



Here's to YOUR Health!



Welcome to Nutrition and Fitness Tips with Coach Wendy

First and foremost I want you to know how much I enjoy working with you, helping you achieve your personal fitness goals. I am inspired every day by your dedication and commitment. Some of you are on a weight-loss journey, some are seeking to build endurance and strength, and some are seeking to improve overall flexibility and mobility. No matter your goals, know that I am with you all the way. And while we'd all love to achieve results instantly, realistic goals for long-term success take time. So stick with it. The rewards are too good to pass up!

Over the months we've been together I have responded to a wide variety of questions, so I decided to create a newsletter as another platform to share information with you. I hope you will find this useful throughout your journey (*along with our workout sessions, of course!*). Your feedback is important so don't hesitate to speak up. I want to learn more about what's on your mind when it comes to your fitness goals so I am better equipped to provide you with the best information (*and workouts*) possible. Goodness knows there is a vast amount of information on the internet and to find credible, trustworthy information can be challenging. My commitment to you is to be a credible source of that information and to offer helpful insight. And if I don't know the answer, I will do my best to find out. So let's keep the conversation going. See you at our next training session. *Here's to YOUR health!*

INSPIRATION

"We are repeatedly what we do. Excellence then is not an act, it's a habit." – Aristotle

"You don't have to be great to start; you have to start to be great!" - Unknown

"If you don't find the time, if you don't do the work, you don't get results." - Arnold Schwarzenegger

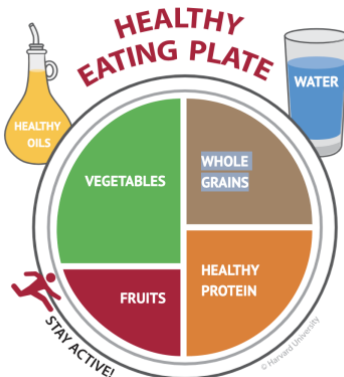
"Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal." – Simone Biles

The 3 MACROS (Macronutrients)

1. PROTEIN - essential for muscle growth, recovery, and overall health; the body's building blocks of body tissue; high-quality protein sources include lean meats, fish, eggs, dairy products, and plant-based alternatives such as legumes, tofu, and tempeh.

2. CARBOHYDRATES - the body's primary source of energy, a crucial component in a diet; not all carbs are created equal; consume complex carbohydrates, such as whole grains, fruits, and vegetables, which provide a steady energy supply and are rich in fiber, vitamins, and minerals. Simple carbohydrates, like sugar and refined grains, should be limited as they can cause blood sugar spikes and crashes, leading to fatigue, 'brain fog' and cravings.

3. FATS - essential for hormone production, brain function, and energy; they fuel the body when it's not active. Consume healthy fats from sources such as avocados, nuts, seeds, and fatty fish like salmon and mackerel. These unsaturated fats can help reduce inflammation, improve heart health, and support weight management.



Healthy weight is about balance. Eating too few calories of the macros described above deprives your body of important nutrients it needs to function properly. Eating too many can lead to unwanted weight gain. A diet that consists of lean protein like chicken and turkey, and fish, fruit, vegetables, beans, whole grains, and nuts -- the Mediterranean diet -- routinely ranks highest for maintaining a healthy lifestyle. Eating well helps you achieve your very best inside and outside the gym. Sound nutrition, just like regular exercise, contributes to overall good health and reduces the risks for diabetes, heart disease, and dementia, just to name a few. Check out the healthy eating plate on the left as a guide. *Good nutrition doesn't mean you have to cut out your favorite foods or even dessert completely, however.* It's all about moderation and frequency. I love to bake > chocolate chip cookies, brownies, and other desserts. I bake (and eat) those goodies from time to time, just not on a regular basis. Match your hard work at the gym with good nutrition and you have yourself in a good place to see results. ☺



EXERCISE...one of the best medicines for just about anything that ails you! Exercise in any form causes your brain to release ‘feel good’ chemicals like endorphins and serotonin that improve your mood. Exercise promotes better sleep. Exercise boosts a sense of control, coping ability, and self-esteem. Exercise puts the spark back into your sex life. Exercise increases energy levels and productivity. Exercise provides an outlet for frustrations. Exercise reduces skeletal muscle tension, promoting relaxation, and, like good nutrition, combats health conditions and diseases, such as diabetes, heart disease, stroke, many types of cancer, anxiety, depression, and arthritis, to name a few. Reason enough to start exercising today. It’s never too late!

Physical Activity Guidelines for Adults, 2nd Edition (Department of Health and Human Services)

“For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week. Adults should also do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits...”

DID YOU KNOW?

- ◆ 90% of heart disease is preventable
- ◆ The Mediterranean diet can lower the risk for diabetes by 33%
- ◆ A strong core reduces low back pain
- ◆ Improving flexibility reduces the risk for injury
- ◆ A pound of muscle boosts metabolism and burns more calories at rest than a pound of fat
- ◆ There is no one-size-fits-all approach to weight loss or muscle gain
- ◆ Age, gender, genetics, diet, sleep, stress, exercise, and nutrition (to name a few) contribute to how your body responds to weight loss or to your body’s composition; not an excuse, however, for not exercising or eating well
- ◆ Carbohydrates take 1-2 hours to digest / leave your gut
- ◆ Protein takes up to 3-4 hours to digest / leave your gut
- ◆ Fat takes up to 6 hours to digest / leave your gut

Trustworthy Resources on Nutrition and Fitness

(Below are a few links to top-rated credible sources for information about nutrition and health, & fitness in no particular order)

[Food and Drug Administration](#)

[American Cancer Society](#)

[Men’s Health Magazine](#)

[Choose MyPlate](#)

[American Diabetes Association](#)

[Women’s Health Magazine](#)

[American Heart Association](#)

[Health.com](#)

[Harvard School of Public Health](#)

[Nutrition.Gov](#)

[Prevention.com](#)

[Mayo Clinic Health Library](#)



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