

Welcome to Wellness Wednesday!



Let us Introduce Ourselves

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Topics we are going to be covering in this session

- What is on your plate- understanding the foods and their purpose
- Understanding your goals and how WHY you want them
- Motivation: How to strive and continue to grow when motivation is fleeting

Some house keeping rules during this presentation to be mindful of

1. Make sure you are muted
2. Ask your questions in the chat box or write them down for later 😊



What is on your Plate?

Let's talk about it and find out...

Macronutrients... That is what is on your plate!

- Macronutrients are defined as chemical substances required in large amounts by the body for survival.
- There are 3 Macronutrients: Protein, Fats, and Carbohydrates
- Everyone needs a different amount of Macronutrients taking into account: Body weight, Height, Energy output, Hormone Panel,
- goals AND MORE!
- Macros (Short for Macronutrients) are what makes up the Calories you are consuming

Let's Talk Protein...

Poultry

Meat

Fish

Yogurt

Cottage Cheese

Dairy- can be Protein
& Fats

Eggs

Lentils, Beans, Tofu



What do Proteins do for you?

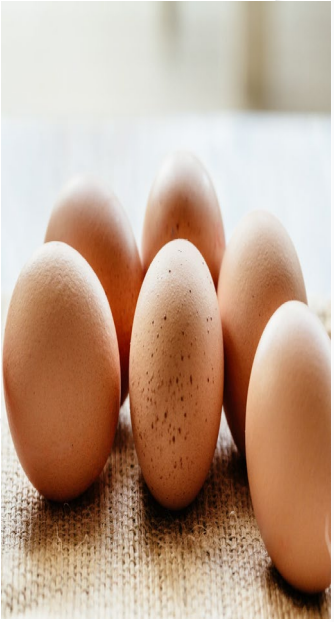
- Helps with Nail & Hair Growth
- Nutrients for Organs
- Helps Grow your Muscles
- Helps build and repair Tissue
- Helps Bones, Cartilage, Skin, and Blood

When is the best time to have Protein?

- Throughout the day! All meals should have Protein.

How much should you have?

- 4-6 Servings a day or 0.8g-1g per lean body weight



Some Signs of Low Protein

- **Swelling**-most common signs that you're not getting enough protein is swelling (also called edema), especially in your abdomen, legs, feet, and hands.
- **Mood Changes**-Your brain uses chemicals called neurotransmitters to relay information between cells. Many of these neurotransmitters are made of amino acids (building blocks of protein). So a lack of protein in your diet could mean your body can't make enough of those neurotransmitters, and that would change how your brain works.
- **Hair, Nail, and Skin Problems**-you could have brittle or thinning hair, dry and flaky skin, and deep ridges on your fingernails.
- **Weakness and Fatigue**-Research shows that just a week of not eating enough protein can affect the muscles responsible for your posture and movement, especially if you're 55 or older. And over time, a lack of protein can make you lose muscle mass, which in turn cuts your strength, makes it harder to keep your balance, and slows your metabolism. It can also lead to anemia, when your cells don't get enough oxygen, which makes you tired.
- **Hunger**-Studies have found that eating foods with protein helps you feel fuller throughout the day.
- **Slow Healing of Injuries AND Getting Sick all the Time**-Amino acids in your blood help your immune system make antibodies that activate white blood cells to fight off viruses, bacteria, and toxins. You need protein to digest and absorb other nutrients that keep you healthy. There's also evidence that protein can change the levels of disease-fighting "good" bacteria in your gut.

Let's Talk Carbs...



Bread

Pasta

Grains, Rice

Potatoes

Vegetables

Fruit

What do Carbs do for you?

- They provide Energy
- Fills your Muscle Cells

When is the best time to have Carbs?

- Throughout the day but especially before and after your Activities!

How much Carbohydrates should you have?

- 4-6 Servings a day or about 1.5g per lean body weight



Some Signs of Low Carbs

- **You're Always Tired-** Since we've established that carbohydrates are the primary source of fuel for our body, slashing your intake can have a major impact on your energy level. Carbs are converted to energy more efficiently than protein or fat, so you may start feeling a little sluggish throughout the day on a low-carb diet.
- **Bloating-**Reducing your carbohydrate intake often means reducing the amount of **Fiber** you eat in a day, as fiber is most concentrated in carbohydrate-rich foods such as whole grains and fruit.
- **Difficult to Concentrate-**a low-carb diet can reduce your energy levels, impair your concentration and even make you feel grouchier than normal.
- **The Scale Is Starting to Creep Up-**because your body is reacting to a low carbohydrate intake, it starts producing it's own sugar and creating Insulin Sensitivity and lead to heavy cravings. Especially sugar cravings.
- **Irregular Digestion-**We keep coming back to this whole "fiber" thing. Unfortunately, a side effect of low-carb is constipation. Our bodies are missing out on fibrous, hydrating foods when we slash our carbohydrate intake, and both fiber and water are essential for regular digestion. This is not only annoying but can also lead to bloating, diarrhea and other GI issues down the road.



Let's Talk Fats...

Avocado

Nuts

Fish

Oils

Butter

Dairy-Protein & Fat



What do Fats do for you?

- They provide Energy
- They help support Cell Growth
- Help Protect your Organs
- Keeps your Body Warm
- Help absorb the Nutrients in Food

When is the best time to have Fats?

- Mornings are a great time to have fats! They are slow digesting so will help provide all benefits throughout the day!

How much Fats should you have?

- 3-5 Servings or .5g per lean body weight

Some Signs of Low Fats

- **Dry skin**-Think of fat in your body like oil in your car, It keeps everything 'lubed up' and running better. It's not enough to put moisturizer on top of your skin -- you need to eat essential fatty acids and mono- and polyunsaturated fats to keep your cells and skin happy..
- **Poor body temperature regulation**-People with low body fat or who don't get enough fat in their diets often complain of being cold.
- **Extreme mental fatigue**- Neurological abnormalities such as problems concentrating, remembering or an overall lack of mental energy could be caused by an essential fatty acid deficiency.
- **Loss of your menstrual cycle/Unbalanced Hormones**-Fatty Acids are essential for Hormone Health. A low fat diet can throw off your hormone panel and cycle.
- **Issues concentrating and/or mental fatigue**-The brain is largely made up of fat and requires a steady stream of fatty acids to perform optimally

Nutritional Myths

- Do More, Eat Less
- Don't eat before bed
- Carbs and Fats make you fat
- Certain Foods are "Good" and Certain Foods are "Bad"
- Low- Fat Foods are Good for you
- You have to eat 6 Meals a Day
 - Sugar is Bad



Understanding your goals and WHY you want them

- *WHY, WHY, WHY, WHY.... Ask yourself WHY till you can't pull back the layers any more.*
- *What are the current stories you have around this WHY?*
- *Are these Stories Serving you?*

**OUR WORLD is
shaped by OUR
STORIES**

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graph TD; A["OUR WORLD is shaped by OUR STORIES"] --- B["Influence we incur"]; A --- C["Perception we carry"]; A --- D["Belief System we accept"]; A --- E["Expectation we hold"];
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**Influence we
incur**

**Perception we
carry**

**Belief System
we accept**

**Expectation we
hold**

Our relationship with our bodies are different

Angie	Eve
Body Image	Under Eating
Passed Down	Hormones
Self Worth	It's ok to be you

Motivation

It's not always present so, what do you do?

You have a Goal but you are having a hard time putting them into action



Motivation is a feeling



Schedule your Goals



Rely on Daily Actions 20%/20%/60%



Understand the difference between Forced vs Effort



What can you do right now to start putting your Health as a priority...

- Listen to your Body and What it Needs
- Be Active
- Chew your Food
- Drinking enough Water
- Getting a good dose of Fiber
- Consume enough Healthy Fats
- Make Sleep a Priority
- Eat for you as an Individual
- Get to know your Story
- Eat the Rainbow

Thank you!



Angie & Eve