



# Understanding Health & Fitness Education Series 1

Most people want to possess a good level of health & fitness but many do not know what that means.

This program is designed to both educate and challenge those looking for a greater level of health & fitness.

## Goals:

1. Understand what health & fitness is.
2. Determine your own health & fitness and own it through a battery of tests.
3. Stay motivated at sustaining life long health and fitness

## Are you Healthy?

**What is health?** In 1948, the World Health Organization (WHO) defined health with a phrase that is still used today. "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." More recently, researchers have defined health as the ability of a body to adapt to new threats and infirmities.

Here are some key points about health.

- Health can be defined as physical, mental, and social wellbeing, and as a resource for living a full life.
- It refers not only to the absence of disease, but the ability to recover and bounce back from illness and other problems.
- Factors for good health include genetics, the environment, relationships, and education.
- A healthful diet, exercise, screening for diseases, and coping strategies can all enhance a person's health.

**Being healthy is not the same as being fit. Our key goal is to get you healthy first and fit second.** Being fit is a heightened state of physical abilities. More on being fit to come.

***The word "health" refers to a state of complete emotional and physical well-being***

### Health Metrics You Should Know from the AHA

The American Heart Association (AHA) identified the seven health metrics as the most important predictors of heart health. They include four behaviors that people have control over and three biometrics that should be kept at healthy levels. The modifiable behaviors include not smoking, maintaining a healthy weight, eating healthy and staying physically active. The biometrics are blood pressure, cholesterol and blood sugar.

### Are You Healthy? Health Metrics Easy Checklist See below for Details

1. **Waist circumference**
  2. **Blood pressure and Heart Rate**
  3. **Cholesterol levels**
  4. **Blood sugar level**
  5. **Glasses of water consumed**
  6. **Vegetables eaten**
  7. **Fats eaten**
  8. **Sugars eaten**
  9. **Red and Processed Meats eaten-rarely**
  10. **Ultra-processed foods eaten-rarely**
  11. **Time spent moving**
  12. **Alcoholic drinks consumed**
  13. **Hours spent sleeping**
  14. **Normal and Pain-free Joint Range of Motion**
  15. **Amount of Stress**
- Get Check Ups Regularly**

**Want More Details-Read On**

### **Are You Healthy Check List - You can confidently say that you are doing physically well if you meet the suggested thresholds below.**

1. **Waist circumference** - Body weight is important health indicator, but not as important as waist circumference. It gives you a better understanding of your status. Waist circumference is an indicator of visceral (or 'belly') fat. Visceral fat is a much more accurate predictor of obesity-related disease risk than weight. It is linked to so many health disorders like Metabolic Syndrome. [Additional Module to come on how to measure and understand your values.](#)
2. **Blood pressure and Heart Rate** - High blood pressure can increase the risk of heart attack or stroke and is known as the "silent killer" because it may not have obvious symptoms, according to the American Heart Association (AHA). Elevated resting heart rate is a sign that your body is under stress and is also a sign that you may have low fitness. [Additional Module to come on how to measure.](#)
3. **Cholesterol levels** - In general, by the time you are about 20, your cholesterol levels should be checked by your physician at least every five years. [KYN-KNOW YOUR NUMBERS-CONTACT HEALTHS SERVICES](#)
4. **Blood sugar level** - People with normal glucose levels should get tested about every three years, according to the AHA. [KYN-KNOW YOUR NUMBERS-CONTACT HEALTHS SERVICES](#)
5. **Glasses of water consumed** - Staying hydrated is also essential for our overall health and wellness, especially for your heart and kidneys. I always tell people to drink enough to keep your urine a light to pale yellow color. Dark urine is an indicator that you are not getting enough.
6. **Vegetables eaten** - The more vegetables you eat, particularly non-starchy vegetables, the better it is for your overall health and wellness, because fruits and vegetables are nutrient-dense, providing many healthy micronutrients like vitamins and minerals. The current Dietary Guidelines for Americans recommend filling half your plate with fruits and vegetables at every meal or several servings a day. [See Our Health Coach to have your diet evaluated.](#)
7. **Fats eaten** - Fats are essential for overall health but choose vegetable based fats like nuts, plant based oils (olive oil etc.), and avocados while staying away from Trans Fats and limit saturated fats to no more than 10% of calories (saturated fats are usually animal based fats). [See Our Health Coach to have your diet evaluated.](#)
8. **Sugars eaten** - Sugar should be consumed on occasion and as treat. The American Heart Association recommends men limit added sugar to 36 g, or 9 tsp. or 150 calories, per day, while women should limit added sugar to 24 g, or 6 tsp. or 100 calories, per day
9. **Red and Processed Meats eaten (rarely eat)** The latest research shows that eating more than 18 ounces of red meat per week increases the risk of colorectal cancer. Beef, lamb and pork are all red meats. Processed meats are meats that have been preserved by smoking, salting, curing or adding other preservatives. Sliced turkey and bologna deli meats, bacon, ham, and hot dogs are all processed meats. Research shows that any amount of processed meat eaten regularly increases the risk of colorectal cancer.
10. **Ultra processed foods eaten (rarely eat) - From Harvard Health** As a general rule, emphasizing unprocessed or minimally processed foods in the daily diet is optimal. That said, the use of processed foods is the choice of the consumer, and there are pros and cons that come with each type. The Nutrition Facts Label and ingredients list can be useful tools in deciding when to include a processed food in the diet. There is evidence showing an association with certain types of food processing and poor health outcomes (especially highly- or ultra-processed foods). This association applies mainly to ultra-processed foods that contain added sugars, excess sodium, and unhealthy fats.
11. **Time spent moving** - Studies have found a link between exercising at least 30 minutes per day with a reduction in the risk of early death. A healthy person should be able to climb 3-4 flights of stair with no problem at a brisk pace. An above average to high level of aerobic fitness is linked to lower death rates. [Additional Module to come on how to measure](#)
12. **Alcoholic drinks consumed** - Most people know that excessive drinking can cause short-term problems like injuries, alcohol poisoning, and risky sexual behavior, according to the CDC. But over time, it can also lead to the development of certain cancers, heart disease, high blood pressure, liver disease, memory and cognition problems, mental health issues, and alcohol dependence, the agency's website adds. The Dietary Guidelines for Americans say that, if you do drink alcohol, you should drink it moderately. That means up to one drink a day for women and up to two drinks a day for men. And if you don't drink now, the Guidelines add, there's no reason to start.
13. **Hours spent sleeping** - The National Sleep Foundation, however, recommends seven to nine for adults over 18. Newer research continues to link sleep debt to heart health problems. In one study, lack of sleep raised the risk of heart attack and stroke by the same amount that smoking does.
14. **Normal and Pain-free Joint Range of Motion and Posture** - Healthy range of motion of your joints is connected to good posture and efficient, pain-free motion. Normal motion such as getting out of a chair or walking up and down a flight of stairs should be pain free. Good posture is connected to good and healthy motion. [See Our Health Coach to have these measures.](#)
15. **Amount of Stress** - Stress is unavoidable. It is a part of life. Understanding when you are stressed and how your body reacts to it are key to helping you control its deleterious effects. Working on the above measures and habits will certainly help control your stress levels as well as seeking help on the understand and work with it through techniques like breathing and belly breathing. Elevated heart rate, shallow breathing, rapid breaths, breathing from the chest are all signs that your body is under stress. [See Our Health Coach to have these measures.](#)

From Insider Health, C. Morin, and other sources

