



HEALTHY AGING

An Educational Series on Nutrition for Health & Longevity

A guide to your well-being

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*In This
Series*

TOPIC: HOW TO STICK TO YOUR EXERCISE REGIMEN

- How Much Physical Activity is Recommended?
- Benefits and Risks of Physical Activity and Sedentary Behavior
- How to Start & Stick to Your Exercise Regimen
- Recipe: Apple Pie A La Mode Protein Smoothie

HEALTHY AGING

WITH YOUR REGISTERED DIETITIAN, JENNA APPEL

HOW MUCH PHYSICAL ACTIVITY IS RECOMMENDED?



Popular ways to be active include walking, cycling and sports, which can be done at any level of skill and for enjoyment by everybody. Regular physical activity is proven to help prevent and manage diseases such as heart disease, stroke and diabetes. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.

WHO guidelines and recommendations provide details for different age groups and specific population groups on how much physical activity is needed for good health.

According to the WHO:

- Children should get at least 60 minutes per day of moderate to vigorous physical activity and at least three days a week get vigorous aerobic activities, including those that strengthen muscles and bones.
- Healthy adults ages 18 to 64 should get at least 150–300 minutes per week of moderate-intensity aerobic physical activity or at least 75–150 minutes per week of vigorous-intensity aerobic physical activity. At least two days per week of muscle strengthening activity can confer additional health benefits.
- Healthy adults ages 65 and over have the same recommendations as those ages 18 to 64. Additional physical activity on at least three days a week that emphasizes balance and strength training can help prevent falls.
- Pregnant and postpartum women should get at least 150 minutes per week of moderate-intensity aerobic physical activity.
- Adults and children with disabilities or chronic conditions have the same recommendations as otherwise healthy adults and children.



BENEFITS AND RISKS OF PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR

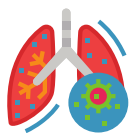
Regular physical activity provides significant benefits for health. Some physical activity is better than doing none. People who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active.

Regular physical activity can:



- improve muscular and cardiorespiratory fitness
- improve bone and functional health
- improve mental and cognitive health
- improve sleep
- reduce the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer (including breast and colon cancer), and depression
- reduce the risk of falls as well as hip or vertebral fractures
- help maintain a healthy body weight

Health risks of sedentary behavior:



Lives are becoming increasingly sedentary. Evidence shows higher amounts of sedentary behavior are associated with the following poor health outcomes:

- increased adiposity (weight gain)
- poorer cardiometabolic health, fitness, behavioral conduct
- reduced sleep duration
- incidence of cardiovascular disease, cancer and type-2 diabetes
- all-cause mortality, cardiovascular disease mortality and cancer mortality

HOW TO START & STICK TO YOUR EXERCISE REGIMEN

Follow these tips to help you start and stick to your workout routine.

► **Focus on simply getting yourself to your workout**

Just showing up is more than half the battle. So instead of worrying about the actual workout—how hard it may be, or how tired you think you'll feel afterward—concern yourself with the sole logistical task of getting there.

► **Set Weekly Goals**

Check in with yourself each week by setting attainable, yet realistic goals. Try to set a plan to go faster, farther or longer with your routine. Your goal can be as simple as taking a daily 15-minute walk or as intense as completing your first marathon. Only you know what is realistic for you.



► **Ditch your all-or-nothing mindset**

People believe that they have to do a workout exactly how they imagined it and if any element of that plan falls apart, they'll throw in the towel completely. The problem with this all-or-nothing thinking is that having impossibly rigid standards doesn't allow for any adaptation when life gets in the way. And it's going to. So while it's good to have some structure to your workout plan, when things don't go exactly according to said structure, instead of believing that you've ruined your workout for the day, do as much as you can anyway—even if that's only for 10 or 15 minutes.



Choose your vocabulary wisely

When thinking about your workout—whether beforehand or during—use words with positive versus negative associations to describe how you might feel or are feeling. As an example, instead of considering the difficult moments of an exercise class as being “uncomfortable,” think of them as being “intense,” which carries a more empowering, can-do mind-set while also acknowledging the difficulty involved. Shifting your vocab will help you adopt a more optimistic, I-can-do-it mentality that will power you through the tough parts.



Embrace the small wins

Maybe your goal is to hold a plank for two minutes, and two weeks into your new workout routine, you’ve improved your ability from 20 seconds to 30 seconds. Even though you haven’t yet achieved your goal, take pride in reaching this mini milestone along the way. Remember, you get a little stronger each time you work out, that's something worth celebrating over and over again.



Try not to compare yourself to other people

It’s easy to watch someone bust out a set of single-leg deadlifts with ease, for example, and then feel resentful, intimidated, and/or discouraged over the fact that you can’t yet do one. But you’re likely not considering the fact that they too were new to single-leg deadlifts at one point, and probably put in a lot of hard work to get to their current fitness level. Plus, there are so many other factors that can constitute a person’s fitness level that it’s never productive to make assumptions.





Find a buddy

Even if this person doesn't exercise with you, let someone know of your plans and goals to help support your efforts. Making yourself accountable to another is a great way to keep you honest about your success and challenges with starting a new exercise program.



Write It down

Keep an exercise logbook or use an app that tracks your workouts. Simply writing down what you did, how long, and how you felt can be great motivation. Not only can you view your progress and look back at your accomplishments, but you can plan ahead and decide where you want to be in a week, a month or more.



Accept that fact that you won't always want to work out. And that's totally normal and OK

Even the most motivated of exercisers will have days when they just really don't want to. On those days, avoid judging yourself and/or reading too much into your waning motivation. This aversion is completely normal, and understanding that up front can help you embrace those difficult feelings and move past them, rather than internalizing them or viewing them as signs of failure.



Start with something easy

Lessen the intimidation factor by telling yourself that you'll start easy. If you want to run on the treadmill for 20 minutes, for example, tell yourself you'll just do 1 minute to start, and then after completing that quick goal, reassess how you're feeling. If you're up for it, try another minute. From there, reassess again and try for another minute. Continue this pattern to build confidence in your abilities and ease yourself into a workout.



APPLE PIE A LA MODE PROTEIN SMOOTHIE

INGREDIENTS

- 1 scoop plant-based vanilla protein powder
- 1 small organic apple, chopped
- 4 ounces 100% natural organic apple juice
- 2 teaspoons chia seeds
- Dash of cinnamon

SERVINGS: 1

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

DIRECTIONS

1. *Place all ingredients in a high-powered blender and blend on high until well combined.*

INTERESTED IN ONE-ON-ONE COACHING TO ASSIST IN ACHIEVING YOUR OPTIMAL HEALTH?



Changing your lifelong behaviors is hard to do alone! For additional support on your healthy aging journey, schedule a private consultation with Registered Dietitian and Certified Diabetes Educator, Jenna Appel.

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