Food Fit for Life: A healthy eating and weight management program for Mt Sinai employees

Week 7: Nutrition and Fitness

Mount Sinai

Introductions!!!

I. **Maria Elena Rodriguez RD CDE**
II. **Jennifer Kartashevsky RD CDE**

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Mount Sinai Health System Diabetes Alliance

As a participant in the Food Fit for Life

- 8 class visits
- Educational materials
- Guided tour of your work place café and local market

Class discussion…..
What are your favorite ways to stay active?

How does physical activity, movement and exercise improve overall health

- Exercise and eating a well balanced diet can prevent excess weight gain, spikes in blood sugars and other complications

- During exercise, body requires extra energy from blood sugar – this helps to lower your blood sugar
  - Payoff comes when you do moderate exercise for a longer time, like a brisk walk for 25-30 minutes

How does physical activity, movement and exercise improve diabetes control and overall health- continued

- Helps the body use insulin
- Burns extra body fat
- Strengthens muscles and bones
- May lower blood pressure

How does physical activity, movement and exercise improve diabetes control and overall health- continued

- Reduces LDL (“bad”) cholesterol and increases HDL (“good”) cholesterol
- Enhances blood circulation
- May lower chance for heart disease or a stroke
- Increases energy, improves mood and decreases stress

How can I get started with an exercise plan?

- **Step 1: Talk to your doctor** before your start. Let your doctor know that you want to more physically active and discuss the type of activity that is best for you.

- **Step 2: Choose your activity.** Make it a choice your enjoy! Whether its walking, swimming, dancing, bicycling, jogging – make it fun!

- **Step 3: Set a goal.** This may be created with your care team

- **Step 4**: **If Diabetic - Check your blood sugar-** Ask your doctor if you should check blood sugar before exercise
  - If work out is more than one hour, check your blood sugar levels regularly during your workout
  - Check your blood sugar after every workout to determine if medicines/insulin need to be adjusted
- **Step 5: Carry a snack:** keep a small carbohydrate snack, like fruit or a fruit drink, on hand in case your blood sugar gets low

Tips for getting started with an exercise plan

Step 6. Care for your feet

- Wear athletic shoes that are in good shape and are the right type for your activity

Step 7. Drink water before, during, and after exercise

Step 8. Stop if something suddenly hurts

Tips - continued

- **Strength train at least twice a week**
  - It can improve blood sugar control
  - Lift weights, work with resistance bands, or do moves using your own body weight
- **Make it a habit**
- **Choose a work out partner**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
Week 1	Easy walk: 5–10 mins Stretch: 2 mins Easy walk: 5–10 mins	Easy walk: 10–15 mins NOTE: always rest when necessary!	Easy walk: 5–10 mins Stretch: 2 mins Easy walk: 5–10 mins	Easy walk: 10–15 mins	Rest	Easy walk: 15–20 mins Window shopping is great!
Week 2	Easy walk: 5–10 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 10–15 mins	Easy walk: 10–15 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 10–15 mins Remember: rest when necessary.	Rest	Easy walk: 15–20 mins
Week 3	Easy walk: 10–15 mins Stretch: 2 min Brisk walk: 5–10 mins	Easy walk: 15–20 mins Stretch: 2 mins	Easy walk: 10–15 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 15–20 mins Stretch: 2 mins	Rest	Easy walk: 15–20 mins Don’t window shop! Keep moving!
Week 4	Easy walk: 10–15 mins Brisk walk: 5–10 mins Stretch: 2 mins	Easy walk: 15–20 mins Stretch: 2 mins	Easy walk: 10–15 mins Brisk walk: 5–10 mins Stretch: 2 mins	Easy walk: 15–20 mins Stretch: 2 mins	Rest	Brisk walk: 20–25 mins

Strategies for dealing with stress

- **Breathing exercises**: Take deep breaths … relax your muscles as you breathe out
- **Meditation**: Sit still in a quiet place and focus on your breathing
- **Positive thinking**: Find something good in each important aspect of your life
- **Progressive muscle relaxation**: Tense your muscles then slowly release them
- **Visualization and guided imagery**: Create and focus on mental images of a desired outcome or “happy place”
- **Exercise**
  - Movement or exercise releases “feel good” endorphins that can give you a feeling of well-being and stress relief
- **Open Up**
  - It’s not healthy to keep stress bottled up inside. Talk to a close friend or family member about your stress. If you’re not comfortable talking to someone you know, seek the help of a psychologist or counselor.

Calorie & Carb Counting

- The best calorie intake varies for each person, and everyone loses weight at a different rate
- About 3500 calories = 1 pound of body weight
- Eating 500 less calories each day could help you lose 1 pound a week.
- If you are counting calories or carbs, you can use the Nutrition Facts label to find out how many grams of carbohydrate your food contains. Carbohydrates are the main type of food that raises blood sugar levels

Reading food labels

- **Why is it important?**
  - **Review serving size**
  - **Check calories**
  - **Review/ limit – fat, cholesterol, sodium, total carbohydrate**
  - **Review fiber**
  - **Sugars**
  - **Protein**
  - **Vitamins**
  - **Foot notes**

In conclusion….

Following the healthy habits outlined today, you may prevent:

Stroke

Heart disease

Type 2 Diabetes

Kidney Disease

Discussion….

Thank You!!

Questions & Answers

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