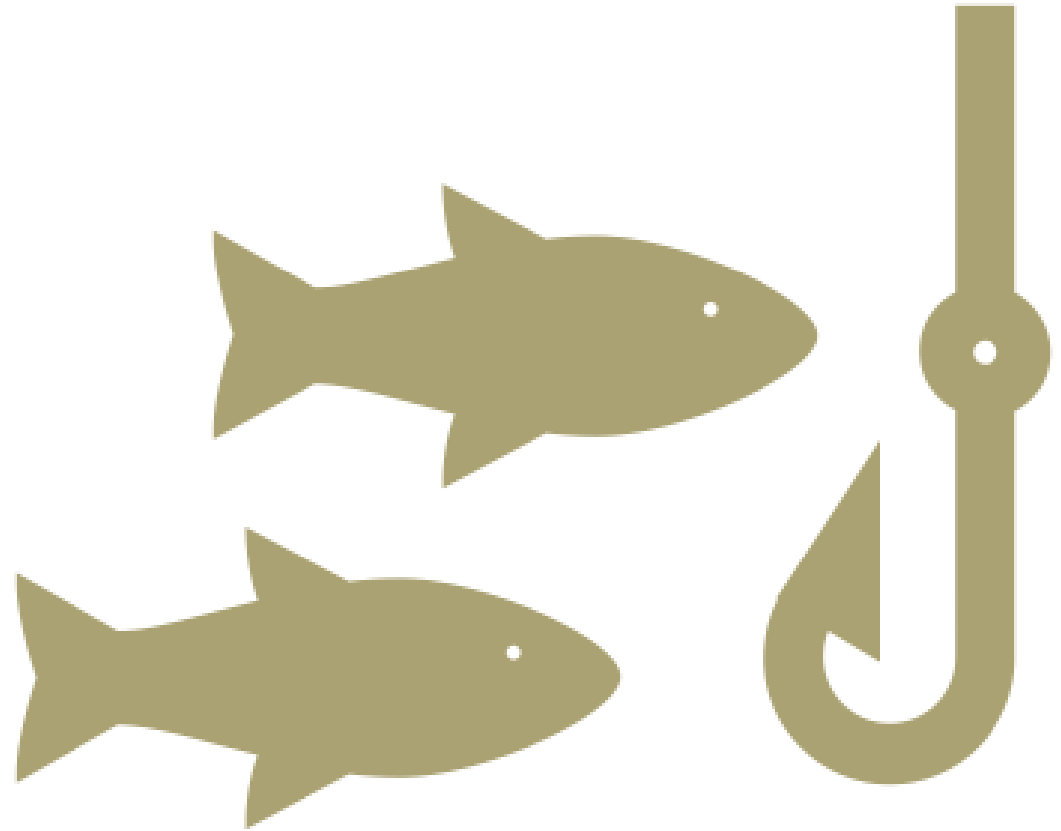


Exercise is Medicine

By Evan Trent

“If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime.”





1 Corinthians

6:19-20

- Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honour God with your body.

Pillars of health

- Physical
- Mental
- Relational
- Spiritual



WHY SHOULD I EXERCISE EVAN?

bone health

Metabolic
health

Brain/mental
health

University
south
Australia

Cardiovascular
health

Mobility

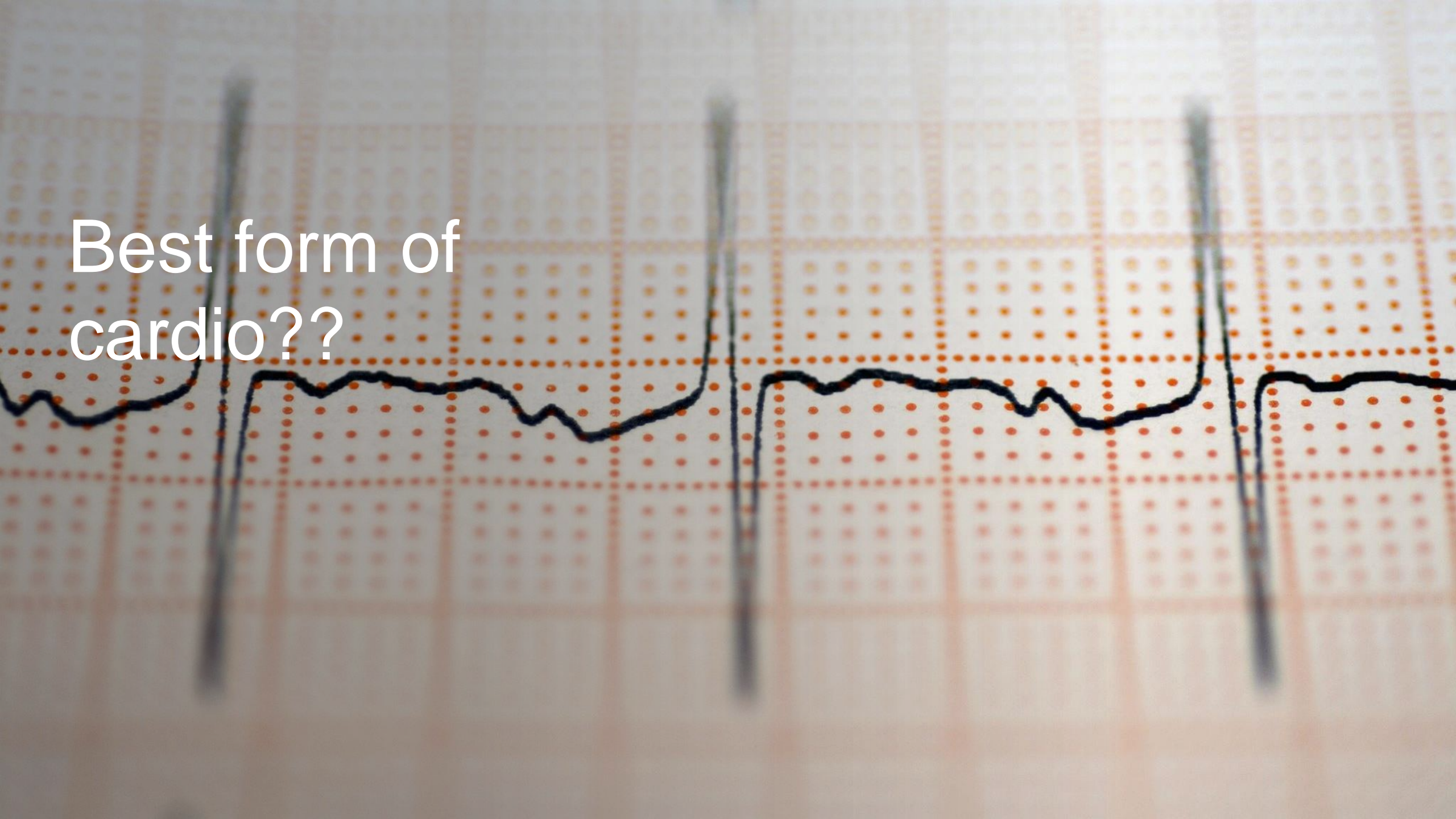
Reduce cancer
risk, obesity,
diabetes

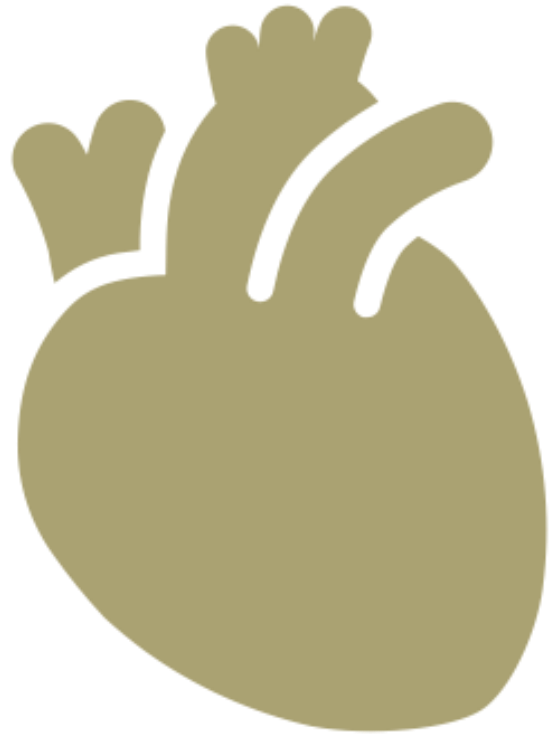
Domino effect
with pills

Barriers to exercise?



Best form of
cardio??

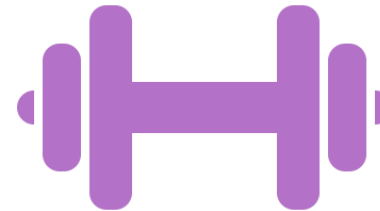




What does the
American heart
association
recommend?



Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.



strengthening activity (such as resistance or weights) on at least 2 days per week.

Examples of moderate–intensity aerobic activities:



BRISK WALKING
(AT LEAST 2.5
MILES PER HOUR)



WATER AEROBICS



DANCING
(BALLROOM OR
SOCIAL)



GARDENING



TENNIS
(DOUBLES)



BIKING SLOWER
THAN 10 MILES
PER HOUR

Examples of vigorous-intensity aerobic activities:

hiking uphill or
with a heavy
backpack

running

swimming laps

aerobic dancing

heavy yardwork
like continuous
digging or
hoeing

tennis (singles)

cycling 10 miles
per hour or
faster

jumping rope

Cardio zones

Zone	Intensity	Effect
Zone 5: Anaerobic	90-100%	Develops Speed: This is maximum effort. Athletes can & should train in this area for short durations. Lactic acid builds up quickly and muscles are in oxygen debt
Zone 4: Anaerobic threshold	80-90%	Increases Performance: At this zone the body fails to remove lactic acid from the muscles at the same rate it is produced. Training in this zone helps increase Anaerobic Threshold and lactate tolerance
Zone 3: Aerobic	70-80%	Improves aerobic fitness: This zone is the most efficient place to train to increase cardiovascular fitness. Athletes improve capacity to transport oxygenated blood to the muscles and carbon dioxide away
Zone 2: Aerobic	60-70%	Weight Management/Endurance: This is the so-called "Fat burning zone"* as fat is increasingly metabolized as an energy source at this intensity. Training here is low stress and helps train muscles to better utilize oxygen
Zone 1: Aerobic/ Recovery	50-60%	Improves health & aids recovery: Training in this zone constitutes very light aerobic or recovery work. The muscles are under a very low level of stress. This zone should be utilized either pre or post race



Mobility/Injuries

- Train supporting muscles
- Yoga/or stretch 5-10 minutes per day
- <https://youtu.be/QR0JKN1NmV8>
- Full range of motion throughout exercises to train the tendons
- Jefferson curl for lower back
- Walking backwards for knee health
- Knee workout for mobility

Is training for older adults
different?

Strength Training

Monday - Workout A

Full Body

Exercise	Sets	Reps
Squat	3	6-10
Barbell Bench Press	3	6-10
Bent Over Row	3	6-10
Stiff Leg Deadlift	2	10-15
Ab Exercise (Pick your favorite)	3	10-25

Deadlift	3	6-10
Seated Barbell Press Behind Neck	3	6-10
Close Grip Bench Press	3	6-10
Standing Barbell Curl (or Standing Dumbbell Curl)	3	6-10
Seated Calf Raise	2	10-25

Bodyweight Workout

20 Bodyweight squats

10 Push-ups

10 Alternating forward lunges (10 reps per leg)

10 assisted pull-ups

30 Jumping jacks

Plank (as long as possible)

What I would start with

- LOWER DAY

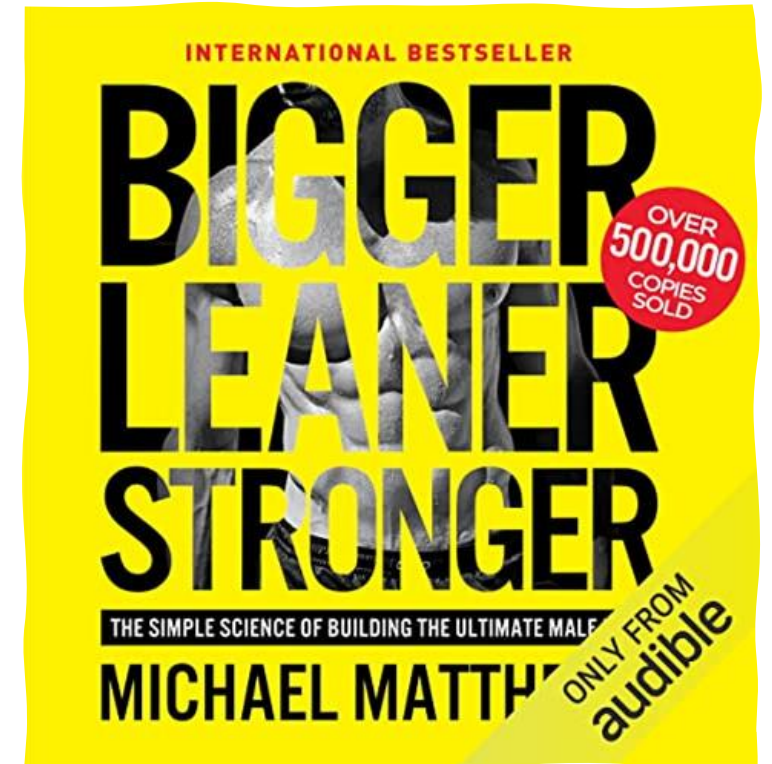
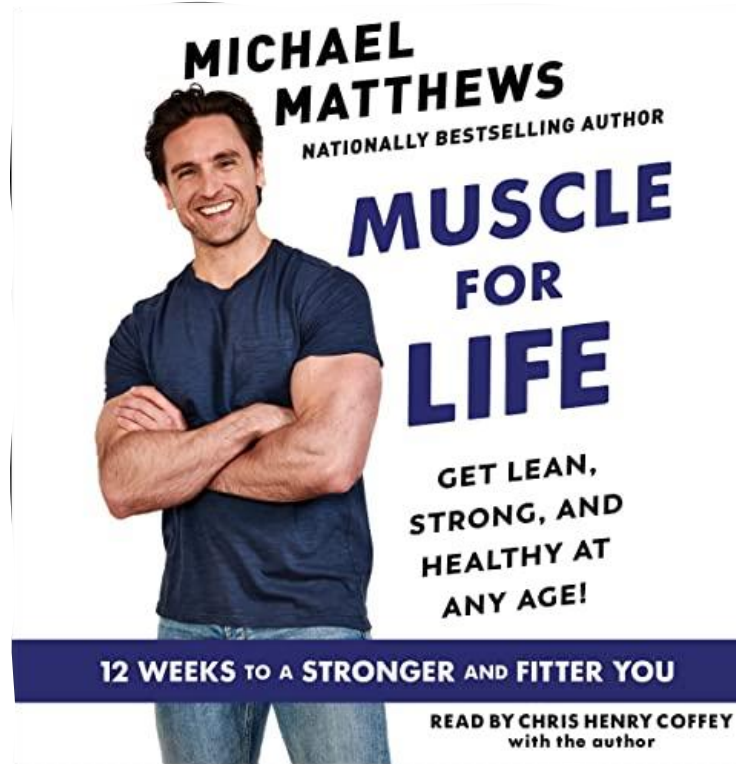
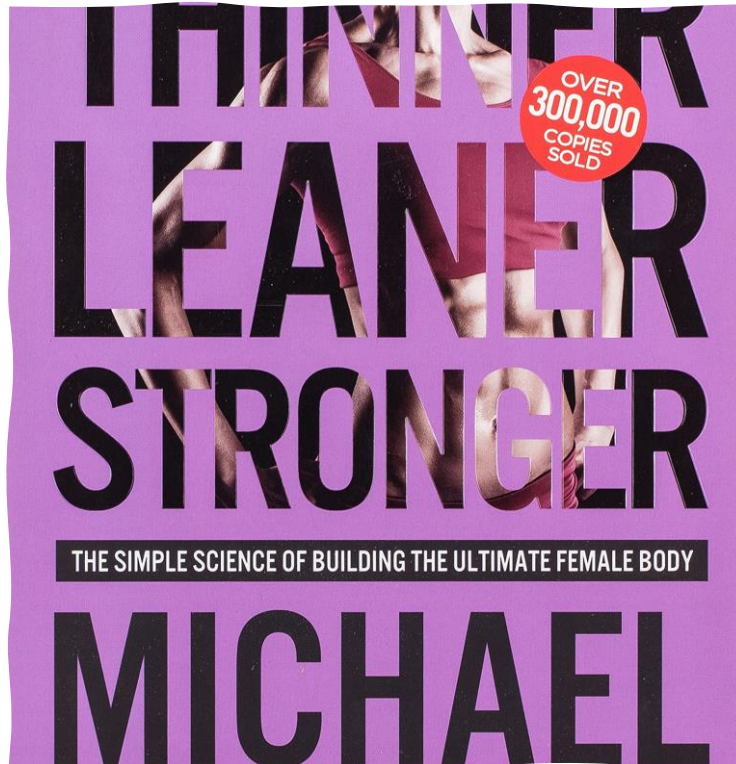
- GOBLET SQUATS
- RDLs
- SINGLE LEG HIP THRUSTS
- LEG CURLS
- 3 X 15

- UPPER DAY

- PUSH UPS
- CABLE ROWS
- LATERAL RAISES
- LAT PULL DOWNS
- FACEPULLS

3 X 15

Resources



Nutrition



KISS METHOD



What is the
easiest way
to lose
weight?

93

94

95

96

97

98



what is a
calorie?

What are
macronutrie
nts?



How
much of
each
should
you eat?

20% at least of fat

At least 0.5g per
pound of body weight

Fill the rest in with
carbs

TDEE AND CALCULATOR

- <https://tdeecalculator.net>



Reading the back of a food label



INGREDIENTS: WHOLE GRAIN OATS, MARSHMALLOWS (SUGAR, MODIFIED CORN STARCH, CORN SYRUP, DEXTROSE, GELATIN, CALCIUM CARBONATE, YELLOW 5&6, BLUE 1, RED 40, ARTIFICIAL FLAVOR), SUGAR, OAT FLOUR, CORN SYRUP, CORN STARCH, SALT, TRISODIUM PHOSPHATE, COLOR ADDED, ARTIFICIAL FLAVOR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D₃.

DIST. BY **General Mills Cereals, LLC**
 GENERAL OFFICES MINNEAPOLIS, MN 55440 USA
 © 2008 General Mills May be mtg. under U.S. Pat. Nos. 5,523,109; D376,039 & 7,021,525

Exchange: 1½ Starch
 Exchange calculations based on Choose Your Foods: Exchange Lists for Diabetes ©2008 the American Dietetic Association, the American Diabetes Association.
 This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

Nutrition Highlights

130	10	11	10
g	g	g	g
Calories	Total Fat	Sodium	Total Carbohydrate

Amount and % Daily Value per serving

Nutrition Facts
 Serving Size ¾ cup (27g)
 Servings Per Container About 12

Amount Per Serving	Lucky Charms	with ½ cup skim milk
Calories	110	150
Calories from Fat	10	10

	% Daily Value**	
Total Fat 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Potassium 45mg	1%	7%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 1g	5%	5%
Sugars 11g		
Other Carbohydrate 10g		

Protein 2g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	4%	15%
Magnesium	2%	6%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 250mg sodium, 250mg potassium, 28g total carbohydrate (16g sugars) and 6g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories**190****250**

Cereal

with 2/4 cup
skim milk

% DV*

% DV*

Total Fat

1g 1%

1g 1%

Saturated Fat

0g 0%

0g 0%

Trans Fat

0g

0g

Polyunsat. Fat

0g

0g

Monounsat. Fat

0g

0g

Cholesterol

0mg 0%

<5mg 1%

Sodium

200mg 9%

280mg 12%

Total Carb.

46g 17%

56g 20%

Dietary Fiber

4g 16%

4g 16%

Total Sugars

19g

28g

Incl. Added Sugars

13g 26%

13g 26%

Protein

4g

10g

Vitamin D

0mcg 0%

2.2mcg 10%

Calcium

20mg 2%

250mg 15%

Iron

1mg 2%

11mg 20%

Foods high in certain macros

- Be careful with calories

Macro Food List

Lean Protein

Egg whites
Chicken breast
Turkey breast
White fish
Ahi tuna
Extra lean ground beef
94% or leaner
Lean steak cuts
More processed:
Protein powder
Canned tuna

Moderate Protein

Ground beef 94% or less lean
Chicken/turkey lean sausage
Cod
Mahi mahi
Haddock
Snapper
Trout
Pork tenderloin
Pork chop
Ham
More processed:
Non-fat cottage cheese
Non-fat cheese
Non-fat greek yogurt

Higher Fat Protein

Chicken thighs
Chicken wings
Ground beef 85% or less lean
Steak (Ribeye, T-bone, porterhouse, round)
Beef roast
Pork shoulder
Turkey bacon
Lamb roast, chop, leg (check the cut)
Steak
Salmon

Healthy Fats

Coconut milk (unsweetened)
Almond milk (unsweetened)
Whole food oils (extra virgin olive, unrefined coconut, grapeseed, avocado, walnut, etc)
Avocado
Bacon
Egg yolks
Olives
Nut butters (peanut, almond, cashew, etc)
Salad dressings
Nuts
Seeds (chia, flax, hemp, pumpkin, sesame)
Coconut
More processed:
Cheese, aged > 6 mos
Low to full-fat dairy

Carbs: Produce

Peppers
Cucumber
Tomatoes
Radish
Chives
Avocado
Onion
Kale
Cilantro
Carrots
Celery
Ginger
Garlic
Sugar snap peas
Mushrooms
Green onions
Roma tomato
Brussel sprouts
Green beans
Spaghetti squash
Butternut squash
Acorn squash
Arugula
Spinach in bag/box
Fennel bulb
Broccoli
Cauliflower
Heirloom tomato
Asparagus
Romaine
Potatoes
Sweet potato (purple/orange/white)

Apples (in season)
Blackberries
Raspberries
Blueberries
Strawberries
Bananas
Lime
Lemon
Orange
Grapefruit
Grapes
Pears
Mango
Pineapple
Kiwi
Avocado

Carbs: High Fiber/Complex

Quinoa
Brown short grain rice
Wild rice
Steel cut oats
Rolled oats
Lentils
Beans
Rudis spelt english muffins
Ezekiel bread
Pasta, opt for high fiber like Banza
Tortilla, corn
Tortilla, flour, opt for high fiber
Crackers, opt for high fiber
Bread, high fiber, sprouted, or whole grain
Cereal, opt for high fiber



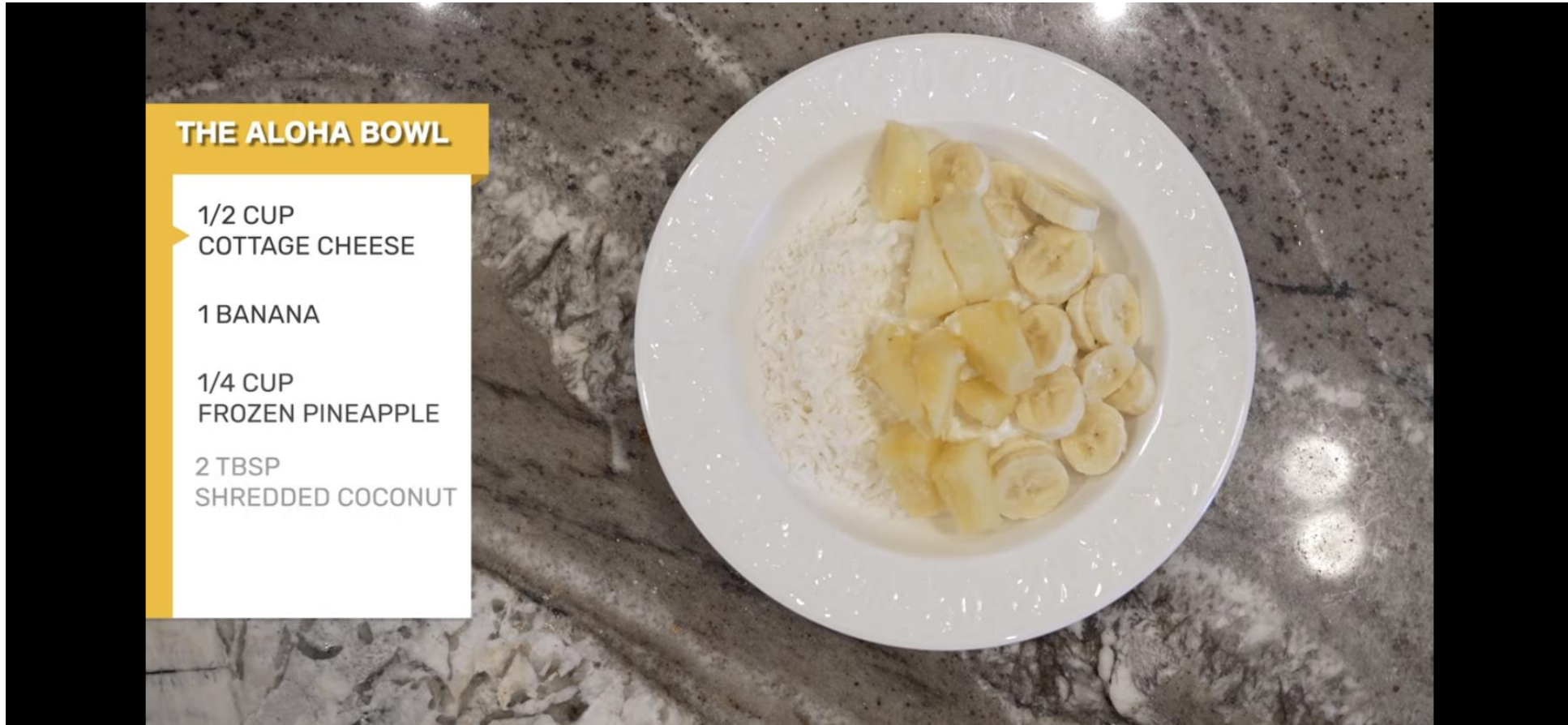
START
SMALL!

recommend you try to incorporate into your diet

- Greek Yogurt or cottage cheese (if not lactose intolerant)
- Cruciferous Vegetables
- Blueberries
- Spinach
- Salmon
- Flax seeds



Sample Snack/Meal



THE ALOHA BOWL

1/2 CUP
COTTAGE CHEESE

1 BANANA

1/4 CUP
FROZEN PINEAPPLE

2 TBSP
SHREDDED COCONUT



Key takeaway

- Moderation is key
- 80/20 rule

Vitamins and supplements



Supplements I would recommend

- Protein powder
- Creatine
- Caffeine
- D vitamin
- Fish oil



Competitive supplements

L-citrulline Malate

Beta alanine

Supplements I
would
NOT
recommend

Fat burners

BCAAs



Questions?
