The Triangle of Wellness is a concept that embodies Nutrition, Physical Activity, and sleep. The Triangle of Wellness will help create healthy lifestyle habits that will promote sustainable results and longevity. There are three categories in the triangle, just like there are three angles of an equal lateral triangle. All three categories are equally important to one another and cannot stand alone. The three categories are Nutrition, Sleep, and Physical Activity. Nutrition is a commonly overlooked category. You cannot outwork a bad diet. The physical activity category is something the human body craves. Increasing your heart rate will increase blood flow which supplies our bodies with vital nutrients and causes positive chemical reactions in the body. Sleeping is where our bodies recharge, heal, and clean out stress. It’s not about when you wake up, but when you plan and prepare to fall asleep. You must plan and prepare for success.

Nutrition is a major concern for Americans, especially The Blose Brothers. The American Diet is simply terrible. Most American's diet consists of highly processed foods, large proportions of carbohydrate intake, and not enough variety of meats, fruits, & vegetables. We must try to eat the rainbow. Colorful foods are a sign of nutrient density and “healthy” micro-nutrients needed for basic metabolic function. Nutrition can be overwhelming for a lot of people. There are so many questions and multiple answers for each question. The amount of good information out there gets skewed due to misinformation and “highlights” taken out of context and regurgitated on social media. Nutrition can be as simple as eating wholesome and healthy meals, eating more protein, vegetables, and fruits, and limiting fake processed food intake. Fake food is the devil. If your food can sit on a shelf for months and not rot or decay than is it really food?

Physical Activity has played a major role in human evolution. In the last 150 years, humans have become extremely sedentary. Back in the day when humans hunted and gathered we were consistently physically active on the day-to-day. With the increase in technology and infrastructure, we have become a totally different human than what we once were. Physical Activity does not need to be bench pressing, squatting, and deadlifting. Physical Activity can be defined in a variety of ways. Trainer Mitch says physical activity is simply moving the body. Trainer Mitch suggests 10,000 steps a day that can easily be tracked on everyone’s smartphone. These steps can be accumulated through household chores, outdoor work, resistance training, etc. Completing your physical activity requirement for the day, whether you're an athlete, a homemaker, the provider, or whatever you are; should be one of the first things you accomplish each day. Make physical activity part of your daily routine. You don't have to "go to the gym" to be physically active just simply move more today than you did yesterday.

Sleep is often overlooked. You will hear the mantra over and over again. "I can't sleep at night", "I'll sleep when I'm dead," "sleep is for the weak." As these are great motivators to fight off sleep and push through adversity, in reality, you should welcome quality sleep. Quality versus quantity is the dichotomy of everything in life. Trainer Mitch suggests getting 7-9 hours of quality sleep per day. Several ways Trainer Mitch suggests that you can achieve quality sleep is by having enough vitamin C in your body, avoiding caffeine 12-16 hours before bedtime, turning off the TV and cell phone, sleeping in a dark room, and going to bed sober because when you go to sleep intoxicated on drugs, marijuana, or alcohol; the body must first filter out these toxins in order for you to reach quality R.E.M. sleep. Melatonin is one of the key chemicals in the body that helps get your body ready for sleep. Do not take a melatonin supplement to help you fall asleep. Standard household lighting and blue light (emitted from electronic device’s screens) decreases natural melatonin production inhibiting your brain from telling you that it is tired and time for sleep. Sleep rebuilds you from the inside out. If your physically active and eating right but not getting quality sleep you will see diminishing results that will stop, you from reaching your goals.

The Triangle of Wellness should be an essential part of your life. If you can adopt the philosophies of the Triangle of Wellness; making a nutritionally wise choice and eating wholesome healthy meals, being more active today than you were tomorrow, and preparing your body to sleep so you can get your quality 7-9 hours to recharge, rebuild, and refuel the body; then The Blose Brothers promise you that we will help you along the way. Please feel free to reach out to any of us on social media, BloseBrotherse.com, or stop in at Zack’s Farm to Table Restaurant in New Bethlehem. Trainer Mitch provides 1 on 1 private personal training, meal prep, workout programs, group fitness classes, and much more to help you reach your goals. We have a 10,000 sq. ft. health and fitness center designed to help you live well! Free wellness consultations can be booked online at BloseBrothers.com. Call or text us today 814.229.8363 or email us at TriCountyHealthFitness@blosebrothers.com