a deep breath as you lift both arms from the side up toward the ceiling, ending with palms together. Breathe out as you bring your arms back down to the side, circling back to bring your palms together in the middle of your chest. |
| <input type="radio"/> | Stretch your left arm across your chest, holding your forearm with your right hand. Hold the stretch for 5–10 seconds, then switch arms. |
| <input type="radio"/> | Lift your left arm straight up and bend it at the elbow so your hand touches your shoulder blade. Place your right hand against the back of your left elbow and gently apply pressure. Hold for approximately 10–15 seconds, then switch sides. |

continues

1 Stretch breaks (continued)

- | | |
|-----------------------|---|
| <input type="radio"/> | Sitting on the edge of your chair, interlace your fingers behind you at your lower back. Pull your shoulder blades together as you straighten your arms. |
| <input type="radio"/> | Take both your arms and interlace your fingers behind your neck, being careful not to pull on your neck. Pull your elbows backward. Hold for 10–15 seconds. |
| <input type="radio"/> | Put your left hand on your right knee and gently twist your upper body to the right. Extend your right arm backward if possible, keeping it horizontal to the floor, with your palm down. Switch. |
| <input type="radio"/> | Sit with your feet flat and your hands on the sides of your chair. Inhale as you lift your left leg straight in front of you and flex your foot. Exhale as you lower your leg to the floor. Switch. |

Standing stretches

Employees may spend most of their day sitting, so standing stretches can help them boost the blood flow throughout their body.

- | | |
|-----------------------|--|
| <input type="radio"/> | Lift both arms out to your sides, then up to the ceiling, palms together if possible. |
| <input type="radio"/> | Interlace your fingers with your arms stretched out in front of you and bring to shoulder height, palms facing out. Roll your back and shoulders forward, then straighten back up. |
| <input type="radio"/> | Interlace your fingers behind your lower back to stretch your shoulders. Lift your arms if you can. |
| <input type="radio"/> | Standing tall, tilt slightly forward at the waist, then tilt to the left, back, and right sides. |
| <input type="radio"/> | Lift your left arm to the ceiling and lean slightly to your right, lengthening your spine as you bend. Switch. |
| <input type="radio"/> | With your hands on your waist, gently twist your upper body and look first over your left shoulder, then your right. |
| <input type="radio"/> | Stand with one leg approximately one foot in front of the other. Bend your front knee and lean slightly forward to get a light calf stretch, keeping your back leg straight. Switch. |
| <input type="radio"/> | Stand tall with feet together. Lift your left leg straight out in front of you, approximately six inches off the ground. Hold for 15–20 seconds. Switch. |
| <input type="radio"/> | Stand tall with feet together. Lift your left leg off the floor and rotate the foot clockwise 10 times, then counterclockwise. Switch. |

2 Active breaks

For meetings that are longer than one hour, make sure you include a 5- to 15-minute active break—giving employees a chance to stretch their legs and maybe even climb some stairs.

<input type="radio"/>	Take a quick 5- or 10-minute walk around the building. Getting outside for some fresh air will help refresh and energize you for the rest of your meeting.
<input type="radio"/>	If there's no time to leave the building, take a quick walk through the halls. Try using a bathroom on a different floor so you can walk a few flights of stairs.
<input type="radio"/>	Announce a competition for the employee who climbs the most stairs—or who walks the highest number of steps—during the break. You can even hand out pedometers to all meeting participants to encourage them to move.

3 Moving meetings

Some meetings are better held on the go.

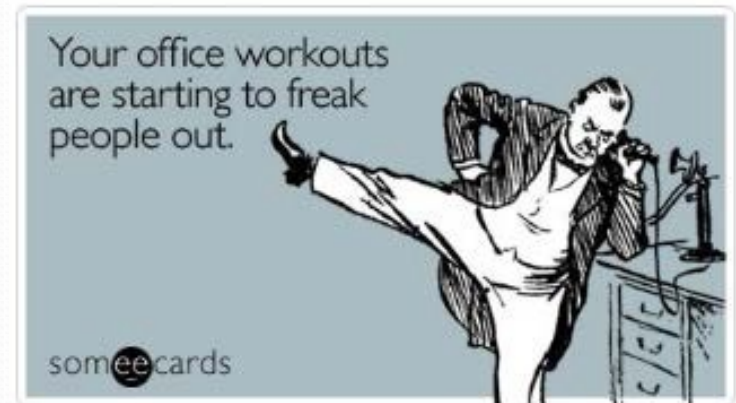
<input type="radio"/>	Design a simple walking route for one-on-one meetings.
<input type="radio"/>	Reserve a conference space in another building across campus to encourage employees to walk.
<input type="radio"/>	If employees don't want to walk, encourage them to stand for shorter meetings. They'll be burning more calories than if they were sitting—and yet won't have to wear their track shoes.
<input type="radio"/>	Encourage larger groups to get creative—breaking the participants out into groups of two and three to walk around the campus together. The group can meet up at planned stops and either switch partners or reconvene.

* Jodi Helmer, "Instant Energy Boosters," ArthritisToday.com, accessed on August 26, 2010.

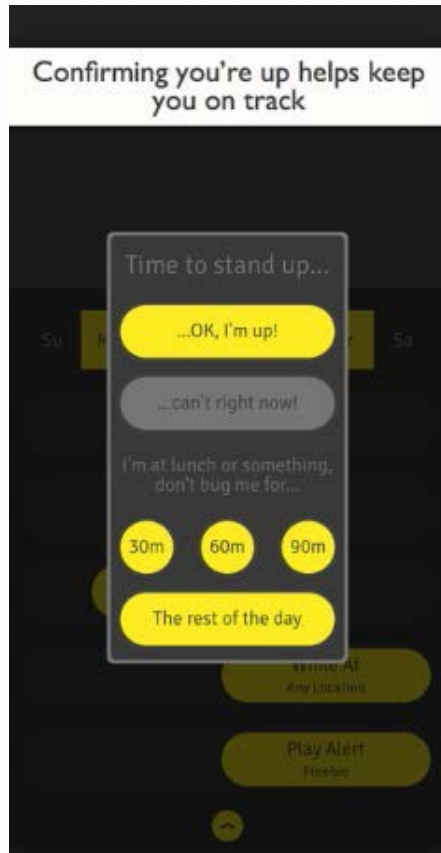


ONLINE RESOURCES

- [Sitting calculator](#)
- [Washington Post: “A Workout At Work?”](#)
- [Greatest.com: “33 Ways To Exercise At Work”](#)
- [NY Times 7 minute workout](#)



PHONE APPS



Stand up! The Work Break Timer



Office Yoga: At Your Desk



1 Minute Desk Workout

MYTH # 7

Weight loss of 3-5 pounds per week is achievable with a healthy diet and exercise program.



FACT

- Healthy weight loss is at a rate of 1-2 pounds per week.
- Do the math:
 - 1lb. of fat = 3,500 calories
 - $5 \times 3,500 \text{ kcal} = 17,500$ calorie deficit! NOT LIKELY!



Weight loss of more than 2 pounds per week is likely to be water and muscle.

WEIGHT MANAGEMENT IS A LIFESTYLE

• Plan to be consistent

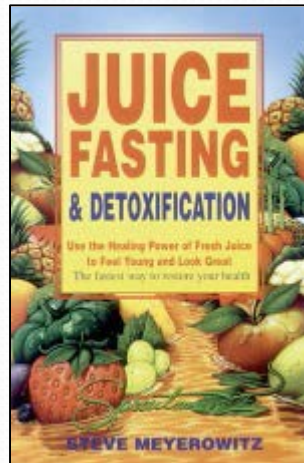
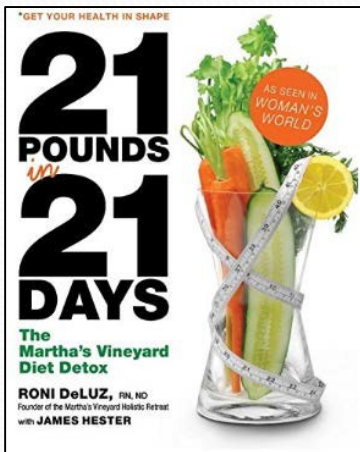
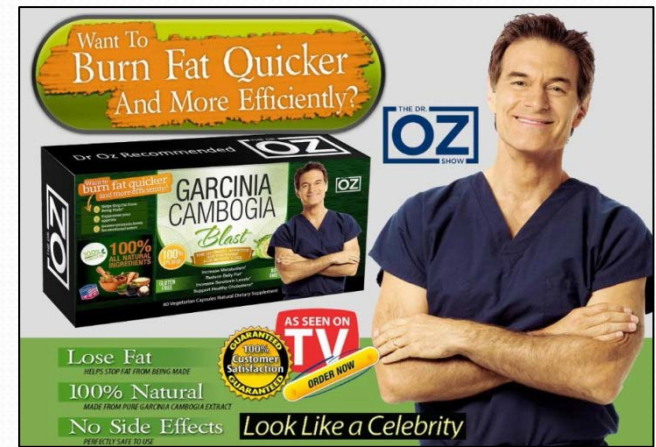
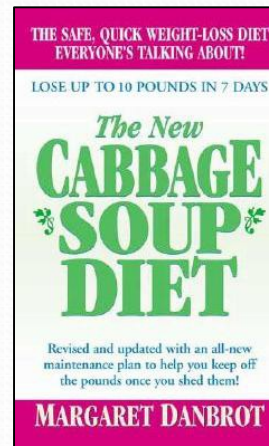
- Eat less processed food
- Eat a rainbow often
- 3 for 3 rule
- Eat breakfast every day
- Eat healthy fats
- Watch portion sizes
- Limit eating out
- Limit added sugar
- Enjoy alcohol in moderation
- Exercise regularly



*Long-term nutrition habits trump diet plans and “rules”. Always
-John Berardi*

MYTH #8

Follow your mom's, neighbor's, friend's or co-worker's diet tricks for best results.



Dieting is easy.

It's like riding a bike.

Except the bike is on fire.

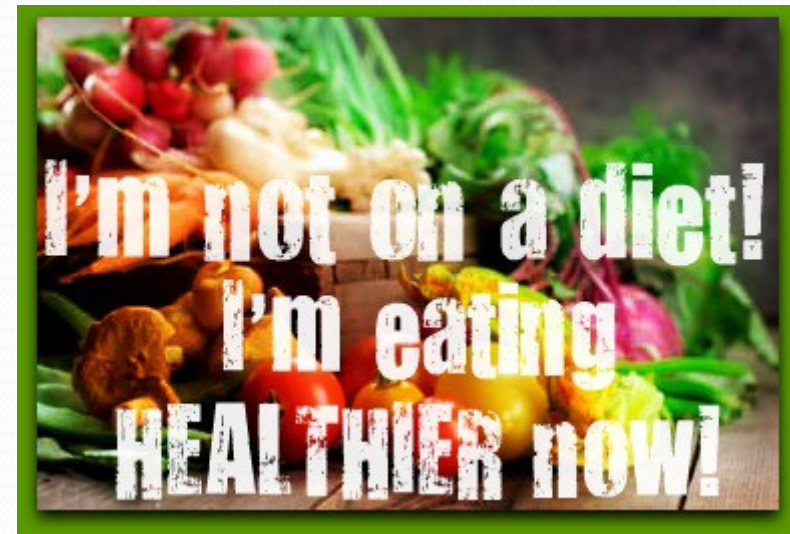
And the ground is on fire.

And everything is on fire
because you're in hell.

FACT

A healthy diet should...

- emphasize the importance of including ALL foods in moderation.
- teach you healthy habits that last a lifetime.
- focus on long-term lifestyle changes.
- help you identify problems and barriers interfering with your weight loss and help you develop a plan to deal with them.
- be taught by professionals with qualifications in nutrition counseling.



HOW TO SPOT A FAD DIET

- It requires you to spend large amounts of money to purchase special foods and/or supplements
- Recommends substituting 2 or more meals (real food) for liquid shakes/supplements
- It has a start/stop date
- It eliminates entire food groups or gives a list of “good” and “bad” foods
- It promises fast weight loss
- It makes you hungry, cranky, and/or unbearable
- It does not encourage at least 30 min. of exercise most days



“You can white knuckle your way through sheer willpower, but if you haven’t chosen a program designed to actually change your habits, your brain and metabolism will betray you once your diet is over.”

– Melissa Hartwig

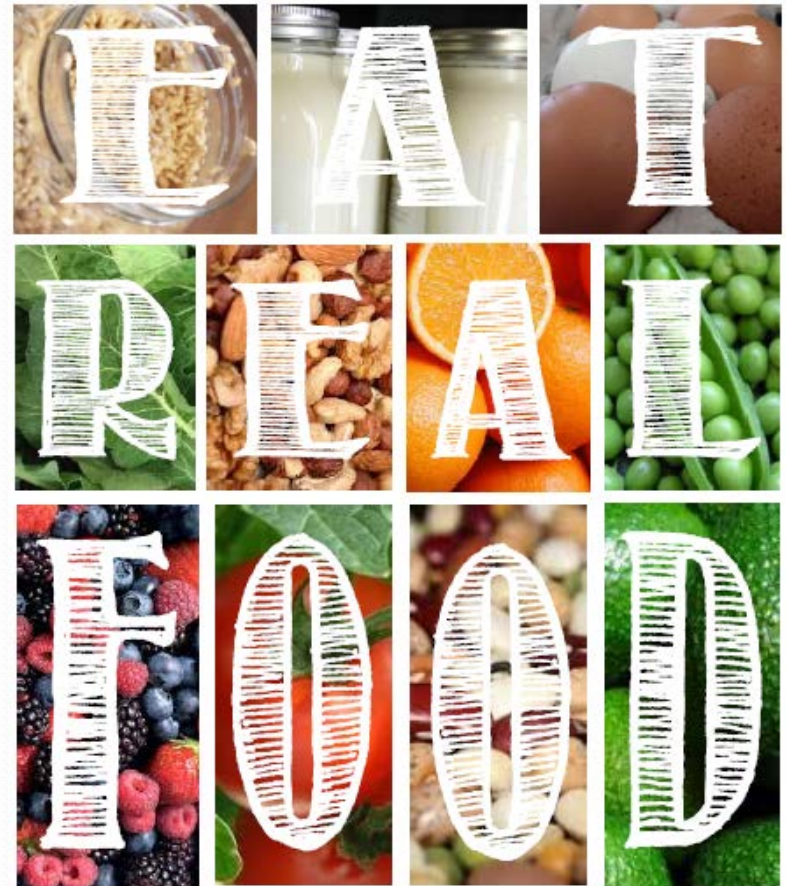
KEEP IT SIMPLE...



There is no diet that will do what eating healthy does.
Skip the diet. Just eat healthy.

DON'T DIET

- There is no such thing as one, universal “best diet”
- Become more aware of what you are eating
- Eat whole, minimally processed, nutrient rich foods
- Focus on food awareness and food quality



EAT REAL FOOD

Whopper, medium fries (salted) and one 22 oz soda:
1,360 calories, 164g carbs, 65g fat, 35g protein, 1,865mg sodium



Or, you can have all this :)
1,360 calories, 115g carbs, 59g fat, 80g protein, 1,823mg sodium



One more thing, you will also go from 0% to 45% of your daily calcium requirements.

For about \$20, you could buy...

X



- 8 piece KFC chicken meal
- 4 biscuits
- 2 sides
- Total: \$19.61**

OR

✓



- 2 pounds chicken breasts (\$1.96)
- 10 pounds potatoes (\$2.97)
- 8 ears corn (\$2)
- 1 pound peaches (98 cents)
- 1 gallon skim milk (\$2)
- 1 pound 96% lean ground beef (\$2.98)
- 32-ounce tub of 99% fat-free Yoplait yogurt (\$2.27)
- 18-ounce canister of oats (\$1.18)
- 2 pounds frozen sweet peas (\$1.98)
- 1 pound of dried kidney beans (\$1.22)
- Total: \$19.54**

SPARKPEOPLE

For under \$10, you could buy...

X



- 1 box (30 ounces) Delimex Chicken Taquitos

Total: \$6.87

OR

✓



- 1 loaf Brownberry 100% whole wheat bread (\$2.50)
- 1 pound of chicken breasts (98 cents)
- 1 pound of baby carrots (\$1.44)
- 1 pound of bananas (47 cents)
- 4 ears of fresh corn (\$1)

Total: \$6.39

SPARKPEOPLE

EAT LESS PROCESSED FOOD



Nutrition Facts	
Serving Size 1 bar (40g)	
Servings Per Container 5	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 9g	35%
Sugars 10g	
Protein 2g	
Calcium 10%	• Iron 6%

Not a significant source of vitamin A and vitamin C.
 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: Chicory Root Extract, Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Whole Grain Oats, Corn Syrup, Rice Flour, Barley Flakes, Sugar, Canola and Palm Kernel Oil, Vegetable Glycerin, High Maltose Corn Syrup, Maltodextrin, Tricalcium Phosphate, Sugarcane Fiber, Soy Lecithin, Cocoa Processed with Alkali, Salt, Fructose, Malt Extract, Caramel Color, Cellulose Gum, Baking Soda, Milk, Natural Flavor, Mixed Tocopherols added to retain freshness.

CONTAINS SOY, MILK; MAY CONTAIN PEANUT, ALMOND, SUNFLOWER AND WHEAT INGREDIENTS.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
 © 2014 General Mills 3275427117
 Carbohydrate Choices: 2



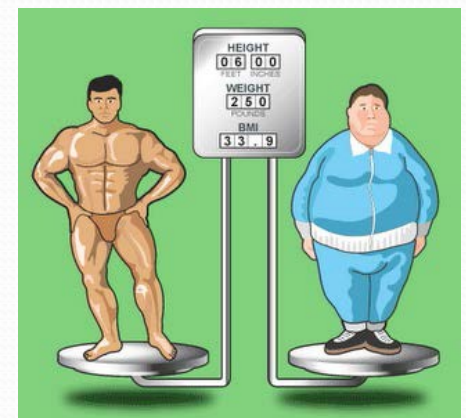
MYTH # 9

The scale is the most reliable tool to measure your weight loss progress.



FACT

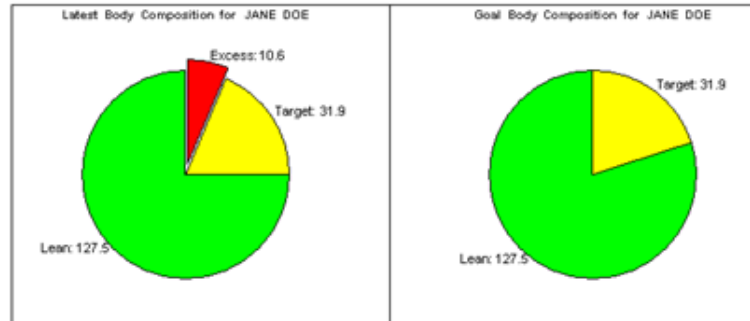
- The scale does not measure the quality of your mass.
- Your weight can stay the same or increase while you are getting leaner and adding lean muscle mass.
- Stay away from the scale!
- Pay attention to how your clothes fit and have your bodyfat measured the Mt. SAC Wellness Center.



Healthy Living

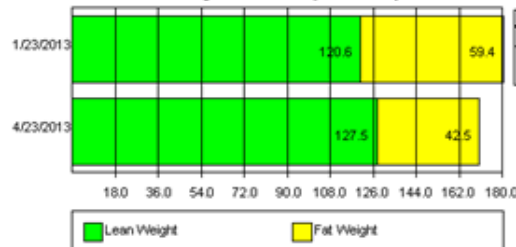
Body Composition Report

Weight = 170.0 lbs
Weight of Bodyfat = 42.5 lbs **Percent Bodyfat = 25.0 %**
Lean Body Weight = 127.5 lbs **Lean to Fat Ratio = 3.0**
Target Bodyfat = 20.0 % **Target Weight = 159.4 lbs**



The typical percent bodyfat for a 37 year old woman is between 20 and 27 %. One pound of stored fat represents about 3500 calories. The 42.5 lbs of fat on your body represents about 148750 calories of stored energy. The 10.6 lbs of excess fat on your body represent 37187 calories. Stored fat is a valuable source of energy in your body and is healthy when not excessive. However, if more energy is consumed (calories) than your body is able to use, you will store these extra calories as fat.

Lean Weight vs. Bodyfat Comparison



Body Composition History			
Date	Weight	Lean	Fat
1/23/2013	180.0	120.6	59.4
4/23/2013	170.0	127.5	42.5

MYTH # 10

Stress increases your metabolism.



FACT

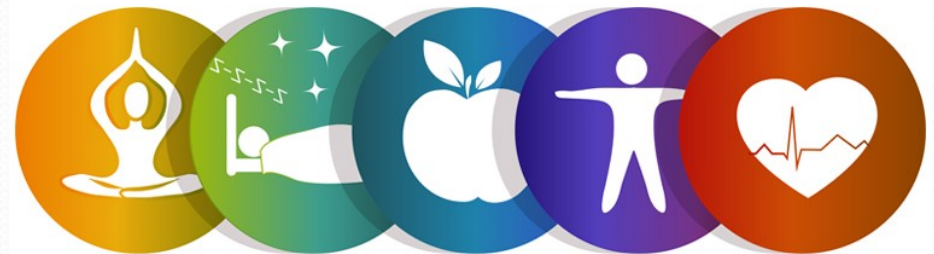
- ◆ During periods of stress, the body releases adrenaline and cortisol.
- ◆ Cortisol triggers the release of glucose into the bloodstream, fueling your body to react to a threat.
- ◆ Cortisol is not necessary to combat most daily stresses, so it can build up in your system, leading to insomnia, anxiety and depression.
- ◆ Cortisol suppresses the immune system, slows down digestion, stimulates your appetite, and interferes with your brain's ability to perceive satiety.
- ◆ Cortisol also causes fat to be stored in the abdomen, which can lead to obesity.



Be aware of your stress meter.
Know when to step back and cool down.

STRESS MANAGMENT

- ◆ Identify what triggers your stress response
- ◆ Assess current coping strategies and make adjustments
- ◆ Anticipate when stressful periods/events are likely to occur and plan ahead
- ◆ Regularly engage in stress reducing activities to reset your body's alarm system



TIPS TO CONTROL STRESS

1. Time Management

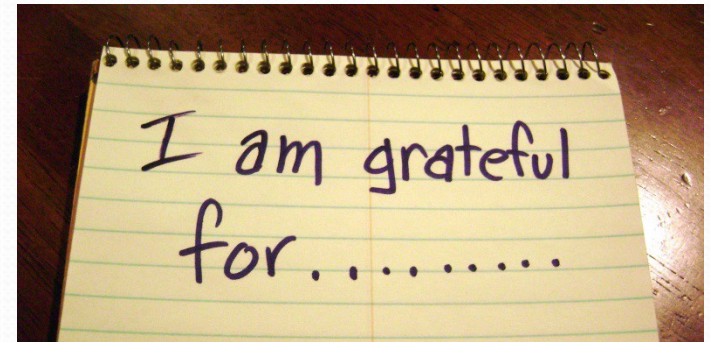
- Follow a schedule
 - ✓ Work
 - ✓ Eating
 - ✓ Exercise
 - ✓ Time with family & friends
- Prioritize tasks
- Stay organized
- Avoid procrastinating
- Unplug
- Learn to say no



TIPS TO CONTROL STRESS

2. Take time to relax and breathe

- Deep breathing exercises
- Yoga
- Get outdoors
- Create a gratitude journal



Gratitude turns what we have into enough.

3. Build a good support system

- Family
- Friends
- Faith



TIPS TO CONTROL STRESS

4. Maintain a healthy diet

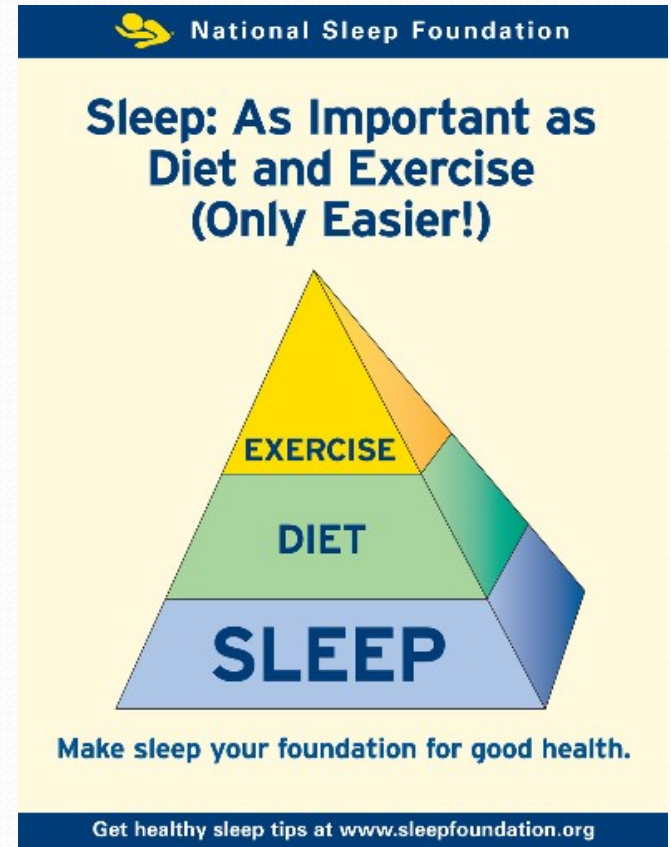
- Eat breakfast
- Pack healthy snacks
- Bring your lunch
- Limit caffeine
- Stock your house and office with healthy food



TIPS TO CONTROL STRESS

5. Get adequate sleep

- Increases brain performance
- Allows your mind to convert daily experiences into long term memory
- Improves immune system
- Improves mood
- Improves ability to handle stress
- Not getting enough sleep can cause an imbalance in the hormones that control appetite and cravings, making you more likely to make poor food choices.



THE POWER OF SLEEP

WHY IT'S SO IMPORTANT, AND HOW TO GET MORE OF IT

If your eating and exercise are on point but you still don't feel or look the way you want, poor sleep may be to blame. Here's how to make rest a daily priority.

5 SIGNS YOUR SLEEP HABITS AREN'T WORKING FOR YOU

YOUR MIND IS FOGGY

What we experience and learn gets cemented to memory while we sleep. Interference with this process causes:

- Reduced alertness and concentration
- Confusion
- Impaired judgement
- Forgetfulness

YOU'RE GETTING SICK A LOT

When we don't sleep enough, T-cells go down and inflammation goes up, resulting in:

- Increased vulnerability to viruses and bacteria
- Acute increase in risk of getting sick
- Increased risk of heart disease and other inflammation-related illnesses

YOUR WORKOUTS FEEL TOO HARD

Our body uses sleep as an opportunity to refresh neurotransmitter levels and remove energy-draining metabolites. Otherwise, we experience:

- Decreased central nervous system activity
- Slower reaction time
- Low energy and endurance capacity
- Depressed mood
- Reduced desire to exercise

YOU'RE UNHAPPY

While we sleep, we produce fresh neurotransmitters and regulate hormone production. Interference here causes:

- Impaired regulation of emotions
- Heightened stress
- Low mood
- Possible increase in risk of depression

YOU'RE STRUGGLING WITH YOUR WEIGHT

Poor sleep is linked to excess body fat, as it can:

- Disrupt appetite regulation
- Cause you to feel hungrier
- Lead to increased calorie intake

Also, excess body fat can reduce sleep quality.



TIPS FOR BETTER SLEEP

- Limit caffeine intake to mornings only
- Avoid alcohol within 2 hours of bedtime
- Eat a small to medium dinner
- Limit fluids before bed
- Turn off all electronics at least 30 min. before bed. Blue light interferes with your production of melatonin, which ensures deep sleep and may help regulate metabolism.
- De-stress
 - Read
 - Meditate
 - Gentle movement
- Take a bath or shower
- Create a relaxing sleep area
 - Keep the room dark, quiet and peaceful
 - Keep room temperature comfortable
 - Keep room decluttered



TIPS TO CONTROL STRESS

6. Exercise

- Helps you focus
- Enables the clearing of stress-related compounds in the body
- Gives you additional energy
- Releases endorphins
- Reduces risk of disease
- Fit short exercise breaks in throughout the day
- Schedule it
- Involve friends & family



Those who think they have
no time for

EXERCISE

will sooner or later
have to find time for

ILLNESS.



— EDWARD STANLEY —

AMERICAN COLLEGE OF SPORTS MEDICINE

PHYSICAL ACTIVITY GUIDELINES

CARDIOVASCULAR EXERCISE

30 min. moderate intensity most days/week

***60-90min. most days/week for weight loss/maintaining
weight loss**

or 20 min. vigorously intense 3 days/week

MUSCULAR STRENGTH & MUSCULAR ENDURANCE

8-10 different exercises, 8-12 reps

2 days/week (minimum)

All major muscle groups

FLEXIBILITY

10-15 min. most days of the week

Hold each stretch for 30 seconds-1 min.

All major muscle groups

Week of exercise at a glance...

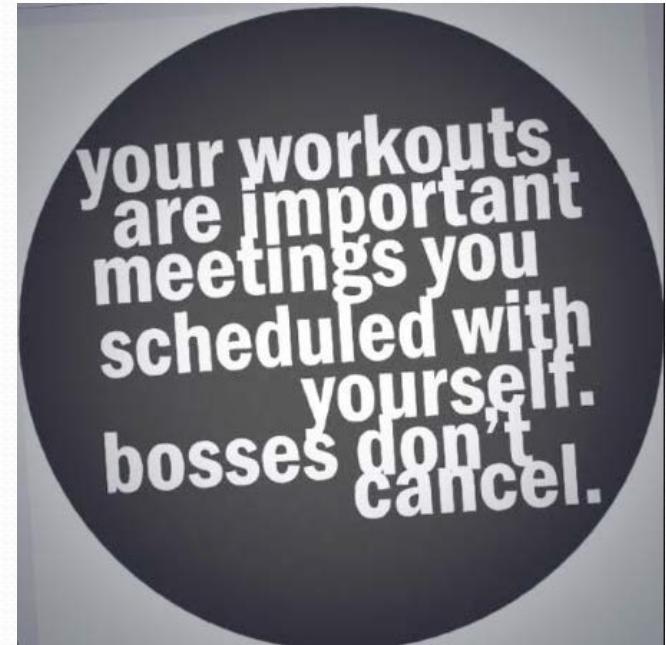
MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN
30 min. strength training circuit	3 – 10. min. bouts of brisk walking 10 min. stretching	Active rest day (10,000 steps)	20 min. body weight circuit 10 min. of stretching	1 hr. Yoga at lunch	Active rest day (10,000 steps)	2 hours walking at swap meet 15 min. stretching
<ul style="list-style-type: none"> •20 min. of HIT interval training •10 min. stretching 		<ul style="list-style-type: none"> •20 min. of sprint repeats •Resistance Training •15 min. stretching 		<ul style="list-style-type: none"> •1 hour of basket ball or other out door sport •15 min stretching 		<ul style="list-style-type: none"> •Resistance training •10 min. stretching

Real success comes in small portions day by day. -Denis Waitley

EXCUSE BUSTER!

I don't have time to exercise!

- ✓ Elevate exercise on your priority list
- ✓ Schedule it
- ✓ Get up an hour earlier and do it first thing
- ✓ Eliminate 30 minutes of television from your day
- ✓ Minimize time surfing the internet
- ✓ Screen phone calls
- ✓ Make meals ahead of time to allow more time to exercise
- ✓ Accumulate 3 -10 minute bouts of exercise throughout the day
- ✓ Learn to say no





**AMERICAN COLLEGE
of SPORTS MEDICINE**
www.acsm.org

Exercise Time Finder

Use this table to find places in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

	5-6am	6-7am	7-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm	10-11pm	11-12am	
Sunday							11am: 1 hr. yoga													
Monday													5pm: 30 min. circuit at ESWC							
Tuesday							Active rest day													
Wednesday					9am: Work with trainer at ESWC															
Thursday					9am: walking meeting								5pm: 30 min. circuit at ESWC							
Friday							Active rest day													
Saturday					10am: bike ride with spouse															

EXCUSE BUSTER!

I'm too tired!

- ✓ It takes energy to produce energy
- ✓ Commit to 20 minutes and see how you feel
- ✓ Regular exercise helps improve quality of sleep which will give you more energy throughout the day.
- ✓ Working out can regulate your sleep cycle
- ✓ Make it a priority to get more sleep



EXCUSE BUSTER!

Exercise is boring!

- Change your program
- Get outside
- Try a new activity
- Sign up for an event/race
- Try using mobile apps., tracking devices, online tools
- Work with a trainer..it's free at the Mt. SAC Wellness Center!
- Start with just moving more



THINK OUTSIDE THE BOX!



VS.



EXCUSE BUSTER!

I'm frustrated by lack of results!

- ✓ Set realistic “S.M.A.R.R.T.” goals
 - Specific
 - Measurable
 - Achievable
 - Realistic
 - Rewarding
 - Timely
- ✓ If weight loss is your goal, aim for 1lb./week
- ✓ Focus on immediate benefits
 - Increased energy
 - Better sleep
 - Better self-esteem
 - Decreased stress levels
- ✓ Be consistent
- ✓ Get help



Those that write down goals and record their exercise do better with long-term behavior change.

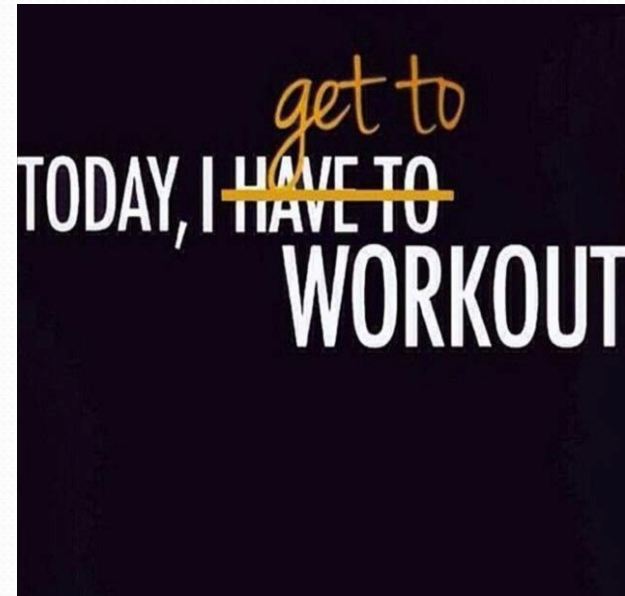
CHANGE YOUR PERSPECTIVE

1. Find the “Why”

- Why do you want to be healthier?
- What advantage will it give you?
- What will you be able to achieve/accomplish more easily if you were healthier?

2. Think short term and long term

- ✓ Better health
- ✓ Increased self esteem
- ✓ Relaxation
- ✓ Satisfaction
- ✓ Weight loss
- ✓ Confidence
- ✓ Reduced risk of injury
- ✓ Stress resilience



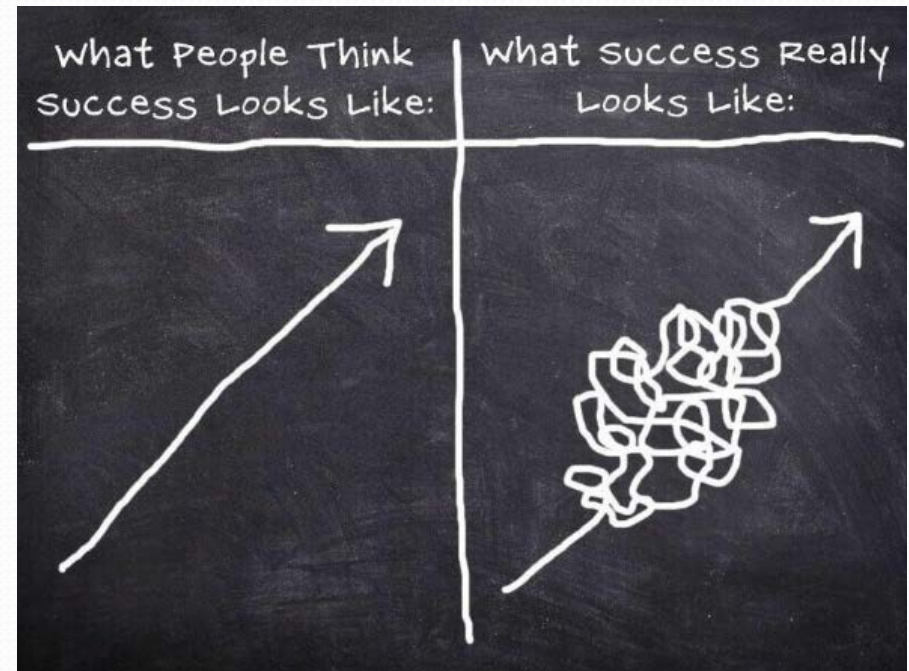
Your inner voice is powerful.
What is yours saying?

DECISIONAL BALANCE

	REGULAR EXERCISE	INACTIVITY
B E N E F I T S	<ul style="list-style-type: none"> • More energy • Look better • Feel better physically • More self confidence • Sleep better • Handle stress better • More alert • More productive at work • More active with friends • Better in control of eating habits 	<ul style="list-style-type: none"> • One less thing to think about • More time to watch TV • More time to work
C O S T S	<ul style="list-style-type: none"> • Can take away time with family • Could get injured 	<ul style="list-style-type: none"> • More easily stressed • Injured more often • Worried about my health and longevity • Cranky • Weight gain • Eat more and drink more • Can't be as active with the kids • Not as productive at work • Not sleeping well • Unhappy

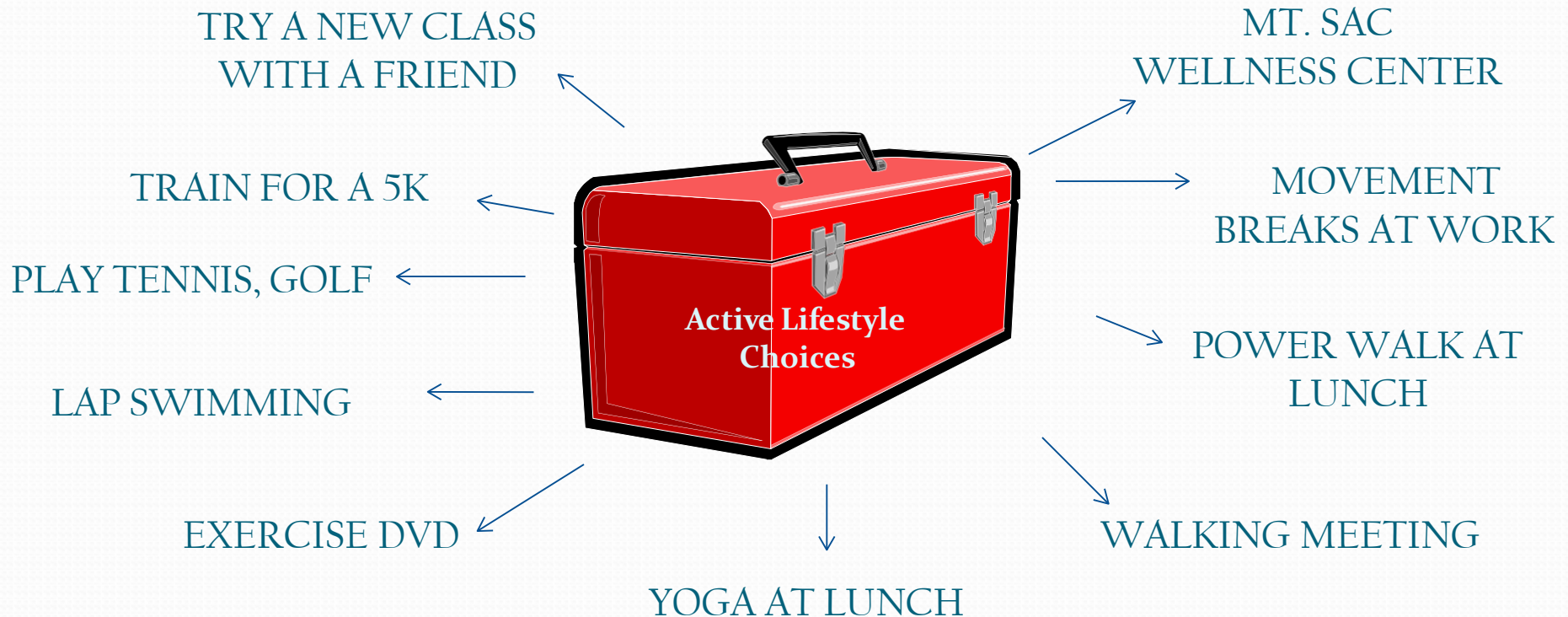
AVOID THESE COMMON MISTAKES

- ☹️ Focusing on the scale
- ☹️ Working too hard
- ☹️ Not working hard enough
- ☹️ Not changing your program
- ☹️ Giving up too soon
- ☹️ Failing to plan
- ☹️ Having an “all or nothing” mindset



Real success comes in small portions day by day. -Denis Waitley

WHAT'S IN YOUR TOOLBOX?

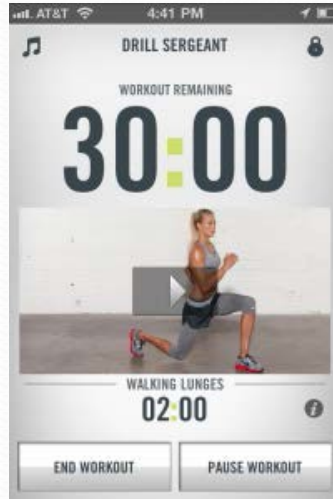


Think long term for an active lifestyle

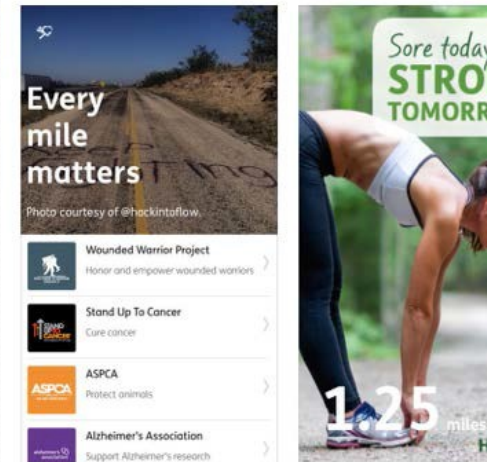
PHONE APPS & GADGETS



www.fitbit.com



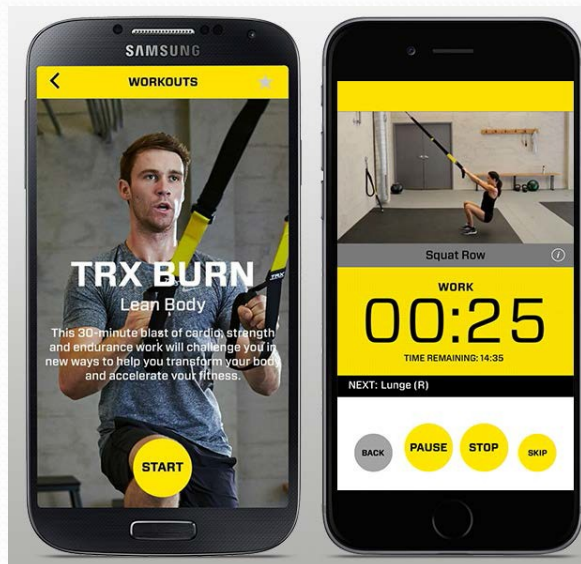
www.nike.com



www.charitymiles.org



www.apple.com



www.trxtraining.com

ONLINE RESOURCES

EXERCISE FOR LIFE OFFICE STRETCHES



Shoulder Stretch
FRONT: work both fingers in front of body. Gently straighten elbows and reach forward.
BACK: work both fingers behind your back, palms facing upwards. Gently straighten elbows while reaching up and back.
Hold stretch for 15 seconds.



Shoulder Stretch
FRONT: work both fingers in front of body. Gently straighten elbows and reach forward.
BACK: work both fingers behind your back, palms facing upwards. Gently straighten elbows while reaching up and back.
Hold stretch for 15 seconds.

Shoulder Pull
Grab either your right upper arm and pull the arm as shoulder height across your chest.
Repeat for other shoulder.
Hold stretch for 15 seconds.

Triceps and Shoulder Stretch
Reach behind your head with elbow bent. Use opposite hand to push downwards on elbow so that your hand moves further down your back.
Repeat for other arm.
Hold stretch for 15 seconds.

Neck Stretch
Reach with right hand over your head and drag your left shoulder slowly past your head away from left shoulder down, drop your left shoulder down.
Repeat for other side.
Hold for 10 seconds.

Neck Flexion
Reach both hands and place hands on back of head. Pull chin down towards chest.
Repeat for other side.
Hold for 10 seconds.

Knee to Chest
In a seated or standing position with both legs extended, slowly pull one knee up towards your chest.
Repeat for other side.
Hold for 15 seconds.

Back Rotation
Sitting on a chair with left leg crossed over your right leg. Place right hand on left thigh just above knee and pull leg towards right. At the same time turn your body towards the left looking over left shoulder.
Repeat for other side.
Hold for 15 seconds.

Side Stretch
While standing, slide right hand down right leg as far as possible, ensuring you are facing straight ahead.
Repeat for opposite side.
Hold for 15 seconds.

Chest Stretch
Stand upright and place hands and forearms on each edge of a doorway at elbow height. With feet shoulder width apart, lean body forward through doorway.
Hold for 15 seconds.

Quadriceps Stretch
Support yourself with left hand on a wall. Grasp left foot with right hand and gently pull heel towards buttocks.
Repeat for right side.
Hold for 20 seconds.

Hamstring Stretch
Place one foot on a stable chair or similar height surface. With keeping leg and back straight and pelvis square, lean forward towards your foot until you feel a stretch in the back of your thigh. Repeat for other leg.
Hold for 15 seconds.

Buttocks Stretch
Sitting on a chair, position right ankle on left knee. Place hands on right lower leg and slowly bend forwards towards leg. Keep back straight.
Repeat for other side.
Hold for 15 seconds.

Wrist/Forearm Stretch
With a straight elbow and palm facing upwards, pull hand downwards to stretch the front of your forearm and wrist. Then turn hand over so that your palm is facing downwards and pull hand downwards to stretch the back of your forearm and wrist.
Repeat for other arm.
Hold both for 10 seconds.

Biceps Stretch
Hold onto a door frame at arm's length, thumb down. Turn the body away from arm and allow your shoulder to roll in.
Repeat for other side.
Hold for 15 seconds.

5 Yoga Poses At Your Desk

Cat & Cow (Spinal Stretch):
Place your hands on your knees and sit tall. Find a slight arch and exhale as you lower toward your thighs. Inhale, rolling the spine up to come back to a tall seat. Repeat breath cycle 5-10 times.

Seated Twist:
Move forward to sit near the edge of your chair. Spread your knees slightly wider than your hips. Breathe in, growing tall, and place your left hand on your right knee. As you exhale, twist to the right, placing your right hand on the seat behind you. Keep your torso long as you look past your right shoulder. Hold for 3-5 breaths, and then return to center. Repeat on the other side.

Shoulder Stretch:
Reach your right arm above your head, and bend your elbow to bring your palm between your shoulders. Reach your left arm out to the side, palm facing behind you, and then draw the back of your hand up your back. Let the hands find each other, or hold onto a strap between your hands. Lengthen through the spine and relax your face and neck for 5-10 even breaths. Release slowly, and reverse sides.

Hip Stretch:
Place your right foot on the floor directly under your right knee. Place your left ankle over your right knee, and flex your foot. Inhale as you lengthen through your lower back, and exhale leaning forward slightly toward your legs. Continue to relax your shoulders and breathe deeply for 5-10 breaths. Repeat on the other side.

Three Part Breath:
Close your eyes or find a soft gaze. As you inhale, fill your body with breath beginning at your lower belly (1), then expanding through your ribs (2), and finally in your chest (3). Pause at the top of your inhale. Exhale slowly, emptying in reverse (3, 2, 1.) Pause at the bottom of your exhale. Repeat for 10 breaths.

The 30-Minute, No-Gym Bodyweight Workout

Perform 3 sets of 12-15 reps of the following supersets, 0-30 seconds rest in between:

1a Tuck Jump **1b Push-Up**

2a Squat **2b Mountain Climber**

3a Tricep Dip **3b Glute Bridge**

4a Jump Plank **4b Superman**

Illustrated by Shannon Orcutt

Greatist

FULL-BODY KETTLEBELL WORKOUT

Perform each pair of movements as a superset, completing 3 rounds of the first (A1 + A2) before moving on to the second (B1 + B2) and so on. A1, B1, and C1 are strength movements and should be performed slowly and with control. A2, B2, and C2 are power movements; perform these explosively. Rest for 60 seconds after each power movement.

A1 **A2** **B1**

B2 **C1** **C2**

"Ball beginners? Start with a lighter weight until you master the movement!"

MOVEMENT	SETS	REPS
A1) KB Front Squat	3	10
A2) KB High Pull	3	20
B1) KB Romanian Deadlift	3	10
B2) KB Swing	3	20
C1) KB Clean and Press	3	10/side
C2) KB Renegade Row	3	10/side

MT. SAC EXERCISE SCIENCE/ WELLNESS CENTER



ESWC Exercise Guidelines/Prescription - Resistance Training

ESWC Exercise Guidelines/Prescription - Resistance Training				
NAME			DATE	JAN. 11, 2015
			TECH	K.C. KRANZ
MACHINE	T WEIGHT	SEAT/PAD HEIGHT	SETS	REPS
LEG PRESS	55 lbs.	Feet - 5 Back - 2	1-3	12-15
ARM CURL	10 lbs.	Seat - 3	1-3	12-15
PEC. FLY/REAR DELT.				
SHOULDER PRESS	10 lbs.	Seat - 3	1-3	12-15
VERTICAL ROW	20 lbs.	Seat - 3 Arm - 3	1-3	12-15
LEG CURL				
INCLINE PRESS				
GLUTE PRESS				
LAT. PULLDOWN	40 lbs.		1-3	12-15
CHEST PRESS	30 lbs.	Seat - 3	1-3	12-15
SEATED LEG CURL	50 lbs.	Back - 4	1-3	12-15
LEG EXTENSION	13.3-16.6 lbs.	Back - 5	1-3	12-15
TRICEP EXTENSION	40 lbs.	Seat - 6	1-3	12-15
MULTI-PRESS				
LOW BACK	60 lbs.	Feet - 4	1-3	15-20
ABDOMINAL	20 lbs.	Shoulder - 4	1-3	15-20
AB/BACK COMBO				

Resistance Training 2-3 times/week with 24-48hrs. of rest before working the same muscle group again. Start with 1 set of 12-15 reps for the first week. Add a second set during week 2. Add a third set if time permits. Rest 30-45 seconds between sets. When 2-3 sets of 12-15 reps becomes easy, increase the weight by 1/2 -1 plate.

CORE TRAINING: 2-3 times/week; 1-3 sets

Planks w/ variations (30-60 seconds)
Side Planks w/ variations (30-60 seconds)
Hip Bridges 12-20 reps
Back Extensions/Supermans 12-20 reps
Stability Ball Work

ESWC Exercise Guidelines/Prescription - Cardiorespiratory

GENERAL GUIDELINE S:			
<p><u>Warm Up:</u> 8-10 minutes of foam rolling and mobility exercises <u>Cardiovascular Exercise:</u> 30-60 minutes most days of the week <u>Cool Down:</u> 5-10 minutes with stretching and foam rolling</p>			
MACHINE	INTENSITY	DURATION	FREQUENCY
UPRIGHT BIKE	12	30-60	3-5 times/week
RECLUMBENT BIKE			
TREADMILL	Speed 2.5-3.0 Incline 0-2.0	30-60	3-5 times/week
ELLIPTICAL	Quick start: level 1-2	30-60	3-5 times/week
STEPMILL			
STAIRMASTER			
ROWING MACHINE			

TARGET HEART RATE CALCULATION

Estimate your maximum heart rate. Take $220 - \text{age} = 61$ (this is your estimated max heart rate);
(standard deviation for this equation is 10-12 beats per minute)

157 bpm

Determine your lower-limit exercise heart rate by multiplying your maximum heart rate by 0.6

Determine your upper-limit exercise heart rate by multiplying your maximum heart rate by 0.9

Your exercise heart rate range is between your upper and lower limits.

94-141 bpm

*Medications for high blood pressure may affect your heart rate during exercise.

Consult with your physician to determine your own ideal training heart rate.

Source: American College of Sports Medicine

SUGGESTIONS

1. Aim to drink at least 8 glasses of water a day.
2. Do not exercise on an empty stomach. Have a light snack or meal 1-2 hours before exercising.
3. If you ever feel sick, faint or dizzy while exercising...STOP and notify an ESWC staff member.
4. If you are unsure how to use a piece of equipment, please ask an ESWC staff member for help.
5. Work at your own pace and have fun!

NOTES

2 min. moderate intensity (speed 2.5)
 1 min. higher intensity (speed 3.0)
 2 min. moderate intensity (speed 2.5)
 1 min. higher intensity (speed 3.0) Repeat for 20-30 min.; vary the work to recovery ratio as it becomes easy

Winter WELLNESS for FREE!

Mt. SAC employees can take advantage of the **Wellness Center's** services for **FREE** during Winter.*

FREE access to:

- Cardio Circuit Room
- Lap Swimming
- Baseline fitness testing and results
- Personal fitness program design
- Appointments with a personal fitness trainer

* **Dates of program**

Dec. 19, 2016 thru February 24, 2017

Closed on the following holidays/dates:

Dec. 22, 2016-Jan. 2, 2017; Jan. 16, 2017; Feb. 17 & 20, 2017.



CARDIO/CIRCUIT ROOM SCHEDULE

Dec. 19 – Dec. 21

Monday – Wednesday: 6 - 8 a.m.; 12 - 8 p.m.

Jan. 3 – Feb. 16

Monday: 6 - 8 a.m.; 12 - 8 p.m.

Tuesday – Thursday: 6 a.m. - 8 p.m.

Friday: 6 a.m. - 3 p.m.

Feb. 21 – 24

Tuesday – Thursday: 6 - 8 a.m.; 12 - 8 p.m.

Friday: 6 a.m. - 3 p.m.

GROUP EXERCISE SCHEDULE

(no classes from Dec. 22, 2016 - Jan. 2, 2017)

FIGHT FIT

Monday: 12 - 1 p.m.

**STRENGTH TRAINING
FOR WEIGHT LOSS**

Monday: 3 - 4 p.m.

YOGA

Friday: 1:30 - 2:30 p.m.

LAP SWIMMING

Jan. 10 – Feb. 16

Tuesday, Wednesday & Thursday: 12 - 1 p.m.

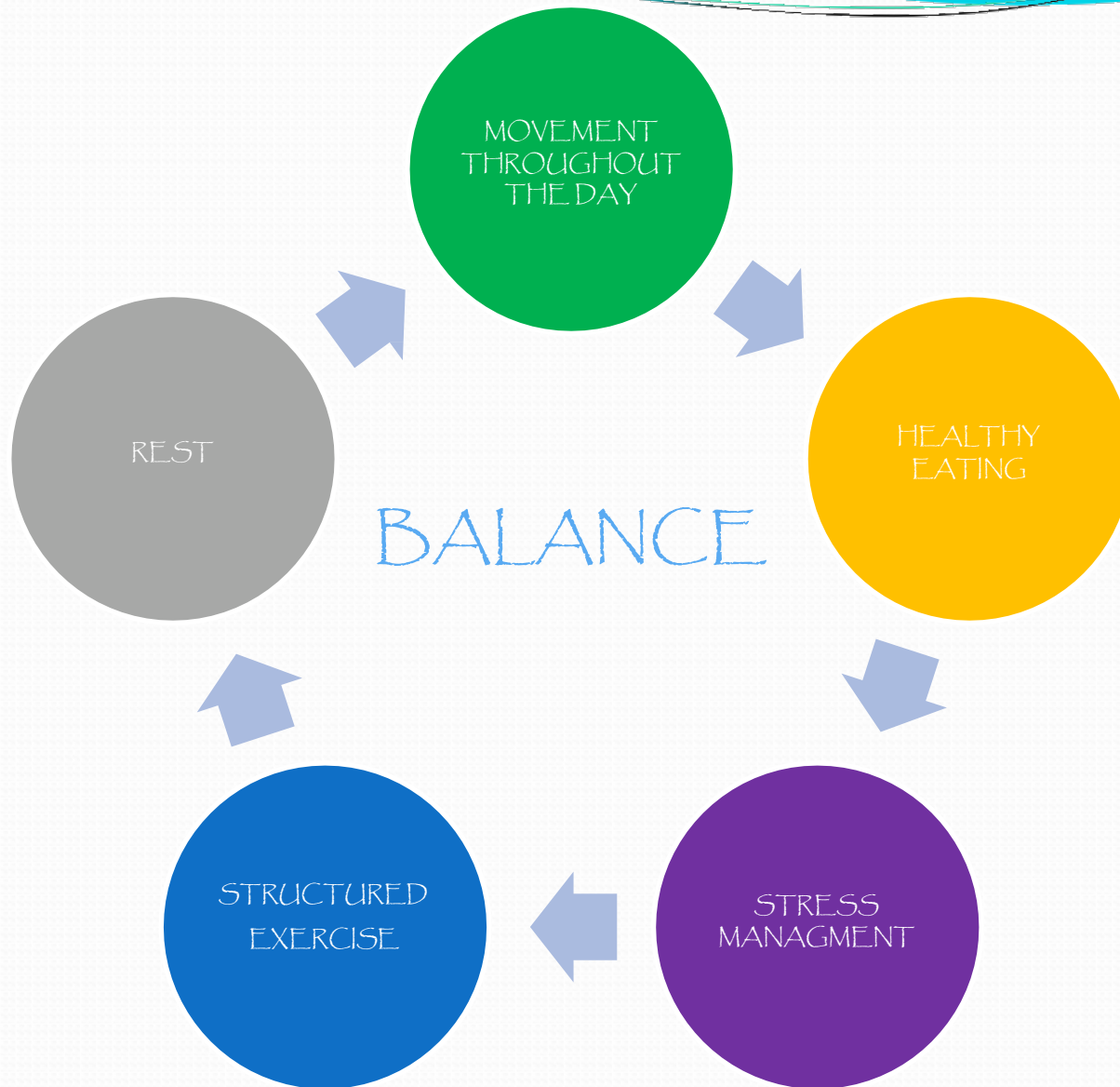
Mt. San Antonio College



The **Wellness Center** is located in Building 27A, nearest to parking lot D3. (909) 274-4625

EXERCISE
SCIENCE
&
WELLNESS
CENTER





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**“What fits your busy schedule better,
exercising one hour a day or being
dead 24 hours a day?”**

Additional Resources

- Academy of Nutrition and Dietetics
www.eatright.org
- American Council on Exercise
www.acefitness.org
- Cooking Light
www.cookinglight.com
- www.dietitian.com
- www.webmd.com
- American College of Sports Medicine
www.acsm.org
- Spark People
www.sparkpeople.com
- Consumer Labs
www.consumerlab.com



THANK YOU!

Movement is a medicine for creating change in a person's physical, emotional, and mental states.

-Carol Welch

kkranz1@mtsac.edu