Slide 1: Health Matters

Slide 2: Objectives

- 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.

Slide 3: Goals of Nutrition

- Food provides fuel to meet the body's demands
- Calories = unit of energy
- Important to eat enough Calories so the body has an adequate amount of energy to meet demands
- If enough Calories are not consumed, your body will adapt and rely on stored energy sources
    - Largest reserve is fat
- Regulating proper nutrition and physical activity is a balancing act

Slide 4: Measuring Caloric Requirements

- Resting metabolic rate (RMR)
- Physical activity level (PAL)

Slide 5: Calculate Your RMR

- RMR for Women =
    - 655 + (4.35 x weight) + (4.7 x height) – (4.7 x age)
- RMR for Men =
    - 66 + (6.23 x weight) + (12.7 x height) – (6.8 x age)
- Weight in pounds, height in inches

Slide 6: Determine Your PAL

- **Sedentary:** daily living activities only
    - PAL: 1.00
- **Low active:** daily living activities *plus* 30-60 mins daily moderate activity (e.g., walking at 5-7 km/h)
    - PAL: 1.11 (men); 1.12 (women)
- **Active:** daily living activity *plus* at least 60 mins daily moderate activity
    - PAL: 1.25 (men); 1.27 (women)
- **Very active:** daily living activities *plus* at least 60 mins daily moderate activity *plus* an additional 60 mins of vigorous activity or 120 mins moderate activity
    - PAL: 1.48 (men); 1.45 (women)

Slide 7: Applying Caloric Requirements

- Dietary guidelines are released by the U.S. government every 5 years
    - Dietary Guidelines for Americans website: www.dietaryguidelines.gov

Slide 8: What Does Your Diet Look Like?

- Use Handout 2 to record what you ate and drank for dinner last night

Slide 9: What Does Your Plate Look Like?

- Draw the space each of the major food groups occupied on your dinner plate last night

Slide 10: Dietary Guidelines at a Glance

- 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

Slide 11: Tips for Sticking with Dietary Guidelines

- Takes time and conscious effort to plan and execute a healthy diet
- OK to not get it perfect
- Track what you are doing
    - ChooseMyPlate website
    - MyFitnessPal app

Slide 12: Importance of Physical Activity

- Improves cardiovascular and metabolic health
    - Reduces risk of cardiovascular heart 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 manages several chronic conditions

Slide 13: U.S. Physical Activity Guidelines

- Key message is **move more and sit less**

Slide 14: Breaking Down Barriers

- What gets in the way of you being physically active?
- What motivates you to be active?
- What strategies do you use to fit physical activity into your day?

Slide 15: Strategies to Fit in Physical Activity

- Common barriers and potential solutions
  - No time
    - Park farther away from your destination, take stairs
  - Busy with children
    - Family bike rides, family walks or hikes
  - No gym membership
    - After dinner walks, exercise videos, pick-up leagues
  - Don't enjoy exercising
    - Gardening, woodworking, dance, yoga, kayaking

Slide 16: Sleep for Optimal Health

- Sleep is critical for the following functions:
  - Managing weight
  - Reducing risk of chronic disease
  - Supporting memory, mood, and learning
  - Maintaining the immune system
- Adults need 7-8 hours of sleep

Slide 17: Strategies to Improve Your Sleep

- Keep a consistent sleep schedule
- Set a bedtime early enough for you to get at least 7 hours of sleep
- Do not go to bed unless you are sleepy
- Get out of bed if not asleep in 20 minutes
- Establish a relaxing bedtime routine
- Make your bedroom quiet and relaxing
- Limit exposure to bright light in the evenings
- Do not eat a large meal before bedtime
- Exercise regularly and maintain a healthy diet
- Avoid consuming caffeine in late afternoon or evening
- Avoid consuming alcohol before bedtime
- Reduce your fluid intake before bedtime

Slide 18: Review of Objectives

- 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.

Slide 19: Health Matters