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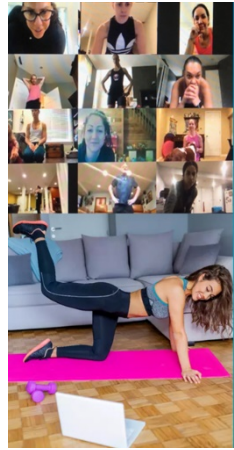


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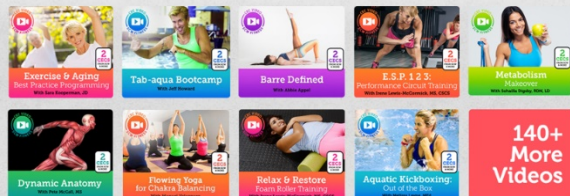
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- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
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2019

Fad Diet Update

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“Back Then”



Not new



DietBet

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PLEGGED: **\$114,555**

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Just Started

PLAY GAME



Present



Join the game
756,407 players

weight
12,958,197 lbs lost

Win and split the pot
\$62,263,235 (paid to winners)

Trivia

- Which of the following does not fit on a clean eating plan? Cheerios, strawberries, grilled chicken, boiled peanuts
- This diet omits a specific group of foods that inadvertently causes the dieter to avoid most convenience and snack foods.
- Describe the Flexitarian diet.

Trivia

- What ingredient is an integral part of most energy drinks? Which is an ingredient in these drinks that can get you frazzled if you do two or three of them a day as advised often?
- When beginning a new eating plan or diet, regardless of the type, what is something that all dieters do?
- Why do people who start a diet with enthusiasm give up within a few weeks, typically?
- This word begins with a C. For people to stick to a diet it needs to be _____.

the GOOD thing(s) about diets

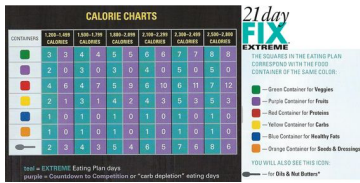
- A diet makes you pay attention
- We typically eat a few hundred calories a day without “counting” it, when not dieting.
- A simple change can quickly turn in into multiple changes (a vivacious cycle, rather than viscous cycle).
- Restricting any food group or type of food forces you to plan ahead since it is challenging.

the BAD thing(s) about diets

You tell me!



Which of these makes your heart-rate go up?



"I'm taking you off three things: breakfast, lunch, and dinner!"



Counting & Calculating

or

Forgoing/Fasting

Realities to consider

- current physique and dieting history and medical needs/conditions
- food preferences and sensitivities
- temperament/readiness
- background/beliefs and convictions/self-compassion
- \$ allotment and time allotment
- accountability/social support

What do most all of these popular types of diets have in common in this \$60 billion+ industry?

Good Calories versus Bad Calories
Paleo/Primal Diets
Detox Diets
Brain Foods
Raw Foods
Juicing
Ultra Metabolism/Secret code
Food for your Body Type
Anti-Sugar
Blood Sugar/Glycemic Index

Anti-Grain
Anti-Fat (Omni Diet)
Optimal Nutrient Distribution
Calorie Counting
Specific Food Type
Big Food/Food Addiction
pH Based Diets
Fasting/Alternative Day Fasting
Superfoods

The everyday ideal:

- balanced, energetic living
- fun fitness: lifelong strong
- peace with food; wellness mentality;
- play hard; rest well
- clear-headed
- healthy weight
- value-centered self acceptance; emotional wellbeing

To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing.
—Mark Twain

**US News & World Report
Best Diets 2019**

Best Diets Overall

- #1 Mediterranean Diet
- #2 DASH Diet
- #3 The Flexitarian Diet

[See the full rankings list »](#)




Best Weight-Loss Diets

- #1 WW (Weight Watchers) Diet
- #2 Volumetrics Diet
- #3 The Flexitarian Diet (tie)

[See the full rankings list »](#)

Best Commercial Diet Plans

- #1 WW (Weight Watchers) Diet
- #2 Jenny Craig Diet
- #3 Nutritarian Diet






Popularity Contest

- These diets have more than 100,000 likes on Facebook:
 - Clean Eating Diet
 - The Atkins Diet
 - 21-Day Fix (Beach Body)
 - Whole 30 Diet
 - Paleo Diet
 - Keto Diet



The Keto Diet



Keto

- Approx: 75% fat, 20% protein, 5% carb
- very limited choices (even from vegetables)
- as close to no-carb as possible
- very high in fat: avocado, coconut & coconut milk or oil, other oil, nuts and nut butters, bacon, egg yolks, butter, cheese
- body makes ketones; very much like starvation
- expert medical supervision strongly recommended

Intermittent Fasting: alternate-day fasting, whole-day fasting, and time-restricted feeding

Alternate Day Fasting

- 36-hour fast/12-hour feed
- eat every other day
- encouraged to make good eating choices, but allowed to eat as desired on the non-fasting days

Meal Skipping (random)

- eat unprocessed "evolutionary friendly" food (think Paleo)
- randomly skip a breakfast or dinner meal 1-2x/week
- flexible (random) rules

Eat Stop Eat

- 24-hour fast, 1 or 2 times per week
- fast for 24 hours 1-2x/week, eating sensibly the rest of the week (encourages higher protein, minimal processed foods etc.)
- flexible: choose your 24 hours

Intermittent Fasting

Leangains

- 16-hour fast/8-hour feed
- high in protein, incorporates carb cycling
- fasted training, then eat bulk of calories during post-exercise period (2-3 meals over 8 hours)
- repeats every day

Warrior Diet

- 20-hour fast/4-hour feed
- either fast, or eat minimal amounts specific foods for the first 20 hours daily exercise during fast (or under-eating) period
- eat within a 4-hour over feeding window (usually dinnertime/evening)
- after that 4-hours, repeat the under eating/fasting for the next 20 hours

5:2

- 5 days normal eating plus 2 non-consecutive fasting days with 600 kcal (men) and 500 kcal (women)
- maintenance plan is 6:1

31

tip of the week

Front-load for Optimal Fueling

- **If you get up at 5 AM...**
 - aim to wrap up your caloric food and beverages between 5 PM and 7 PM daily, having 75% of your total calories consumed by 2 PM
- **If you get up at 6 AM...**
 - wrap up between 6 PM and 8 PM, having 75% of your total calories consumed by 3 PM
- **If you get up at 7 AM...**
 - wrap up between 7 PM and 9 PM, having 75% of your total calories consumed by 4 PM
- **If you get up at 8 AM...**
 - wrap up between 8 PM and 10 PM, having 75% of your total calories consumed by 5 PM



from Sohalita Digsby, RDN, LD, CPT
bestmetipractice.com

- front-load your day's fuel so that 75% of your calories are eaten within the first 3 quarters of the active part of your day

- multiple studies suggest eating at a time naturally reserved for sleeping may have adverse effects on both weight and metabolic health



FAQ

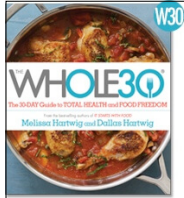
Frequently Asked Question

What do you think about going gluten-free?

There are various reasons people avoid gluten, the protein in wheat, barley, and rye (and found in cross-contaminated oats). I have found that many who feel better on a gluten-free diet may feel just as good, without the challenges of going completely gluten-free, if they:

1. Trade out their refined grains for whole grains, choosing products with short ingredient lists and less preservatives.
2. Vary their grains/starches over the course of the day (intentionally eat grains besides wheat).
3. Make sure grain servings fit only on a quarter of their plate, or in the case of bread, limit it to 1-2 slices on their plate.

Excerpt from the *Countdown to Your Best Body Success Journal*, page 77-78



Whole-30 Diet

- “the next 30 days will change your life”
- “Cut out all the psychologically unhealthy, hormone-unbalancing, gut-disrupting, inflammatory food groups for a full 30 days.”
 - Completely avoid sugar and substitutes, alcohol, grains, legumes, and carrageenan, MSG, sulfites
- no weighing or body measurements for 30 days
- no calorie limit and no need for foods to be organic, grass-fed, pastured free range
- no cheats, slips, or “special occasions”

Paleo Diet



The Paleo Diet

- What does a Paleo diet look like? There is not one official Paleo diet.
 - Approx: 40% fat, 40% protein, 20% carb
- Focus is on whole foods: lean proteins, vegetables, fruits, nuts, seeds, and other healthy fats
- Avoids grains and legumes (beans, peanuts, peas, lentils)
- Sample: 2,200 calorie diet for a young woman (The Paleo Solution, by Robb Wolf)

Breakfast

Broiled salmon (12 oz.)
Cantaloupe (1 1/4 cups)

Lunch

Broiled lean pork loin (3 oz.)
Salad—lettuce (1 1/2 cups), carrots (1/2 cup), cucumbers (1/4 cup), tomatoes (1/2 cups), walnuts (2 halves), lemon juice (2 Tbs.)

Dinner

Lean sirloin tip roast (8 oz.)
Steamed broccoli (3 cups)
Salad—mixed greens (3 cups), tomato (1/4 cup), avocado (1/2 cup), almonds (35), onions (1/4 cup), lemon juice (2 Tbs.)
Strawberries (1 cup) for dessert.

Snacks

Orange (1/2)
Carrots (1/4 cup)
Celery (1 cup)

- Slight acceptance of liberalization:
 - some dark chocolate
 - red wine and non-grain spirits (ex: tequila)
 - grass-fed dairy

1 EAT REAL

2 CHOOSE JUST ONE

3 EAT NAKED

4 GO ORGANIC

5 EAT WHAT YOU CAN PRONOUNCE

Clean Eating

6 PRIORITIZE PLANTS

7 GIVE UP THE WHITE STUFF

8 COOK AT HOME

9 FOCUS ON WHAT MATTERS

10 ENJOY EVERY BITE

Calorie or Macro Counting & VLC

Organ	Cals/Day for 143# person
Brain	304.8
Heart	114.4
Kidney	110
Liver	254
Skeletal Muscle	278.2
Adipose Tissue	94.05
Total	1155.45

Yes, you CAN eat too little: Metabolic Adaptation

Biggest Loser Research

Journal of Obesity 2016

6 years after the 30-week competition, RMR remained suppressed at the same average level as at the end of the competition

- about 500 calories/day lower than expected based on body comp changes, age, etc.
- those with the greatest weight loss during the competition experienced the greatest slowing of RMR long term
- those who were most successful at maintaining their weight loss after 6 years had the greatest ongoing metabolic slowing
- Leptin levels reduced by 94% at the end of the 30 weeks of season, and 6 years later were still down from baseline by 32.7%
 - Leptin is a hormone that controls satiety

Remember the everyday ideal?

- balanced, energetic living
- joy in fitness: lifelong strong
- peace with food; wellness mentality
- play hard; rest well
- clear-headed
- healthy weight
- value-centered self acceptance; emotional wellbeing

To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing.
—Mark Twain

What if you don't diet?

text RDonyourteam to 33777

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www.bestbodyin52.com

Best Body Countdown Registration opens
3 weeks before MLK Day & Labor Day