

|    |   | Healthy 10 Challenge Recommendations Checklist  | The Simple Why?  |
|----|---|---|--|
| 1  | Try to Drink Several Glasses of Water a Day and Consume Less Caloric Drinks (Sugary and Alcoholic)  | <b>TRY TO HAVE A FEW GLASSES OF WATER DAILY AND TRY TO DRINK NO CALORIC DRINKS (ALCOHOL, SUGARY DRINKS).</b>  | Staying hydrated is essential for our overall health and wellness, especially for your heart and kidneys. Drinking water does more than just quench your thirst — it's essential to keeping your body functioning properly and feeling healthy. There is a wide discrepancy with recommended amounts of water but most recommendations point to greater than six, 8 ounce servings a day as an acceptable amount. Soda and juice are not desirable and does not count as water. Alcohol is a tricky health topic. If you do drink, drink moderately. That means up to one drink a day for women and up to two drinks a day for men. New guidelines from the DGA suggest only 1 for men ( <a href="#">DGA-Dietary Guidelines for Americans 2020-2025</a> ). Alcohol intake may be a risk factor for obesity in some individuals. Sugary beverages, like soda, and even juice, are loaded with calories and do not help with satiety. Sugary beverages are the single largest source of calories and added sugar in the U.S. diet ( <a href="#">link</a> ). People who drink sugary beverages do not feel as full as if they had eaten the same calories from solid food, and research indicates they also don't compensate for the high caloric content of these beverages by eating less food. |
| 2  | Try to have a few servings of Vegetables and Fruits a Day   | <b>TRY TO HAVE 3 OR MORE CUPS OF VEGGIES AND FRUIT COMBINED A DAY.</b>  | A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check.  |
| 3  | Try to Limit these type of Foods: Foods with a lot of Added Sugars, Ultra processed Foods, and Fast Foods   | <b>TRY TO LIMIT ADDED SUGAR AND HIGHLY PROCESSED FOODS</b>  | Many experts believe that sugar consumption is a major cause of obesity and many chronic diseases, such as type 2 diabetes. Foods that have a-lot of added sugars are those that exceed 3 grams per serving. The AHA recommends that women limit their added sugar intake to no more than 6 teaspoons (25 grams) per day, and men limit their intake to 9 teaspoons (38 grams) per day. Ultra Processed foods and many fast foods are suggested to be a contributor to the obesity epidemic and rising prevalence of chronic diseases like heart disease and diabetes. <u>WHAT ARE THEY</u>  |
| 4  | Try to Eat Mindfully while also Understanding Your Portions   | <b>TRY TO EAT MINDFULLY AND EAT REASONABLE PORTIONS</b>   | Mindful eating involves paying full attention to the experience of eating, savoring each bite without distraction, and being aware of hunger and fullness cues to foster a healthier relationship with food. According to <a href="#">Eat Smart</a> portion control so important? Whether you want to lose a few pounds or just maintain a healthy weight, eating proper portions is as important as eating the right foods. A portion is the total amount of food that you eat in one setting. A serving size is the recommended amount of one particular food. Most sources support the claim that we will almost always eat more if we are offered larger portions. Portion control is important because it allows for you to have a tight handle on how many calories you are presumably taking in. This means eating what your body needs instead of mindlessly overindulging   |
| 5  | Try to Practice Mindful Breathing: Breathe deeply and slowly, engaging your diaphragm, through your nose, allowing for a full and controlled exhalation.  | <b>PRACTICE PROPER MINDFUL BREATHING. A GOOD PRACTICE IS TO BREATHE THROUGH THE NOSE AND INTO THE BELLY, HOLD BRIEFLY, AND THEN LET OUT SLOWLY (PROPER BREATHING).</b>  | Mindful belly breathing is beneficial for stress reduction, improved oxygenation, lowered heart rate and blood pressure, enhanced focus, better digestion, improved sleep, emotional regulation, and pain management.  |
| 6  | Try to Move more with Purpose (10 minutes a day) and/or try to get your heart elevated with a short micro HIIT session (see " <a href="#">Step It</a> " and " <a href="#">HIIT It</a> ")                  | <b>TRY TO MOVE MORE. TRY TO MOVE 10 MINUTES A DAY ESPECIALLY WITH <u>POWER WALKING OR SHORT MICRO HIIT SESSIONS</u></b>   | Walking, especially Power Walking, is one of the best things you can do for your body. This is where walking is done with purpose with strong arm motions and legs driven from the buttock muscles. Micro HIIT sessions are time-efficient and can offer similar or even better cardiovascular benefits compared to longer, low-level activities. Studies have found a link between exercising and a reduction in the risk of early death.   |
| 7  | Try to Practice Good Posture, while also Trying to Stand more. Try to do one or more more simple " <a href="#">Strike It</a> " poses daily.   | <b>Try to Stand Up Often and Move In and out of different Postures. Try to do "<a href="#">Strike It</a>"</b>   | Good posture is connected to pain-free, efficient motion. Moving in and out of postures is beneficial as it enhances flexibility, strengthens muscles, improves joint health, boosts balance and coordination, fosters a mind-body connection, increases postural awareness, supports circulation and breath control, helps prevent injuries, introduces variety to exercise routines, and contributes to stress reduction. Standing is often beneficial for your body as it helps improve posture, engage core muscles, and reduce sedentary behavior, contributing to better overall physical health.  |
| 8  | Try to have Pain-free Joint Range of Motion and Try to Strengthen by doing one or more Mobility motions (see " <a href="#">Move It</a> ") and Strengthening Exercises (see " <a href="#">Build It</a> "). | <b>MOVE! Move your joints, walk, climb up and down stairs, and reach up overhead. Strengthen by doing some type of squat, hinge, push, pull, or lunge.</b>  | Regular joint movement is beneficial as it helps maintain flexibility, reduces stiffness, and supports overall joint health. Strengthening the body is essential for improved physical health, enhanced functional abilities, and a reduced risk of injuries.  |
| 9  | Quality Sleep   | <b>TRY TO GET QUALITY SLEEP - Close to 7 hours</b>  | Quality sleep of about 7 hours is crucial for overall health and well-being, supporting cognitive function, immune system resilience, and emotional balance.   |
| 10 | Try to decrease Screen Time by 15 minutes a day   | <b>TRY TO LIMIT SCREEN TIME BY 15 MINUTES DAILY.</b>  | Excessive screen time can negatively impact overall health by contributing to issues such as eye strain, disrupted sleep patterns, sedentary behavior, and potential adverse effects on mental well-being.   |
|    | <b>OPTIONAL</b>   |   |  |
|    | Fats Eaten  | <b>TRY TO EAT MOSTLY HEALTHY FATS.</b>  | Dietary fats are essential to give your body energy and to support cell growth. Healthy Fats include most oils, nuts, and avocados. They protect your organs, keep your body warm, help your body absorb some nutrients, and produce important hormones, too. Your body definitely needs fat, but they should mostly come from healthy sources like oils and nuts.   |
|    | Whole Grains Eaten  | <b>TRY TO EAT SOME WHOLE GRAINS DAILY (<u>WHAT ARE THEY</u>).</b>   | According to many sources whole grains are packed with nutrients including protein, fiber, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.   |
|    | Limit Red and Processed Meats eaten. Eat Healthy Proteins Instead at Each Meal  | <b>TRY TO LIMIT RED AND PROCESSED MEATS (<u>WHAT ARE RED MEATS, WHAT ARE PROCESSED MEATS</u>). EAT HEALTHY PROTEINS INSTEAD AT EACH MEAL (<u>WHAT ARE HEALTHY PROTEINS, WHAT ARE HIGH PROTEIN FOODS</u>).</b> | Accumulated body of evidence shows a clear link between high intake of red and processed meats and a higher risk for heart disease, cancer, diabetes, and premature death. Legumes, nuts, fish, shellfish, low fat dairy products (not including those with added sugar), eggs (one a day), and poultry, and lean red meat on occasion are recommended- the 2020-2025 federal dietary guidelines advise limiting red and processed meat, noting that a plant-based diet is "more health-promoting" according to Harvard Health.  |
|    | Healthy Plate   | <b>TRY TO A HEALTHY PLATE WHERE 1/2 IS FRIUT OR VEGGIES, 1/4 LEAN PROTEIN, AND 1/4 IS WHOLE GRAIN with a little bit of healthy fat (<u>SEE HARVARD OR FOLLOW THE Mediterranean DIET OR DASH DIETS</u></b>     | The Harvard Healthy Eating Plate shows consumers a generally healthy way to assemble a meal: <ul style="list-style-type: none"> <li>• get plenty of produce</li> <li>• choose whole grains</li> <li>• choose healthy sources of protein</li> <li>• use healthy oils</li> <li>• drink water or other beverages that don't contain sugar.</li> </ul> It also suggests limiting consumption of refined grains, sweets, sugary beverages, red meat, processed meats, and going easy on milk and juice.   |