



October 27, 2018
11:00am Conference Breakout Session

Nutrition and Wellness
Jennifer Shrodes, RD, LD and Mary Jane Timmons, BA, EP

Key Components of a Wellness and Fitness Plan

Movement is FABS!
Flexibility Aerobic Balance and Strength



1. **The Wellness journey involves the Whole Self. The Healthy Lifestyle Wheel encompasses:**
 - a. **Physical Health**
 - b. **Emotional Health**
 - c. **Social Health**
 - d. **Health through Meaningful Activities**
 - e. **Spiritual Health, Living Your Values**

2. **Fitness Goals should be SMART:**
 - a. **Specific, Measurable, Attainable, Realistic/Relevant and Timely**
 - b. **Always seek advice from an exercise professional prior to beginning a new exercise plan.**
 - c. **Obtain approval from your physician if necessary to proceed with a new fitness plan, or sports activity. This may be required for cardio, strength, stamina, diabetes, asthma, and other limitations.**

3. **Muscle Balance for Injury Prevention:**
 - a. **The muscles you exercise/work on the front of your body make sure the opposing muscle on the back of the body are equally strong. This same principal applies for equal sides of the body, right and left. For example, biceps/triceps; quadriceps/hamstrings; chest/back.**
 - b. **Perform each exercise to the Full Range of Motion, unless there is injury or physiological restrictions.**

4. **Crosstrain for Injury Prevention and Enjoyment:**
 - a. **For example if you are a runner, try swimming for non-weight bearing exercise. Additional suggestions to 'mix it up' include: Yoga, Pilates, Cycling, and Dance.**

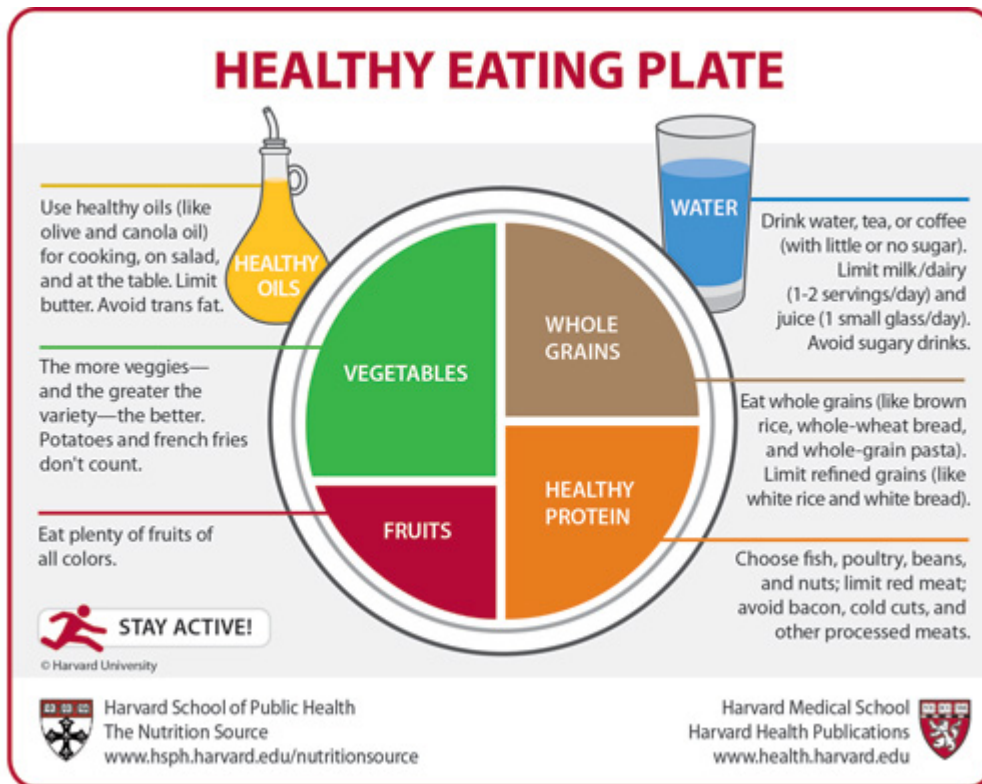
5. **Mindfulness is the latest trend in wellness. This practice involves learning how to allow yourself to take control of what you do, how you do it, and how you respond.**

6. Nutrition can be SMART too!

- a. Specific, Measurable, Attainable, Realistic/Relevant and Timely
- b. Get advice from a registered dietitian nutritionist (RDN) for personalized advice.
- c. Always discuss changes in your diet with your physician and / or registered dietitian nutritionist (RDN) before making changes.

7. Use the Plate Method to plan your meals

- a. $\frac{1}{2}$ plate non starchy vegetables like salad, cauliflower, carrots, green beans and a small piece of fruit if desired;
 $\frac{1}{4}$ plate is lean protein like chicken or turkey without skin, fish, lean cuts of beef / pork;
 $\frac{1}{4}$ plate is starch / carbohydrate like bread, noodles, rice, cereal, potatoes, green peas, corn



- b. The plate method helps us avoid overeating, which can lead to weight gain.
- c. Eat snacks only if you are hungry in between meals. Choose a small portion of food like vegetables, fruit, low fat milk / cheese, nuts / seeds.
- d. Avoid sugar-sweetened beverages like regular soda, sweet tea and sports drinks.

8. Food gives us energy

- a. If you are exercising in the morning before breakfast, eat a small amount of carbohydrate like $\frac{1}{2}$ a banana or 1 piece of toast to fuel your workout.
- b. After you exercise, drink an 8 oz. glass of milk to help your recovery process.