



Here's to YOUR Health!

Well, we survived Halloween (and all that candy!) and now the biggest holidays are just around the corner! Feeling excited? Stressed? Possibly a little bit of both? No matter where you fall on the holiday happiness scale, here are a few things to think about. First, congratulate yourself for making a commitment to your health and trusting me as your personal fitness and nutrition coach this year. *Thank you!* Second, be proud of the changes and progress you've made, no matter how big or small. *Good for you!* Remember, changing habits for a healthier lifestyle is a journey that takes time. With that said, and with Thanksgiving fast-approaching, you may be thinking, "How do I keep making progress over the holidays? I don't want to sabotage the work I've already done!" Never fear. That's why I'm here; to support you with confidence-boosting coaching sessions and information to help you make good decisions. The rest is up to you. If you remain steadfast, make **YOU** a priority and follow a few simple tips offered here you'll be okay. So give thanks and enjoy each day, one day at a time, and never **EVER** give up! *Here's to YOUR health!*

INSPIRATION

"You have power over your mind – not outside events. Realize this, and you will find strength." ~ **Marcus Aurelius**

"You can have results or excuses, but not both."
~ **Arnold Schwarzenegger**

"Avoid the holiday-thinking trap. Special occasions come and go, but good health stays with you forever!" ~ **Sarah Forgrave**



The 3 MACROS (Macronutrients)

1. PROTEIN – Protein is found throughout the body—in muscle, bone, skin, hair, and virtually every other body part or tissue. It makes up the enzymes that power many chemical reactions and the hemoglobin that carries oxygen in your blood. At least 10,000 different proteins make you what you are and keep you that way. Good protein sources include fish, chicken, shrimp, tuna, dairy (i.e. whole milk, non-fat Greek yogurt, cottage cheese) and eggs to name a few.

TIP: Choose fish, poultry, beans, and nuts. Limit red meat and cheese; avoid bacon, cold cuts and other processed meats.

2. CARBOHYDRATES – Carbohydrates provide the body with glucose, which is converted to energy used to support bodily functions and physical activity. But carbohydrate quality is important; some types of carbohydrate-rich foods are better than others: The healthiest sources of carbohydrates—unprocessed or minimally processed whole grains, fresh fruits and vegetables, and beans—promote good health by delivering vitamins, minerals, fiber, and a host of important phytonutrients. The amount of carbohydrate in the diet – high or low – is less important than the type of carbohydrate in the diet.

TIP: No single fruit or vegetable provides all the nutrients we need for a healthy body. Variety is just as important as quantity, so eat a wide variety every day. Eating a higher portion of complex grains (i.e. brown rice, quinoa, and fiber-rich veggies) can prevent weight gain. And, plant food is smart for your heart.

3. FATS – Fat is an important part of a healthy diet. We need it to absorb important vitamins A, D, E and K. When it comes to dietary fat, what matters most is the type of fat you eat. Choose foods with "good" unsaturated fats, limit foods high in saturated fat, and avoid "bad" trans fat. **"Good" unsaturated fats:** Monounsaturated and polyunsaturated fats — lower disease risk; nuts, seeds, avocados, fish, vegetable oils (olive, corn, sunflower, vegetable). **"Bad" fats** — trans fats — increase disease risk, even when eaten in small quantities. Foods containing trans fats are primarily in processed foods made with trans fat from partially hydrogenated oil.

TIP: Include a special kind of unsaturated fat, called omega-3 fats, in the diet; good sources include fish, walnuts, flax seeds, and canola oil.

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CALORIES... We expend ~ 75% of our calories each day just by sitting, breathing, sleeping (essentially at rest). This is our resting metabolic rate (RMR). And, because muscles use more energy than fat, the greater the muscle mass over fat we have, the greater our RMR. We expend ~ 10% of our calories when we eat (digestion, absorption, metabolizing food) and we expend anywhere between 15-30% of our calories from *both* structured exercise (*see you at the gym!*) and from other activities throughout the day, such as walking the dog, shopping, cleaning, doing laundry, even brushing our teeth! So you can see that our workouts are only a small part of the whole picture when it comes to burning calories to keep our weight in check; the very reason why good nutrition consisting of whole grains, fresh fruits and vegetables, fish, poultry, and nuts and seeds – combined with regular exercise and staying active during the day are so vitally important to our good health!

*Holidays or not, let's stay true to our goals.
Click [HERE](#) for a good read on weight loss.*



Yes, you CAN enjoy your holiday meal and still keep yourself on track!

Try these tips:

- Kick off your day with a walk or a community event to give your body a boost before the big festivities.
- Take a walk *after* you eat. Bring the family or friends along. Fresh air feels great after a big meal.
- Plan ahead for the food you know you're going to eat - think through managing portions.
- Enjoy a few apps, but leave room for the main event. It's no fun going into the big meal when you're already full!
- When filling up your plate, make room for each item rather than stacking items on top of each other. You'll enjoy your food more if you can *see* what you're eating!
- Fill your plate with veggies, fruits and lean protein *first*. Then add a few carbs (i.e. potatoes, corn, stuffing)
- Take your time and don't be too hard on yourself. Enjoy the day to be thankful for your friends and family and your fitness coach! 😊
- Tomorrow is a new day.



“GIVE THANKS

for each new morning with its light, for rest and shelter of the night; for health and food, for friends and love;

For Everything thy goodness sends.”

Ralph Waldo Emerson



ABOUT Coach Wendy: Wendy retired from the U.S. Navy in March 2022 as a captain. Originally from Corning, NY, Wendy's father was a health teacher and athletic coach at the local high school, imbuing in his daughter the importance of physical fitness. Growing up Wendy enjoyed many athletic activities, including gymnastics and ballet. Wendy joined the Navy after graduating from SUNY Albany. Throughout her career she routinely scored in the top one percent of all her Navy unit personnel on the semiannual physical fitness test. She also competed in several biathlons and triathlons during her off-duty hours and has run two marathons. Wendy is passionate about helping others achieve their very best.

Wendy is a certified fitness and nutrition coach through the National Academy of Sports Medicine and currently works with clients of all ages and abilities at the LA Fitness Signature Club in Niles, IL. Wendy holds a bachelor's degree in mathematics and a master's degree in communication. She is married and lives in Chicago.

Questions? Comments? Text, call or email. (312) 522-6811 / coachwendy2022@gmail.com