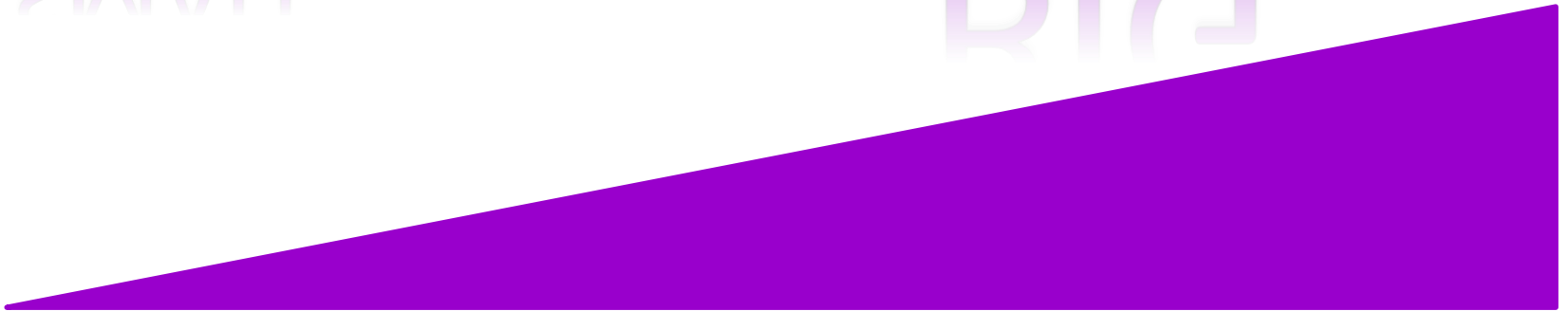


SMALL changes → **BIG** results



Leading a fulfilled, productive life is likely close to the top of our lifelong 'to do' list

Not as easy as it sounds?

As we age, natural processes have an annoying habit of getting in the way of our success in leading the rich life we strive for

Making some small changes to our daily lifestyle habits can greatly improve quality of life

The motivation for change should not be driven by appearance!

What happens on the inside is WAY more important than what appears on the outside

HOWEVER, a healthy complexion, trimmer appearance and a spring in the step is a happy consequence of these small changes!

Four major factors contribute to longevity and quality of life

- 1. Healthy eating habits**
- 2. Moderate exercise**
- 3. Sufficient sleep**
- 4. Socialization**

1. Healthy Eating Habits

“Enough is as good as a feast”

Mary Poppins

- Portion control is key
- Choosing colorful foods over bland ones
- Eat the foods your ancestors enjoyed
- Be accountable for everything you put in your mouth

Know your Basal Metabolic Rate

This is a good number to know: it reflects the number of calories your body needs to run if you don't move a muscle for 24 hours

It is based on age, weight and gender

In order to lose weight, it is better to eat your basal metabolic rate of calories and burn off 500 calories rather than eat 500 calories less than your body needs

A word (or three) about the so-called 'Paleo Diet'

This can be summarized in three simple words:

EAT REAL FOOD

The more processed a food, the more removed it is from its natural state and thus the more additives it contains

Some things are non-negotiable if you want to live a long, healthy life

Avoid:

- Smoking
- Regular sodas or juice drinks (limit diet drinks too)
- Deep fried foods

Limit:

- Excess dairy (butter/cheese/whole milk products)
- Processed meats and excess red meat
- Sugar
- 'Food in a box'

Food labels – how useful are they?

Be mindful of the serving size



Calories vs Calories from fat



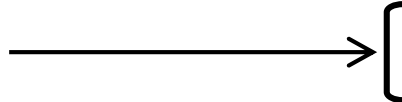
The 'bad guys'



Look for high fiber



The more of these the better



The greater the gap between 'Total Carbohydrate' and 'Sugars' the better

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* 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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Suggested small changes:

- Keep a variety of fruit within easy reach
- Make your own condiments
- Don't drink your calories
- Stop eating when you're satisfied; don't keep going until you're full
- Stick to the periphery of the grocery store

2. Moderate Exercise

“If you don’t love it, you won’t do it”

Dorothy Wood :-)

Include the three major forms of exercise for maximum benefit:

- Cardiovascular exercise
- Strength training
- Stretching

Exercise:

- Reduces visceral fat to improve organ function
- Improves circulation
- Increases bone mass
- Is a mood enhancer / stress reducer
- Improves sleep
- Increases energy levels
- Aids balance
- Boosts the immune system
- Promotes joint health via weight loss

Three components to a well-rounded exercise program:

1. Cardiovascular exercise (aerobic)

Improves circulation, delivers more nutrients to all cells

Endorphin production increases / stress levels decrease / immune system efficiency improves

The heart muscle becomes stronger and pumps blood more efficiently reducing the number of beats per minute

Cardiovascular exercises include:

- Walking / hiking
- Group exercise
- Bike riding (gym or outside)
- Running / jogging
- Elliptical trainer
- Swimming
- Golf
- Participation in sports
- Ice skating / rollerblading
- Cardio equipment
- Skiing
- Dancing
- Playing with children

2. Weight bearing exercise (anaerobic)

Increased muscle mass slows 'middle-age spread' through increased basal metabolic rate

Weight-bearing exercise stimulates bone production which reduces the risk of developing osteoporosis

Overall strength improves, reducing the risk of injury

Weight bearing exercises include:

- Toning exercises without weights
- Compound exercises (push-ups / core work)
- Yoga / Pilates
- Weight room circuit
- Free weights

3. Stretching / relaxation

Maintaining healthy joints, preserving full range of motion/flexibility

Reducing injury risk, minimizing muscle soreness after a workout

Improved balance

Suggested small changes:

- Enlist a work out pal
- Find something that is fun; that makes you want to repeat the experience
- Build the time into your day – make it non-negotiable
- Take the stairs every time you go up a floor
- Invest in a pedometer
- Put a free fitness app on your phone

3. Sufficient Sleep

“Sleep is the golden chain that ties health and our bodies together.”

Thomas Dekker

- Deep sleep restores cell damage and keeps the immune system strong
- Everyone needs 7 hours regardless of your apparent sleep patterns

7 hours' sleep is optimal

- Human growth hormone is produced during deep sleep – keeps metabolism high, combats middle-age spread
- Less than 7 hours diminishes cell and molecular repair
- Note: more than 9 hours suggests lack of motivation
- A stable sleep pattern keeps the immune system strong
- A robust immune system is the number one cancer fighter (patients on immune suppression following organ transplant are susceptible to 'transplant cancer')

Suggested small changes:

- Experiment to determine your optimal temperature (often lower than you think)
- Remove the TV from the bedroom
- Turn off any electronics 1 hour before retiring
- Read in bed with a bedside lamp
- Exercise regularly
- Eat carbohydrates at evening meal only
- No caffeine after 3pm; limit any drinks after 8pm
- Limit alcohol

4. Socialization

“A good laugh and a long sleep are the best cures in the doctor's book.” *Irish Proverb*

- As people age, having someone checking in on you is very important
- Other individuals give our lives meaning, a reason to get up and out of the house
- We're evolutionarily designed to socialize so there is likely a biological link between connectedness and how well our bodies (immune system, etc.) works
- The knowledge that we're not alone in the world reduces stress, puts us at ease.

Activities that are known to promote longevity

- Group activities (game night, dance class, dinner groups etc.)
- Team sports
- Volunteer work
- Active social support (e.g. faith based)
- Having a best friend/spouse/confidante (boosts oxytocin)
- Laughing
- Chatting with friends (University of Michigan Hormone and Behavior Study)
- Owning a pet

The mind/body connection

Until fairly recently, the medical community did not give much credence to the things your grandmother told you to do; “rest, relax, get plenty of sleep”

These days the connection between the emotional state and the physical manifestations of that state are well-researched and well-documented

The stress response is a life-saver in a time of crisis, but a life-stealer when endured in a chronic capacity

Suggested small changes:

- Join a social group
- Work out with a friend (see exercise!)
- Take care of a pet
- Go on vacation
- Volunteer for a charity you feel strongly about
- Engage in a hobby
- Learn a new language