

A Healthy, Helping Hand

Volume 13

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Happy New Year everyone! I hope everyone had a great holiday season! This year we will be looking into doing different health and wellness challenges while providing our usual information. If there is any further information anyone would like, feel free to contact me emoncrief@forestpark.org.

NUTRITION

This edition's nutrition section will focus on everyone's favorite, the Ketogenic Diet. The Keto diet is a low-carb, high fat diet that maintains a decent amount of protein (the number you calculated previously) in order to burn excess fat. The premise is that after a few days of eating this way, your body will switch from burning carbohydrates for energy to fat which then leads to rapid fat loss. This switch is known as ketosis. I have done this regimen and I have found it works well if you know your target calories and maintain the appropriate percentages for each of your Macros. Ideally fat consumption will be 70-80% of your calories, protein 15-20% and carbs 5-10%. No long term studies are readily available to say if this way of eating is healthy over time, but it has been proven in the short term to drop fat and be beneficial to those suffering from Type II Diabetes. Below I have attached a couple of links for general information for the eating plan as well as some Keto friendly recipes, enjoy!

<https://www.dietdoctor.com/low-carb/keto>

<https://perfectketo.com/cheap-keto-meals/>

EXERCISE

In this edition we are going to discuss a little more work intensive fitness regimen known as HIIT Training. HIIT Training stands for High Intensity Interval Training and involves doing high intensity movements for a set amount of time and then resting at a ratio of 1:2 or 1:3. This type of training is usually reserved for people looking to increase speed, performance, cardiovascular and weight loss. If you are a more "seasoned" person like myself, this type of working out can be hard on the joints and make one prone to an injury. Best bet, start slow and work your way into a full workout. Below is some general information as well as some home exercises.

<https://www.self.com/story/what-is-high-intensity-interval-training-benefits>

<https://www.prevention.com/fitness/workouts/g32266682/hiit-workouts-at-home/>

PEACE of MIND

Every year at this time we, as a people, like to set lofty goals for the year and we refer to them as New Year's Resolutions. Having goals are great, but it involves more than just saying we want to do something. A goal without a plan is just a dream and dreams do not usually come true on a regular basis, sorry if I burst anyone's bubble. Having something we want to accomplish is fantastic, but we need to sit down and actually plan out how to attain it. Step by step mapping along with a strong time table often make dreams into goals into reality. With less than 10% of most people keeping to their New Year's Resolutions, let us take this time to plan and become part of the minority that are actually successful. Check these sites out!

<https://amodrn.com/new-years-resolutions/>

<https://www.forbes.com/sites/tracybrower/2021/12/27/how-to-actually-keep-your-new-year-resolutions/>

