

## 6. Move purposefully for at least 10 minutes a day and/or elevate your heart rate with short micro HIIT session(s). Power walking and Micro HIIT sessions are easy and great for your body



### Summary

Incorporating both micro HIIT and power walking into your daily routine provides a comprehensive approach to physical well-being. While micro HIIT offers time-efficient, intense workouts for calorie burning and cardiovascular health, power walking provides a gentler, joint-friendly option with mental health benefits. The dynamic duo of micro HIIT and power walking ensures that individuals can enjoy a diverse and holistic exercise routine that contributes to improved overall health and vitality.

#### Micro HIIT: Efficient and Effective

Micro HIIT sessions involve short bursts of intense exercise followed by brief periods of rest or lower-intensity activity. The efficiency of micro HIIT lies in its ability to deliver substantial health benefits in a minimal amount of time. These quick and intense bursts not only elevate the heart rate but also boost metabolism, helping burn calories long after the workout is complete.

One-minute bursts of activity during daily tasks could prolong your life, finds [study](#)

- **Time Efficiency:** Micro HIIT sessions typically last around 10 minutes, making them an excellent choice for individuals with busy schedules. These short bursts of activity can easily be incorporated into your day, ensuring that time constraints are no longer a barrier to fitness.
- **Fat Burning:** The intensity of micro HIIT triggers the afterburn effect, scientifically known as excess post-exercise oxygen consumption (EPOC). This means that your body continues to burn calories even after you've finished your workout, promoting fat loss and improving overall body composition.
- **Versatility:** Micro HIIT is incredibly versatile, allowing individuals to tailor workouts to their fitness levels and preferences. Whether it's bodyweight exercises, high knees, or jumping jacks, the options are diverse, providing variety to keep workouts engaging.
- **Prolong Life:** One-minute bursts of activity during daily tasks could prolong your life, finds [study](#)

#### Power Walking: A Gentle Yet Potent Exercise

Power walking, on the other hand, is a low-impact aerobic exercise that offers numerous health benefits. It involves walking at a brisk pace, engaging larger muscle groups and providing a cardiovascular workout without the joint stress associated with higher-impact activities.

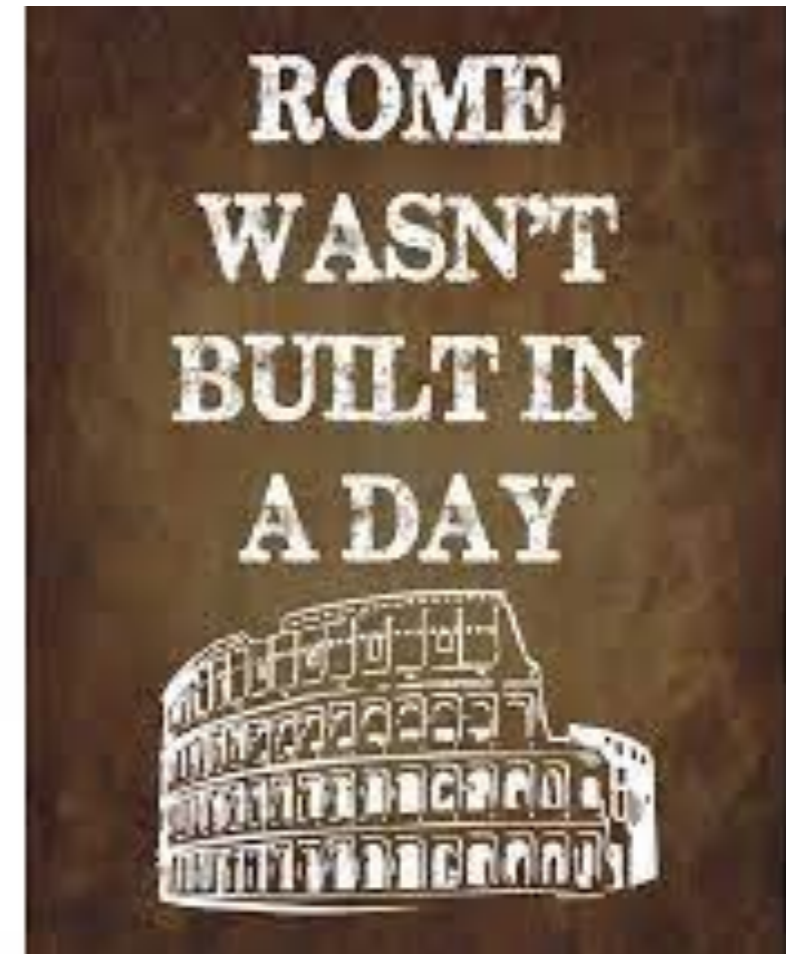
- **Joint-Friendly:** Power walking is gentle on the joints, making it an ideal exercise for individuals of all ages and fitness levels. The smooth, rhythmic motion helps improve joint flexibility without causing undue stress, making it suitable for those with joint concerns or arthritis.
- **Accessibility:** Unlike many other forms of exercise, power walking requires minimal equipment and can be done almost anywhere. Whether you prefer to stroll through your neighborhood, a local park, or even on a treadmill, the accessibility of power walking makes it a convenient and inclusive option for many.
- **Mental Well-being:** Beyond its physical benefits, power walking has been linked to improved mental well-being. The combination of fresh air, rhythmic movement, and the release of endorphins during exercise contributes to reduced stress, anxiety, and improved mood.

# My 10 Steps to Health & Fitness in 2023

## Some of the Easiest and Most Powerful Steps



**small habits build  
on each other**



**Good habits tend to build on each other. Create a foundation of basic and simple healthy habits and away you will go. You will always have that initial base to support you.**

# Referenced Throughout Talk



**Newsletter 2022**  
**Issue 418: 1/17/22**



[Educational Pages](#)  
[Numerous Articles will be referenced see link](#)

[Weekly Newsletter](#)  
[Numerous Articles will be referenced see link](#)

Exercise Classes for all abilities

[Weekly Live-see link](#)  
[Pre-Recorded-see link](#)

# How to Create an Initial Healthy Base: 10 Steps to Consider

## 1. Learn to Breathe Right ( see our articles: [nose breathing](#) and [belly breathing](#) ) through your nose using your abdomen.

DO YOU/CAN YOU  
DO THIS?  
SHORT WELLNESS SELF-  
CHECKS

Do you breathe through  
your nose or your  
mouth?



Emerging research suggest that breathing through the nose while aerobic exercising may be more effective. Subjects bodies didn't have to work as hard to get the same amount of oxygen when breathing through the nose researchers found ([see article](#)). This may not be the case with anaerobic work where elevated heart rate was found (very high intensity) with nose breathing ([see article](#)). Therefore, try nose breathing when doing moderate aerobics, but find a preference when doing anaerobic work like high intensity interval training and strength training.

The way you breathe matters. Even though the same amount of oxygen reaches your lungs nose compared to mouth nasal breathing warms, filters and humidifies the air, which is important to the health of the delicate tissues of the nose, lower airways and lungs according to [JReview](#). Another large benefit is that nose breathing allows Nitric Oxide produced in the paranasal sinuses to flow into the lungs, which does not happen with mouth breathing. This is important because nitric oxide plays an important role in increasing blood oxygen and improving oxygen absorption by the lungs. Nitric oxide is also a vasodilator, which means that it increases blood flow and lowers blood pressure. Also, the sticky surface of the membrane in the nose is quite efficient at capturing airborne particles and preventing them from getting into the lungs. On top of that the mucous membrane contains specialized immune cells and enzymes to neutralize potential pathogens. Researchers suggest nasal breathing during sleep could help with preventing colds and Covid 19.

**Bottomline: Breathe through your nose when you can.**

**Self-checks: Solving problems before they happen.**



DO YOU/CAN YOU  
DO THIS?  
SHORT WELLNESS SELF-  
CHECKS

Do you breathe  
with your belly or  
chest?



Relaxation Breathing

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep **breath** in through your nose, and let your belly push your hand out. ...
4. **Breathe** out through pursed lips as if you were whistling. ...
5. Do this **breathing** 3 to 10 times.

[Learn more about relaxation here](#)

The process of breathing occurs mostly at the abdomen, which is efficient, or chest, which is not. Proper breathing starts in the nose and then moves to the stomach as your diaphragm contracts. From there the belly expands and your lungs fill with air. This is called diaphragmatic breathing (also called "abdominal breathing" or "belly breathing"). According to the ALA (American Lung Association) this is the most efficient way to breathe, as it pulls down on the lungs, creating negative pressure in the chest, resulting in air flowing into your lungs. This type of breathing is part of most relaxation techniques. Pursed-lip breathing, when you press your lips together and inhale through the nose with the mouth closed, then out through pursed lips is also a good technique for patients with breathing issues. In order to breath better avoid large meals and foods that cause bloating to prevent the abdomen from pushing up and limiting the diaphragm's movement. The ALA suggests not to overthink breathing. Your respiratory systems know exactly when to tell you to change your depth of breathing, depending on your activity.

**Bottomline: Breathe with belly breaths.**

**Self-checks: Solving problems before they happen.**

# How to Create an Initial Healthy Base: 10 Steps to Consider

## 2. Try to get Seven Hours of Sleep a Day ( [see our article](#) )

### Do You Do 7 hours a night? Some say 7 hours a sleep a night is a Great Health Hack, but is it?

One often celebrated health hack is seven hours a sleep a night. The benefits of regular restful sleep are numerous. According to the National Sleep Foundation, anywhere from seven to nine hours—can keep your brain sharp, your mood buoyant, and your energy level sky-high. What's more, resting up will reduce your insulin and stress hormone levels . If you need help getting enough sleep see [11 Doctor-Approved Secrets For Falling Asleep Faster—Tonight.](#)

While sleep requirements vary slightly from person to person, most healthy adults need **seven to nine hours of sleep per night** to function at their best. Children and teens need even more. And despite the notion that our sleep needs decrease with age, most older people still need at least seven hours of sleep.

### Why you only need 7 hours of sleep

The American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS) have issued a new recommendation, saying seven is the **magic sleep number** for most healthy adults.

In an article with the Seattle Times, incoming AASM president Dr. Nathaniel F. Watson says 7 hours is the lower limit for how much sleep a healthy adult should get per night. A 15-member panel spent a year reviewing research materials that led the AASM and SRS to this conclusion. ( [see article](#) )

DO YOU/CAN YOU  
DO THIS?  
SHORT WELLNESS  
SELF-CHECKS

### The Benefits of Getting a Full Night's Sleep

- Sleep Can Boost Your Immune System. ...
- Gaining Zzz's Can Help Prevent Weight Gain. ...
- Sleep Can Strengthen Your Heart. ...
- Better Sleep = Better Mood. ...
- Sleeping Can Increase Productivity. ...
- Lack of Sleep Can Be Dangerous. ...
- Sleep Can Increase Exercise Performance. ...
- Sleep Improves Memory.

[The Benefits of Getting a Full Night's Sleep | SCL Health](#)

# How to Create an Initial Healthy Base: 10 Steps to Consider

**Not Sold on Sleep -You will be if you know it effects how you look.**

## **Shrinking Sleep Time = Shrinking Muscles**

It's not only that getting enough sleep helps muscles grow. Without adequate sleep muscle mass decreases.

A study in 2011 examined how sleep deprivation affected muscle gains and recovery. The study followed individuals who were on a strict sleep schedule for 72 hours. During this time, one group was allowed 5.5 hours of sleep; another was allowed 8.5 hours per day. All individuals followed a calorie-regulated diet.

**What researchers discovered was that the individuals who slept only 5.5 hours had 60% less muscle mass at the end of the study, while those who slept 8.5 hours had 40% more muscle mass.**

## **Less Sleep = Greater Aging - It drives Biological Aging**

A study done by UCLA researchers discovered that just a single night of insufficient sleep can make an older adults' cells age quicker. After a night partially deprived of sleep, participants' blood showed signs of deterioration in the cell's growth and division cycle. The researchers report that these findings "causally link sleep deprivation to the molecular processes associated with biological aging," suggesting that insufficient sleep may increase the risk of chronic disease by "activating the molecular pathways that drive biological aging."

# How to Create an Initial Healthy Base: 10 Steps to Consider

## 3. Drink several servings of Water Daily ( [see our article](#) )

*Harvard Health suggest the daily four-to-six 8 ounce cup rule is for generally healthy people. This is more if you are exercising or working outside on a hot day. It's possible to take in too much water if you have certain health conditions, such as thyroid disease or kidney, liver, or heart problems; or if you're taking medications that make you retain water, such as non-steroidal anti-inflammatory drugs (NSAIDs), opiate pain medications, and some antidepressants. All beverages containing water contribute toward your daily needs, but water is the best choice.*

### Do You Get Enough Water?

**Drink plenty of water throughout the day to avoid dehydration is a common health recommendation. But how much is the right amount. I generally tell people to stay ahead of your thirst. When you are thirsty it is typically a sign that you went to long without drinking. That being said another way you can tell you are drinking enough is that your urine is a somewhat clear. Avoid dark colored urine by drinking water frequently. Important Point: Older people don't sense thirst as much as they did when they were younger, which could be a problem if they're on a medication that may cause fluid loss, such as a diuretic. A healthy person's water needs will vary, especially if you're losing water through sweat because you're exercising, or because you're outside on a hot day. A general rule of thumb for healthy people is to drink two to three cups of water per hour, or more if you're sweating heavily. According to Harvard it's a myth that caffeinated beverages or those containing alcohol are dehydrating because they make you urinate. They do, but over the course of the day, the water from these beverages still leads to a net positive contribution to total fluid consumption.**

DO YOU/CAN YOU  
DO THIS?  
SHORT WELLNESS  
SELF-CHECKS

### Benefits of drinking water from Harvard Health

- Water keeps every system in the body functioning properly.
- carrying nutrients and oxygen to your cells
- flushing bacteria from your bladder
- aiding digestion
- preventing constipation
- normalizing blood pressure
- stabilizing the heartbeat
- cushioning joints
- protecting organs and tissues
- regulating body temperature
- maintaining electrolyte (sodium) balance.



**Harvard Health suggest the daily four-to-six 8 ounce cup rule is for generally healthy people. Do not overdue it. Keep urine pale to lemonade color. Do not over hydrate (transparent urine). It can be as bad as not getting enough.**

**All beverages containing water contribute toward your daily needs, but water is the best choice. According to Harvard it's a myth that caffeinated beverages or those containing alcohol are dehydrating because they make you urinate. They do, but over the course of the day, the water from these beverages still leads to a net positive contribution to total fluid consumption.**





**Not Sold on Water -You will be if you know it effects how you look.**

## **May Help Weight Loss**

**Water is a natural appetite suppressant**

When the stomach senses that it is full, it sends signals to the brain to stop eating.

Water can help to take up space in the stomach, leading to a feeling of fullness and reducing hunger. A person may also think that they are hungry when they are actually thirsty. Drinking a glass of water before reaching for something to eat can help to curb unnecessary snacking..[See more here](#)

# How to Create an Initial Healthy Base: 10 Steps to Consider

**4. Walk when you can and try to accumulate 20 to 30 minutes throughout the day ( a minute here and there works)**

**You can split it up into several bouts.**

**One of the best things you can do for your body is walk. See our aerobics page**

## **PERFORMANCE 101: What is the Right Amount of Exercise**



### **General Exercise Guidelines for Fitness**

**Aerobic Suggestions:** 150 minutes of moderate or 75 minutes of vigorous aerobic activity every week. Suggestion: 20-30-minute workout sessions five to seven days a week ( see our [aerobics page](#) for more info ).

**Muscle-strengthening:** 2 days a week ( [see our muscular ability page for more info](#) ).

Yoga, TaiChi, and stretching routines have also been shown to be helpful in as little as 10 minutes ( see our [mobility and stretching](#) and [functional/movement](#) pages for more info ).

**Aerobic activity that is higher intensity seems to have the most bang.** High Intensity Interval Training (HIIT) is an exercise session of moderate to high intensity exercise periods. It is all relative. Can be done with all forms of exercise, even walking. It is just the matter of picking up the pace.

**Multiple Sessions** two or more 5- to 15-sessions can help combat stress throughout the day.

### **BOTTOMLINE:**

Most types of exercise and Daily Activities (gardening) can decrease your stress. Using Variety and Do what you Enjoy are Keys to Continued Success  
Just 10 minutes has been shown to be beneficial

### **To maximize the benefits:**

Work out with a friend or in a group to reap the added benefit of social support.

Excessive exercise may not have a positive effect impact on long-term mental health (see ADAA). Stay within the current physical activity guideline.

**There is a sweet spot:** 45 minutes, 2-6 hours per week, 3-5 x a week



**Current Recommendations**

**TOO MUCH EXERCISE  
IS NOT GOOD**

**There is a sweet spot:  
45 minutes, 2-6 hours  
per week, 3-5 x a week**

# ○ How to Create an Initial Healthy Base: 10 Steps to Consider **body is walk.**

**Great for Pain Reduction:** The natural inclination of many is to think that movement, including walking, will worsen pain. The opposite is actually true. When you do not move your joints and use your muscles, pain often becomes worse. Gentle exercise like walking can help alleviate pain.

**Less Stiff Joints:** Lack of exercise actually can make your joints even more painful and stiff. That's because keeping your muscles and surrounding tissue strong is crucial to maintaining support for your bones. Not walking and exercising weakens those supporting muscles, creating more stress on your joints.

**Walking is Part of all my Joint Health Care Programs. Got a sore back I say walk, sore neck, I say Walk, sore shoulder I say walk, etc.**

How to Create an Initial Healthy Base: 10 Steps to Consider  
**5. Do several flights of stair a day ( to get you heart pumping faster ) or try to speed it up at points when walking. **STEP IT UP - GET VIGOROUS****

**In other words get out of breath during exercise 3 or more x a week for 20 to 30 seconds for one or more sets.**

**This is a simple form of HIIT.**

**HIIT = High Intensity Interval Training.**

**Walking and other forms of Moderate Exercise is good for your Health, but HIIT increases your aerobic ability and heart function to a greater degree.**



**Why do vigorous exercise?**

It is one way to increase your calorie burn, improve your heart health, improve mood, and boost your metabolism ( [read more](#) ). See the benefits and concerns of interval training at [Interval Training Benefits and Downsides](#).



## **High Intensity and Mental Health**

A recent 2020 study comparing moderate to high intensity aerobic exercise found high intensity was twice as effective in improving generalized anxiety disorder measure.

**Bottomline: Move, more or less and hard or light because when it comes to some mental health studies point to the effectiveness of everything from tai chi to high-intensity interval training.**

[See Our Exercise and Mental Health Page](#)

# Test Yourself

## STEP IT UP - GET VIGOROUS

Performance on exercise test predicts risk of death from cardiovascular disease and cancer

Test Yourself: Stair climbing test predicts the risk of death from cardiovascular disease, cancer, and other causes. Good performance on the test equates to climbing three floors of stairs very fast, or four floors fast, without stopping.

If a person can walk very fast up three floors of stairs without stopping, or fast up four floors in about **45-55 seconds** without stopping, they have good functional capacity. If not, it is an indicator that they need more exercise.

A flight of stairs for our purpose is 12-15 steps.

Do not start a program without getting cleared to exercise by going over a PAR Q ([see PAR Q](#)).

**BUILD YOUR STAIR  
CLIMBING POWER  
WITH STEP-UPS**



**Train Using a Step:** Step up and down Off a bottom step 8” for 30 to 90 seconds for one or more sets.

How to Create an Initial Healthy Base: 10 Steps to Consider  
**6. Try to stand every 20 minutes and reach for the sky and lean back for good joint health ( [see our article](#) ). Changing your posture and standing regularly not only is good for your joint health it increases your productivity. **STAND UP AND REACH FOR THE SKY****

**Stand Up for Productivity and Good Back Health every 20 minutes for 10-20 seconds**

- Current research indicates that the ability to vary working postures throughout the day in a well-designed workplace coupled with tailored breaks and exercise can reduce back and other pains by more than 80%. In one study individuals who did not alter their position (non-standers) took an average of 47% more breaks throughout the day and they were 56% longer. Some guidelines suggest performing exercise breaks while seated, and some even go as far as to suggest flexing the torso in a stretch. This can be dangerous! A rest break must consist of the opposite activity to reduce the imposed stressors. A recommended break involves standing from the chair and maintaining a relaxed standing posture for 10 to 20 seconds.

The best strategy is to raise arms over your head (see figure a-c) and then push the hands upward to the ceiling and then take a deep breath. By inhaling deeply, one will find that the low back is fully extended. Try to find opportunities for standing like this in your day.



Know Your Joints  
Muscle and Joint Care  
Suggestions



# Your Next Posture is Your Best Posture

If you work in an office or at a desk, no matter what position you are in (seated or standing) there will be some stress occurring on various structures. Changing your posture allows the stresses on those structures to be intermittent.

**Standing Desks: Experts recommend that you switch to an adjustable standing desk and shoot to stand for at least half of your workday. This might be too much for some so I suggest shoot for 25% of your day. Standing all the time is not recommended. ( See article )**

**Do You use a Standing Desk? Are they a great Health Hack? Sales of standing desks have soared in recent years; in many cases their sales have far outpaced those of conventional desks, but do they work. I personally like them.**

**Some say that sitting is the new smoking. They also suggest that sitting at your desk for eight hours (or more) per day will put body weight on you and that it puts recurring pressure on the base of your spine, leading to long-term issues, like chronic back pain and, in extreme cases, herniated disks. It does make sense but is it true.**

**You would think that standing all day would burn more calories. Unfortunately a study found that standing for 3 hours burned 24 more calories than if someone was seated during that time [Journal of Physical Activity and Health](#). [WebMed](#) suggest that standing burns 60+ more calories per hour but they do not list the study. So until I see more studies I suggest that standing will not really help you lose weight, but there are other important health benefits. Studies suggest that after a meal blood sugar and lipid levels return to normal faster on days a person spends more time standing. Other studies suggest that standing more than sitting may reduce the risk of shoulder and back pain. Unfortunately rigorous studies of standing desks have not yet been performed. Interestingly, a study of call center employees with standing desks were 45% more productive on a daily basis than employees who sat during their shift according to [WebMed](#).**

**The real health impact of a standing desk is not certain. Like other health changes ease into it slowly because there could be side effects like sore feet, loss of concentration, and even back pain which studies show in th long run can improve from standing. Experts recommend that you switch to an adjustable standing desk and shoot to stand for at least half of your workday. This might be too much for some so I suggest shoot for 25% of your day. Standing all the time is not recommended.**

**DO YOU/CAN YOU  
DO THIS?  
SHORT WELLNESS  
SELF-CHECKS**

The Right Way to Stand  
Best way to use a standing desk is to stand for a while, sit, then stand again. Do this several times throughout the day. To start, stand for just 30 minutes at a time, a few times a day.

Make sure you are properly aligned. Your head, neck, and spine should be in a straight line when you stand. And your elbows should form a 90-degree angle when your wrists are flat on the desk. Put your computer monitor at eye level. Wear comfortable shoes with no heel or a low one. Stand on a cushioned mat for more support. Make sure you do not lock your knees. You can put one foot up on a stool at times. As always there is no best posture, but this is probably better than most. Rather your next posture is your best posture :)

**STAND UP  
Throughout  
the Day  
25 to 75%,  
not 100 % of  
the time**





**Lipase  
enzyme is  
turned on  
while  
standing fat  
goes into  
muscle.**



**SITTING  
DOWN**

**STANDING  
UP**

**Some studies suggest that the rate of heart disease and diabetes **doubled or triple** in those who sit a lot.**

# 7. Eat a Rainbow :) Try to get at least 3 servings of leafy greens a day and 1-3 servings of fruit ( see our article )

## According Harvard Health adding color to your meals will help you live a longer, healthier life by protecting your immune system ( See article )

DO YOU/CAN YOU DO THIS? SHORT WELLNESS SELF-CHECKS

**Do You Eat Colorful Foods? Rephrase: Do You Eat Colorful Natural Foods? Leafy Greens DO NOT Count :)**



## Eat a Rainbow

**The most vibrantly colored fruits and vegetables are the richest in vitamins, minerals, fiber and antioxidants.** Fruits and vegetables get their coloration from phytochemicals, natural bioactive compounds which, in addition to giving many fruits and veggies their eye-catching hues, also promote good health. They protect the plant from threats in their natural environment such as disease and excessive sun. According Harvard Health adding color to your meals will help you live a longer, healthier life by protecting your immune system. They go on to suggest when humans eat plant foods, phytonutrients protect us from chronic diseases. Epidemiological research (population studies) suggests that food patterns that include fruits and vegetables are associated with a reduced risk of many chronic diseases, including cardiovascular disease, and may be protective against certain types of cancers.

**DO NOT PEEL. NO COLOR IS SUPERIOR. Try to eat two at a time 3 x a day. Frozen counts and are just as nutritious as fresh. Canned is acceptable as long as no added sugar and salt. Instead of just salads try vegetable soups or stirfrys.**

According to Harvard Health and the Mayo Clinic each color provides various health benefits and no one color is superior to another, which is why a balance of all colors is most important. Getting the most phytonutrients also means eating the colorful skins, the richest sources of the phytonutrients, along with the paler flesh. Try to avoid peeling foods like apples, peaches and eggplant, lest you lose their most concentrated source of beneficial chemicals.

The American Cancer Society recommends 2 1/2 cups per day of fruits and vegetables. US Dietary Guidelines recommend consuming even more: 2 1/2 cups of vegetables and 2 cups of fruit, based on a 2,000-calorie diet.

**GET YOUR COLORS - Each color has benefits** From Harvard Health

**Red:** Rich in the carotenoid lycopene, a potent scavenger of gene-damaging free radicals - protect against prostate cancer as well as heart and lung disease.

**Found in:** strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, red onions

**Orange and yellow:** Provide beta carotene, which supports intracellular communication and may help prevent heart disease.

**Found in:** carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut, acorn), peaches, cantaloupe, corn

**Green:** These foods are rich in cancer-blocking chemicals, which inhibit the action of carcinogens (**Found in:** spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi fruit, collard greens, green tea, green herbs (mint, rosemary, sage, thyme, and basil))

**Blue and purple:** Have powerful antioxidants called anthocyanins believed to delay cellular aging and help the heart by blocking the formation of blood clots.

**Found in:** blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, purple cabbage

**White and brown:** The onion family contains allicin, which has anti-tumor properties. Other foods in this group contain antioxidant flavonoids like quercetin and kaempferol.

**Found in:** onions, cauliflower, garlic, leeks, parsnips, daikon radish, mushrooms



# How to Create an Initial Healthy Base: 10 Steps to Consider

## 8. Use Olive Oil or other Healthy Oils (canola, peanut) or Healthy Fats (nuts) with some meals ( [see our article](#) ). One of the reasons why the Mediterranean Eating Plan is considered the best overall diet US News.

### Eat Healthy Fats with your Veggies

#### Say Yes to Oil, Nuts, or Light or Full Fat Dressings, but in moderation, with your Veggies

A published by the American Journal of Clinical Nutrition shows that Dietary fat is necessary for the absorption of nutrients from fruits and vegetables. Salads with fat-free salad dressing absorbed far less of the helpful phytonutrients and vitamins from spinach, lettuce, tomatoes and carrots than those who consumed their salads with a salad dressing containing fat.

#### **Bigger Nutritional Principle**

Beta carotene, Vitamin D, and Vitamin E as well as other fat soluble vitamins are nutrients that require fat in order to be absorbed and used by the human body. Your body need dietary fat, **Nonfat and very low fat diets are not nutritious and can be harmful.** The dietary reference intake (DRI) for fat in adults is 20% to 35% (or more) of total calories from fat. That is about 44 grams to 77 grams of fat per day if you eat 2,000 calories a day. **Remember: Twenty percent would be around 4 tbs of oil. Remember fats are concentrated calories.**



**We need dietary fat.**

It doesn't take much fat. Eating just 5 or 10 nuts or one-fourth of an avocado or 1 tsp of oil (**TEASPOON not TABLESPOON, 1/3 of the size of a ping pong ball**), provides plenty of fat for transporting these nutrients and aiding their absorption. Choose foods with “good” unsaturated fats, limit foods high in saturated fat, and avoid “bad” trans fat. “Good” unsaturated fats — Monounsaturated and polyunsaturated fats — lower disease risk. Foods high in good fats include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish.

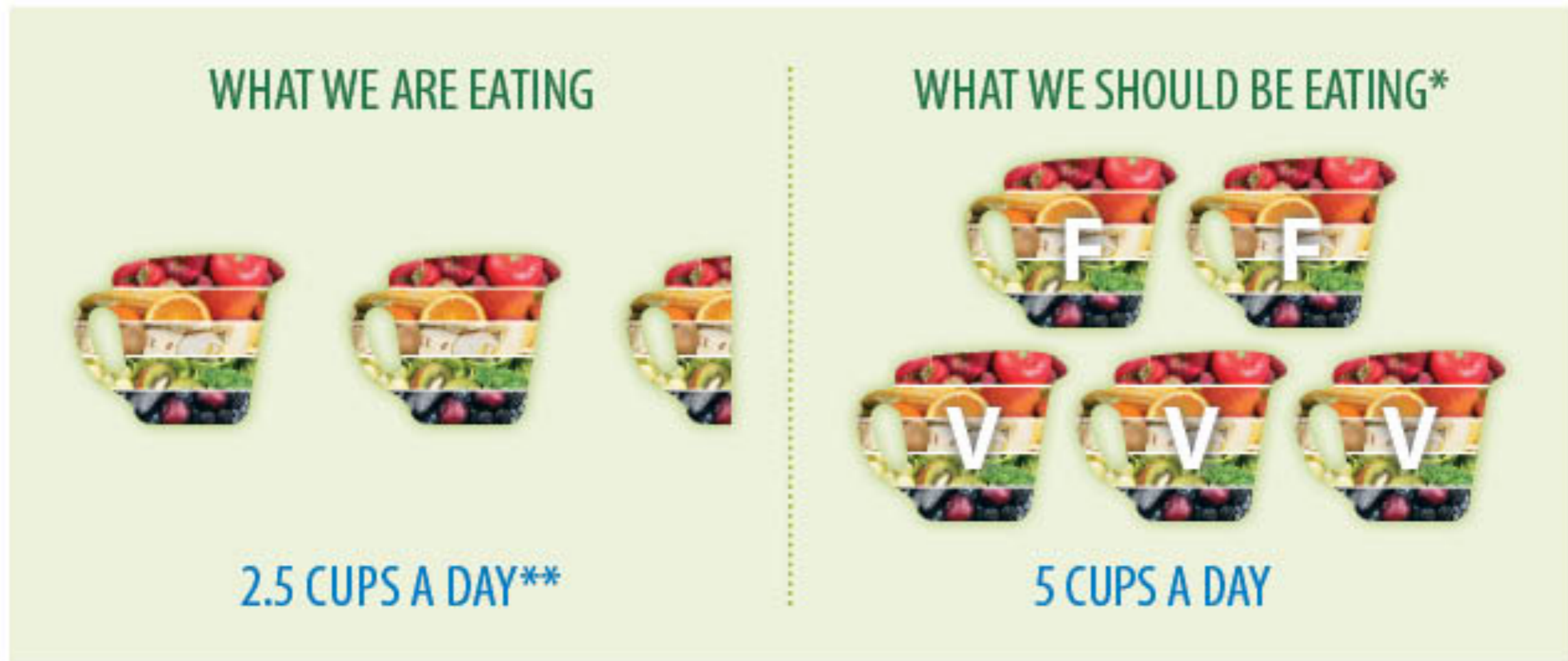
Dietary fat is necessary for the absorption of nutrients from fruits and vegetables. **Olive oil** is a **major** component of the Mediterranean diet. It is rich in antioxidants.

Good sources of monounsaturated fats are olive oil, peanut oil, canola oil, avocados, and most nuts, as well as high-oleic safflower and sunflower oils. Fatty Fish and Avocados also contain Healthy Fat. [See More Here.](#)

# BE HONEST WITH YOURSELF HOW MUCH DO YOU EAT?

WHAT WE ARE EATING AND WHAT WE SHOULD BE EATING.

SOME ESTIMATES HAVE US EATING MUCH LESS THAN 2.5 CUPS.



OTHER ESTIMATES HAVE US EATING MUCH LESS THAN 1 CUP WHEN YOU CUT OUT JUICE

# What Does a Day of Fruits and Vegetables Look Like?



The USDA's Dietary Guidelines recommend adults eat anywhere from **5 to 13 servings** of fruits and vegetables per day depending on age, gender, physical activity, and overall health.

What is a Serving of Veggies and Fruit (USDA)  
One serving is defined as **1 cup of raw leafy vegetables, 1/2 cup of cooked or chopped raw vegetables, or 3/4 cup of vegetable juice.**

A serving of fruit is equal to **1 cup of raw, cooked fruit; 1 cup of 100% fruit juice (higher in calories than whole fruit); or 1/2 cup dried fruit.**

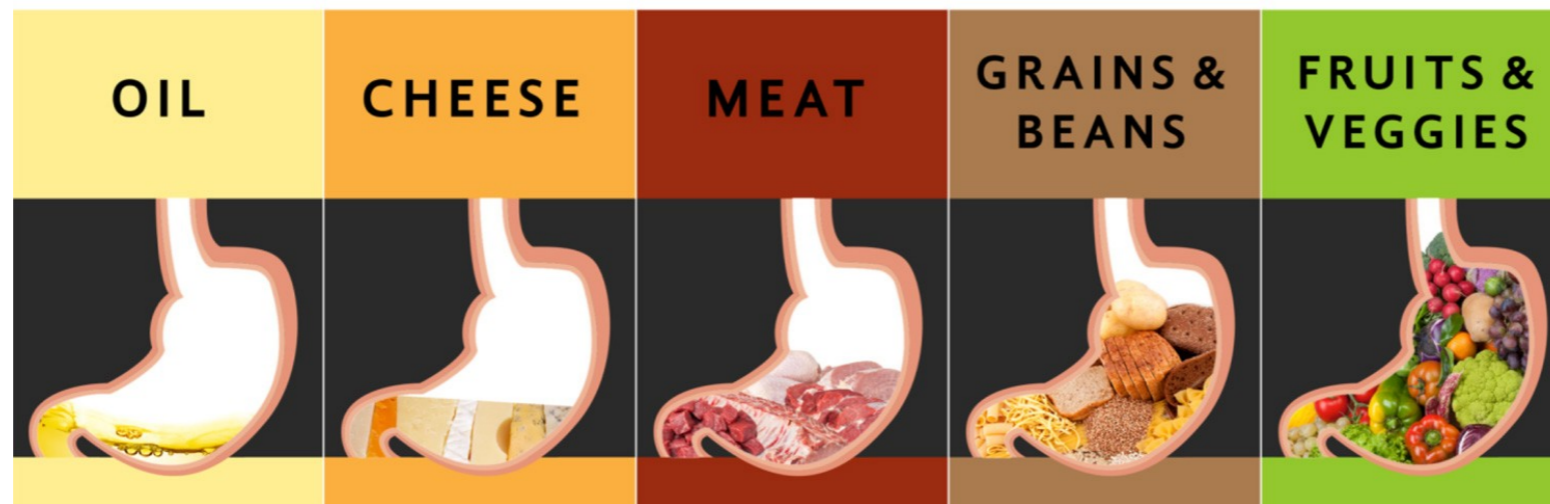
RECENT Dietary Guidelines for Americans recommends that people needing 2,000 calories per day include **2 cups of fruit and 2.5-3 cups of vegetables** in their daily diets. USDA food consumption surveys find that the average American falls far short—consuming only **0.9 cups of fruit and 1.4 cups** of vegetables per day ([See more](#) )

**Not Sold on Veggies and Fruit -You will be if you know they effect how you look.**

**May Help Weight Loss**

**Common Thread when I work with People on a Fat Loss Program is their lack of Fruits and Veggies in their diets**

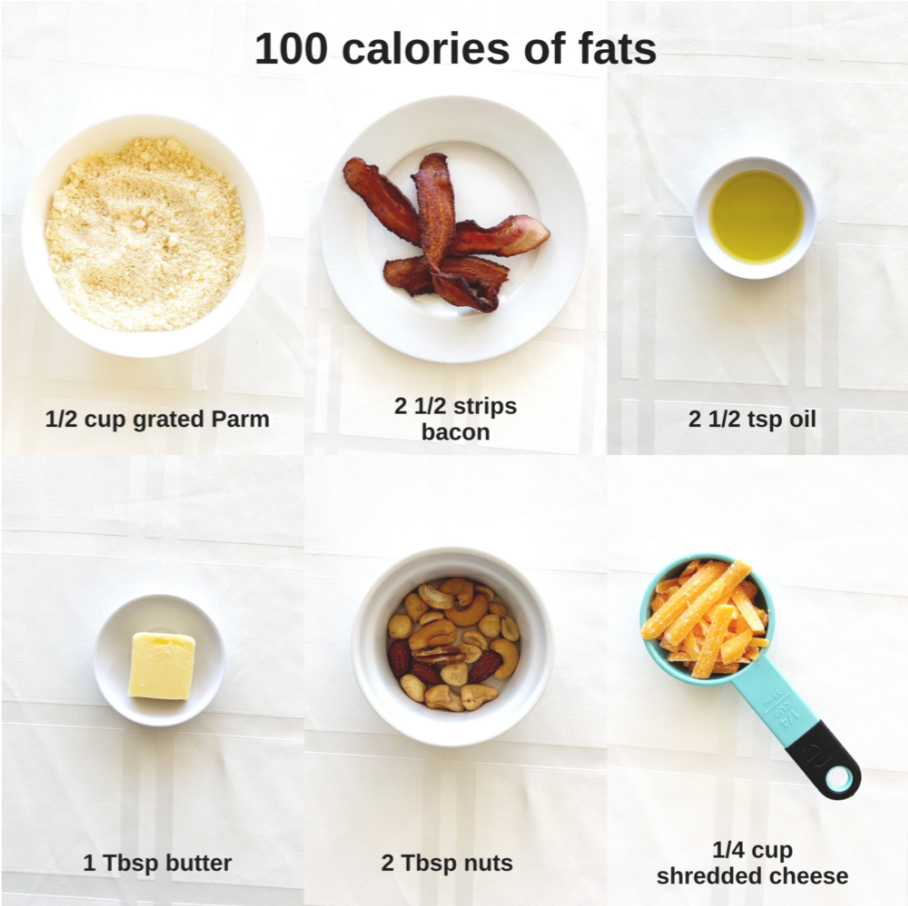
## WHAT 500 CALORIES LOOKS LIKE



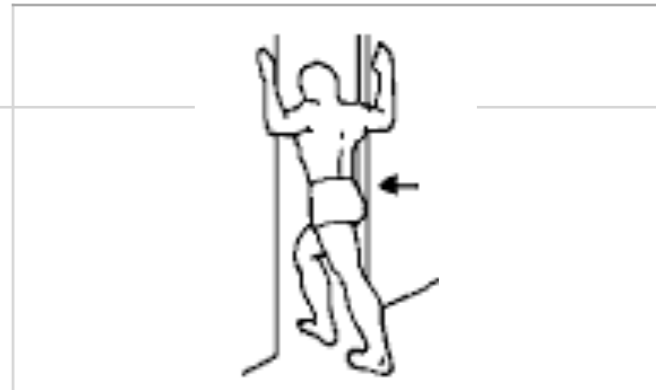
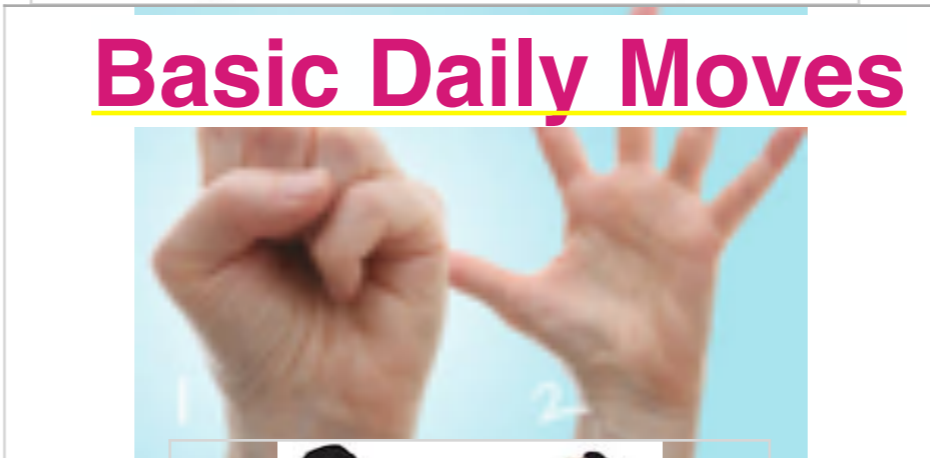
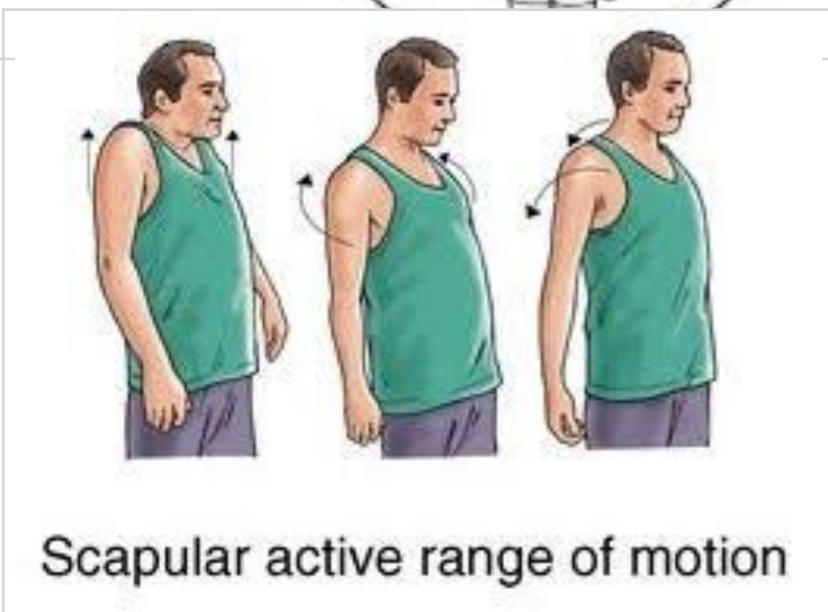
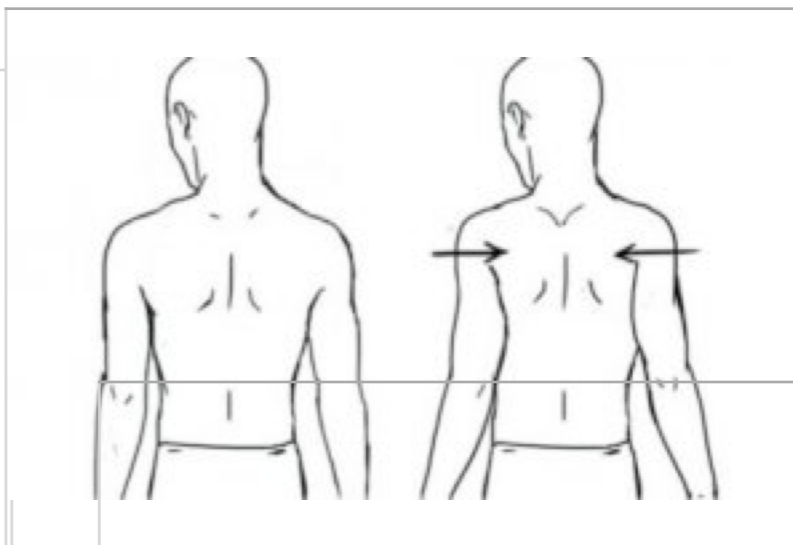
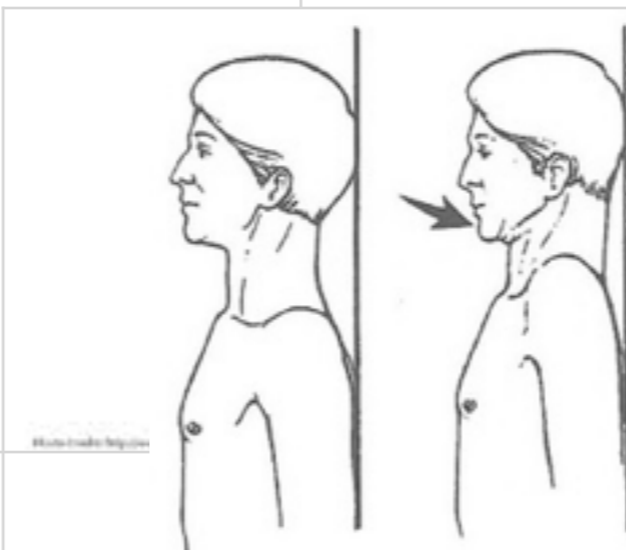
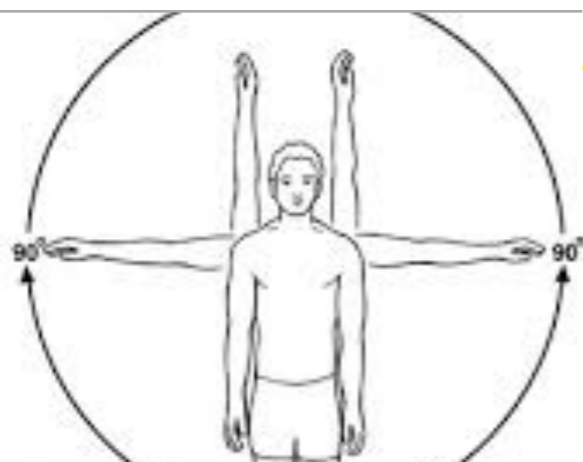
**Limit but do not disallow Starchy Vegetables**

Researchers found that while eating more fruit and vegetables overall can promote weight loss, study participants who ate more starchy vegetables, such as potatoes, corn, and peas, tended to gain weight. Those who ate more non-starchy vegetables and fruits—which are higher in fiber and lower in carbohydrates—such as string beans, green leafy vegetables, apples, or pears lost weight. Researchers say that compared to starchy vegetables, these non-starchy foods have lower glycemic loads, producing smaller and fewer blood sugar spikes after they are consumed, which may reduce hunger.

Remember fats are dense with calories. It doesn't take much fat. Eating just 5 or 10 nuts or one-fourth of an avocado or 1 tsp of oil (TEASPOON not TABLESPOON, 1/3 of the size of a ping pong ball), provides plenty of fat for transporting these nutrients and aiding their absorption.

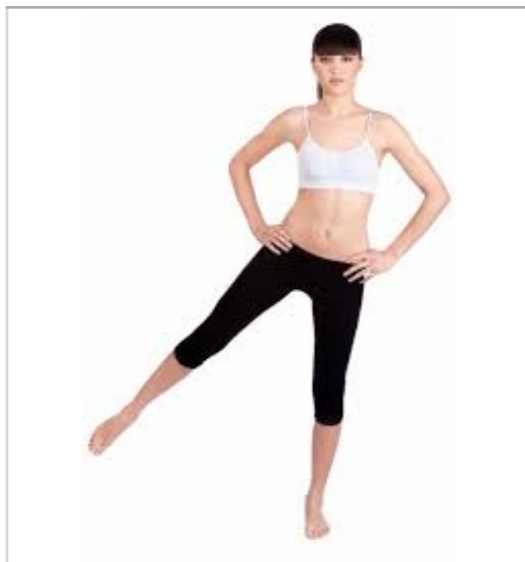
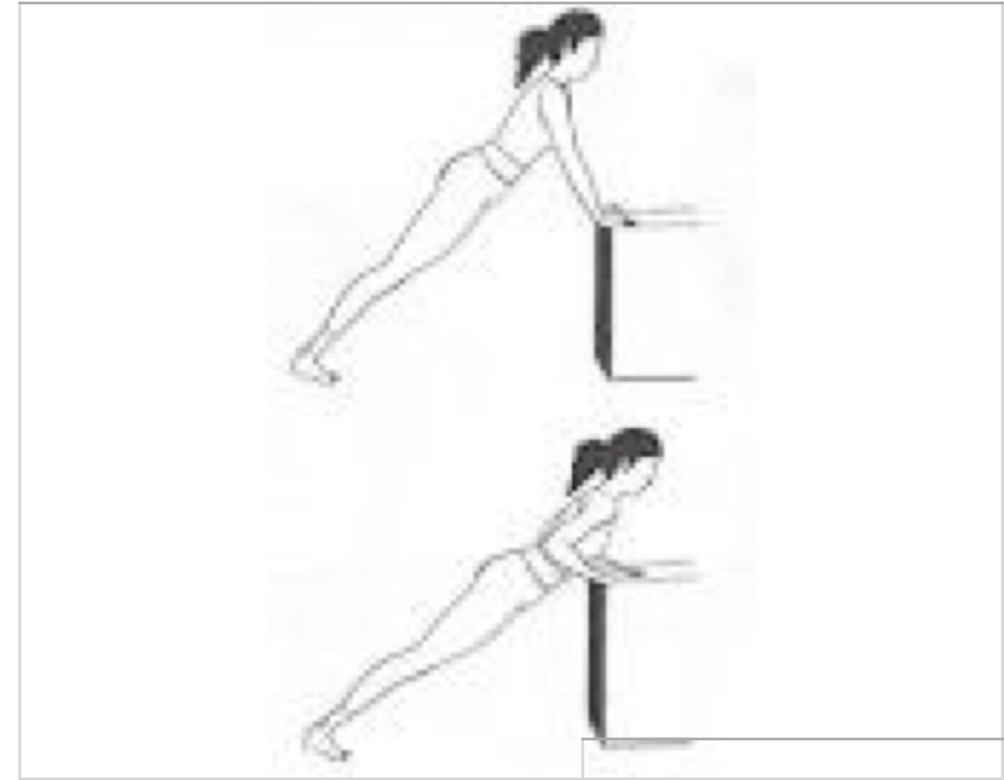


9. Try to do some [Basic Daily Moves-SEE LINK](#) or follow our [Simple Fitness Program-SEE LINK](#) because Motion is Lotion or come to us to have a Foundation Assessment and Program built for you.





# Simple Fitness Program-see link





## Know Yourself by Testing Yourself

**Test Yourself:** Ability to get up from a chair

How many squats can you accomplish onto a standard chair in 30 seconds with good form?

**Healthy men > 19 and women > 17 in 30 seconds is a desirable level.** If >59 years old >15 is acceptable. If 65-69 > 11 is acceptable. (See more here)

One of the Tests in the I am Healthy Fit Program



Adequate leg power is required for many activities of daily living.

Do not start a program without getting cleared to exercise by going over a PAR Q (see PAR Q).

# Know Yourself by Testing Yourself

**Test Yourself: How many arm curls can you do in 30 seconds? A male should be able to do >22 reps with a 8 pound weight, while a female should be able to do 19 with a five pound weight. A >59 year old male should be able to do >12 reps with a 8 pound weight, while a female should be able to do 10 with a five pound weight.**

One of the  
Tests in the  
I am  
Healthy Fit  
Program



**Adequate arm strength is required for many activities of daily living.**

Do not start a program without getting cleared to exercise by going over a PAR Q ([see PAR Q](#)).

**We are Big on Restorative Motions**

**Change your LIFE with Motions**

**We Always Say Good Motion is Lotion**

Why Restorative Movements? Life stresses our  
Body.

These postures and motions restore it. [See](#)  
[Website and Video](#)

**Body is meant to Move**

**Joints get nourishment from Motion**

**“If you don’t use it, you’ll lose it” applies to joint/muscle function.**

**Your Joint Likes Kind Motion**

# How to Create an Initial Healthy Base: 10 Steps to Consider

**10. Meditate for 1 to 5 minutes through mindful breathing, prayer, visualization, or whatever form you choose (see our Relaxation Program).**

## **MINDFULNESS REALLY WORKS**

**Take time for yourself. ...Great time to practice Mindful Breathing**

**How to Meditate (adapted from mindful.org)**

- 1) Take a seat and close your eyes if you like. Find place to sit that feels calm and quiet to you.
- 2) Set a time limit. ...Few minutes
- 3) Notice your body. ...Let all the tension in your muscles sink to the floor
- 4) Feel your breath. ...Follow the sensation. ...Through the nose, using the belly. ...Focus on each breath. ...Maybe say word on each expiration. ...The number one or the color blue are examples. ...Through your nose and out your mouth
- 5) Notice when your mind has wandered. ... Bring Yourself back to your Breath
- 6) Be kind to your wandering mind. ...No Stress. ...No worries
- 7) Open your eyes and notice how your body feels and notice your environment. ...  
Being mindful

**That's it! That's the practice.** You focus your attention, your mind wanders, you bring it back, and you try to do it as kindly as possible (as many times as you need to).

# How to Create an Initial Healthy Base: 10 Steps to Consider

## A 10 minute Nap is sometimes a good thing ( [see our article](#) ). Both Meditating and Napping have you taking time for yourself.

### DO YOU/CAN YOU DO THIS? SHORT WELLNESS SELF- CHECKS

#### Do You Do Naps?

##### KEEP IT UNDER ONE HOUR

The research is all over the place when it comes to napping. Generally speaking if naps are kept between 30 to 60 minutes there are more benefits than risk. A recent study though finds that over 60 minutes may be not so great, but that is only in cases where people get less than 6 hours of sleep a night. The study, which was presented at European Society of Cardiology Congress, found that long naps (more than 60 minutes) were associated with a 30% higher risk of all-cause death and 34% increase in the likelihood of cardiovascular disease compared to no napping. Other research on the link between naps and negative health effects has produced conflicting results. A recent study found that people who napped once or twice a week almost halved their risk of a heart attack or stroke, compared to people who didn't nap. But another study showed the naps that were longer than 90 minutes were 85 per cent more likely to later have a stroke than moderate nappers. According to the Sleep Foundation in older adults, certain adverse health effects have been associated with very long, mid-day naps (more than an hour in duration). The foundation suggests that researchers have linked long naps with an increased risk for diabetes, heart disease, and depression. This may be because long midday naps in adults is a signal that nighttime sleep is of poor quality. More research is needed to understand how taking long naps and sleeping longer hours at night effects your health, but in my opinion if you are going to nap keep it under one hour.

According to the Sleep Foundation Naps lasting 10 to 20 minutes are considered the ideal length. They are sometimes referred to as “power naps” because they provide recovery benefits without leaving the napper feeling sleepy afterward or getting an ill effects from long Naps over 1 hour.

##### BENEFITS OF A SHORT NAP

According to a 2009 report by the Pew Research Center, a third of U.S. adults nap on any given day. **According to WebMed a short nap in the mid-afternoon can boost memory, improve job performance, lift your mood, make you more alert, and ease stress.** Studies have shown that sleep plays an important role in storing memories. A nap can help you remember things learned earlier in the day as much as a full night's sleep. It could help your brain draw connections between things you find out. It helps with making you more consistent. It can also lift your spirits. A nap as short as 10 minutes can be beneficial, but some suggest keeping your nap to 30 minutes or less so you don't have grogginess, which some called called sleep inertia, which makes hard to transition back to wakefulness. Some studies suggest that compared to caffeine, napping can bring better memory and learning. If you're under a lot of pressure, a short nap can release stress and improve your immune health. A nap can also help your body recover from pressure-filled situations. Studies in older people show a 30-minute nap between 1 p.m. and 3 p.m. combined with moderate exercise, like a walk and stretching in the evening, helps improve nighttime sleep. Naps are critical for learning and development in children. Children who nap regularly are better able to recall things they learned. Naps only improve certain types of learning when the person takes them regularly

**Solving problems before they happen.**

I ♥  
NAPS

## **Bottomline:**

**Fight the 3 Ds-disability, disease, death**

**Move it!**

**Strengthen it Up!**

**Eat Right!**

**Restore (Mindfulness and Sleep)!**

**KEEP IT SAFE, SIMPLE, SUSTAINABLE**



# We are here to help in person and on-line

## Appointments

To make an in person or on-line appointment with

Jen Morin go to this [link](#)

Chris Morin go to this [link](#)

## Classes

### Zoom Classes

See list of classes here at this link.

**GO TO**

Zoom Class Link Meeting Room

Meeting ID: 826 656 9232

Passcode: UJ6f2t

# Where to Start: Test Yourself to Understand Where You Stand: See our Program. Start with the [I am Healthy Fit](#) Program [see link](#) [Part of our I am Fit Program.](#)



It is a Series of Simple Questions and Tests

**I AM FIT PROGRAM**  
**A PROGRAM FOR EVERY BODY NEW 2022**  
**FROM THOSE LOOKING TO GET HEALTHY TO THOSE LOOKING TO GET EXTREMELY FIT**  
**NEW TESTS AND AWARDS FOR 2022**  
**Get Healthy and Fit !**  
**Most people want to get Healthy and Fit, but what is that? [See More Here](#)**

Our Self-Directed Programs will help you understand where you stand in terms of your health & fitness. It is designed to educate and motivate you towards well defined goals and then get awarded ([see awards](#)) and recognized ([only if you authorize](#)) when you achieve those goals.



I am Healthy Testing Procedures		
I am Healthy Modules	Test	The Simple Why?
Waist circumference	If you have a desirable waist measure place a check (X) in the checkbox. Acceptable values are less than 40 and 35" for men and women and less than 35 and 31.5" for Asian men and women, respectively.	A smaller waist has been proven to be an indicator of good health. We will give you your own tape measure. When measuring stand and place a tape measure around your middle, across your navel at the maximal protrusion. Make sure tape is horizontal around the waist. Keep the tape snug around the waist, but not compressing the skin. Measure your waist just after you breathe out. Do not suck in.
Blood Pressure	Do you have blood pressure that is below 130 systolic and 90 diastolic (even through medication)? If you do place a check (X) in the checkbox. If >59 years old below 150 systolic and 90 diastolic is acceptable.	Normal blood pressure is less than 120 over 80 (120/80). People whose blood pressure is above the normal range should ask their doctor how to lower it.
Heart Rate	Do you have resting heart rate of 70 or below after a restful period (night sleep) (even through medication)? If you do place a check (X) in the checkbox. If >59 years old a rate of 75 or below is acceptable.	Generally, a lower resting heart rate indicates a higher level of cardiovascular fitness. Harvard Health suggests if your resting heart rate is consistently above 80 beats per minute, you might want to talk to your doctor about how your heart rate and other personal factors influence your risk for cardiovascular disease.
Lipids (LDLs, HDLs, and Triglycerides)	Do you have desirable lipid levels (even through medication)? If you do place a check (X) in the checkbox. If you do not know your numbers then see Health Services.	High levels of LDL cholesterol raise your risk for heart disease and stroke. High levels of HDL (high-density lipoprotein or "good" cholesterol) can lower your risk for heart disease and stroke. Extremely high triglycerides can also cause acute inflammation of the pancreas (pancreatitis). High triglycerides can also be a sign of Metabolic syndrome is a condition when high blood pressure, obesity and high blood sugar occur together, increasing your risk of heart disease.
	Do you have desirable A1C	

# Summary List

**NEW TO FITNESS? WHERE TO START? Take it one step at a time.** Rome was not built in a day. So take the attitude of making small changes that you can and build on. If you start walking on a regular basis you might ask how can I feel stronger doing this. That is when we would introduce some simple strengthening. Or say you started eating basic iceberg salads on a regular basis and one day you said how can I make this healthier. That is when we would add leafy greens like baby spinach and spring mix or to make it more interesting by adding vegetables like carrots, peppers, onions, beets, cucumber etc. **Good habits tend to build on each other. Create a foundation of basic and simple healthy habits and away you will go. You will always have that initial base to support you.**

How to Create an Initial Healthy Base:

- 1. Learn to Breathe Right ( see our articles: [nose breathing](#) and [belly breathing](#) ) through your nose using your abdomen.**
- 2. Try to get Seven Hours of Sleep a Day ( [see our article](#) )**
- 3. Drink several servings of Water Daily ( [see our article](#) )**
- 4. Walk when you can and try to accumulate 20 to 30 minutes throughout the day ( a minute here and there )**
- 5. Do several flights of stair a day ( to get you heart pumping faster )**
- 6. Try to stand every 20 minutes and reach for the sky and lean back for good joint health ( [see our article](#) )**
- 7. Eat a Rainbow :) Try to get at least 3 servings of veggies a day and 1-3 servings of fruit ( [see our article](#) )**
- 8. Use Olive Oil or other Healthy Oils or Fats with some meals ( [see our article](#) )**
- 9. Try to do some [Basic Daily Moves](#) or follow our [Simple Fitness Program](#) because Motion is Lotion or come to us to have a Foundation Assessment and Program built for you.**
- 10. Meditate for 1 to 5 minutes through mindful breathing, prayer, visualization, or whatever form you choose ( [see our Relaxation Program](#) ). A 10 minute Nap is sometimes a good thing ( [see our article](#) ). Both have you taking time for yourself.**