



# What does it mean to be healthy?

Health is not the absence of disease or symptoms.

It is having energy leftover at the end of the day to do the things you enjoy.

## Definition of Health

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease.

World Health Organization, 1948

To achieve a complete physical, mental and social well-being, we need to have a sound **MIND, BODY, and SOUL.**

We need to **EXERCISE, EAT RIGHT, MEDITATE (GET FRESH AIR)**



At **BLTraining** we will help guide you in all three directions and provide you with options.

## ***EXERCISE***

The average healthy adult should aim for the following:

- Cardiovascular exercise most days of the week
- Strength train two (2) non-consecutive days a week
- Stretch (or perform Yoga) 10 minutes a day or 1 (one) class a week

## ***EAT RIGHT***

Aim for a healthy **BODY COMPOSITION** for you. Body composition is the comparison of lean body mass (muscle) to body fat. Once you have decided an approximate body composition for you, choose an appropriate calorie limit for your goals and activities.

Make sure you get a variety of nutrients and receive all three macros in your meals. Eat plenty of fiber and drink water every day. Eat a variety of foods to attain the nutrients the body needs.

### **What is a nutrient?**

**Nutrients** are substances obtained from food and used in the body to provide energy, support growth, repair and maintenance of body tissues, regulate body functions, and reduce risk of some diseases.

### **MACRONUTRIENTS**

Carbohydrates (carbs)	50%
Fat	25%
Protein	25%
Daily caloric intake	100% (these are approximate levels)



## **What are macronutrients?**

Macronutrients are nutrients that provide calories or “energy”. Nutrients are substances needed for growth, metabolism, and for other body functions. Since “macro” means large, macronutrients are needed in large amounts.

Carbohydrate = 4 calories per gram

Fat= 9 calories per gram

Protein= 4 calories per gram

**Carbohydrates** in general should provide approximately 50% of daily calories.

- Carbohydrates are the body’s main source of fuel, easily used for fuel. All of the tissues and cells in our body can use carbohydrates for fuel.
- Carbohydrates are needed by the central nervous system, kidneys and muscles, to function properly.
- Carbohydrates can be stored in the muscles and liver for later use for energy.

**Fat** in general should provide approximately 25% of daily calories.

- Fat is essential for survival and is needed for normal growth and development.
- Fat is needed for absorbing fat soluble vitamins.
- Fat maintains cell membranes.
- Fat provides taste, consistency, and satiety!



**Protein** in general should provide 25% of daily calories.

- Protein is needed for growth and is especially important for growth in children, teens, and pregnant women).
- Protein is needed for tissue repair.
- Protein is needed to keep the immune system functioning properly.
- Protein is used for energy when carbohydrates are not available.
- Protein helps preserve lean muscle mass

## **WHAT IS A CALORIE?**

A calorie is a unit of energy and energy is the ability to work. A calorie is like fuel for your body and should be treated as such.

## **MICRONUTRIENTS**

Vitamins

Minerals

**WATER is the most important nutrient of all!**

**Drink 8-10 glasses a day...**

## **What is a micronutrient?**

Micronutrients are called “micro” because they are needed only in miniscule amounts; these substances are the “magic wands” that enable the body to produce enzymes, hormones and other substances essential for proper growth and development.

As tiny as the amounts are, their absence can be detrimental to the body.



## ***MEDITATE***

Getting outside often and getting some fresh air is good for us. Breathing deeply and calming the mind is very therapeutic for the soul. It has become very common for people to shallow breath. Learn to belly breathe and learn to let the mind relax. Take a meditation class, listen to relaxing music, or walk in nature. Research your options and look for Mind/Body classes. These types of classes are becoming mainstream.