



Session 2



NUTRITION



REVIEW

NUTRITION

ACTION

PLAN

SESSION 2



REVIEW

ACTIVITY

ACTION PLAN



REVIEW

MIND-HEALTH

ACTION

PLAN



Welcome to SESSION TOPICS

2



Improve Your Sleep Environment / Pre-Bedtime Routine

American College of Sports Medicine Exercise Guidelines for Weight Loss

Improve Workout Efficiency (High Intensity Interval Training)

Performance Nutrition Part I:

- Meet Your Minimum Goals For Calories
- Hydration Goals
- Truth about Dietary Supplements, Popular Weight Loss Diets, and Weigh Your Options Quiz



Improve Your
Sleep
Environment
&
Pre-Bedtime
Routine To Help
You Lose Weight

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7-8hrs.



Lack of Sleep:



- Impairs Mind/Body
- Cannot be Overcome



Sleep

Environment

Quick Sleep Review

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Sleep

Time



**Wind Down
30 – 60
Minutes
Before
Bed**

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- Make simple preparations for the next day
- Dim the lights
- Take a warm bath or shower
- Do some easy stretches, practice meditation
- Enjoy a favorite quiet activity



American College
of Sports Medicine
(ACSM)
Exercise Guidelines
&
High Intensity
Interval Training
H.I.I.T.

SESSION 2





Exercise Guidelines For Weight Loss

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Burn 2,000 calories
per week!

- 30 – 60+ Minutes of Moderate Intensity Exercise / Day
- Include 1 – 2 Sessions of Vigorous Intensity Exercise / Week



H.

I.

I.

T.



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A close-up photograph of a lit matchstick. The matchstick is dark brown and is held at an angle. A large, bright yellow and orange flame is rising from the tip. The background is dark and out of focus.

Short, intense bursts of
exercise followed by a
recovery period can help
you burn calories
1.5 – 24 hrs.
after a session



H.
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Same benefits of
distance training in a
shorter amount of
time

Can be done with
ANY
Activity



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1:1 Ratio

Can be used for 3, 4, or 5 Minute Intervals

MINUTES	INTENSITY
0-5	Warm-up
5-8	High Intensity
8-11	Recover
11-14	High Intensity
14-17	Recover
17-20	High Intensity
20-23	Recover
23-28	Cool Down



H.

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Spring Interval Training

(30 second bursts followed by a 4 minute Recovery)

MINUTES	INTENSITY
0-5	Warm-up
5-5:30	High Intensity
5:30-9:30	Recover
9:30-10:00	High Intensity
10:00-14:00	Recover
14:00-14:30	High Intensity
14:30-18:30	Recover
18:30-19:00	High Intensity
19:00-23:00	Recover
23:00-23:30	High Intensity
23:30-27:30	Recover
27:30-32:30	Cool Down



Beginner's Guide to:

H.

I.

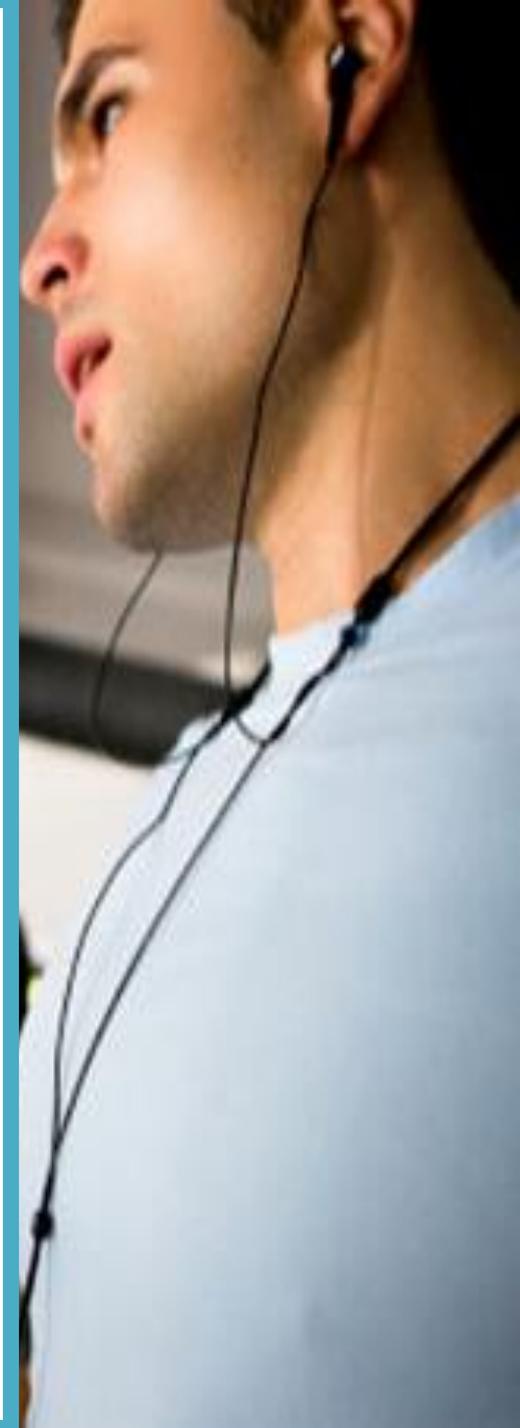
I.

T.



SESSION 2

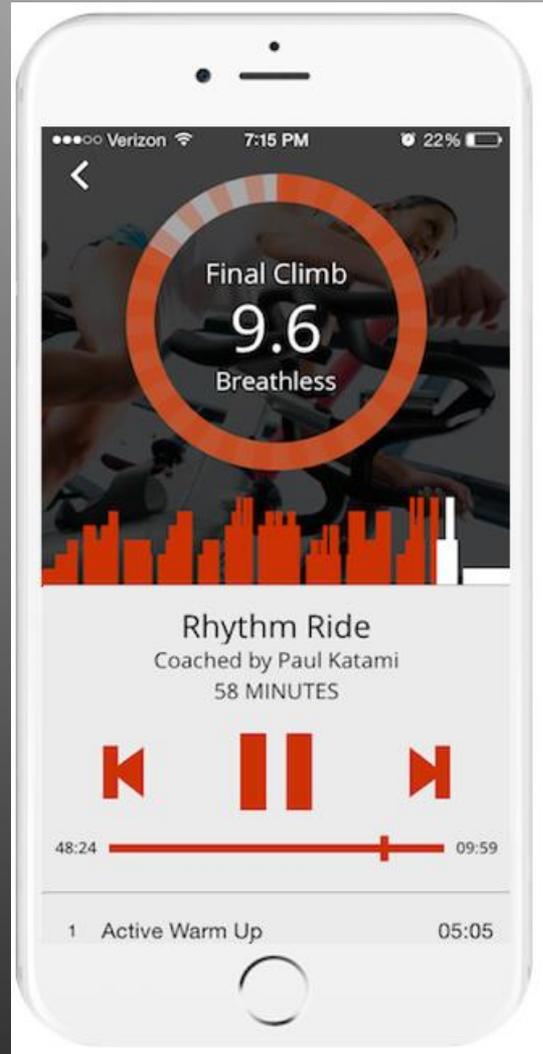
- 1. Start with **1** H.I.I.T. workout per week**
 - Work up to 2-3/week
- 2. Listen to upbeat music!**
 - Motivates and distracts
- 3. Slow down or stop if you feel faint/dizzy/weak or talk with your physician before beginning H.I.I.T.**
- 4. Drink water before, during, and after your H.I.I.T. workout**





Motion Traxx

smart phone app



**Advance at
your own
pace!**

**H. I. I. T.
Coaching**



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H. I. I. T. Timer



SESSION 2



Interval Timer

smart phone app



Determining YOUR Target Heart Rate



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Moderate intensity:

- Goal is 65-75% maximal heart rate
- Steps:
 - $220 - \text{age} = \underline{\quad}$
 - Multiply the above number by .65 and then by .75
- Example:
 - $220 - 24 \text{ years old} = \underline{196}$
 - $196 \times .65 = \underline{127}$; $196 \times .75 = \underline{147}$
 - 65-75% of max heart rate or target heart rate is ~ 127-147 bpm

Vigorous intensity:

- Goal is 80-85% maximal heart rate
- Steps:
 - $220 - \text{age} = \underline{\quad}$
 - Multiply the above number by .80 and then by .85
- Example:
 - $220 - 24 \text{ years old} = 196$
 - $196 \times .80 = \underline{157}$; $196 \times .85 = \underline{167}$
 - 80-85% of max heart rate or target heart rate is ~ 157-167 bpm

Borg Rating of Perceived Exertion (RPE) Scale*

Relative Intensity (Approximate) Heart Rate (HR)

Sounds like this:

		BPM (Beats/minute)	% MHR (Maximum Heart Rate)	
	6 No exertion at all			
	7			
	8			
	9 Very light			
	10			
	11 Light			
Moderate Intensity	12	120 ↕ 140	(55% MHR) ↕ (70% MHR)	Can talk in short sentences, but not able to sing!
	13 Somewhat hard			
	14			
Vigorous Intensity	15 Hard (heavy)	150 ↕ 170	(85% MHR)	Breathing hard/fast. Not able to rattle off a complete sentence without needing to pause between breaths.
	16			
	17 Very hard			
	18			
	19 Extremely hard			
	20 Maximal exertion			



Get the Real Scoop on:

Calories for Weight Loss
Fluid Recommendations
Supplements
Popular Weight Loss Diets



Performance
Nutrition Part I

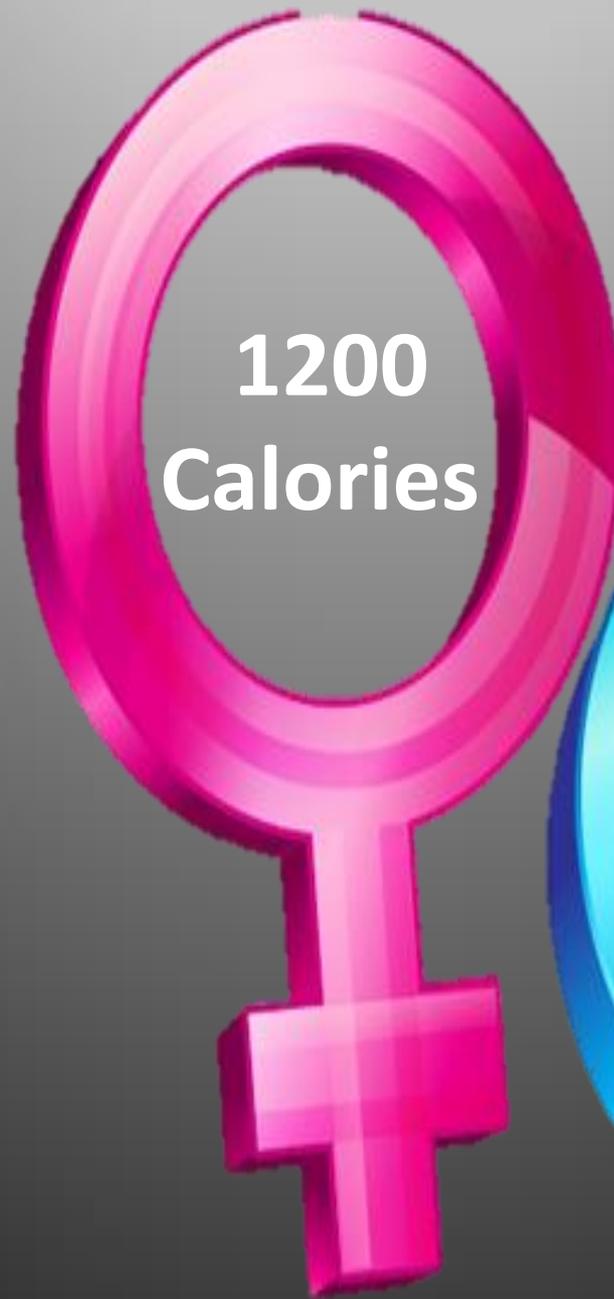
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Total Carbohydrate	26g	19%	
Dietary Fiber	5g		
Sugars	11g		
Protein	8g		
Vitamin A	60%	• Vitamin C 70%	
Calcium	5%	• Iron 10%	
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Fiber		25g	30g



USDA's Reference



**Minimum
Calories
For
Weight Loss**

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What Does 1500 Calories Look Like?

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Breakfast

1 c. cooked oatmeal
½ c. low-fat milk
1 TBSP. honey
1 c. blueberries
1 c. plain coffee/tea

Lunch

2 slices wheat bread
2 oz. turkey breast
1 TBSP mustard
12 baby carrots
1 c. low-fat milk

Dinner

3 oz. baked salmon
1 c. green beans
2 c. salad greens, 5
cherry tomatoes
2 TBSP light dressing

A.M. snack

1 fresh apple
12 almonds

Mid-day snack

1 c. low-cal yogurt
1 c. strawberries

P.M. snack

3 c. low-fat popcorn



Cut

**200 – 500
Calories**

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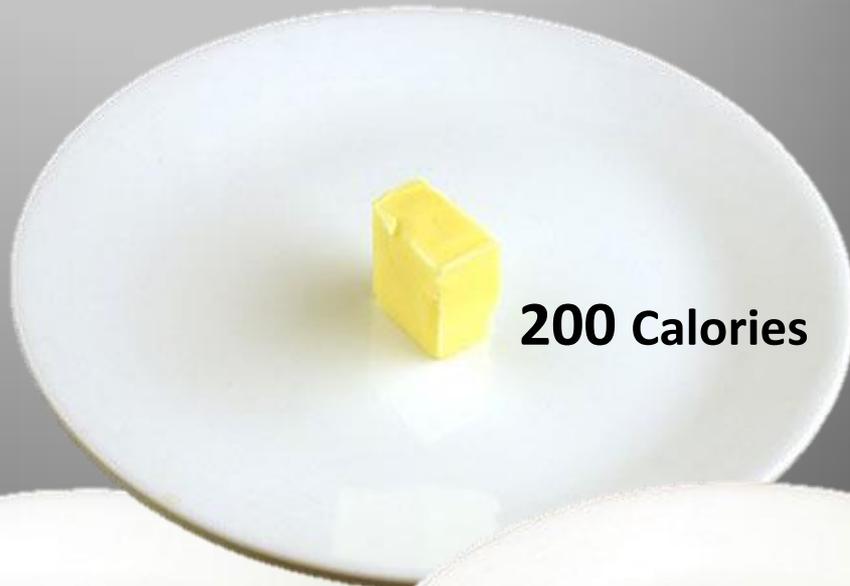
Cut Out

200 – 500 Calories

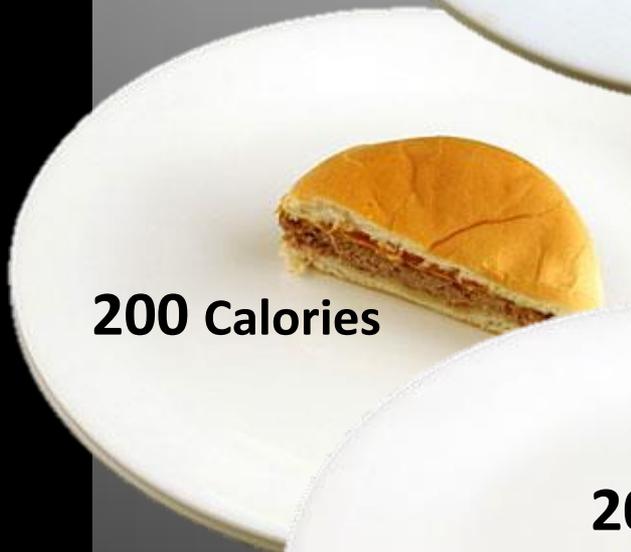
Without Affecting Performance

A magnifying glass with a black handle and a silver rim is positioned over the text. The lens is centered on the words '200 Calories', which are significantly larger and bolder than the rest of the text. The background is a dark, textured surface, possibly leather.

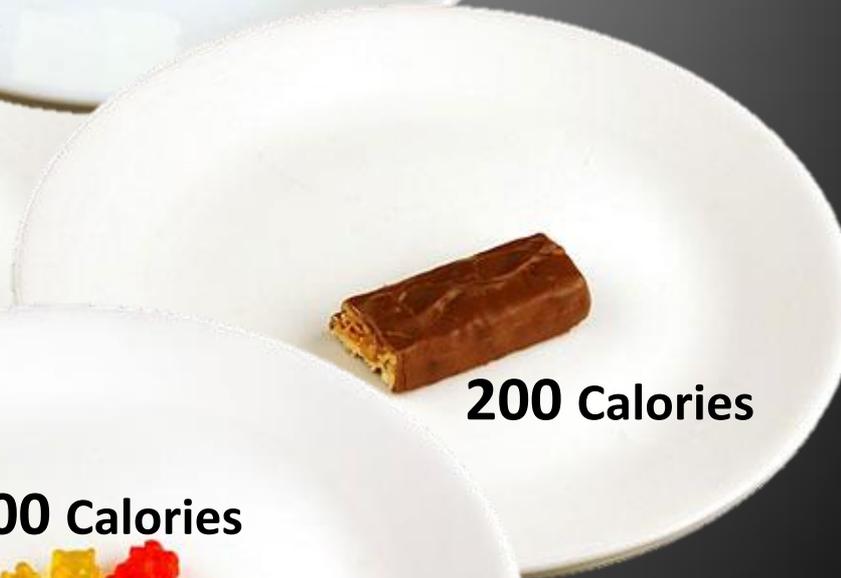
What does **200 Calories** Look Like?



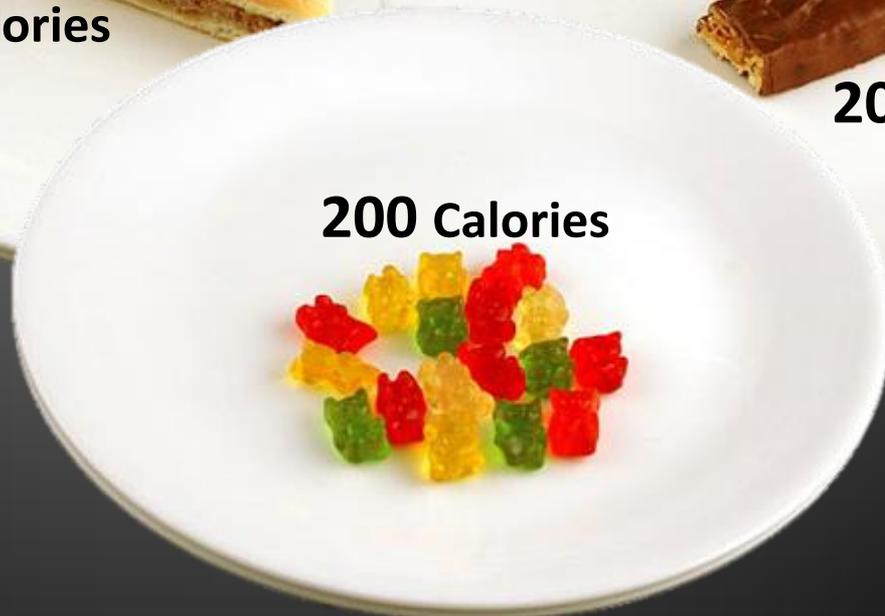
200 Calories



200 Calories



200 Calories



200 Calories





200 Calories



200 Calories



200 Calories



200 Calories



**= 200
Calories**



“Performance” Food and Drinks

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- **Energy Drinks/Shots**
 - Ingredients: caffeine, taurine, guarana, ginseng, sugar, B vitamins
- **Sport/Energy Bars**
 - Most contain 40-50 grams carbohydrate, 5-10 grams protein
 - Requires digestion to be effective

Protein Shakes/Drinks

- Variety of vitamins and minerals
- Protein content commonly between 10 and 20 grams

Sports Drinks

- Contain electrolytes and 4-6% carbohydrates



**Calorie
Amounts for
Performance
Food
and
Drinks**

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ENERGY DRINKS

110–260

ENERGY BARS

180+

PROTEIN BARS

180+ CALORIES

PROTEIN SHAKES

110–340

SPORTS DRINKS

80-200

Water – Best Choice For Hydration

How much do you need?

- **Step 1:** Your weight in lbs. divided by 2 to get the number of ounces
 - Example: $160 \text{ lb.} / 2 = 80 \text{ oz.}$
- **Step 2:** Divide by 8 oz. to get the number of cups of fluids/day
 - Example: $80 \text{ oz.} / 8 \text{ oz.} = 10 \text{ cups per day}$

Do you need a sports drink?

Was your workout?

• < 1 hour

• Weight loss was the goal of training session

No

• ≥ 1 hour

• No fuel consumption
• Extreme environment
• Very intense

Yes



Add Some Flavor
and Enjoy Cold



Rethink Your Drink

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This? or

That?



Dietary Supplements

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No FDA Regulation

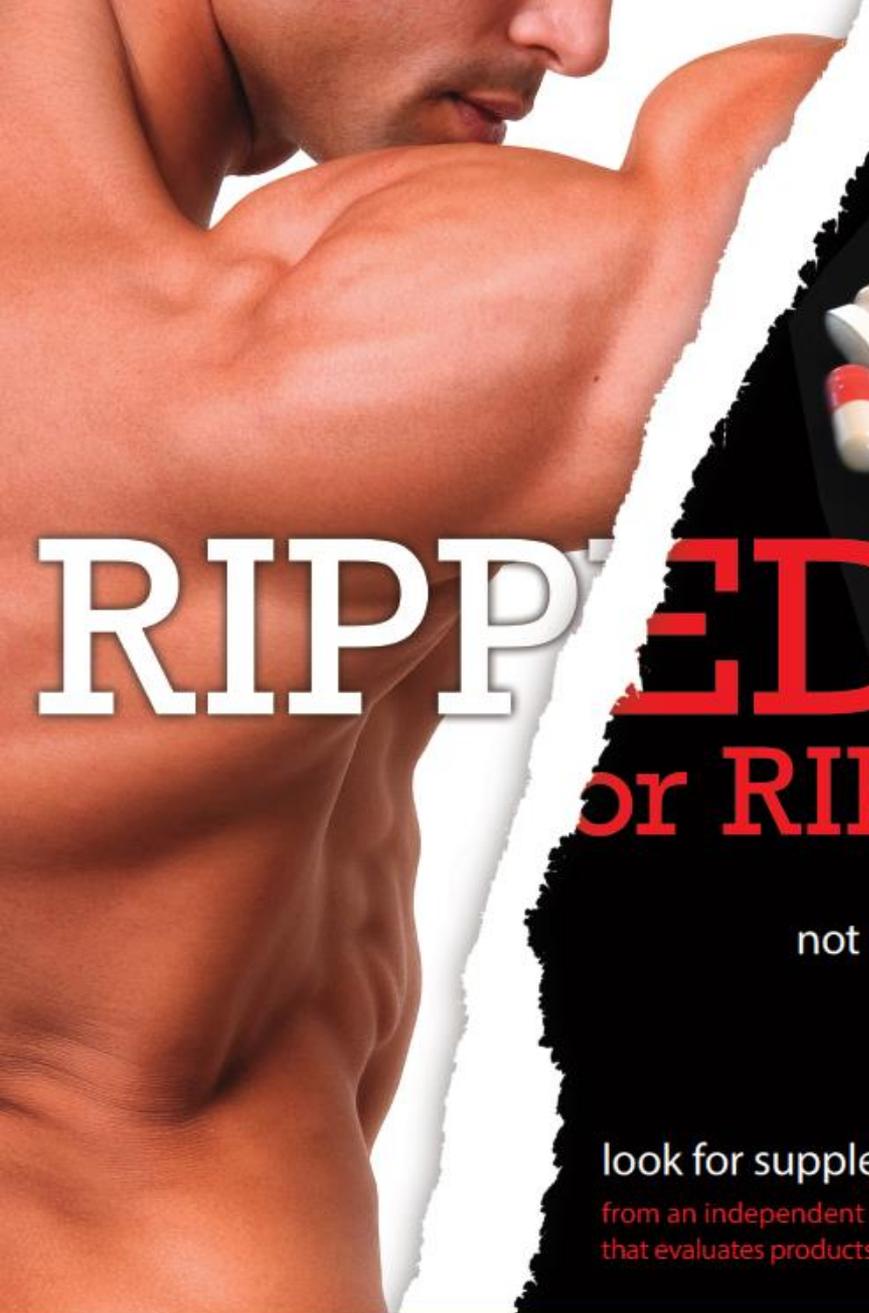
- **Is it Safe?**
 - May contain contaminants
 - May interact with other meds or supplements
 - May contain false/misleading claims



Buyer Beware

500+ supplements presented as “100% natural” or “completely safe” have been found to be contaminated with:

- **Undeclared stimulants**
- **Anabolic steroids**
- **Unapproved anti-depressants**
- **Banned weight loss meds**



RIPPED or RIPPED OFF?

you want results, but at what cost?
not all supplements are what they claim.

Worse, some supplements contain undisclosed ingredients that may be illegal and/or potentially dangerous.



look for supplements with a seal

from an independent organization such as USP or NSF that evaluates products for ingredient quality and safety.



www.hprc-online.org/dietary-supplements/OPSS



FREE OPSS Phone Apps

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Popular Diets

SESSION 2



High Protein, Low Carb



Single Food or Herb



Popular Diets

SESSION 2



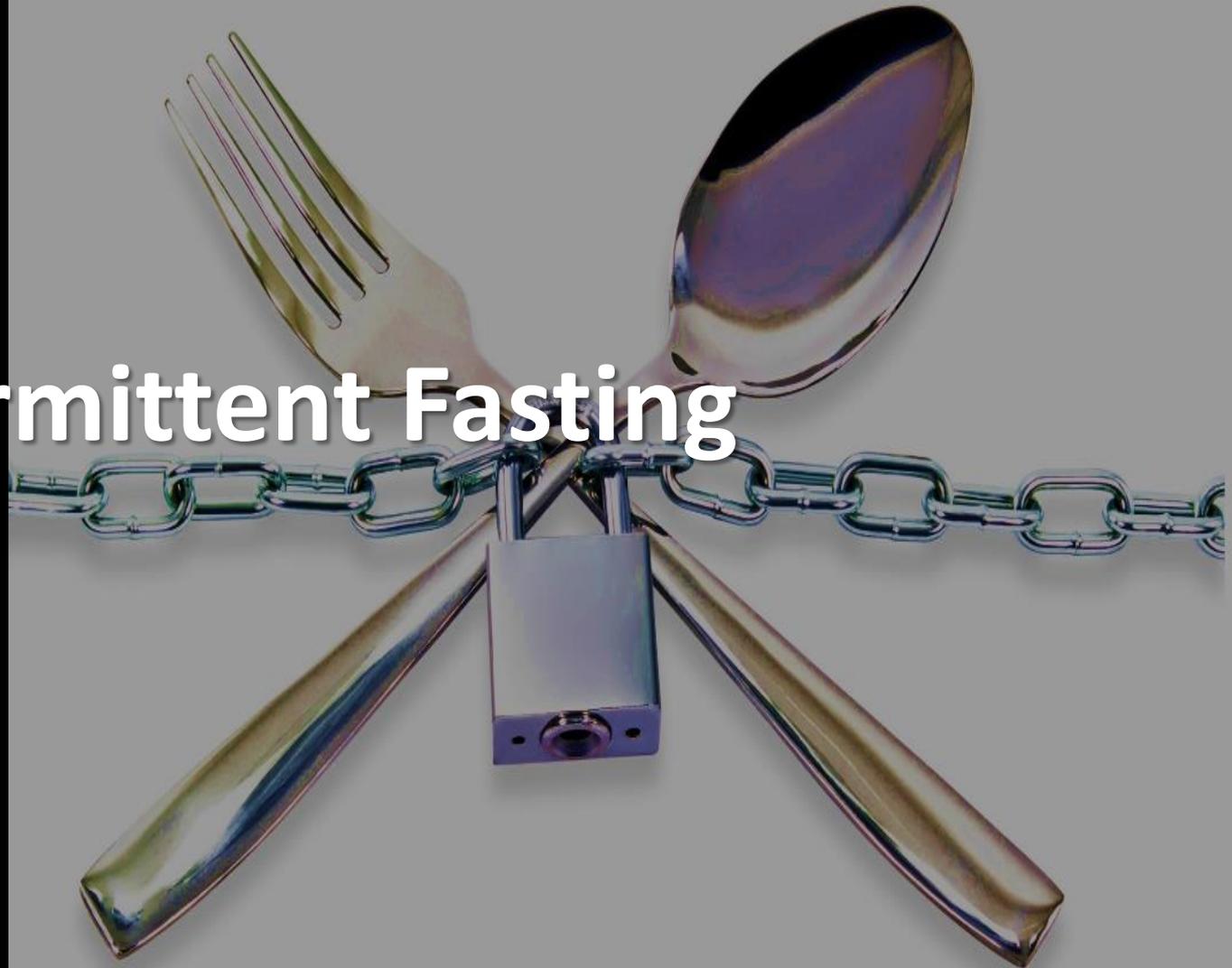


Intermittent Fasting



Popular Diets

SESSION 2





Yo-Yo Dieting



Popular
Diets

SESSION 2





Juicing



Popular Diets

SESSION 2

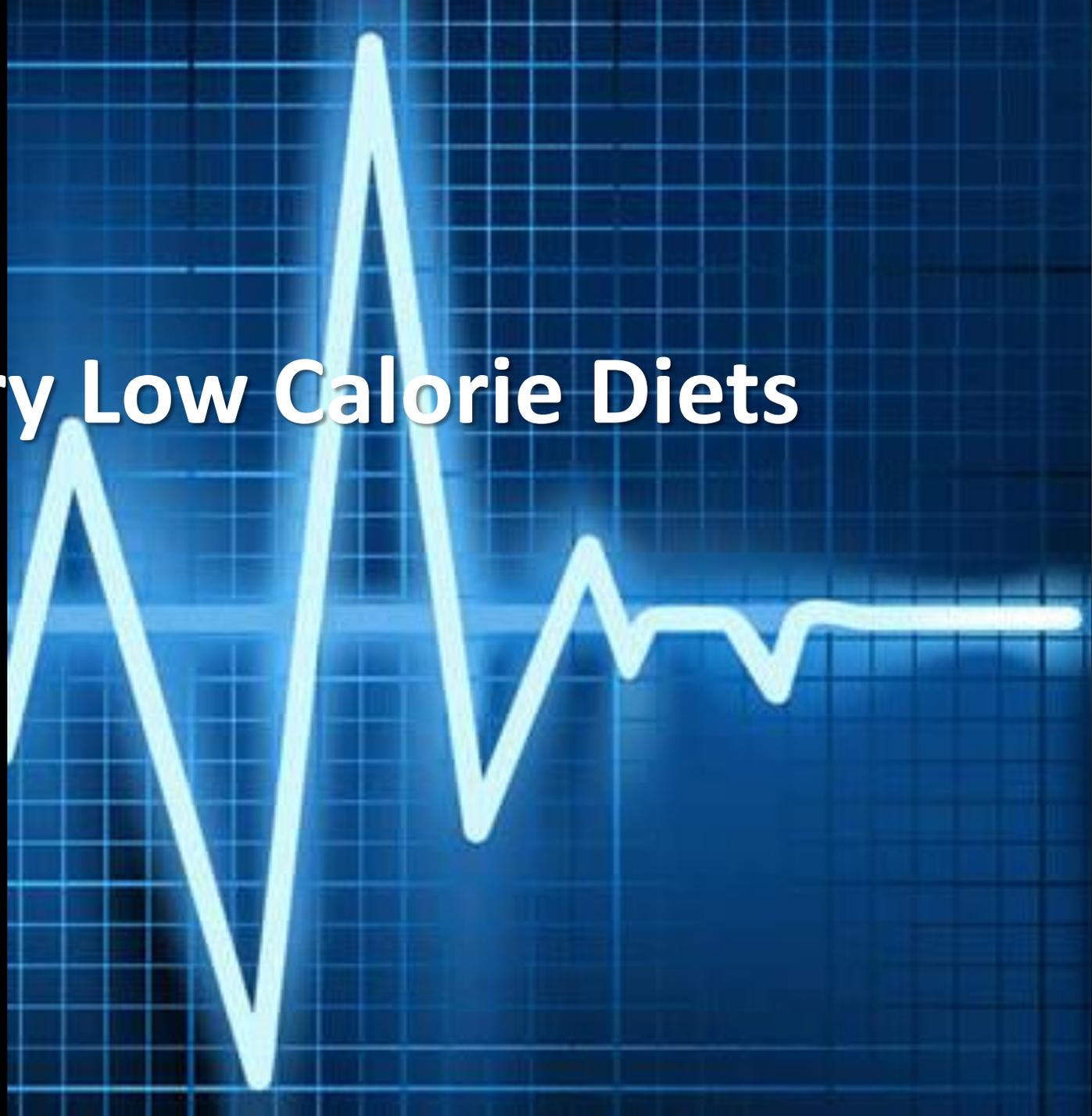




Very Low Calorie Diets



Popular
Diets



Weigh Your Options Quiz

Learn to recognize fact from fiction

Your best friend's wedding is in two weeks.

You need to take off 10 pounds fast to fit into your tux/bridesmaid dress.

What's your best strategy?

A. Invest in some undergarments to "hold you in".

B. Pay attention to your food portions and spend some extra time at the gym. With a focused effort, you might be able to lose a few pounds and look and feel fitter before the big day.

C. Enjoy all the wedding fun. A laxative can fix things.

Weigh Your Options Quiz

Learn to recognize fact from fiction

With our patented herbal body wraps, success is guaranteed.

The proof is in our study – where everyone lost more than two pounds a day without starving themselves or hitting the gym.

What do you think?

- A. I'll take it! Losing a few pounds will help me fit into my favorite jeans.**
- B. Well if it's herbal, it's all natural and must be safe right?**
- C. Whoa, this sounds too good to be true.**

Weigh Your Options Quiz

Learn to recognize fact from fiction

I'm a yo-yo dieter. Have been for years.

Now I'm dying to try the new weight loss pill that I saw in a store on post/base.

I've heard you just can't fail. It might be worth the \$45.00 for a 1 month supply.

A. Take two pills each day and the pounds melt away

B. There are several testimonials, so I think I will try it

C. Sounds like a lot of money to spend on a pill that might not actually work

Weigh Your Options Quiz

Learn to recognize fact from fiction

Your friend tells you about a new cleanse that all the celebrities are trying. You can lose 6 lbs. in a weekend and APFT weigh-ins are coming up next week.

Will you try the cleanse?

A. Of course!

B. 6 lbs. in 2 days? That doesn't sound very realistic.

C. A cleanse is a great way to rid your body of toxins and "reset."

Weigh Your Options Quiz

Learn to recognize fact from fiction

Wearing a rubber suit and hitting the sauna will cut weight in no time for the upcoming APFT weigh-in.

What do you think?

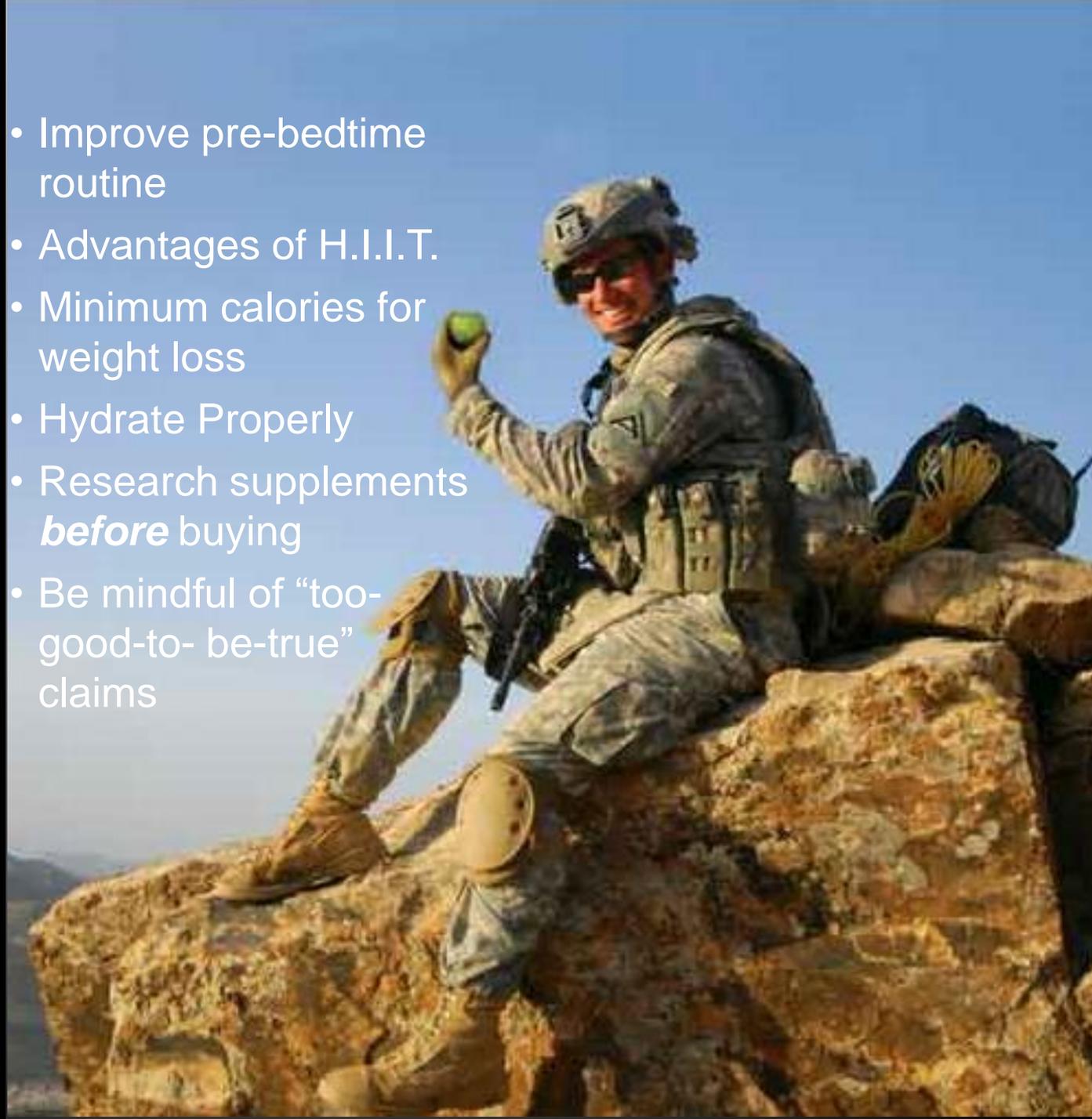
A. Cutting water weight is an easy way to lose lbs.

B. Several of my friends have found success with this method and I see people doing this at the gym so it must work.

C. Why would anyone want to sweat that much? Seems like a good way to become dangerously dehydrated.



- Improve pre-bedtime routine
- Advantages of H.I.I.T.
- Minimum calories for weight loss
- Hydrate Properly
- Research supplements *before* buying
- Be mindful of “too-good-to- be-true” claims





NUTRITION



NUTRITION ACTION PLAN

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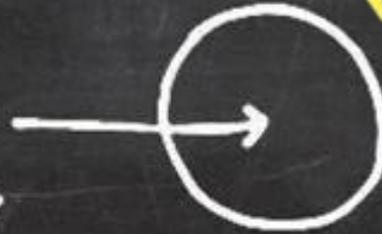
ACTIVITY ACTION PLAN



MIND HEALTH ACTION PLAN



Your
Comfort
Zone



Where the
magic happens