



# **Healthy Aging and Wellness**

**Exercise, Nutrition & Rest**

# Today's Objectives

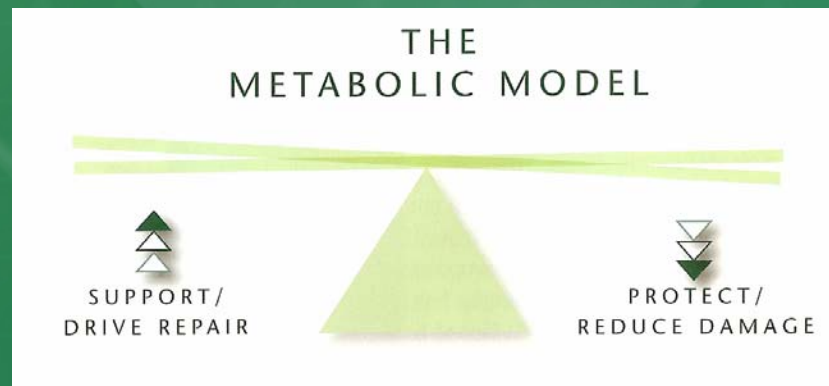
- Common Symptoms of Aging
- The Importance of Exercise
- Good Nutrition – The Fuel Your Body Needs
- Rest – Time to Repair, Renew and Recharge
- Strategies for Getting Started

# Common Symptoms of Aging

- No Energy
  - The Early Morning 'Drag'
- Difficulty Focusing Mentally
  - Middle of the afternoon 'Mental Fog'
- Stress Management Problems
- Joint Discomfort & Soreness
  - Aches and pains
  - Normal activities are harder to do
  - Lack of Flexibility

# What happens as we Age?

- DNA suffers Free Radical damage.
  - We replace over 300 billion cells each day!
- 35% of how we age is genetic.
- 65% of how we age is up to us!
- Protection from Damage vs. Ability to Repair



# The Importance of Exercise

- Keeps you feeling younger.
- Helps you burn calories and reduce excess bodyfat.
- Strengthens muscles, bones and joints.
- Improves flexibility.
- Increases your metabolism.
- Can improve mental focus.

# Good Nutrition: The Fuel Your Body Needs

- Food provides 'repair materials' for your body.
  - The 'contractor' needs 'bricks & mortar'
- Anti-oxidants help protect your cells from damage.
  - Free radicals vs. Anti-oxidants.
  - Oxidation occurs on the cellular level, and can be accelerated based on our habits/nutrition.
  - Anti-oxidants neutralize the free radicals in our bodies.

# Good Nutrition: The Fuel Your Body Needs

- The average person needs 2000 calories per day.
- Keep track of your Macronutrients
  - carbohydrates (40%), proteins (40-50%) and fats (10-20%)
  - low glycemic carbohydrates<sup>3</sup>, good fats (medium chain triglycerides)
- Eat frequently throughout the day
  - A small to moderate meal every 2-3 hours
  - 250-500 calories per meal
  - 4-5 small meals per day

# Rest :

## Time to Repair, Renew and Recharge

- Your body releases repair hormones while you sleep.
  - About 2 hours into REM sleep.
- 7-8 hours of uninterrupted sleep per night is ideal.
- Sleep deprivation can be dangerous
  - accidents increase progressively as total sleep duration is decreased<sup>4</sup>
  - decrease in immune system function

# Strategies for Getting Started

- Regularly set aside time to exercise
  - 30 minutes per workout 3-5 times per week.
- Plan out your meals in advance
  - Always eat breakfast!
  - Larger meals earlier in the day.
  - Drink plenty of water each day.<sup>1</sup>
    - Don't wait until you're thirsty. Sign of dehydration.
    - 8-10 servings (10 ounces each) is recommended.
    - 1 gallon of water per day is ideal.

# Strategies for Getting Started

- Supplementation<sup>2</sup>
  - AgelessXtra
  - RegeniCARE / RegeniFREE
  - Aloe Gold
  - Ageless Essentials Super Food



# References

1. [Are You Drinking Enough Water?](#)
2. [How to Start a Nutritional Program](#) *by Stephen Cherniske*
3. [The Glycemic Index](#)
4. [Sleep: Understanding the Basics](#)