

## HEALTH & WELLNESS • Ideas to keep your mind, body and spirit strong

### PHYSICALLY

- Get checked up
  - Visit your physician for an honest assessment, especially of weight, blood pressure and cholesterol
    - ▮ When it comes to your health, your physician is going to tell it like it is and this could serve as the motivation you need
- Exercise
  - Every campus has a fitness center, athletic fields and most have pools
    - Don't be shy in asking someone to help you become familiar with the equipment
    - You might be in the office a little later but you will actually be more energized
    - You may also have work to do at home
  - Don't be afraid to alter your routine
    - For example, wake earlier so you can get some work or exercise done
  - Try something different
    - Yoga, for example
  - **Be consistent with good eating behavior**
- It is amazing how a person's demeanor and self-confidence rises when getting more fit
- Develop a program that suits your needs
  - Work with someone in your department or on your campus to offer guidance
    - Strength & conditioning coach
    - Athletic trainer, coach, administrator
    - Coaches
    - Administrators

### TAKE ADVANTAGE OF YOUR RESOURCES

We have computers to use at home but we do not have fitness centers or the experts who can provide guidance and motivation

### DILIGENCE

- Spend some time doing some research
  - [www.mypyramidtracker.gov/planner/launchPage.aspx](http://www.mypyramidtracker.gov/planner/launchPage.aspx)
    - ▮ Runs reports on your food choices for the day
    - ▮ Gives tips on better choices to make
    - ▮ Fast food options built in to it

### DIETARY

#### **You cannot out-train a bad diet!**

- Pay attention to what you are putting in your body
  - Keep healthy snacks in your office
    - ▮ Especially when you start working out
      - Adjust to that change in metabolism with the right foods
- Eliminate soda
  - Even diet soda is hard on your health!
    - ▮ <http://health.yahoo.net/experts/drmao/what-soft-drinks-are-doing-your-body>
  - Choose other options such as
    - ▮ Fresh water    ▮ Green tea    ▮ Fresh water
    - ▮ Fruit juice    ▮ Fresh water    ▮ Fresh water
- Be cognizant of portion sizes
- Cut back on desserts
  - ▮ **They are called 'treats' because it is supposed to be special because you don't do it everyday**
- The effects of consistent, late night eating are difficult to overcome

#### **Seven Quick Steps to Eating Right**

(as suggested in the RPI Athletics Nutrition Guide)

1. Eat mostly whole, natural foods that are minimally processed
  - Look for freshness & high quality
    - ▮ Don't put low-quality food in your body if you want it to perform at its peak

## HEALTH & WELLNESS • Ideas to keep your mind, body and spirit strong

2. Eat early, eat often
  - o Every three hours and immediately upon waking
    - ▮ The key to eating more frequently is to make sure that you are not overeating during your meals
  - o Water should be taken in immediately upon waking, and consumed throughout the day
3. Be a protein pro
  - o Eat lean protein with every meal
4. Carbs are not the enemy ... But choose wisely
  - o Carbohydrates are the body's primary fuel source
  - o Eat mostly complex carbohydrates from fruits, vegetables, and whole grains
5. Divide and conquer your fats
  - o Keep your total fat content low, but divide your fats evenly between saturated, polyunsaturated, and monounsaturated sources
6. Boost your liquid assets
  - o Drink mostly non-calorie beverages and plenty of water
7. Prepare for **SUCCESS**
  - o Proper preparation makes steps 1-6 manageable

### Preparing Healthy Food

(as taken from the RPI Athletics Nutrition Guide)

1. Cook Light
  - o Avoid deep frying foods and instead choose to grill, broil or bake
  - o Cook in small amounts of healthy oils instead of butter or margarine
2. Don't Smother
  - o Additions to your food, such as mayonnaise, cheese, salt, and butter can add high amounts of fat and calories
  - o **Learn to enjoy the natural taste of food**
3. Modify Recipes
  - o Learn to substitute or modify your favorite recipes to limit bad ingredients and fats

## SUPPLEMENTS

- Consult your physician about simple options
  - o Vitamins
  - o Fish oil
  - o Red yeast rice
  - o CoQ10

## MENTALLY

- Turn off the mobile phone and electronic devices when you get home (or at a reasonable time)
  - o Checking e-mail, even on your mobile device, keeps you too connected
  - o Facebook and Twitter can also keep you more engaged than you may want
- Keep the home computer off
  - o If necessary to turn it on when it is time to take care of post-game responsibilities and then shut it down as soon as you can when you are done
- Take time to read or meditate or anything that is not work related
  - o Enough mental power is spent on work – give your brain something else to comprehend so you have a chance from escaping from work
- Challenge yourself
  - o Take courses
    - ▮ They are right there on campus and they **SHOULD BE FREE** (or pretty close to it)

### The Alcohol Section...

- ☞ Calories from alcohol are utilized quickly for fuel in the body, which decreases the need for the burning of fat and other energy sources. The extra calories simply contribute to your overall caloric intake
- ☞ Alcohol is high in calories, contributing almost twice as many calories as carbs or protein per unit of measure
- ☞ Alcohol contributes 'empty' calories to the diet, as few nutrients are present
- ☞ Alcohol can have negative effects on the body's hormone levels, which can lead to excess weight gain
- ☞ Alcohol can disrupt the body's normal perception of hunger, satiety, and fullness, which can lead to overeating and weight gain
- ☞ Additional calories are often found in beer, wine and mixers in the form of carbohydrates

**ECAC-SIDA TABLE TOPIC ☒ JUNE 2012 ☒ PITTSBURGH ☒ KEVIN BEATTIE, RPI**