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# Strength of Body & Mind

Your guide to the healthy new you

“You are never going to make it, you are not worthy, you are not smart, pretty enough or focused enough.”

Everything you do in life will be full of people that are ready to tear you down. The only way to be successful is to believe in your heart that you are. You must learn to work on your stress and mentality everyday before you experience the stress, panic or meltdown.



# Roadmap

## Fundamental Ingredients

- Health & Energy

Health and Energy are something we strive to obtain. Yet when we set out on that journey, we can get overwhelmed.

How can we accomplish this goal?

# Mentality Check

- Are we stress eaters?
- Emotional eaters?
- Do we have “comfort foods?”

## Health and Energy

When is the last time you woke up ready to take on the day?

The last time you had extreme excitement and joy first thing in the morning?

Health and energy is not only how we exercise and eat but it is the long-term effects of those choices. Ask yourself am I in control of my health and energy? Or a victim to negative consequences of my choices?

Wake up and feel energized?

Motivation and high energy during the day?

Free from aches and pains?

Free from illness?

A red speech bubble graphic with a white outline, containing the word "Wellness".

# Wellness

- Good food makes you feel good, bad food makes you feel bad.
- What is nutrition?
- Make it easy.



You are what you  
eat

- Foods that we eat
  - Do they energize us?
  - Make us feel good?

A large red speech bubble graphic with a white outline, containing the text 'Basic Tips'. The bubble has a tail pointing downwards and to the right.

## Basic Tips

- **Macronutrients**
  - Protein
  - Carbohydrate
  - Fat
  
- **Portion sizes**
  - 4oz is size of your palm



## The way you eat

- The food you are eating could trick you into thinking you need to keep eating.
- Eating a diet high in carbohydrates and sugar damages your appetite control, it sends a signal to your brain to eat more!
- Healthier unsaturated fats like avocado, nuts and olive oil do the opposite and send signals to stop eating!

# Meal planning

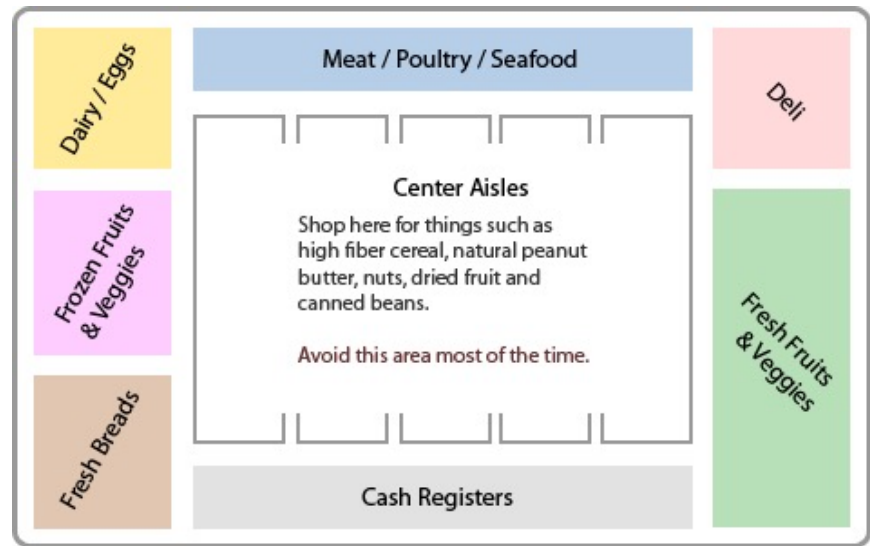
- **Eat breakfast!**
  - Everyday
  - Eat more, weigh less
- **Snacks**
  - Between meals, added energy & prevents overeating.
- **Lunch**
  - Protein, Carbs, Fats
- **Dinner**
  - Think lean and green

A large red speech bubble graphic with a white outline, containing the text 'KEEP IT SIMPLE'. The bubble has a tail pointing downwards and to the right. The background of the slide features several curved, concentric lines in shades of gray, some solid and some dashed, creating a sense of motion or a circular path.

KEEP IT SIMPLE

- Eating right is very simple.
- Do not over complicate it.
- Eat real foods, whole foods.

# Grocery Shopping



**Keep it simple. Shop the perimeter.**

Which numbers are important

Sugars

Carbs

Fat

Protein

## Nutrition Facts

Serving Size 1 slice (47g)  
Servings Per Container 6

### Amount Per Serving

**Calories** 160      Calories from Fat 90

**% Daily Value\***

<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
<i>Trans</i> Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%

Sugars 1g

**Protein** 3g

Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:  
5% or less is low  
20% or more is high

# Dining Out

- **Remember the basics:**
  - All meals should contain protein, carbohydrate & healthy fat
- **Restaurants**
  - Take out
  - Dine In
  - Fast Food
    - Watch portion sizes

# Fast Weight Loss

- Beware of fad diets
- Slow weight loss is the way to keep it off
- 1 to 2 pounds a week is normal

## Support Groups

- Enlist coworkers to start a support group or loved ones.
- Help each other stay accountable
- Set weekly goals



A large red speech bubble graphic with a white outline, containing the text "Live Life". The bubble has a tail pointing downwards and to the right. The background of the slide features several concentric, curved lines in shades of gray, some solid and some dashed, creating a sense of motion or a circular path.

Live Life

- **The 90/10 rule**
- **Eat healthy 90% of the time and you will be able to maintain healthy living.**



**Busy Life?**

- **Meal Prep Sundays**
- **Healthy To Go – Quick Options**
- **Family Affair**

# Planning is Key

- Look at your week as a whole
- Which days are going to be busy?
- Where will you need a premade meal and snack?
- Write it out.

Be patient, the  
journey is worth  
it

- Do not live life on accident.
- Wellbeing is an overall effect it is not one facet of physical health, mental health or financial.

Exercise &  
Nutritional Goals

Biggest Goal

Smaller that will  
lead to bigger goal

Goal that will take me to  
the smaller goal

Something I  
can do today



# Believe, Achieve

“There is no age limit to having good exercise habits and thriving in physical wellbeing.”

Stephanie Trevino

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