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# How to Get Motivated and Make Time for Your Health

Thursday, May 18, 2023





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# Learning Objectives

*At the end of the session, you will be able to:*

- Recognize the importance of being healthy
- Implement ways to build exercise into your weekly routine
- Identify healthy eating habits





# Motivation



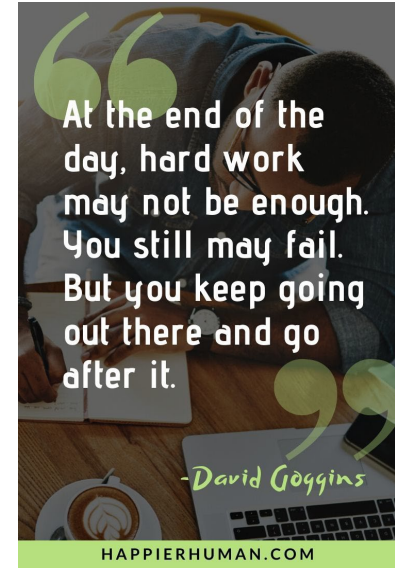
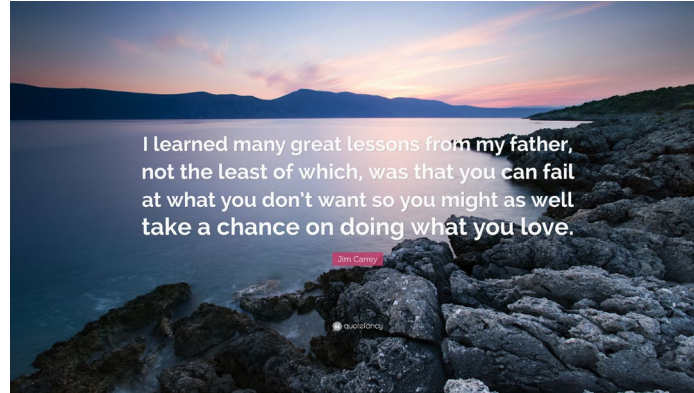
# Motivation

- We are given the gift of being here
- This is not a permanent gift, it can be taken away at any time (so make the most of it)

Just the fact that we do not know our due date on death should be enough motivation to live every day to our highest potential.

# Find Motivation, Be Driven, Be Resilient

- YOU have to find your motivation
- YOU have to figure it out
- Ultimately, NO ONE will be able to motivate you BUT YOU
- We get a remarkable opportunity “WE GET TO”



# Why You Need to be Motivated for Your Health

- Live longer!
- Live a life worth living!
- Having a purpose and being motivated with a sense of purpose can add years to your life
  - women lowered their risk of all-cause mortality by 34%, compared to men, whose risk was reduced by 20% (Preventative Medicine 11/22)
- If one parent is obese, there is a 50 percent chance that his or her child will also be obese. However, when both parents are obese, their children have an 80 percent chance of being obese. (American Academy of Child & Adolescent Psychology 4/17)



# No Time



Getting up at 5AM to work out is hard.

*But gaining 50# of body fat is harder.*

Meal prepping is hard.

*But having hypertension and diabetes is harder.*

You can choose to have your hard up front, or have something harder down the line.

Choose your hard.

-Dr. James DiNicolantonio





# Examples of Working Professionals Making Time

## 3-month results for HR Executive for Major Healthcare System:

- LDL/HDL ratio down 19%
- Heart disease marker down 9%
- Fitness score up 21%

“nutrition, fitness, and coaching (motivation) put me on the right path”

## 3-month results for Federal Law Enforcement Professional:

- cholesterol down 20%
- LDL down 25%
- C-Reactive Protein (inflammation marker) down 53%
- Heart disease marker down 20%
- Fitness score up 21%

“...this has put years back into my life and I feel better now than I did 10 years ago”

## Additional quotes from professionals:

“As a result of getting healthier I now sleep better, have improved fitness, and have a mental “I can do” toughness as a result”

“I feel better mentally as a result of improving my fitness”

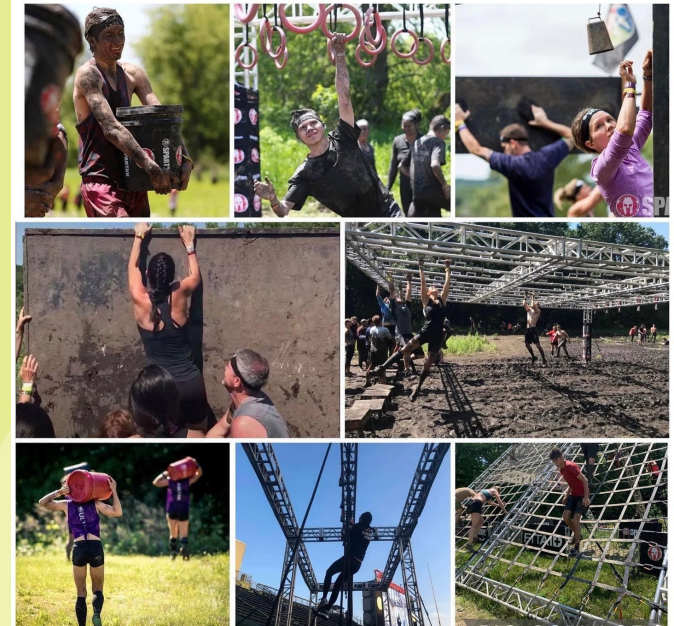
“This has given me the confidence that I can change for the better”

“I will never go back to my old ways of eating”





# American Health



# Leading Causes of Death, US 2015-2020

- Each year, chronic diseases cause 7 of 10 deaths among Americans. Heart disease, cancer, and stroke account for more than 50% of all deaths each year --CDC
- Poor diet quality alone, a parameter over which we have total control, causes 500,000 or more premature American deaths every single year, and are largely preventable --NY Times
- It all takes life out of years and years out of life
  - From 1999–2000 through 2017–2018, the prevalence of obesity increased from 30.5% to 42.4%, and the prevalence of severe obesity increased from 4.7% to 9.2%. [\[Read CDC NCHS data brief\]](#)
    - In the Midwest, the obesity prevalence is 34% (CDC)
    - MORE THAN 2/3 OF ADULTS ARE OVERWEIGHT OR OBESE
    - OBESITY AFFECTS 1 in 6 children in the US
    - Responsible for increased healthcare spending by \$149 Billion
    - WHO: obesity is caused in part by “an increase in physical inactivity due to the sedentary nature of many forms of work...”

Table. Number of Deaths for Leading Causes of Death, US, 2015-2020<sup>a</sup>

Cause of death	No. of deaths by year					
	2015	2016	2017	2018	2019	2020
Total deaths	2 712 630	2 744 248	2 813 503	2 839 205	2 854 838	3 358 814
Heart disease	633 842	635 260	647 457	655 381	659 041	690 882
Cancer	595 930	598 038	599 108	599 274	599 601	598 932
COVID-19 <sup>b</sup>						345 323
Unintentional injuries	146 571	161 374	169 936	167 127	173 040	192 176
Stroke	140 323	142 142	146 383	147 810	150 005	159 050
Chronic lower respiratory diseases	155 041	154 596	160 201	159 486	156 979	151 637
Alzheimer disease	110 561	116 103	121 404	122 019	121 499	133 382
Diabetes	79 535	80 058	83 564	84 946	87 647	101 106
Influenza and pneumonia	57 062	51 537	55 672	59 120	49 783	53 495
Kidney disease	49 959	50 046	50 633	51 386	51 565	52 260
Suicide	44 193	44 965	47 173	48 344	47 511	44 834

<sup>a</sup> Leading causes are classified according to underlying cause and presented according to the number of deaths among US residents. For more information, see the article by Heron.<sup>4</sup> Source: National Center for Health Statistics. National Vital Statistics System: mortality statistics (<http://www.cdc.gov/nchs/deaths.htm>). Data for 2015-2019 are final; data for 2020 are provisional.

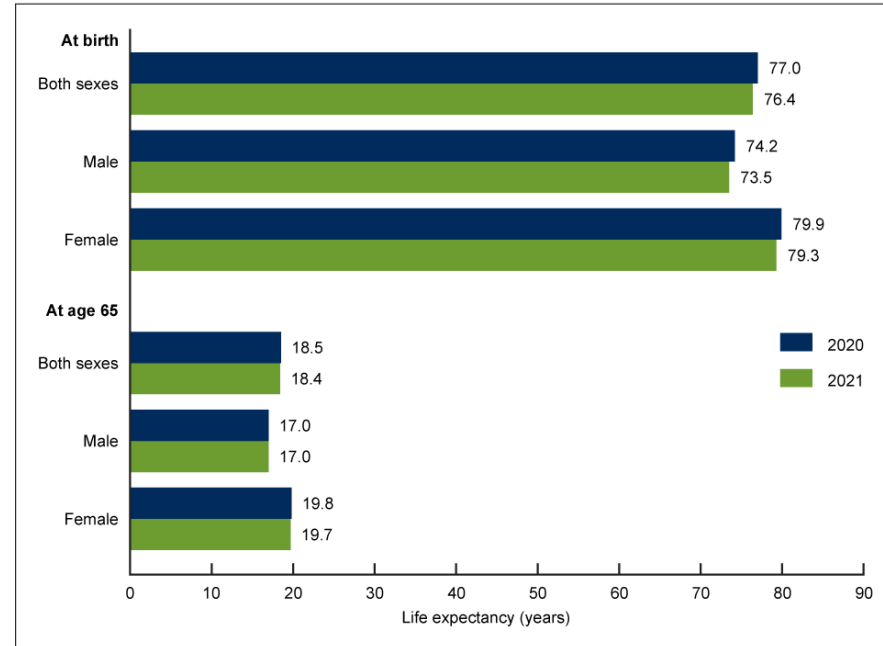
<sup>b</sup> Deaths with confirmed or presumed COVID-19, coded to *International Statistical Classification of Diseases and Related Health Problems, Tenth Revision* code U071 as the underlying cause of death.



# Your Health is Non-Negotiable

- Bust your butt, retire, but neglect your health? Likely die too soon. Find balance.
- 2021 Life expectancy 76.4 years, decrease from prior year.
- Men 73. Women 79.

Figure 1. Life expectancy at birth and age 65, by sex: United States, 2020 and 2021



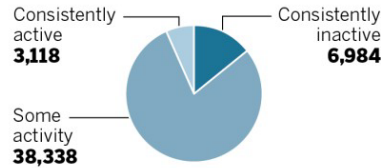
NOTE: Access data table for Figure 1 at: <https://www.cdc.gov/nchs/data/databriefs/db456-tables.pdf#1>.  
SOURCE: National Center for Health Statistics, National Vital Statistics System, Mortality.



# Hospitalizations by Activity Level and Spending

## Hospitalizations by activity level of COVID-19 patients

A study of 48,440 Kaiser members found that exercise habits correlated with illness severity in COVID-19 patients. Inactivity includes 10 minutes or less of moderate-to-strenuous activity per week; those active for 150 minutes or more per week are considered consistently active.



Status	Consistently inactive	Some activity	Consistently active
Hospitalizations	732 <b>10.5%</b>	3,405 <b>8.9%</b>	99 <b>3.2%</b>
Admitted to ICU	195 <b>2.8%</b>	972 <b>2.5%</b>	32 <b>1.0%</b>
Deceased	170 <b>2.4%</b>	590 <b>1.5%</b>	11 <b>0.4%</b>

Data from Jan. 1 - Oct. 21, 2020

Source: Kaiser Permanente

CRISTINA BYVIK U-T

## The U.S. Has the Lowest Life Expectancy Among Large, Wealthy Countries While Far Outspending Them on Health Care

Life expectancy (2021) and per capita healthcare spending (2021 or nearest year)

Country	Life expectancy	Health spending, per capita
United States	76.1	\$12,318
United Kingdom	80.8	\$5,387
Germany	80.9	\$7,383
Austria	81.3	\$6,693
Netherlands	81.5	\$6,190
Belgium	81.9	\$5,274
Comparable Country Average	82.4	\$6,003
France	82.5	\$5,468
Sweden	83.2	\$6,262
Australia	83.4	\$5,627
Switzerland	84.0	\$7,179
Japan	84.5	\$4,666

Peterson RFF  
Health System Tracker





# Exercise



# Good News!

- You can change your health for the better
- It is never too late
- You can see changes in blood composition in as little as 3 months (likely sooner)
- You can see significant changes in fitness levels within 1 month
- You can experience emotional changes immediately 😊

# Exercise

Mayo Clinic/DHHS=30 minutes each day of moderate exercise

- CDC=150 minutes moderate activity each week (21 minutes/day)
- CDC=75 minutes of vigorous activity each week
- Strength training 2x/week

Get up and do something for 5 minutes every hour at work

Even small changes can help.

- You can take the stairs instead of the elevator.
  - Walk down the hall to a coworker's office instead of sending an email.
  - Wash the car yourself.
  - Park further away from your destination.






# Physical Training

REVIEW ARTICLE | VOLUME 63, ISSUE 2, P277-285, AUGUST 01, 2022

## Resistance Training and Mortality Risk: A Systematic Review and Meta-Analysis

Prathiyankara Shailendra, BMedSci • Katherine L. Baldock, PhD •

L.S. Katrina Li, PhD • Jason A. Bennie, PhD • Terry Boyle, PhD  

Published: May 19, 2022 •

**Results:** A total of 10 studies were included in the meta-analyses. Compared with undertaking no resistance training, undertaking any amount of resistance training reduced the risk of all-cause mortality by 15% (RR of 6 studies=0.85; 95% CI=0.77, 0.93), cardiovascular disease mortality by 19% (RR of 4 studies=0.81; 95% CI=0.66, 1.00), and cancer mortality by 14% (RR of 5 studies=0.86; 95% CI=0.78, 0.95). A dose-response meta-analysis of 4 studies suggested a nonlinear relationship between resistance training and the risk of all-cause mortality. A maximum risk reduction of 27% was observed at around 60 minutes per week of resistance training (RR=0.74; 95% CI=0.64, 0.86). Mortality risk reductions diminished at higher volumes.

## Benefits

- You will be healthier
- Increase testosterone, growth hormones, cardiac volume, insulin sensitivity

## Resulting in treating/preventing the following:

- Obesity
- High blood pressure
- Heart disease
- Type 2 diabetes
- Insomnia
- Depression



# Exercise Drives Productivity

Our mental firepower is directly linked to our physical regimen. And nowhere are the implications more relevant than in our performance at work. Consider the following cognitive benefits, all of which you can expect as a result of incorporating regular exercise into your routine:

- Improved concentration
- Sharper memory
- Faster learning
- Prolonged mental stamina
- Enhanced creativity
- Lower stress
- Boosts production of brain-derived neurotrophic factor (BDNF), a protein that helps with mental processes
- Releases dopamine, serotonin, glutamate, norepinephrine – help cognition
- Improves synaptic plasticity (send a receive messages)



# Wellness Programs and Workplace Health

## Statistics Show Wellness Programs Can Decrease Absenteeism

There are over 50 papers that have looked at the connections between worksite wellness programs and reduced absenteeism. Worksites with comprehensive wellness programs can experience reduced absenteeism for a variety of reasons:

- Employees with good health behaviors have lower absenteeism
- Employees who can control their stress have lower absenteeism
- Employees with healthy blood pressure, cholesterol, and glucose have lower absenteeism.
- Employees who are not overweight or obese have lower absenteeism
- EXERCISE IS MEDICINE

<https://www.wellsteps.com/blog/2018/01/06/workplace-wellness-statistics-wellness-stats/>



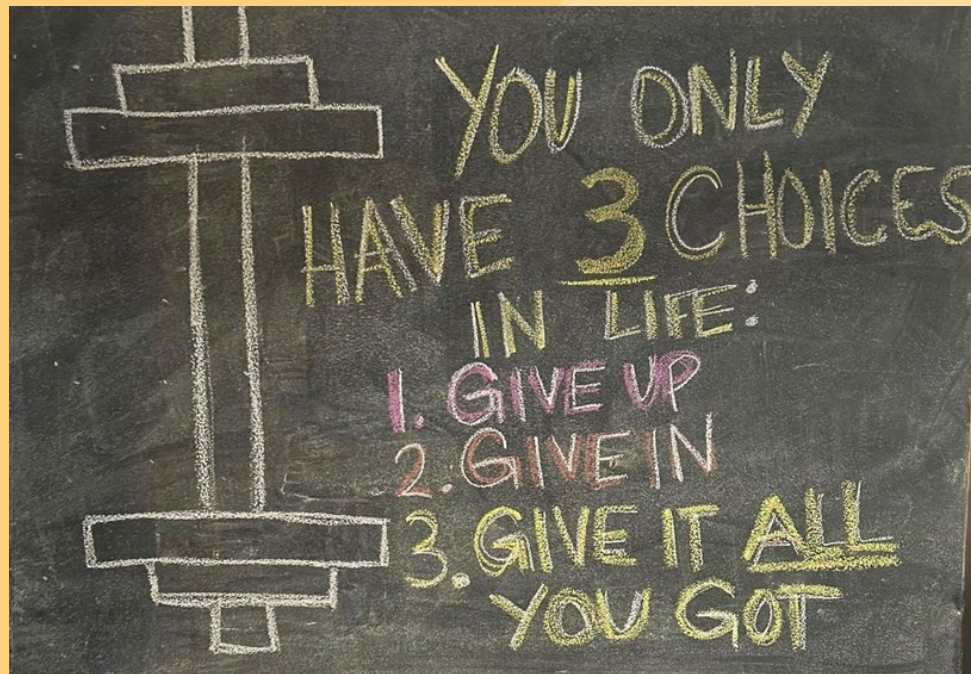
# Exercise Timeline

- After one week:
  - Mitochondria multiply, produce more energy
  - Self confidence goes up
  - Depression goes down
- After two weeks:
  - Measurable improvements in strength and fitness
  - Can see change in weight (if that is goal)
- After four weeks and onward:
  - Improvements in physical, mental, social, even financial health (improvements in productivity, less sick days, reduction on reactive care costs)
  - Reduction in Type 2 Diabetes and Chronic Disease
  - Essentially – you will be happier, healthier, and live longer





# Nutrition



# Inactivity and Eating Processed Food is NOT Natural

- Back in the day, we roamed around looking for food
- Food ran away from us or we climbed or bent over to get it
- Exercise was what we did to find food – it was built in!
- Now, it's not built in, we have ready access to as many calories as we can handle – not necessarily helpful
- This engine of ours is not designed to eat garbage and sit around
- Being healthy is no more difficult than being unhealthy
  - Increased doctor visits, hospital stays, increase in spending, huge burden on your loved ones
  - Compared with the cost and time of exercise and good diet



# Processed Food – Health Risks

Food processing removes some of the nutrients, vitamins and fiber present in the food

Cheap artificial sugars, salt and preservatives in processed foods have less fibre quantity & don't add any nutrition benefits, it **slows down digestion**

The salts, phosphates and other artificial ingredients in the processed food leads to kidney and other health problems

Frequent consumption of processed foods can lead to **hormonal problems** like menstrual irregularities, premenstrual syndrome, **infertility**, thyroid dysfunction etc



Processed foods are **HIGHLY ADDICTIVE** and make you crave them frequently.



Some processed dairy products, dried fruits etc contains Sulphite which causes a range of health diseases like headache, skin rashes, irritable bowel syndrome etc.

Processed food kills natural taste and colour of foods. In order to restore the natural flavour, manufactures add cheap artificial sugar, salts, fats, colours and preservatives that create **GASTROINTESTINAL** problems, **HORMONAL** Problems, **NERVOUS SYSTEM** problems etc



Frequent consumption of processed food can also lead to **nervous system problems** like depression, irritability and inability to concentrate.

**CURRENTWEEK**  
.COM



# A Few Words on Sugar

Sugar causes a similar effect in the brain as cocaine and heroin – in short, it is highly addictive

The average American consumes 77 grams of sugar every day (AHA). Sugar intake has drastically increased over the last century. In 1822, the average American ate in 5 days the amount of sugar found in one of today's 12-ounce sodas. Now, we eat that much every 7 hours!

The American Heart Association (AHA) recommends the following guidelines:

- 6 teaspoons (25 grams) of added sugar per day = 100 calories per day for women
- 9 teaspoons (38 grams) of added sugar per day = 150 calories per day for men
- 3-6 teaspoons (12 - 25 grams) per day = 50-100 calories per day for children
- One 12-oz can of soda contains about 10 teaspoons or 40 grams of sugar, about 150 calories
- One regular-sized Snickers bar contains 27 grams/7 teaspoons of sugar



# A Few Words on Sugar - Continued

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Bottled salad dressings can be loaded with sugar, usually in the form of corn syrup. Low-fat and fat-free versions are the worst offenders. The healthiest choice is to make your own by combining vinegar or lemon juice, olive oil and herbs. If you have to buy bottled, avoid the worst culprits, honey mustard, French and thousand island.

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Protein bars and granola bars are often loaded with added sugar. Honey, agave, brown sugar, and evaporated cane juice are all just another way of listing sugar.

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Ketchup provides 1 teaspoon of sugar per 1 tablespoon of product. Considering most people use closer to 2 to 4 tablespoons of ketchup, this can really add up.



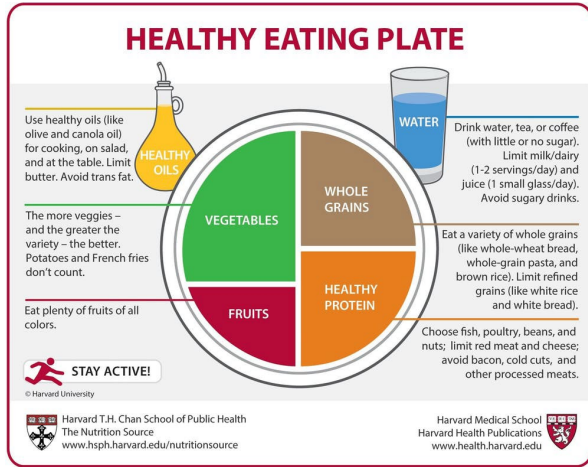
Just say NO! Would you tell a cocaine or heroin addict they could use 20% of the time?



# Nutrition

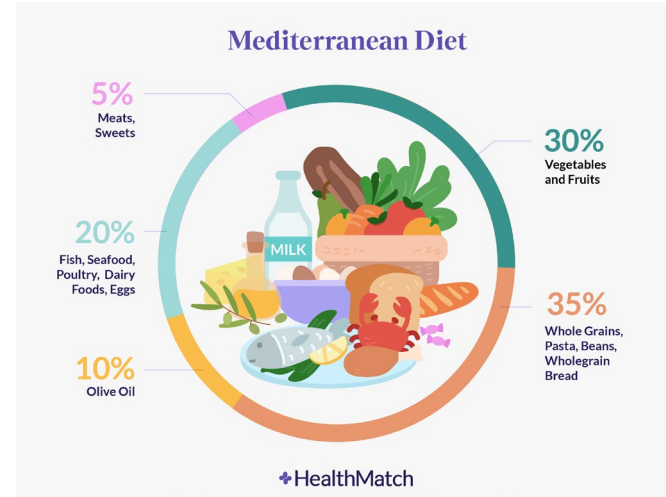
- Nutrition – Very Important
  - Protein from quality source, vegetables, nuts, seeds, fruit, little starch, NO ADDED SUGAR
  - Drink water
  - Don't smoke
  - If you drink, not much – ***no amount of alcohol is good for you.***
    - **Estimated Deaths Attributable to Excessive Alcohol Use Among US Adults Aged 20 to 64 Years, 2015 to 2019** (Published in JAMA 11/1/2 by CDC:  
MarissaB. Esser, PhD1; Gregory Leung, PhD1; Adam Sherk, PhD2; et al)
    - The findings of this cross-sectional study suggest that an estimated 1 in 8 total deaths among US adults aged 20 to 64 years were attributable to excessive alcohol use, including 1 in 5 deaths among adults aged 20 to 49 years

# Nutrition Plates



Paleo Diet Healthy Eating Portion... by Angharad13

Zazzle



# Diet and Type 2 Diabetes (from NIH)

- Good nutrition and exercise can reverse Type 2 Diabetes, particularly pre-Type 2 Diabetes
- Diets rich in whole grains, fruits, vegetables, legumes, nuts, moderate in alcohol consumption, and lower in refined grains, red/processed meats, and sugar-sweetened beverages have demonstrated to reduce diabetes risk and improve glycemic control and blood lipids in patients with diabetes.
- Greater intake of sugar-sweetened beverages (SSBs) has been associated with higher type 2 diabetes risk in a meta-analysis and a recent pooled analysis of European cohorts. This association remains significant even after adjusting for BMI, suggesting that the deleterious effects of SSBs on diabetes are not entirely mediated by body weight. Substituting plain water, coffee, or tea for SSBs was associated with lower diabetes risk.
- Evidence supports avoiding processed foods, refined grains, processed red meats, and sugar sweetened drinks and promoting the intake of fiber, vegetables, and yogurt. Dietary advice should be individually tailored and take into account personal, cultural, and social factors.
- An exciting recent development is the understanding that type 2 diabetes does not have to be a progressive condition, but instead there is potential for remission with dietary intervention.



# Diet and Type 2 Diabetes (from NIH)

<p>Mediterranean diet</p>	<p>high consumption of minimally processed plant based foods; olive oil as the principal source of fat; low- to-moderate consumption of dairy products, fish, and poultry; low consumption of red meat; and low-to-moderate consumption of wine with meals</p>	<p>Mediterranean dietary patterns were associated with lower risk of type 2 diabetes in prospective cohort studies and RCTs.<sup>34, 35, 42, 43</sup></p>	<p>Mediterranean diets compared to a conventional diet for diabetes management improved glycemic control and insulin sensitivity, and reduced risk of CVD.<sup>43, 74, 80, 81</sup></p>	<p>Dietary Approaches to Stop Hypertension (DASH)</p>	<p>rich in vegetables, fruits, and low-fat dairy products, including whole grains, poultry, fish, and nuts; lower in saturated fat, red meat, sweets, and sugar containing beverages; and often reduced in sodium</p>	<p>Adherence to the DASH diet was associated with lower risk of diabetes.<sup>46, 47</sup></p>	<p>The DASH diet with 2400mg/d sodium restriction had beneficial effects on glycemic control and CVD risk factors.<sup>86, 87</sup></p>	<p>Vegetarian and vegan</p>	<p>vegan, diets devoid all animal-derived products; vegetarian diets, diets devoid of some animal products including lacto- ovo (consuming dairy and/or eggs), pesco (consuming fish, eggs, and/or dairy), semi (consuming all but no red meat and poultry)</p>	<p>Vegan, lacto-ovo and semi-vegetarian diets were associated with lower risk of type 2 diabetes.<sup>47</sup></p>	<p>Improved glycemic control or CVD risk was not consistently reported,<sup>87, 88</sup> and the effect of vegetarian diets was difficult to isolate because calorie-restriction was often implemented.</p>
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# Healthy Eating Tips

- Eat whole foods and stay away from processed foods (anything with more than 5 ingredients)
- Shop primarily on the outer edges of the grocery store (this is where you find the whole foods)
- Stay away from added sugars – WE DO NOT NEED ANY OF THESE
- Stay away from foods labeled “light” or “diet” as often these are ultra processed and contain a variety of ingredients and chemicals, as well as very bad for you, artificial sweeteners are loads of sugar!
- Stay away from food that contains ingredients you cannot pronounce
- Eat a combination of foods at each feeding: proteins, carbs, healthy fats



# Healthy Eating Tips - Continued

- Add some spice to your life! Cloves, turmeric, ginger, oregano, rosemary, many others are high in polyphenols and anti-oxidants.
- Drink primarily water – regular ‘ol water is all you need.
- MEAL PLAN
- When traveling and cannot find good food, for example airports - - -JUST DON'T EAT.
- One food item that you are going to delete from your diet, or one thing you will change, write it down



# Nutrition Timeline for Positive Change

- Good news: you can shoot to lose about 1#/week (if weight loss is a goal)
- Good news: You can expect to see positive changes to your body composition after two to three weeks of healthy diet changes.
- In just a few weeks, if you're fueling your body right, you likely will experience more energy and mental clarity and less aches and pains.
- In as little as 3 months (some sooner): better cholesterol, lower glucose, decrease in inflammation markers, reduction in other heart disease markers
- In as little as 3 months: noticeable reduction in hemoglobin A1c, or A1c for short, which is a measure of your blood sugar levels over time.







# Challenge!



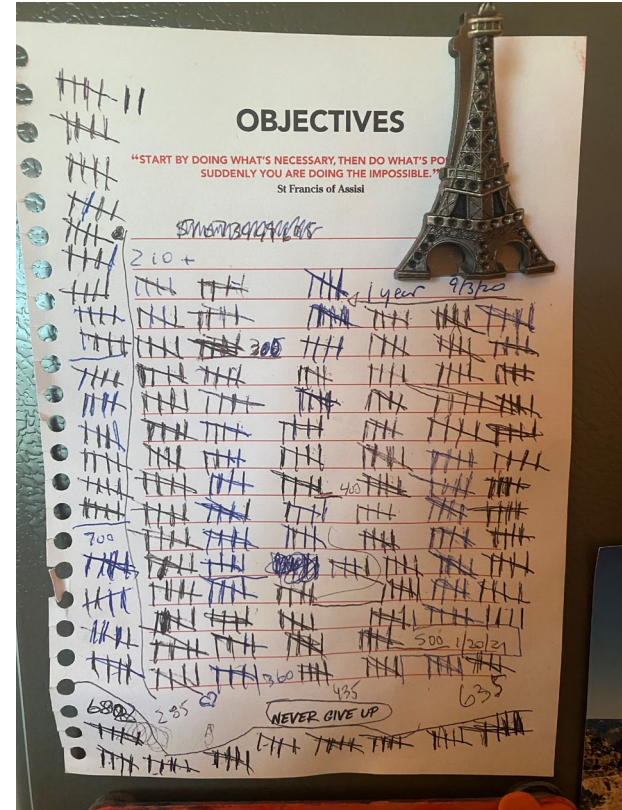
# What Has Worked For Me to Get Motivated to Be Healthy

- Commit!
- Pay for an Upcoming Event
- Read Motivational Books, Listen to Motivational Podcasts, Follow on Social Media
- Have a group of friends that are committed to help – social aspect
- Don't listen to detractors
- Physical Challenges
- First 5K didn't think I'd make it
- Ultra Endurance and Other Events to in Which to Train
- Doing Hard Stuff for Me
- Getting Comfortable Being Uncomfortable
- Consistently doing what I don't want to do



# What Has Worked for Me

- Tick Sheet
- Focusing on Me
- Meal Planning



# Challenge to Get Started Making Positive Change

- Get Motivated
- Every Day
- 30 Burpees Each Day, 30 Days
- One Diet Change
- Get Your Team Involved



# The Burpee

## The best bodyweight exercise you can do

- Research shows that high intensity exercises like burpees burn up to 50% more fat than moderate exercising
  - with every rep, you'll work your arms, chest, quads, glutes, hamstrings, and abs
  - maximally integrate your nervous system and musculoskeletal system
  - a multi-joint, compound exercise that's very effective in stimulating powerful anabolic hormones
  - Great for conditioning: there's no question about the cardiovascular conditioning benefits of the burpee, maybe one of the reasons they're enjoyed so much
- Requires no equipment
- Can be done anywhere!



# Other Options and When

30 Air Squats

30 Knee or Wall  
Push-Ups

30 Second Plank

First thing in the AM  
is best. Or over  
lunch or after work.

If you miss a day you  
can add to the next,  
but I really don't  
recommend it.



# The Challenge

- May 19 – June 17
- Every Friday, send update to Sean  
(did 30 burpees, or other option, each day and adhered to my diet change)

# You Can Do It!

- Commit for 30 days, write it down on that piece of paper. May 19 – June 17
- Chat that you are “in” or message [sean.hastings@claconnect.com](mailto:sean.hastings@claconnect.com)





# Thank you for joining us!

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