

# Wellness Education 101

## By Jamie Krzykowski, PhD, LAT, CISSN, TNC



### Relevant data:

- 1/3 of Americans get 47% of their calories from **junk foods**.
- Six of the **leading causes of death** are related to **food choices**.
- Almost **80%** of adults do not eat 5 or more **fruits and vegetables** a day.
- Good nutrition is said to **prevent 95%** of all **disease**.
- **75%** of Americans are **chronically dehydrated**.

Every time you eat, it is an opportunity to strengthen your body.

### Hydration:

General recommendation – 0.5oz per lb body weight

- Example – 150# person needs ~75oz. or 9.4 cups/day
- Do the math \_\_\_\_\_ # x 0.5oz = \_\_\_\_\_ oz water I need per day.
- What is my average intake?

Dehydration is defined as: when the amount of water leaving the body is greater than the amount being taken in.

Dehydration as low as 1-2% (body weight) can cause:

- |                    |                 |                         |
|--------------------|-----------------|-------------------------|
| ➤ Increased thirst | ➤ Muscle cramps | ➤ Dizzy                 |
| ➤ Loss of appetite | ➤ Feeling faint | ➤ Change in urine color |
| ➤ Discomfort       | ➤ Headaches     |                         |

As dehydration increases signs and symptoms may include:

- |                |                            |                        |
|----------------|----------------------------|------------------------|
| ➤ Fatigue      | ➤ Nausea                   | ➤ Impaired performance |
| ➤ Irritability | ➤ Difficulty concentrating |                        |

During exercise dehydration can cause:

- |                              |                        |  |
|------------------------------|------------------------|--|
| ➤ Increased body temperature | ➤ Increased heart rate | ➤ Increased rate of perceived exertion |
|------------------------------|------------------------|--|

**\*Bottom line – dehydration causes increased incidence of fatigue as well as decreased performance and productivity**

Junk food makes you feel tired and doesn't provide you with enough energy!



### Cherry Spinach Smoothie

- 1 banana
- 1 cup frozen cherries
- 1 hand full spinach
- 1 cup almond (or coconut) milk
- 3 cubes

1. Combine all of the ingredients in blender.
2. Blend until smooth

<http://cooktoria.com/recipe/cherry-spinach-smoothie/>

### Use This → Not That

- Applesauce → Vegetable Oil  
 Greek Yogurt → Sour Cream  
 Coconut oil → Margarine  
 Zucchini → Spaghetti noodles



**Protein** (~3oz per serving is adequate, depending on dietary needs)

- Necessary nutrient for iron content and amino acids
- Functions in muscle formation, energy production, enzyme formation, bone structure
- Best if consumed with carbohydrates, especially after activity
- Helps regulate blood sugar
- Boosts metabolism

Healthy protein sources:

- Eggs (~7g protein)
- Grilled/baked chicken
- Grilled/baked turkey
- Organic, grass-fed beef
- Venison
- Fish (no more than 3 servings of tuna per week)
- Protein shake (protein content varies)
- ❖ 1oz of most meat sources have ~7g of protein

**Carbohydrates** (~1/2-1 cup per serving is adequate, depending on dietary needs)

- The body's most essential nutrient, important for energy and athletic performance
- Spares muscle tissue by providing appropriate nutrients
- Whole food carbohydrates provide an array of phytonutrients (i.e., nutrients from plants) necessary for optimal functioning

Healthy carbohydrate choices:

- Fresh or frozen fruit
- Quinoa
- Oats
- Popcorn (not microwave)
- Brown rice
- Millet
- Sprouted grains

**Fats** (~1-2 Tbsp per serving is adequate, depending on dietary needs)

- A critical nutrient for nervous system and overall cellular function
- Helps the body absorb fat soluble vitamins
- May aid in reducing inflammatory processes

Healthy fat choices:

- Avocado
- Nuts and seeds
- Coconut oil, grapeseed oil, flaxseed oil or extra virgin olive oil

**Planning:**

- Add 1 new, healthy food each week or more often.
- Remove processed and junk foods as you add in healthier, whole foods (i.e. have a serving of fruit instead of cake for dessert).
- Plan and prepare meals and snacks ahead of time.
- Remove temptations from your home, desk, car, purse, etc.

**Prioritizing:**

What's most important to me? To my health? What are my priorities? What could I eliminate that would help me improve my health? Write them down and make a plan!

## 4 TRAIL MIX INGREDIENTS

Pick your favorite ingredient (or two) from each group to build a well-rounded sweet and salty snack

### NUTS



pistachios



almonds



cashews



walnuts



peanuts



pecans

### DRIED FRUIT



blueberries



cranberries



banana chips



cherries

### SEEDS



sunflower



flax



pumpkin



hemp

### SWEETS



m&m's



peanut butter chips



chocolate chips



marshmallows

### GRAINS



cheerios



granola



popcorn



pretzels

### No Bake Snack Bars

- 2 cups pitted dates
- $\frac{3}{4}$  cup raw cashews
- $\frac{1}{4}$  cup nut butter
- $\frac{1}{2}$  cup unsweetened shredded coconut
- 2 tablespoons cocoa powder
- 1 pinch salt

Toss everything into a food processor and process until the mixture starts to go smooth and clump into a ball. The dates will be all chopped up but you'll still have bits of nut. Turn the mixture out into an 8 or 9 inch square dish lined with parchment paper. Use your hands to firmly press the mixture into the bottom of the dish. Cover and refrigerate for 30 minutes. Remove the bars from the pan and cut into pieces using a sharp knife. Store in an air-tight container in the fridge or freezer.

<http://www.superhealthykids.com/healthy-no-bake-snack-bars/>

### No Bake White Chocolate Raspberry Protein Cookies

- 3 cups gluten free oat flour
  - 2 scoops vanilla protein powder
  - 2 tablespoons granulated sweetener
  - $\frac{1}{2}$  teaspoon sea salt
  - $\frac{1}{2}$  cup + 2 tablespoons nut butter
  - $\frac{3}{4}$  cup honey
  - $\frac{1}{4}$  -  $\frac{1}{2}$  cup unsweetened almond milk
  - white chocolate chunks
  - dried raspberries and cranberries
1. Line a large baking tray with baking paper and set aside.
  2. In a large mixing bowl, combine the oat flour, protein powder, sweetener and sea salt.
  3. Heat the nut butter and honey in the microwave until melted and mix to incorporate.
  4. Add the liquid mixture to the dry mixture and stir until fully combined – mixture should be crumbly. Slowly add almond milk, one tablespoon at a time, until a very thick dough is formed. Stir in the white chocolate chunks, dried raspberries and cranberries.
  5. Form small balls and press down to a cookie shape on the baking tray. Using a fork, press down on it twice. Refrigerate for at least 30 minutes before consuming.

<http://thebigmansworld.com/2015/02/13/healthy-no-bake-white-chocolate-raspberry-protein-cookies/>

### Cinnamon Carmel Apple Energy Balls

- $\frac{1}{2}$  cup pitted dates
  - 1 cup dried apples (not freeze dried)
  - $\frac{1}{2}$  cup oats
  - $\frac{1}{2}$  teaspoon cinnamon
3. Combine all of the ingredients in a food processor and process until it forms a thick paste.
  4. Using about a tablespoon of the mixture, roll into balls.

<http://thenymelrosefamily.com/2014/05/healthy-snacks-for-kids.html/2>

**Cardio:**

- Increases cardiovascular endurance
- Increases metabolism
- Decreases heart rate
- Increases blood flow to the muscle
- Improves mental clarity

**Strength:**

- Helps to manage and reduce pain
- Improves brain function
- Improves mood
- Improves sleep

**Core Strength:**

- Improves balance & coordination
- Promote better breathing
- Provides stability to perform extremity movement



Exercise because you want to be better than you were yesterday.

**General Exercise Guidelines:**  
 Cardio → 3-5 times per week  
 Strength → 2-3 days a week  
 Core Strength → 4-5 times per week  
 Flexibility → daily  
 \* Frequency of exercise will vary depending on sports season and training regimen.

The workouts, movements, and progressions provided are for educational purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Individual needs vary, please consult your health care provider prior to applying any of the above recommendations.

For further assistance and individualized nutrition support please contact:

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Helpful Website:  
[abilities.com](http://abilities.com)



For more healthy tips like Dr. K's page on Facebook!  
 Dr. K's Nutrition and Fitness Tips  
<https://www.facebook.com/groups/1405402366418586/>