

LIVING LIFE TO THE FULLEST.

Making Strides Towards Better Health.

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Easy Nutritional Changes

- Make the most of your meals
 - Breakfast should never be missed.
 - We should be eating to live and not living to eat.
 - Make sure you are satisfied through the day.
 - Do not go for quick and easy drive through meals.
 - Meal prep and think about healthier alternatives if you have to stop for food.

Easy Nutritional Changes

- Eating to live, not living to eat.
 - Looking at food in the stance of fuel to help your body to run at an optimal level.
 - Be mindful about portion size.
 - Looking at food as a lifestyle.
 - Being a Foodie
 - Social interactions
 - Emotional eating
- **FIND YOUR BALANCE!**

Easy Nutritional Changes

- You cannot beat a bad diet!
 - Nutrition is one of the biggest parts in your daily diet.
 - 70% - 80% to be exact.
- Proper snacking and the benefits.
 - Start to look at substitutions for your typical snacks.
 - This for that and making the right choices.

Easy Nutritional Changes

- Make the most out of grocery shopping
 - Start in the produce and work your way around the perimeter.
 - Limit boxed and canned foods.
 - Take time to read the labels.
 - Get to know your Fats, Fiber, Protein, and Good Carbs

Mindfulness to Fuel Success

- You have time to make a better you!
 - Keep a positive state of mind.
 - Combat your slip ups and negative thoughts.
 - People slip up and make mistakes all the time. Look bobbled punt in the U of M vs. MSU football game a few years ago.
- Have the “Want” to drive you to succeed.
 - We can try to do everything in our power to get on a path of living our lives to the fullest but if “we” do not really have the “want” we will eventually stop.

Practical Steps to a Healthier You!

- Look for one space further away in the parking lot.
 - Finding that close spot is like hitting the lotto but make your health the new lotto.
- Taking the steps to new health.
 - Start to use the steps instead of the elevator or escalator.
- Learning to be flexible.
 - Stretching throughout your day to help improve blood flow and muscle elasticity.

Practical Steps to a Healthier You!

- Look for ways in your work day to improve your health.
 - Look into standing desks.
 - Going for a walk during lunch.
 - Do simple bodyweight movements and stretching at your desk.
 - Desk push ups
 - Body squats
 - Lunges
 - Hip flexor
 - Hamstrings

Making Fitness For You

- Setting goals for success.
 - S.M.A.R.T.T. Goals
 - Specific, Measurable, Attainable, Relevant, Time, Type
- Do not rush your goals.
 - Know that it will take some time for you reach your goals.
 - Everyone gets results and hits their goals at a different pace.

Making Fitness For You

- How to feel comfortable and be safe when getting started.
 - Meet with your primary care physician.
- Listen to your body.
 - Aches and Pains
 - Good pain
 - Bad pain

Making the Decision to Join a Gym

- What to look for and how do I make a decision?
 - What do “I” want and what am “I” looking for?
 - Will “I” Feel comfortable?
 - Location, Location, Location.

Making the Decision to Join a Gym

- Shop Around.
 - What trails can I get to see if the facility is the right one for me.
 - Amenities.
 - What is there to help “me” get started?
 - What specials/perks are there for members?

Accountability

- Take the time and make it a scheduled event to exercise.
 - This will help with stopping the excuse of “not enough time”

“BUT I DON'T HAVE **ENOUGH TIME...**”

IN A WEEK THERE ARE 168 HOURS:



Accountability

- Making the promise to yourself.
 - It starts with you.
- Getting a partner to help keep you accountable.
 - This is a great system to use.
 - It is a two-way street.

Accountability

- Who works a partner.
 - Spouse
 - Children
 - Parent
 - Friends
- Make it a special event with your partner.
 - This will help to make each trip easier.

Accountability

- Make a financial commitment.
 - Spend the money to make your self accountable.
 - Purchase additional programs to keep you committed.
 - Personal Training
 - Small Group Personal Training
 - Group Exercise Classes
 - Swimming Lessons
- Make sure use what you are paying for.

Getting into a Routine and Making the Habit

- Get in the habit of health.
 - It takes 21 days to form a habit.
 - This is 7 weeks if you start at 3 days a week.
- Know that change and results will happen
 - We all try to rush and see results too fast.
 - We have a self perception that we need to change.
 - 4 weeks for you to see results
 - 8 weeks for friends and family
 - 12 weeks for the rest of the world

Getting into a Routine and Making the Habit

- An easy routine to start and follow.
 - 4 sets of 12 repetitions
 - 4 easy movements to strengthen you body
- “Your new start up routine”
 - Body Squats w/ Abduction
 - Planks
 - Lunges
 - Push-ups
- Not all routines have to be in a fitness facility.

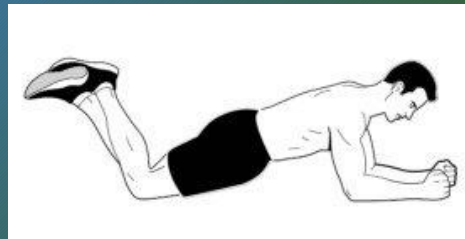
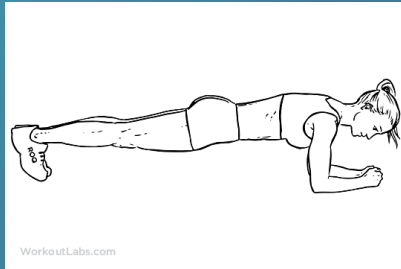
Getting into a Routine and Making the Habit

- Body Squats with Abduction



Getting into a Routine and Making the Habit

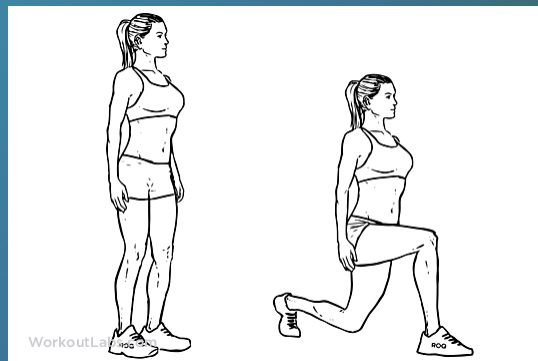
- Planks



<http://workoutlabs.com/exercise-guide>

Getting into a Routine and Making the Habit

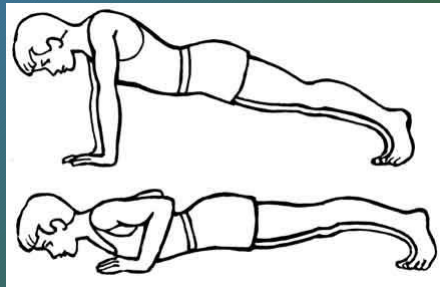
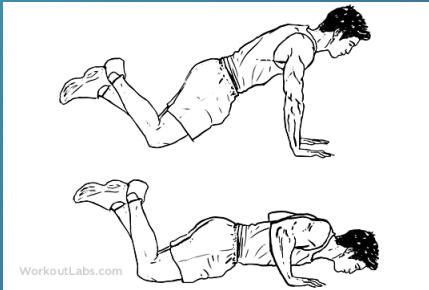
- Lunges



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Getting into a Routine and Making the Habit

- Push-ups



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Thank You For Your Time.

- To inquire more about getting started and how to find your path feel free to contact me.
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