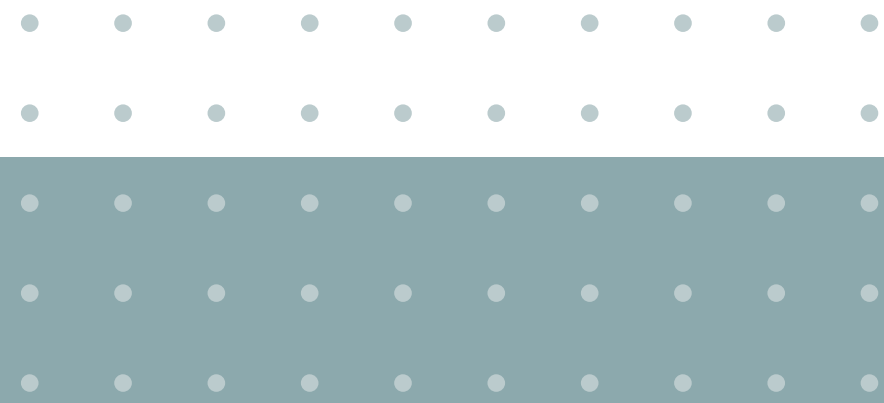


A LITTLE ABOUT ME



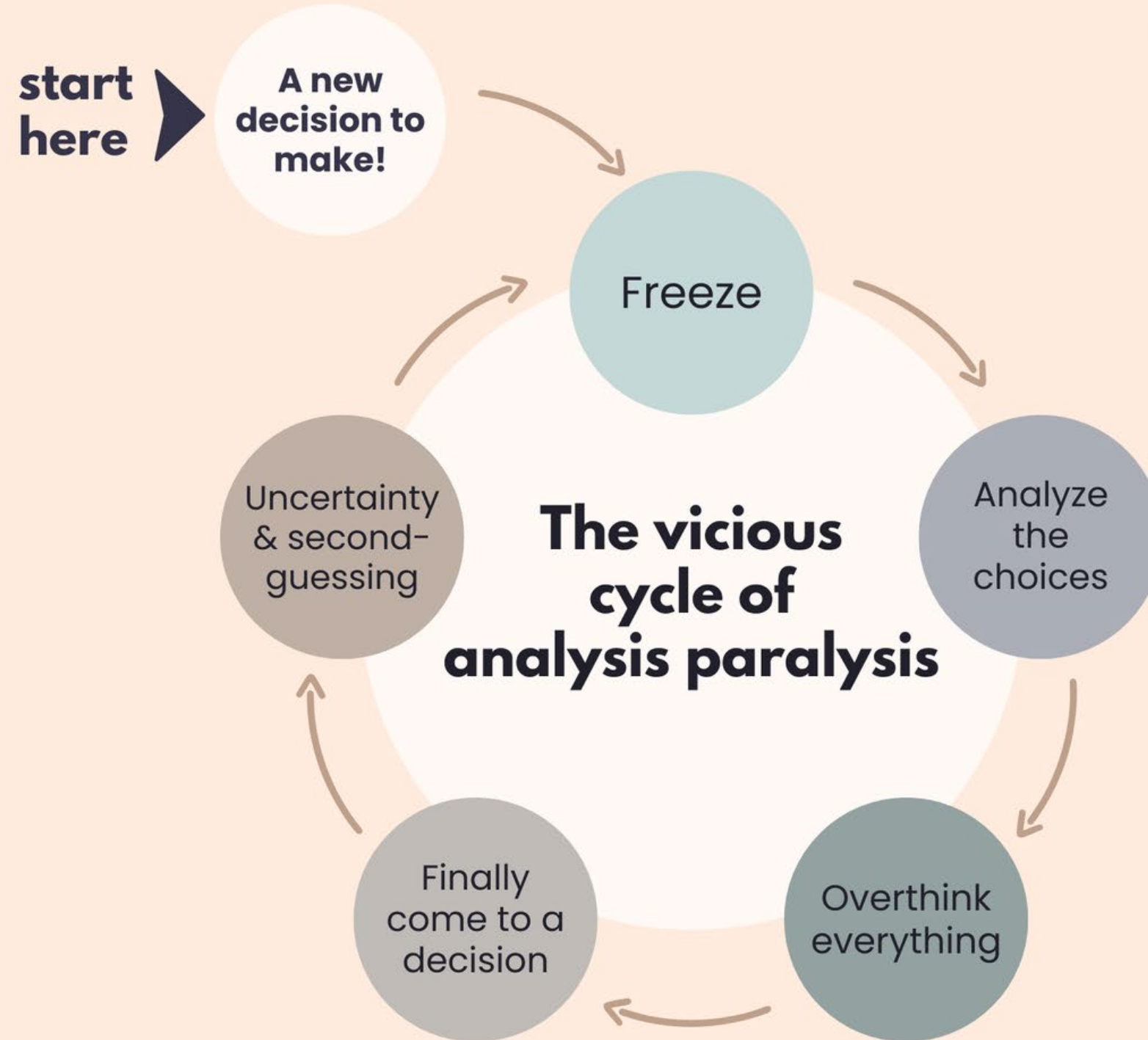
Mom, business owner.
Background in behavioral therapy.
I work with individuals to develop
a healthy and fulfilling lifestyle.
Online Fitness & Nutrition Coach.
Personal Trainer.



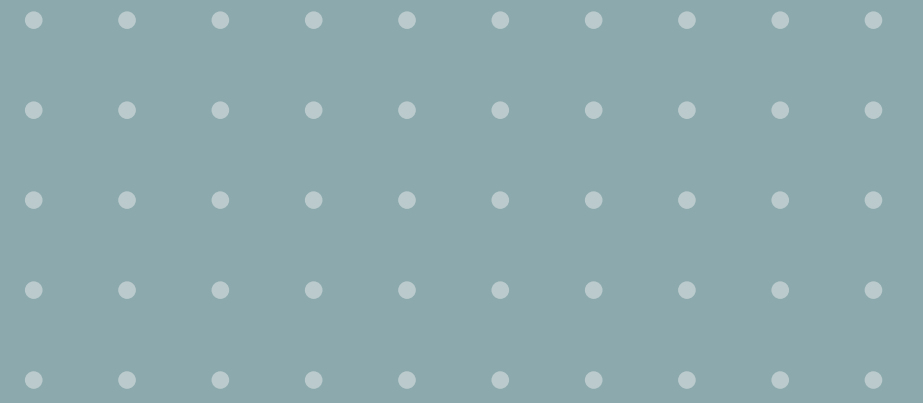
FITNESS & NUTRITION

What's your regimen?





Our behavior sets our
lifestyle.



Our behavior sets our
lifestyle.



We must change habits to fit our
goals.



Our behavior sets our
lifestyle.



We must change habits to fit our
goals.

Doing what is meaningful to
you

increases your quality of life



1. EDUCATION
Where to begin
2. SLEEP & EXERCISE
Benefits & styles of training
3. NUTRITION & DIET
What's right for you
4. HABITS & MOBILITY
How to make it a lifestyle

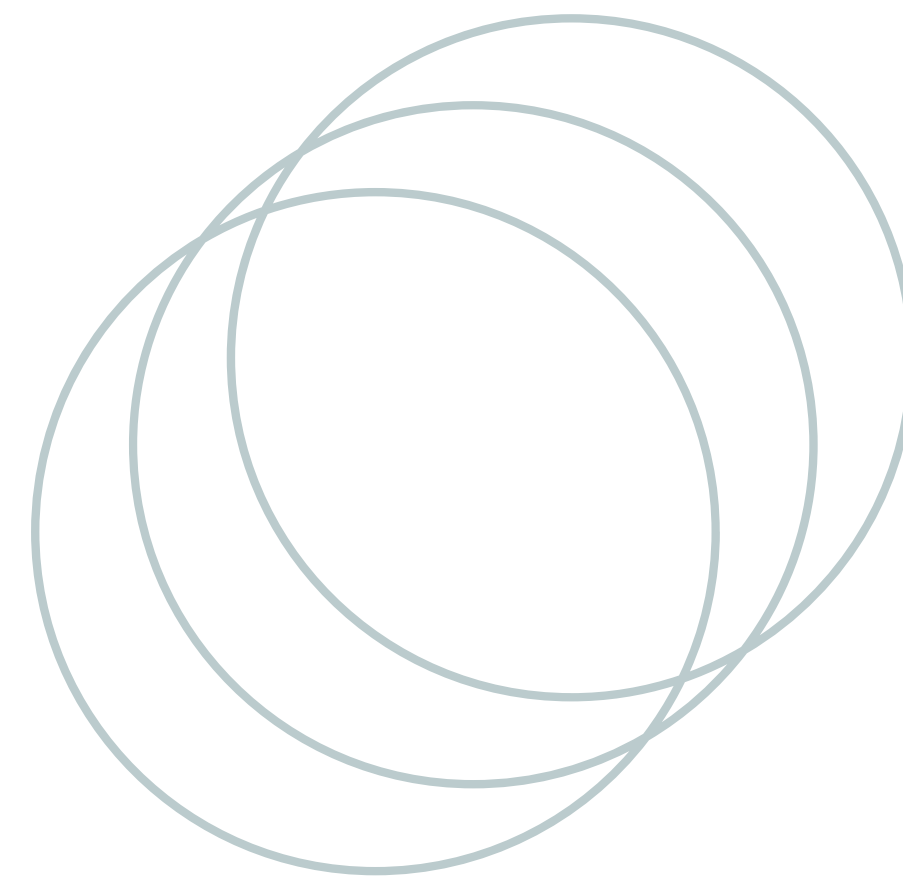
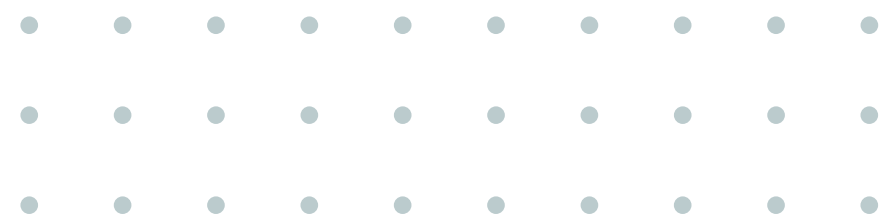
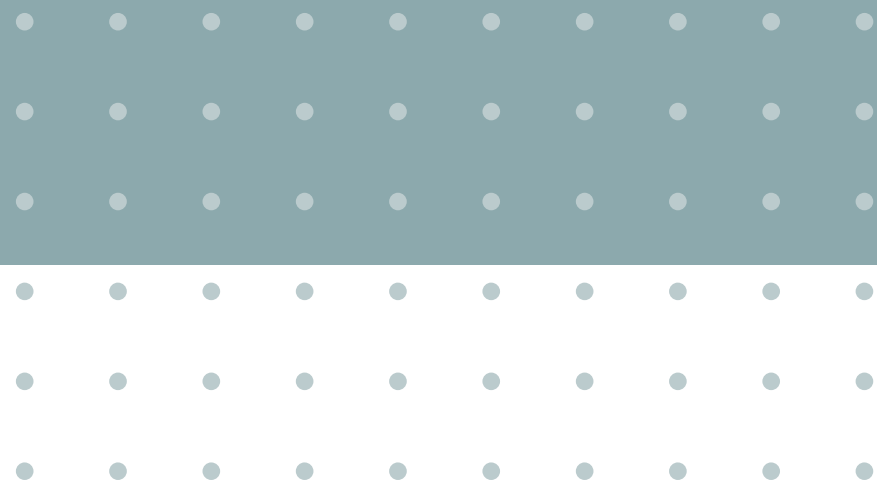


TABLE OF CONTENTS

0 1.

EDUCATION

What diet is best? What
type of exercise is best for
me?



HEALTHY LIFESTYLE

PROPER
NUTRITION



PHYSICAL
EXERCISES

OUTDOOR
ACTIVITY

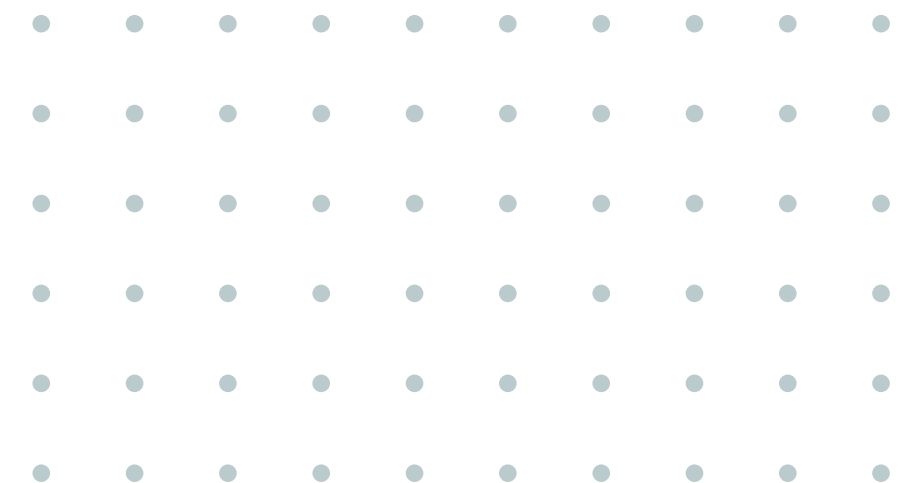


RELAX &
HOBBY



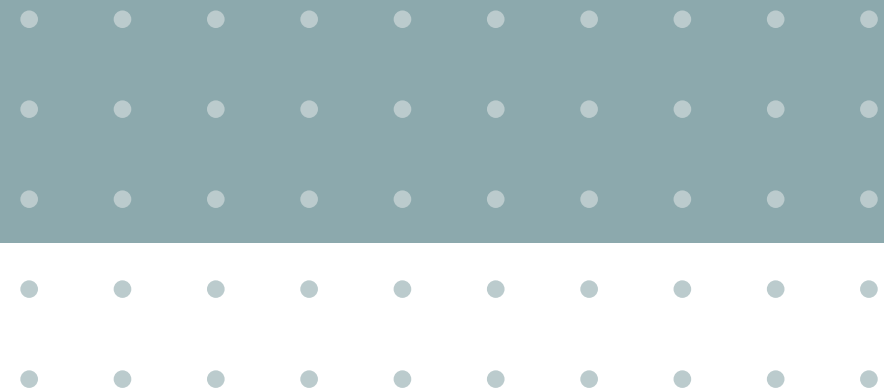
EDUCATION

Which diet is best?
What type of exercise is
best for me?



WHAT'S
SUSTAINABLE
WHAT MAKES
ME FEEL MY
BEST

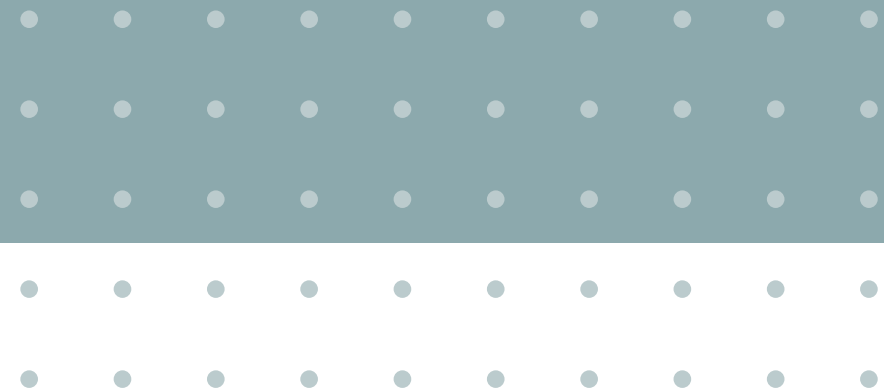
Start small



02.

SLEEP & EXERCISE

Benefits & training styles

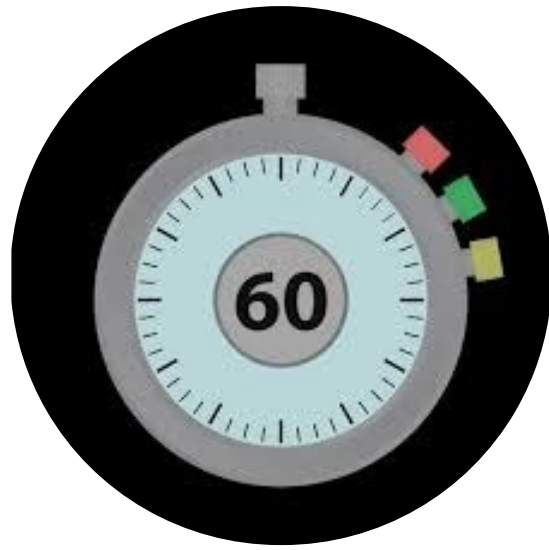


Movement & Exercise

Choose the styles of training that work for you

Weight training
HIIT
Cardio
Mobility/stretching
Walking





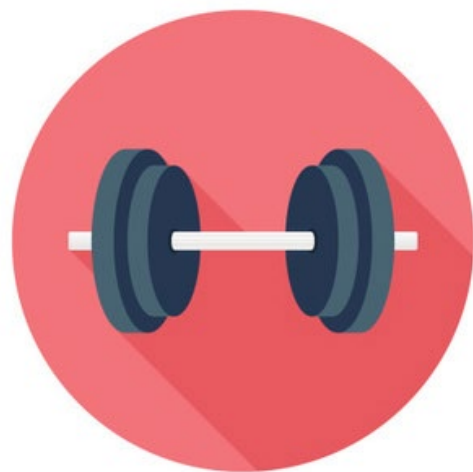
HIT

High Intensity Interval Training
Ex. 45 seconds of intense work followed by 60 seconds of rest. Repeat.



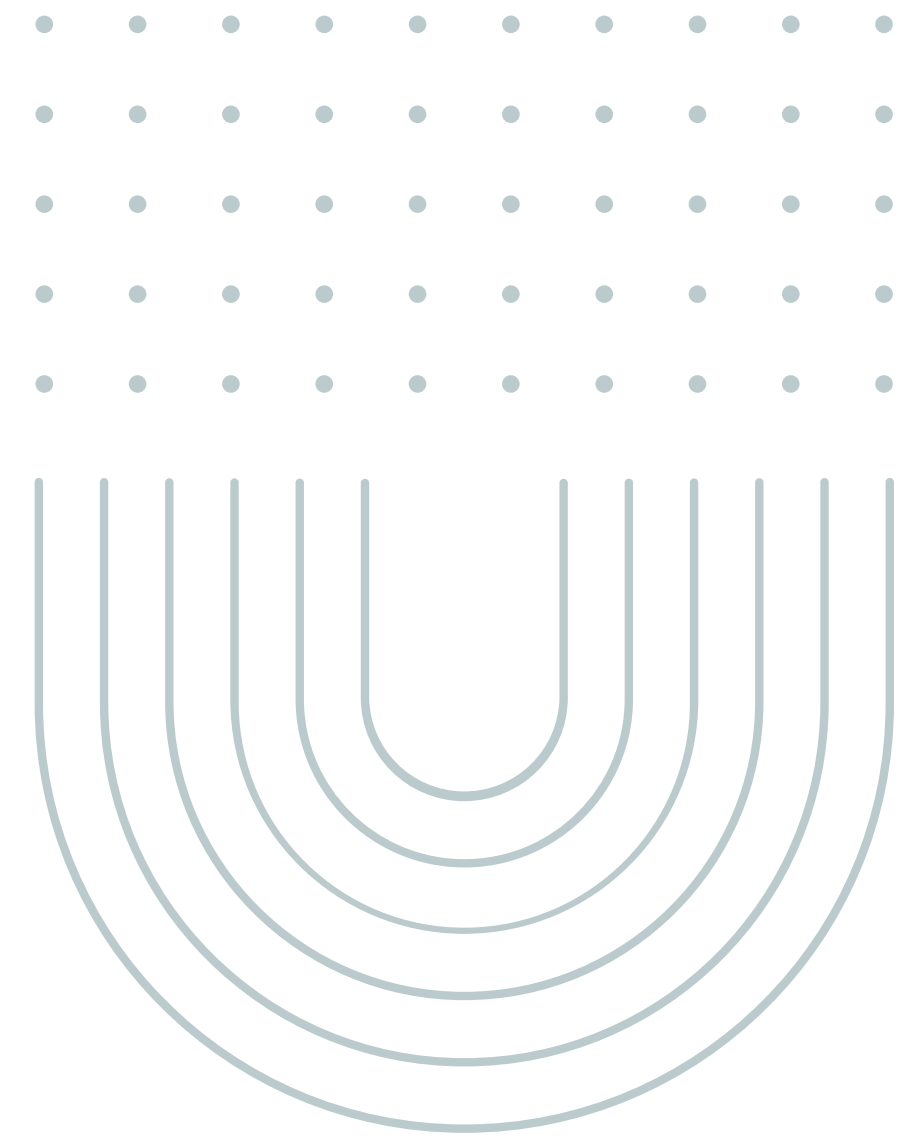
Cardio

Increased heart rate for a period of time.
Ex. Jogging, biking, aerobics



Weight training

Movements that you use resistance to build strength, muscle mass and endurance



STYLES OF TRAINING

MOBILITY & STRETCHES

UPPER BACK

MID BACK

HIPS/ SQUAT



“DO ONE THING
FOR YOURSELF EACH DAY.
AND MOVE YOUR BODY”



9 THINGS TO HELP YOU SLEEP BETTER

@sarahdufflifestyleandfitness



Get some black out blinds



Wear a sleep mask



Use your bed for sleeping & "sexy" time only



Get up after 20 mins if you can't drop off



Check your pillow mattress & bedding are suitable



Write all your crazy thoughts down



Don't stimulate too late



Adjust the temperature



Stop the late night swiping

HOW SLEEP AFFECTS YOUR HEALTH

SLEEP DEPRIVATION

IMPAIRED COGNITION

Lack of sleep impairs memory and your ability to process information.

HIGHER LEVELS OF ANXIETY

Lack of sleep raises the brain's anticipatory reactions, increasing overall anxiety levels.

STROKE RISK

When you sleep 6 hours or less a night, your chance of a stroke increases 4x.

INCREASED RISK FOR DIABETES

Lack of sleep increases cortisol and norepinephrine, both are associated with insulin resistance.

INCREASES SYMPTOMS OF DEPRESSION

A lack of sleep disrupts neurotransmitters to the brain which regulates mood.

INCREASED RISK OF BREAST CANCER

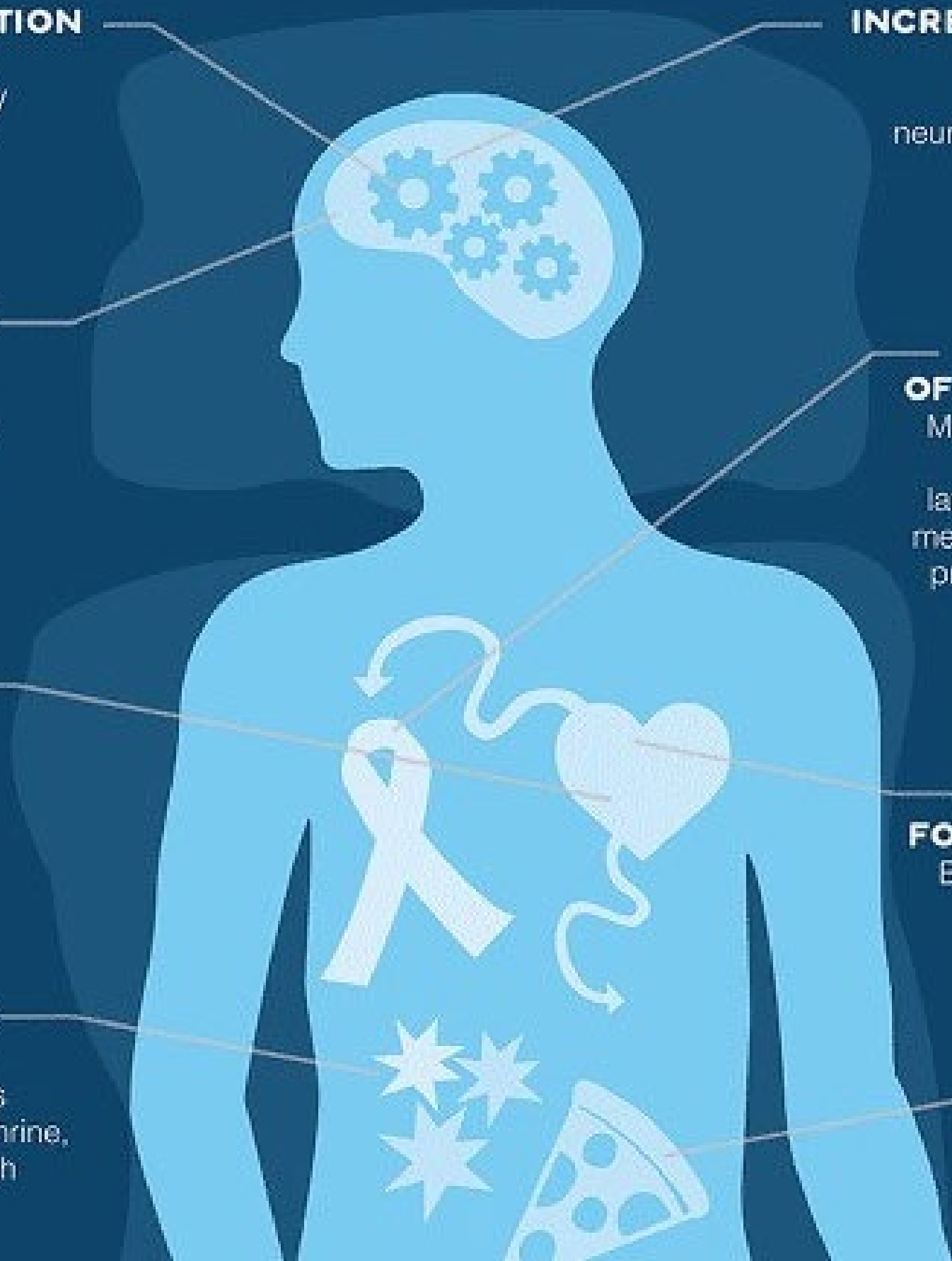
Melatonin decreases when you are exposed to light late at night. A decrease in melatonin disrupts estrogen production which can lead to breast cancer.

INCREASED RISK FOR HEART DISEASE

Blood pressure decreases when you sleep.

WEIGHT GAIN

Sleep helps balance hormones that make you feel hungry and full.



AFFECTS FAT LOSS

LACK OF SLEEP



BODY'S REACTION

- ▲ Ghrelin (Hunger)
- ▼ Leptin (Fullness)
- ▲ Cortisol (Fat Storage)
- ▼ Insulin Sensitivity
- ▼ Testosterone
- ▼ Thyroid Function



FAT GAIN



BEHAVIOR

- ▲ Binge Eating
- ▲ Craving For Calories
- ▼ Feel Like Exercising
- ▲ Desire To Relax

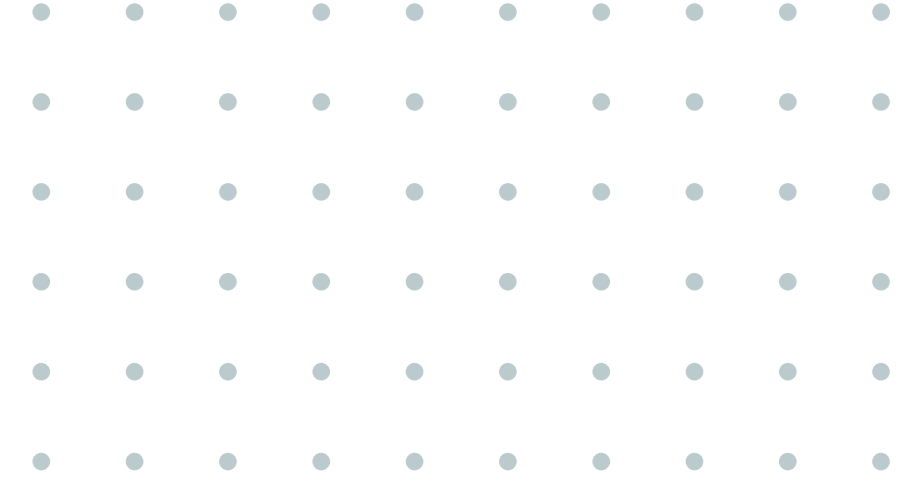
03.

NUTRITION & DIET

Finding what's right for you



DIETING



DIETARY RESTRICTIONS

removing a type of food/ food group

CALORIE RESTRICTIONS

Calories in vs. Calories out



TIME RESTRICTIONS

Intermittent Fasting

MAINTENANCE

Maintaining a certain amount of intake

MACROS

PROTEIN

the building blocks for your body

FATS

needed to regulate hormones & proper function

CARBS

used for energy for muscles & CNS

MACRO CHEAT SHEET

@theflexibledieterlifestyle

CARBS

Breads
Rice
Couscous
Cereals
Bran
Potatoes
Pasta
Oats
Cream of Wheat
Corn
English Muffins
Pancakes
Whole Wheat/
Whole Grains
Vegetables
Squash
Pumpkin
Berries
Fruits
Sugars

Beans
Sprouted
Grains
Quinoa
Most Yogurts
Skim Milk
Peas

PROTEIN

Chicken
Turkey
Egg Whites
Fish
Buffalo
Bison
Whey Protein
Turkey Bacon
Lean Beef
Cottage Cheese
(low/non-fat)
Greek Yogurt
(low/non-fat)

Eggs
Salmon
Bacon
Chia Seeds
Cottage Cheese
Whole Fat Milk
Duck
Whole-Fat Yogurt

FATS

Avocado
Nut Butters
Egg Yolks
Nuts
Oils
Olives
Flaxseed

EASY WAYS TO CREATE A CALORIE DEFICIT

@MARCINEVIN



Prioritize protein +
produce w/ every meal



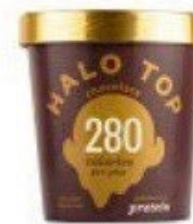
Limit (or eliminate)
liquid calories



Swap 1/2 the
starch for veggies



Eliminate snacking &
bites, licks, & tastes



Find healthy subs
for high cal favorites



Order dressings &
sauces on the side



Swap oils for low cal
condiments



Switch up your
cooking methods



Cook more
meals at home

Practice Nutrition

CHECKS & BALANCES

@SOHEEFIT



Having a protein shake with water at lunch...



...and pairing it with a few slices of pizza.



Swapping the twice baked potato...



...for a side of mac and cheese.



Adding steamed veggies instead of a calorie-laden salad...



...to enjoy a handful of fries.



Skipping the rice at dinner...



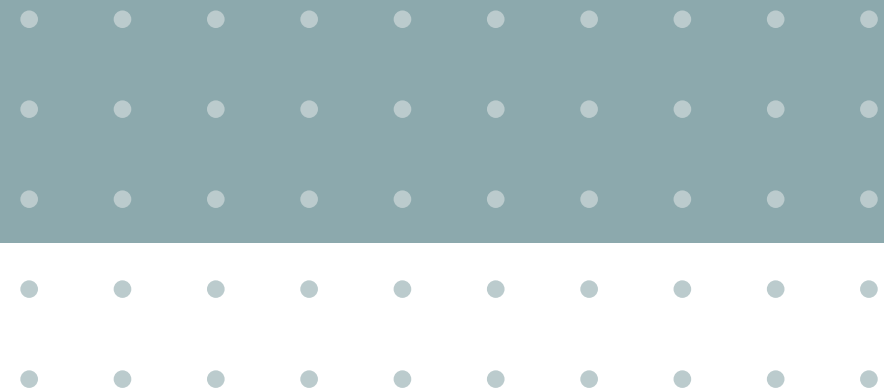
...so you can have a small slice of cheesecake for dessert.

04.

HABITS ROUTINE &

CONSISTENCY

Feeling better by taking care of you



9 HABITS FOR A HEALTHY BODY & MIND

@marcinevin



Eat 5-7 servings
of fruits & veggies



Eat .7-1 g protein
per pound of BW



Drink 1/2 your BW
in oz of water



Strength train
3-4 days per week



Walk 8-10 K steps
every day



Sleep 7-9 hours
every night



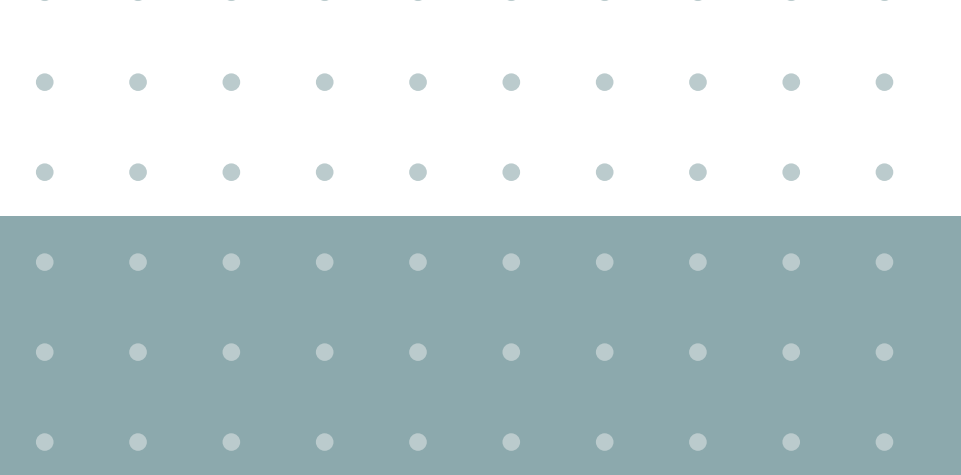
Get 20 minutes
of direct sunlight



Do 1 act of self care
to reduce stress



Write down 3 things
you're grateful for



"ON AVERAGE, IT TAKES
MORE THAN 2 MONTHS
BEFORE A NEW BEHAVIOR
BECOMES AUTOMATIC — 66
DAYS TO BE EXACT."

- James Clear



HOW TO BUILD BETTER HABITS

@MARCINEVIN



Pick only one
habit to start



Start with one
that feels doable



Set your environment
up for success



Remove the barriers
around doing it



Do it despite the
mental resistance



Acknowledge yourself
for getting it done



Notice the positive
changes happening



Have a gameplan
for when you slip up



Practice until it's easy,
then pick a new habit

CREATE A STRATEGY

Goal

Exercise

Start with 5-15 minutes per day

Nutrition

Think ahead - make a plan

Stretch

Breathing and stretching provides stress relief

Workouts

Taking time to take care of your body & enjoy doing it

Prepare

Take time to plan ahead and keep healthy options on hand

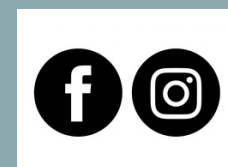
Embrace

Shift perspective from what I can't eat to what I can eat that makes me feel best



FOR MORE INFO

Polly Blythe, NASM CPT
Polly Blythe Fitness



@Pollyblythe.fit
317-348-1299

PollyBLYTHE
FITNESS