



# PreK4



## Newsletter

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# HAPPY New Year

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## A New Year STARTS... with New Goals

The reset on our calendar has officially changed to 2023 and with that, new goals have come in with rolling motivation! Here are some TIPS to start off the new year.

- Be consistent and disciplined with your diet and exercise.
- Choose healthier food/drink options.
- Have a workout plan/ diet that works for you.
- Consult a physician and a dietician for professional guidance.

# Clean Slate New PLATE

## Staying Consistent



### **Do you set your goal to workout but have a busy schedule due to work and family?**

Split your workouts by 10 min intervals throughout the day- to achieve a benefit of cardiovascular fitness. 30 min a day for 3 times a week is recommended.  
Example: 10 min jumping rope in the morning before work, 10 min walk on your lunch break, finally 10 min (or longer) at home workout.

ACSM's Guidelines for Exercise Testing and Prescription. Philadelphia :Lippincott Williams & Wilkins, 2000.

### **Build a workout habit by starting off slow!**

Find something that is attainable to you and can do consistently. Set a goal to reach 10,000 steps a day which is equivalent to approximately 5 miles.

### **Keep quality snacks on hand to keep away from cravings.**

Protein snacks that are low in sugar can be useful to keep those cravings away.  
Examples: Grass-fed beef jerky sticks, no added sugar brands of Greek yogurt, berries, cheese sticks.

# Eating HEALTHY



**Have you ever wondered why you get cravings? Or eat a big meal then end up being hungry again in a couple of hours?**

**Well, this happens when a food spikes up your blood sugar which causes Insulin to increase! This will change the hormones in your body that will trick you into thinking that you are hungry.**

## **How can you stop the cravings and curb hunger?**

- **Eliminate sugary beverages like sodas, fruit punches, Juice, Sweet teas, Gatorades.**
  - **Drink WATER**
  - Switch sugary beverages and try Zevia Soda, Bai teas, Poppi probiotic soda, Unsweet teas, mineral water or flavored mineral water
- **Select meals high in protein and foods rich in fiber.**
  - For a person who is physically active, it is recommended to have 1 gram of protein per pound of body weight; and for a sedentary person 0.7 grams of protein per pound of body weight.
  - Fiber helps regulate blood sugar and bowel movements. It also keeps you satiated longer curbing cravings!

ACSM's Guidelines for Exercise Testing and Prescription. Philadelphia :Lippincott Williams & Wilkins, 2000.

### **Try these super foods!**

- 1.) Avocados**
- 2.) Salmon (Fatty Fish)**
- 3.) Cruciferous vegetables: Broccoli, Cauliflower, Brussel Sprouts**
- 4.) Leafy Greens! – Arugula, Collard greens, spinach**
- 5.) Nuts and Seeds–Walnuts, Chia seeds**



# Exercise For you!

## Do you want to gain Muscle and burn body fat?



Resistance training is the way to go.

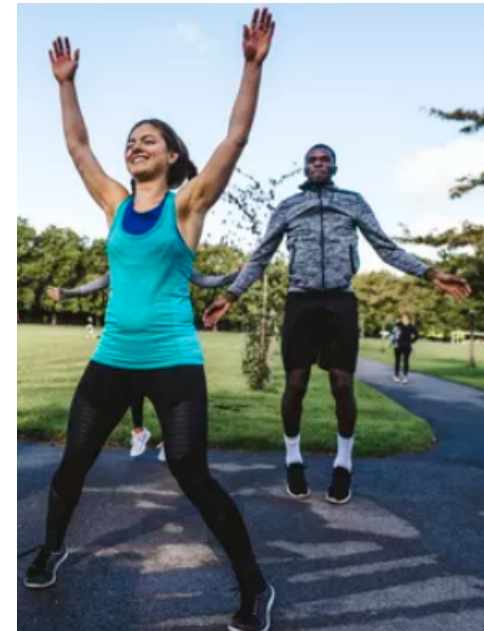
- Add 3-4 compound exercises that focus on your main body groups like chest, back, and legs 3-4 x per week.
- Make sure you try to increase the weight after every set, you should be progressively overloading your weights as you get stronger.

ACSM's Guidelines for Exercise Testing and Prescription. Philadelphia :Lippincott Williams & Wilkins, 2000.

## Do you want to improve your cardiovascular fitness and burn body fat?

Try High intensity interval training (H.I.I.T) - It involves a circuit of fast paced movement with minimal rest for 30-45 minutes. Examples: Circuit of Jumping jack for 1 min- pushups for 1 min- squat jumps for 1 min- and suicide drills for 1 min. Repeat this round 3 times

ACSM's Guidelines for Exercise Testing and Prescription. Philadelphia :Lippincott Williams & Wilkins, 2000.



## Are you unsure where to start?

Incline walking for 15-30 min a day on the treadmill is a great exercise to burn body fat.



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