Put your heart into it

Get the tools you need to maintain your heart!

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• Mindset
• Nutrition
• Movement
• Recovery
Mindset

• Determine your “why”

• Decide

• S.M.A.R.T. goals
S.M.A.R.T. Goals

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**imely
Why eat right?

• Eating right can protect and improve your health

• UNDERSTANDING nutrition can help you maintain healthy eating habits for your entire life
Typical American Diet

• High in sugar, fat and sodium

• Leads to weight gain, chronic disease, low energy
Chronic conditions related to nutrition

- Diabetes
- Heart Disease
- Hypertension
- Obesity
What should I eat?

• Nutrient-dense foods: amount of nutrients related to the calorie content of the item

• Choose minimally processed, fresh foods
Healthy Options

• Choose heart healthy fats
  – Unsaturated fats: nuts/seeds, fish, oils
Healthy Options

• Limit trans-fat and saturated fat
  – Fried foods
  – Fatty meats and dairy products
Healthy Options

• Choose high fiber sources of carbohydrates
Healthy Options

- Choose lean proteins
  - Chicken breast, turkey breast, pork tenderloin
Healthy Options

• Limit sodium intake
  – Avoid “fast” and processed foods

• Limit added sugar and artificial sweeteners
Variety

- Fruits
- Vegetables
- Whole Grains
- Nuts/Seeds
- Beans

- Lean protein
- Reduced fat dairy
- Eggs
- Fish
- Non Hydrogenated oils
  - i.e. olive oil
Balance

• Protein + Carbohydrates + Fat
Moderation
What can I do starting now?

• If you can’t pronounce it...don’t eat it
• Eat small portions consistently and frequently
What can I do starting now?

- Start with protein based breakfast
What can I do starting now?

• Drink more water
• Reduce eating out
• Keep a food log
  • include time-of-day and portion size: www.myfitnesspal.com
Start moving

• https://youtu.be/eG2SM1jUjAl?t=1m
Movement = Change

Training = Treatment

• Benefits
Research shows

- low level of physical activity exposes a patient to a greater risk of dying than does smoking, obesity, hypertension, or high cholesterol, and for older men, regular physical activity can decrease the risk of death by 40%.

Movement – Benefits
www.exerciseismedicine.org
Active individuals in their 80s have a lower risk of death than inactive individuals in their 60s.
Regular physical activity can

• Breast cancer by approximately 50%.
• Risk of colon cancer by over 60%.
• Risk of developing of Alzheimer’s disease by approximately 40%.
• Incidence of heart disease and high blood pressure by approximately 40%.
Regular physical activity can

- Lower the risk of stroke by 27%
- Lower the risk of developing type II diabetes by 58%
- Be 2x effective in treating type II diabetes
  - Possible savings of $2250
- Decrease depression
Adults with better

- a 20% lower risk of mortality

- It is better to be fit and overweight than unfit with a lower percentage of body fat.
Where to begin
Where you are

• Training movement not muscles
Best Ways to Train Your Heart

• Make your heart work
  – increase heart rate
  – increase stroke volume
  – increased stroke force – cardiac output –
  – for an extended period of time
How?
Charles age 55

• Recent Heart Surgery 2014 & Kidney Surgery 2015
  – Takes Blood Pressure Meds
• 290 lbs - 50-60 lbs over recommended wt
• Has not participated in exercise of any kind for 8-10 years
• Demanding work, busy schedule
• Wants to lose weight, become stronger and improve cardio
Training Program

• 3 x per week total body to include

• Treadmill or Mixed Cardio

• Strength/Functional Movement Training
Treadmill

- 2 min – 2.5 mph – 0% grade
- 1 min – 2.5 mph – 2.5% grade
- 3 min – 2.5 mph – 0% grade
- 1 min – 2.5 mph – 5% grade
- 3 min – 2.5 mph – 0% grade
- 1 min – 2.5 mph – 2.5% grade
- 2 min – 2.5 mph – 0% grade

RPE – 4-7
• Activation
  – Ankle
  – Hip
  – Shoulders
  – Lunge
  – Side lunge

• Strength/Movement
  – Body Wt Squat – 1 X 10
  – Body Wt Press – 1 x 10
  – Body Wt Pull – 1 X 10

• Cool down - stretches
F.I.T.

Frequency
Intensity
Time
Treatment Design
(Training/Workout Design)

- Conditioning
- Movement Prep - Activation
- Movement Focus
- Strength
- Recovery - Regeneration
Progression

• Repetition Within a Series

• Transition/Active Rest period

• Increase/Change From One Series to the Next

• Injury Prevention
Recovery
Recovery

• Facilitating Regeneration
• Rest
• Nutrition
Nutrition for exercise and recovery

• Begin recovery nutrition
  – 15-60 minutes after exercise

• Protein helps repair damaged muscle tissue
Nutrition for exercise and recovery

- Carbohydrates help replenish glycogen stores
Nutrition for exercise and recovery

- Hydrate with water during and after exercise
Thank You

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