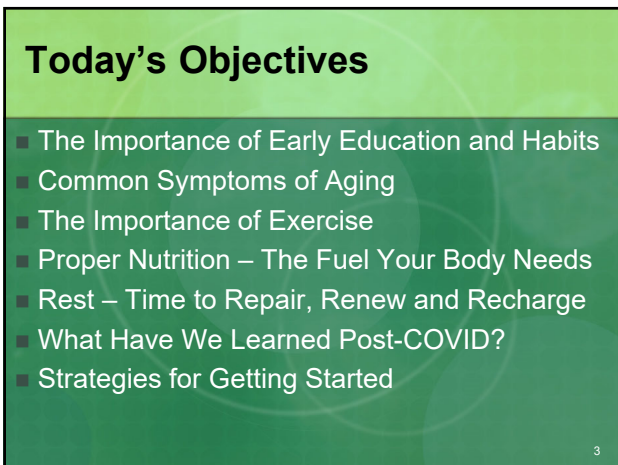




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The Importance of Early Education and Habits

- Genetics
 - Non-autonomous risk factors
 - Autonomous risk factors
- Setting a Healthy Example
 - Your children are learning from you
- Make Healthy Habits Your Normal
 - Physical activity
 - Nutrition – meal planning, meal prep, meal timing
 - Risk factors

4

4

Common Symptoms of Aging

- No Energy
 - The Early Morning 'Drag'
- Difficulty Focusing Mentally
 - Middle of the afternoon 'Mental Fog'
- Stress Management Problems
- Joint Discomfort & Soreness
 - Aches and pains
 - Normal activities are harder to do
 - Lack of Flexibility

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What happens as we Age?

- DNA suffers Free Radical damage.
 - We replace over 300 billion cells each day!
- 35% of how we age is genetic.
- 65% of how we age is up to us!
- Protection from Damage vs. Ability to Repair

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Jack LaLanne

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The Importance of Exercise

- Keeps you feeling younger.
- Helps you burn calories and reduce excess bodyfat.
- Strengthens muscles, bones and joints.
- Improves flexibility.
- Increases your metabolism.
- Can improve mental focus.

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**Good Nutrition:
The Fuel Your Body Needs**

- Food provides 'repair materials' for your body.
 - The 'contractor' needs 'bricks & mortar'
- Anti-oxidants help protect your cells from damage.
 - Free radicals vs. Anti-oxidants.
 - Oxidation occurs on the cellular level, and can be accelerated based on our habits/nutrition.
 - Anti-oxidants neutralize the free radicals in our bodies.

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Glycemic Index Spike

YOUR HEALTH AND THE GLYCEMIC INDEX

High-glycemic chart

Blood sugar vs Time

↓
HUNGER

↓
HUNGER

RELEASE ENERGY QUICKLY

↓

FEEL HUNGRY SOONER

↓

EAT MORE

Low-glycemic chart

Blood sugar vs Time

RELEASE ENERGY SLOWLY

↓

FEEL FULL LONGER

↓

EAT LESS

YOU CAN RESET YOUR EATING HABITS...

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Foods High In Glycemic Index

- Bagels, Bananas, Beets, Breads, Carrots, Cereal, (Corn Flakes, Raisin Bran), Corn, Dried Fruit, Granola, Popcorn, Potatoes, Pretzels, Raisins, Rice Cakes, Tortillas

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Foods Medium In Glycemic Index

Black-eyed Peas, Cantaloupe, Green Beans, Oatmeal, Oranges, Pasta, Peaches, Pears, Peas, Pineapple, Pinto Beans, Sweet Potatoes/Yams, Watermelon

12

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Foods Low In Glycemic Index

Apples, Apricots, Asparagus, Broccoli, Brussels Sprouts, Cauliflower, Celery, Cherries, Cucumbers, Eggplant, Grapefruit, Grapes, Lentils, Lettuce, Mushrooms, Plums, Spinach, Strawberries, Tangerines, Tomatoes, Zucchini

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Quality Protein Sources

Chicken, Eggs, Fish (Cod, Salmon), Lamb (Lean), Milk, Pork (Lean), Red Meats (Lean), Tofu, Tuna (Water-Packed), Turkey, Yogurt

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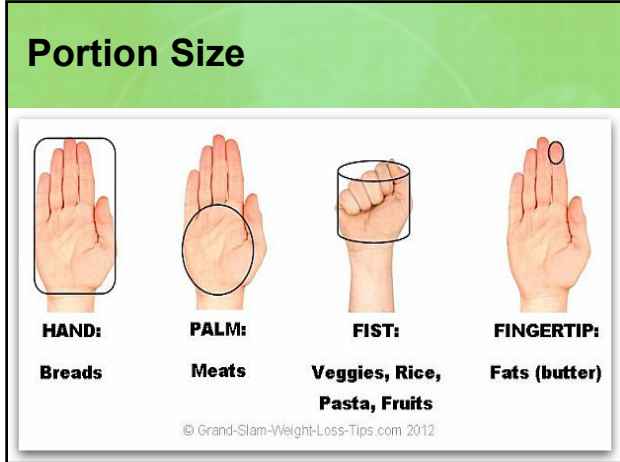
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Quality Fat Sources

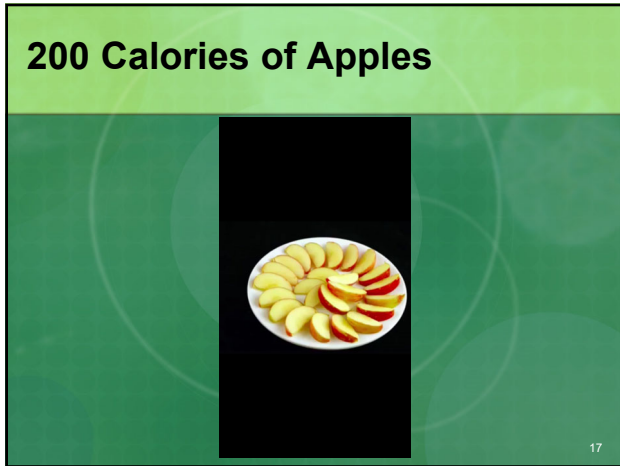
Avocado, Butter, Peanut Butter, Cream Cheese, Mayonnaise, Nuts/Seeds (Raw), Oil (Corn Or Vegetable), Olive Oil, Salad Dressing, Sour Cream

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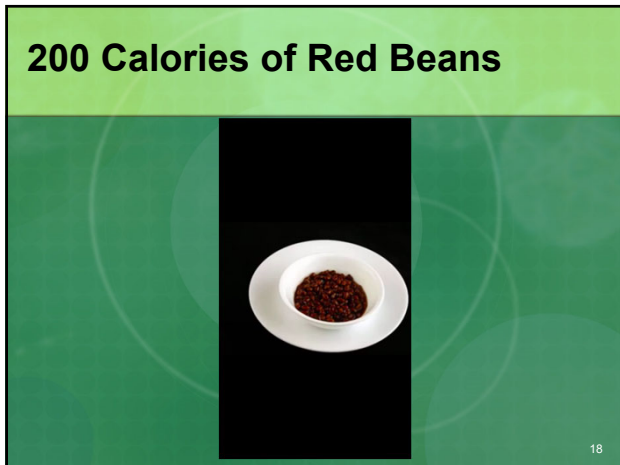
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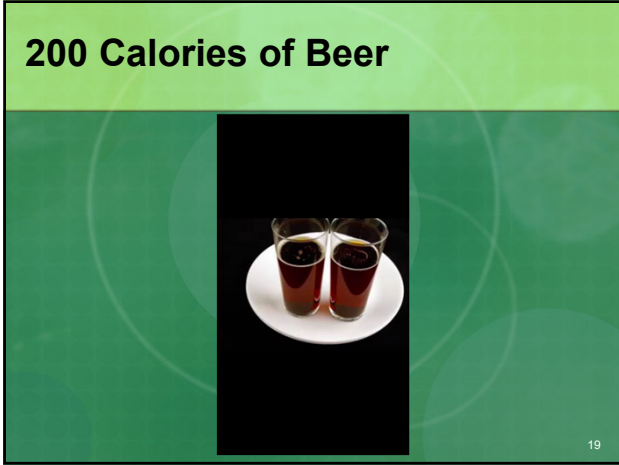
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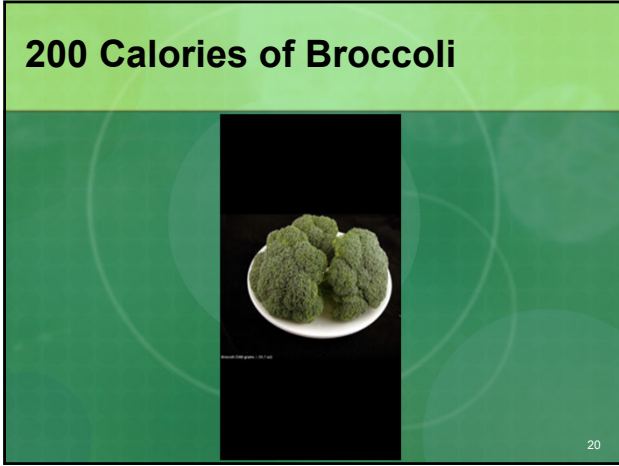
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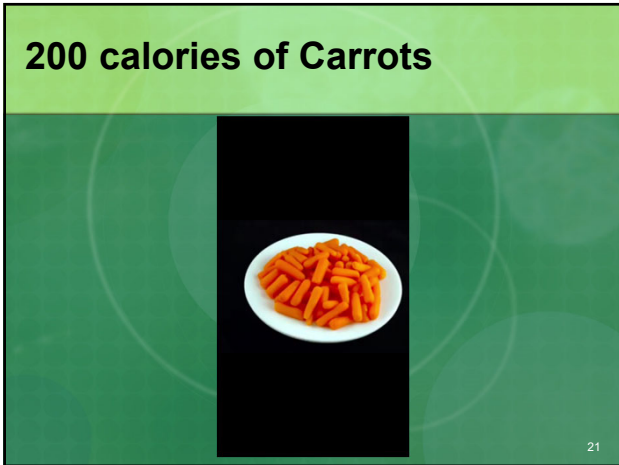
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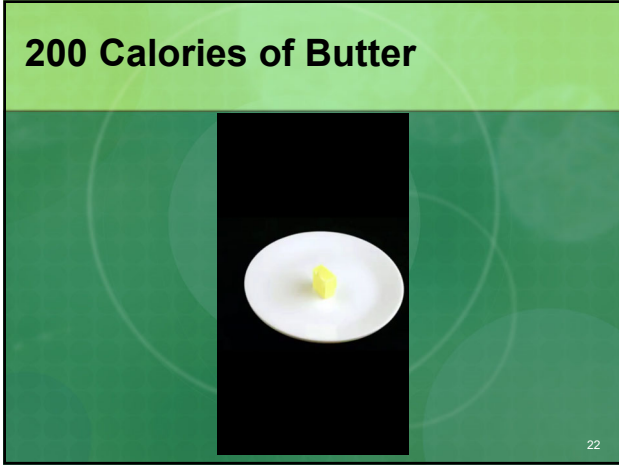
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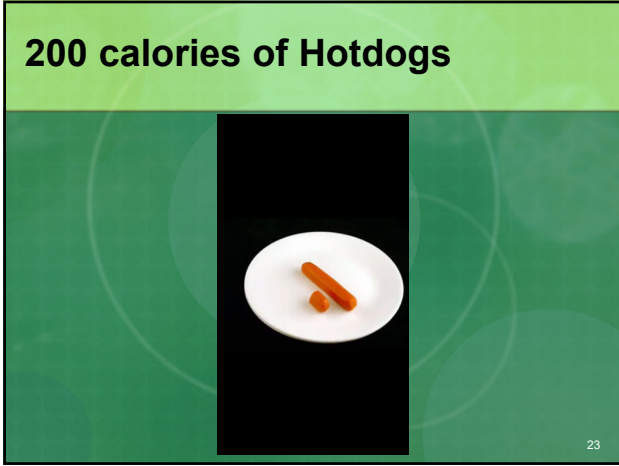
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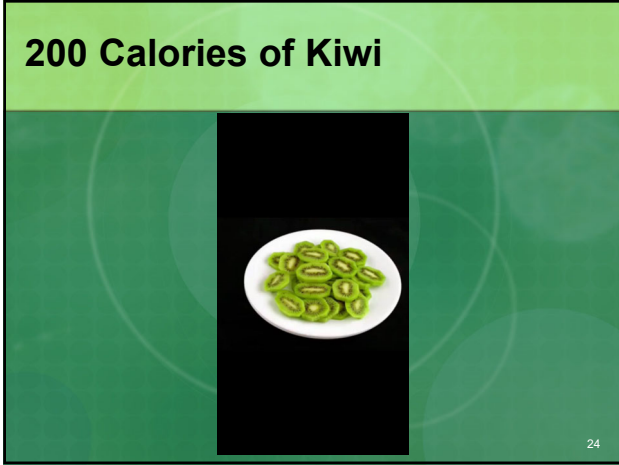
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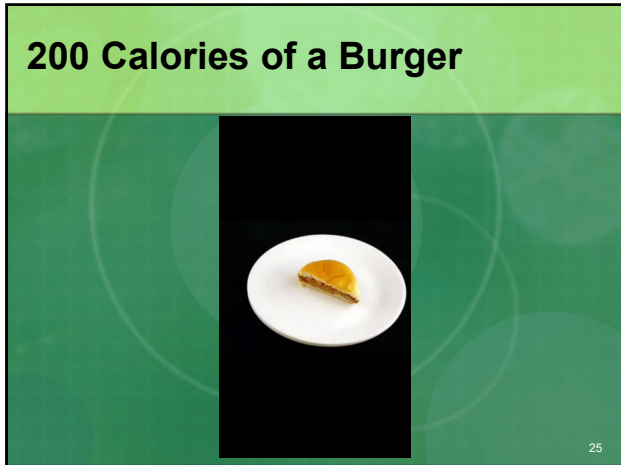
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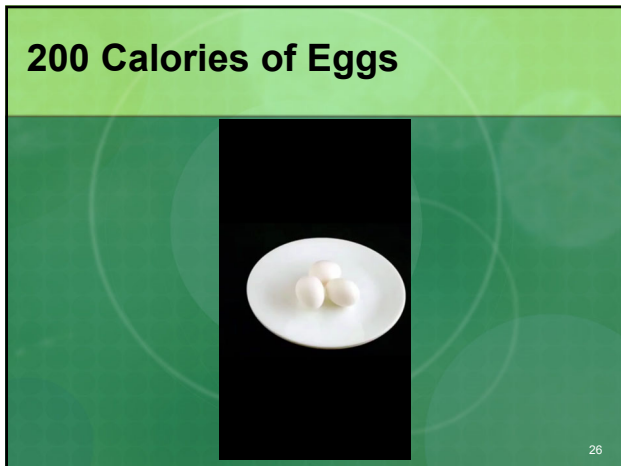
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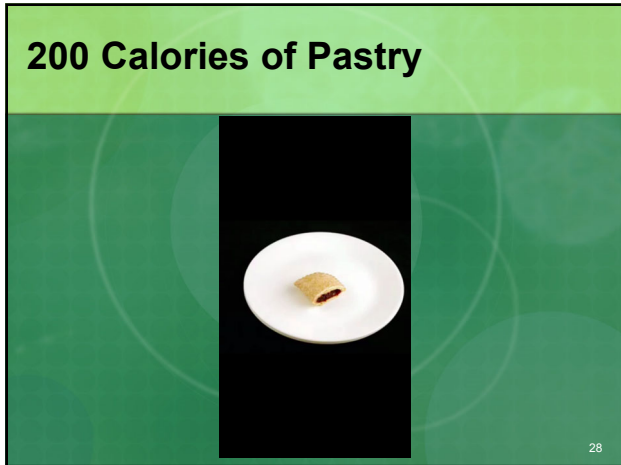
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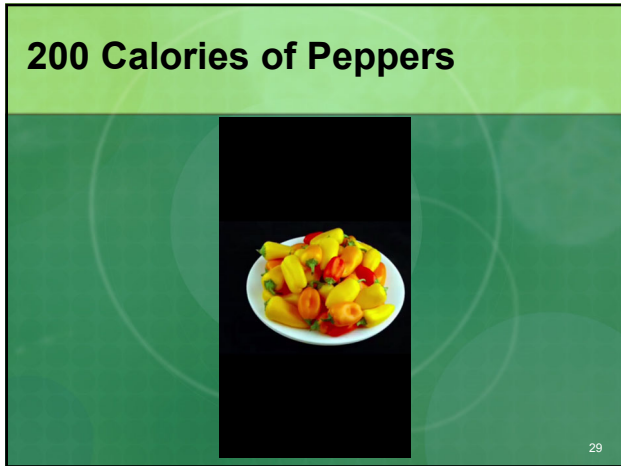
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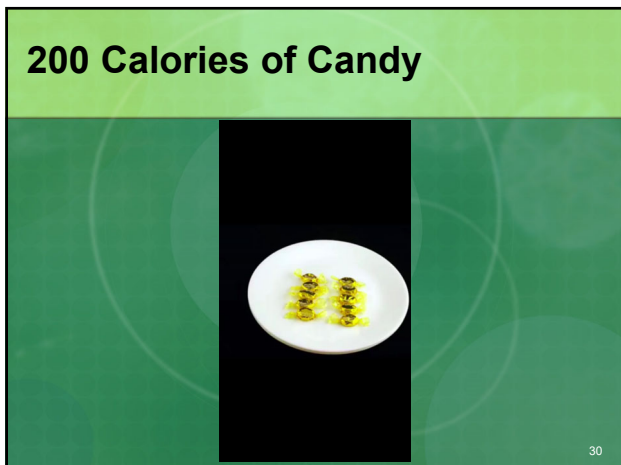
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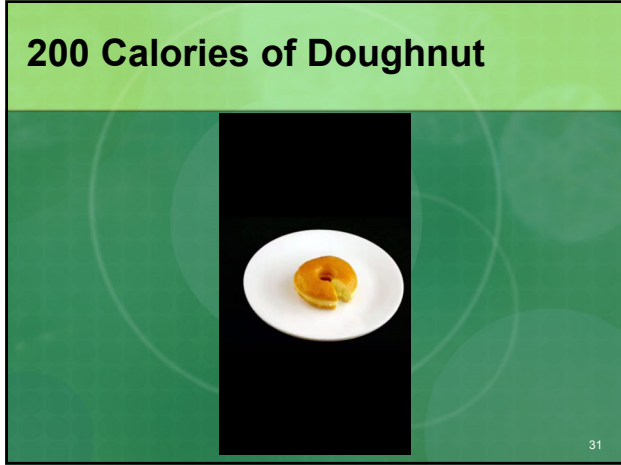
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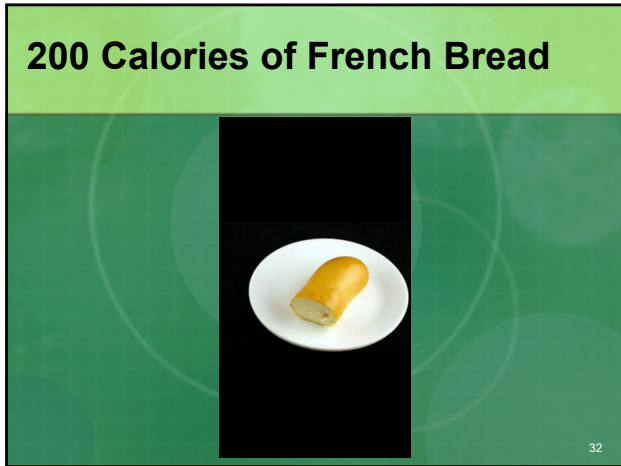
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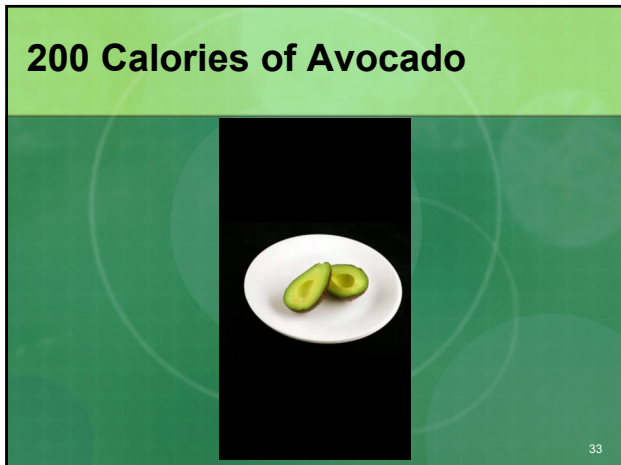
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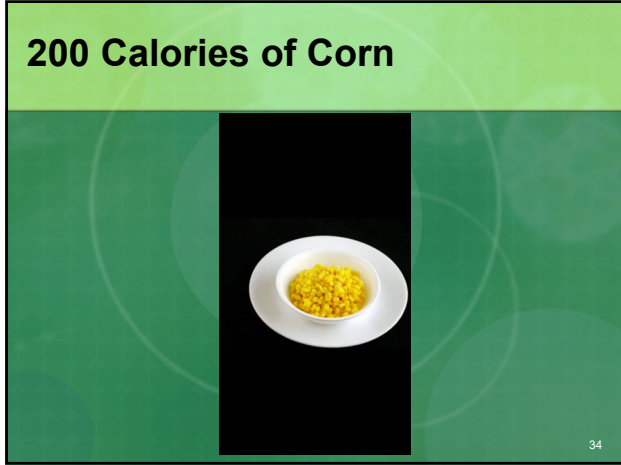
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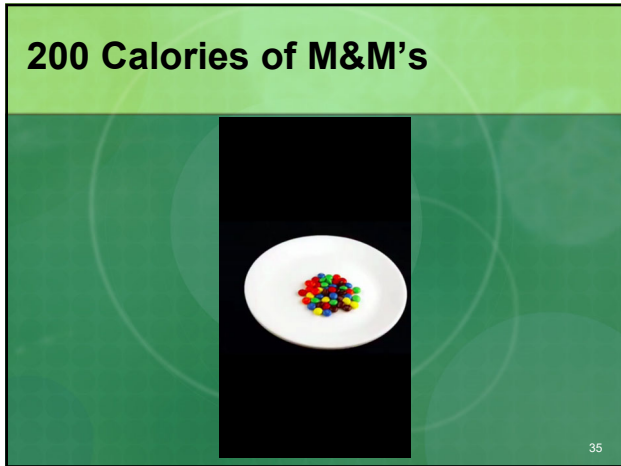
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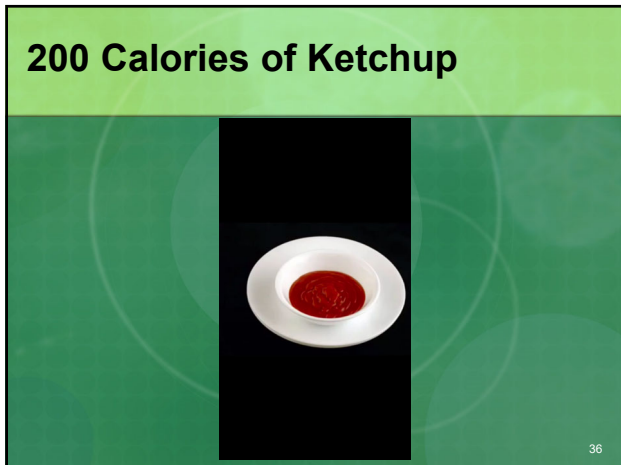
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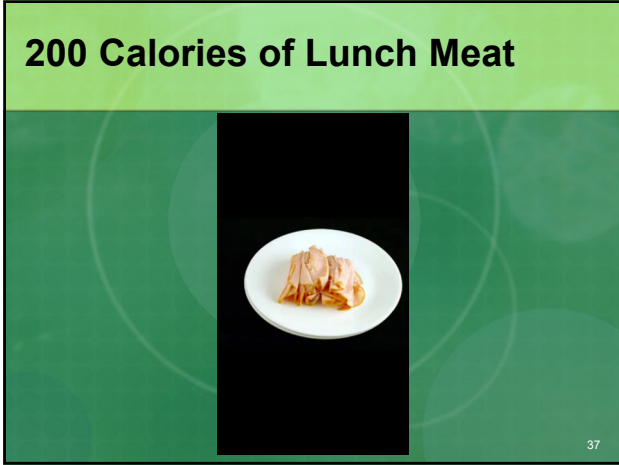
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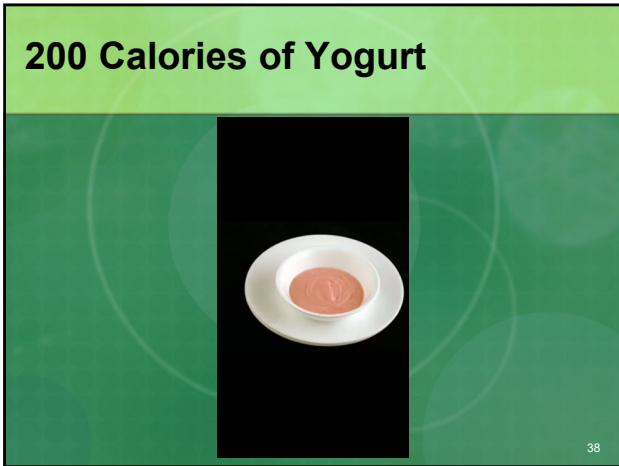
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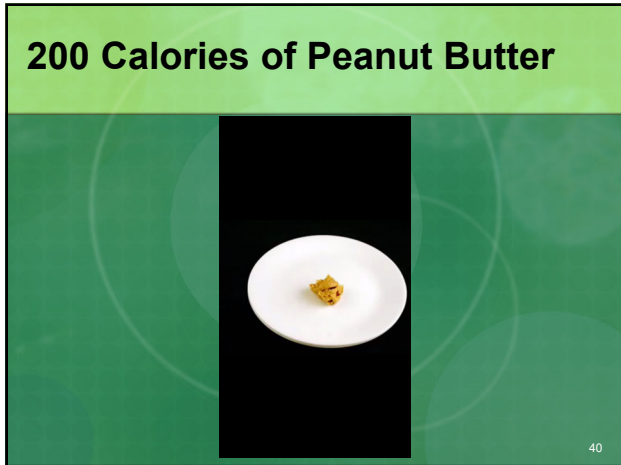
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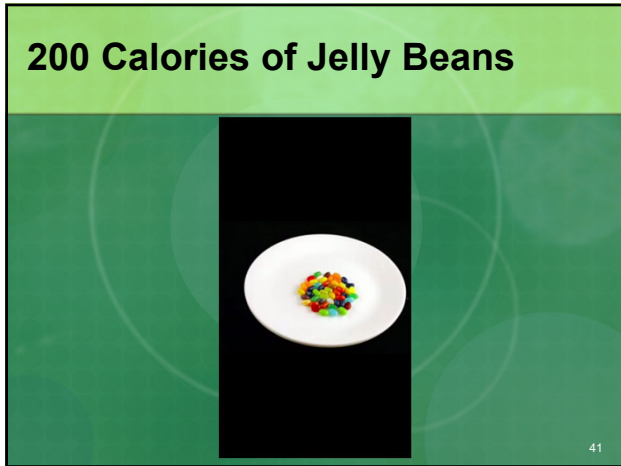
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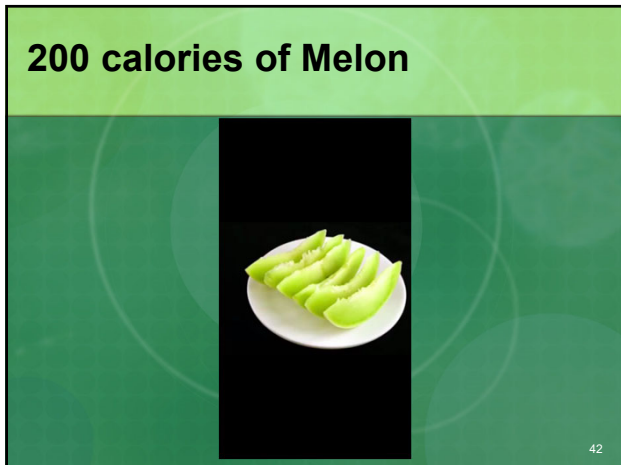
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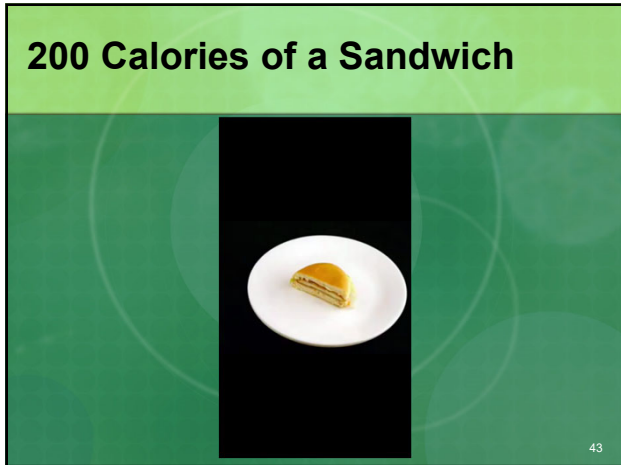
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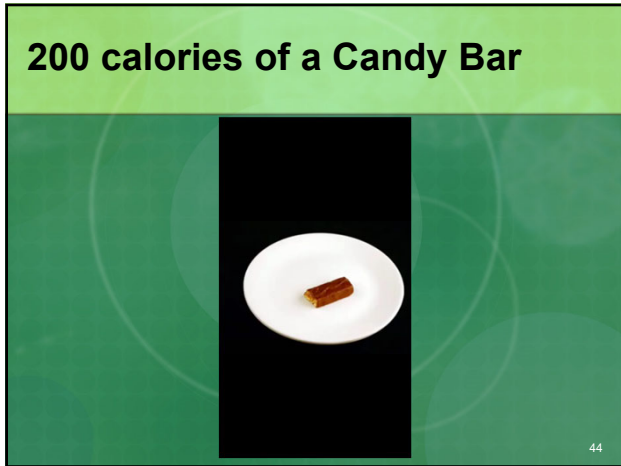
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**Good Nutrition:
The Fuel Your Body Needs**

- The average person needs 2000 calories per day.
- Keep track of your Macronutrients
 - carbohydrates (40%), proteins (40-50%) and fats (10-20%)
 - low glycemic carbohydrates³, good fats (medium chain triglycerides)
- Eat frequently throughout the day
 - A small to moderate meal every 2-3 hours
 - 250-500 calories per meal
 - 4-5 small meals per day

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**Rest :
Time to Repair, Renew and Recharge**

- Your body releases repair hormones while you sleep.
 - About 2 hours into REM sleep.
- 7-8 hours of uninterrupted sleep per night is ideal.
- Sleep deprivation can be dangerous
 - accidents increase progressively as total sleep duration is decreased⁴
 - decrease in immune system function

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**What Have We Learned
Post-COVID?**

- Isolation and Depression
 - Pre-COVID-19 depression rate in U.S. was 8.5%
 - U.S. depression rate rose to 27.8% during 2020 COVID-19 lockdown
 - Post-COVID-19 depression rate in U.S. is 32.8%

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Strategies for Getting Started

- Regularly set aside time to exercise
 - 30 minutes per workout 3-5 times per week.
- Plan out your meals in advance
 - Always eat breakfast!
 - Larger meals earlier in the day.
 - Drink plenty of water each day.¹
 - Don't wait until you're thirsty. Sign of dehydration.
 - 8-10 servings (10 ounces each) is recommended.
 - 1 gallon of water per day is ideal.

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Takeaways

- Be proactive not reactive
- Be patient and persistent when changing habits
- It's a marathon, not a sprint!
- Have balance in all aspects of your life

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Contact

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