Objectives (Slide 2)

- Identify current U.S. Department of Health recommendations for nutrition and physical activity
- Calculate your estimated daily Caloric needs
- Identify strategies to fit physical activity into your life
- Identify strategies to improve your sleep

Goals of Nutrition (Slide 3)

- Purpose of food is to provide fuel to meet demands of human body
  - Calories are our unit of energy
  - If adequate Calories are not eaten, the body will rely on stored energy sources
    - Body's largest energy reserve is fat
- Regulating proper nutrition and physical activity is a balancing act
  - If successful in maintaining balance, weight will be constant
  - If you eat more Calories (from any type of food) than your body needs to use, your body will store Calories as fat

Measuring Caloric Requirements (Slide 4)

- Number of Calories you need to sustain life (Calories to support involuntary activities) is called resting metabolic rate (RMR)
  - Influenced by age, height, weight, and gender
- In order to factor in Calories burned by physical activity, multiply RMR by a physical activity level (PAL) factor

Calculate Your RMR (Slide 5)

- **Exercise 1**: Calculate Resting Metabolic Rate and Daily Caloric Needs
- **Handout 1**: Calculating Your Daily Caloric Needs *step 1*

Determine Your PAL (Slide 6)

- **Exercise 1**: Calculate Resting Metabolic Rate and Daily Caloric Needs (cont)
- **Handout 1**: Calculating Your Daily Caloric Needs *steps 2 and 3*
- Remember, these numbers are estimates of total daily energy requirements
  - Someone with higher muscle mass in his or her body will burn more Calories than a person with lower muscle mass
    - According to the equations used, these individuals would have the same RMR, but, in reality, their RMRs would be different

Applying Caloric Requirements (Slide 7)

- U.S. government releases an updated set of guidelines every 5 years, and these guidelines are rooted in scientific discovery
  - Dietary Guidelines for Americans website: www.dietaryguideline.gov

What Does Your Diet Look Like? (Slide 8)

- **Exercise 2**: Diet Recall
- **Handout 2**: Recalling Last Night's Dinner *first page*

What Does Your Plate Look Like? (Slide 9)

- **Exercise 2**: Diet Recall (cont)
- **Handout 2**: Recalling Last Night's Dinner *second page*
- MyPlate is intended to be used as a tool to help bring a variety of nutrients into meals
  - Alternatives for *dairy* (e.g., coconut milk) or *protein* (e.g., non-meat alternatives such as tofu) can be used as long as they have similar nutrients

Dietary Guidelines at a Glance (Slide 10)

- Five major dietary guidelines
  - Follow a healthy eating pattern across the lifespan
  - Focus on variety, nutrient density, and amount
  - Limit Calories from added sugars and saturated fats, and reduce sodium intake
  - Shift to healthier food and beverage choices
  - Support healthy eating patterns for all
- A lack of hard numbers and food choices exists within the guidelines because the guidelines advocate for a general healthy eating pattern as opposed to a specific diet
- **Exercise 3**: Identifying Healthy Diet Adjustments
  - There is not one best diet or optimal diet for health
  - As highlighted by the U.S. Dietary Guidelines, there are many different examples of healthy eating patterns
  - We are not going to talk about any specific diet; however, the U.S. Dietary Guidelines have many online resources available
  - Can you identify at least one healthy shift in your diet that you can make?
    - Skim instead of full-fat milk
    - Olive oil instead of butter
    - Wheat instead of white bread
    - Water instead of soda
    - Non/low fat Greek yogurt instead of sour cream
    - Baked instead of fried tortilla chips
    - Baked instead of fried chicken
    - One piece of fried chicken instead of two
    - Dessert three times a week instead of seven
    - Reduce sugar intake
    - Increase intake of nutrient-dense foods

Tips for Sticking with Dietary Guidelines (Slide 11)

- It takes time and conscious effort to plan and execute a healthy diet
- Understand that making any kind of change to your lifestyle is difficult, and it is OK if you do not get it perfect every time
- Tracking your activities and food choices will make you aware of things you may not realize you are doing
    - ChooseMyPlate website and MyFitnessPal app offer options for tracking behavior

Importance of Physical Activity (Slide 12)

- Inactivity contributes to 1 in 10 premature deaths
- Physical activity impacts the following:
    - Improves cardiovascular and metabolic health
        - Reduces risk of cardiovascular disease, diabetes, and weight gain
        - Helps maintain a healthy weight
    - Offers mental health benefits
        - Improved quality of life, reductions in depression and anxiety, and improved cognition
    - Improves sleep quality
        - Helps you fall asleep faster and wake up less frequently during the night
    - Helps manage several chronic conditions

U.S. Physical Activity Guidelines (Slide 13)

- Move more and sit less
- Some of the most significant health improvements can occur when someone goes from zero to some physical activity
- Goal is to accumulate 150 minutes of moderate-intensity physical activity over the course of a week (about 30 minutes of activity 5 days a week)
    - Ideally, combines aerobic and muscle strengthening activity
    - If goal is more than you can do right now, do what you can
    - Even 5-10 minutes can have health benefits
- Concern is not whether you are meeting guidelines for physical activity
    - If you are not, let’s determine how to get you to be a little more active

Strategies to Fit in Physical Activity (Slide 15)

- Being physically active does not necessarily mean you need to get a gym membership; can be as simple as walking with family to the corner store to buy milk
- Common barriers to physical activity and potential solutions
    - No time; park further away from your destination in parking lots, take stairs
    - Busy with children; family bike rides, family walks or hikes, bring older

children to exercise classes
    - No gym membership; after dinner walks, commuting to work using a bike or public transportation, dumbbells, kettlebells, exercise videos, jump rope, pick-up leagues, local parks and recreation programs
    - Don't enjoy exercising; gardening, woodworking, dance, summer softball league, yoga, kayaking
        - If you enjoy an activity, you are more likely to stick with it
- Adopting a dog (if feasible) may encourage physical activity
    - Dog owners tend to walk more than non-dog owners
- Incorporating more activity into routine can be difficult, and it is ok if you do not do it perfectly every day

Sleep for Optimal Health (Slide 16)

- Getting enough sleep is critical for managing weight; reducing risk of chronic disease; supporting memory, mood, and learning; and maintaining the immune system
- National Sleep Foundation states that adults should sleep for 7-8 hours every night

Strategies to Improve Your Sleep (Slide 17)

- The following things can improve sleep habits (sleep hygiene):
    - Keep a consistent sleep schedule
    - Set a bedtime that is early enough for you to get at least 7 hours of sleep
    - Do not go to bed unless you are sleepy
    - If you do not fall asleep after 20 minutes in bed, get out of bed
    - Establish a relaxing bedtime routine
    - Make your bedroom quiet and relaxing
    - Limit exposure to bright light in the evenings, and turn off electronic devices at least 30 minutes before bedtime
    - Do not eat a large meal before bedtime
    - Exercise regularly and maintain a healthy diet
    - Avoid consuming caffeine in the late afternoon or evening
    - Avoid consuming alcohol before bedtime
    - Reduce your fluid intake before bedtime
- Remember your body likes routines and regularity

Review of Objectives (Slide 18)

- Can you briefly describe the current U.S. Department of Health recommendations for nutrition and physical activity? If not, do you know where you can find these guidelines?
- Do you know approximately how many Calories your body needs in a day to support your daily routines?

- ☐ What is one strategy that you are going to employ to increase your physical activity?
- ☐ What is one thing you can do tonight to help improve your sleep?