

10 Steps To *Energize* Your Life

STEP 1: EAT HEALTHY The most important healthcare decisions you will make throughout your lifetime won't take place at your physician's office or at a hospital. They're made at the supermarket and the restaurant. The healthier the food you bring home, the healthier you'll be.

STEP 2: DRINK MORE WATER Drink at least eight, eight-ounce glasses of water each day. One of the reasons people are often tired is because they're dehydrated. If you don't drink enough water, the vitamins you take won't work as they should. Your system needs plenty of water for optimal performance.

STEP 3: LOSE BODY FAT Almost all diet books promote quick weight loss. But there's a difference between quick, temporary weight-loss and long-term, successful body fat loss. Weight loss that comes off quickly usually is regained even quicker. The three steps to long-term successful body fat loss are: 1. Eat fewer calories, primarily by watching fat and sugar intake. 2. Make physical activity part of your permanent lifestyle. And 3. Throw away the bathroom scale. The scale doesn't tell you the whole story. If you lose fat and gain muscle, the scale might not move as much as you would hope. Fat takes up room, but muscle weighs a lot. You'll think you've failed when, in fact, you're a success. Throw your scale away and buy a tape measure.

STEP 4: EAT MORE COMPLEX CARBOHYDRATES That's right. Eat *more* complex carbohydrates, and less simple carbohydrates. What's the difference? Simple carbohydrates are sugars, and the foods that contain them, such as soft drinks and desserts. Complex carbohydrates include whole grain breads and cereals, brown rice, whole fruits and vegetables. Complex carbohydrates are not bad for you, nor fattening, despite what the latest fad diets may say.

STEP 5: GET MOVING Physical activity is essential to good health and peak performance. Here's the FIT formula: *Frequency.* Exercise three to four times a week. If you're trying to maintain your fitness level; three times. If you have fat to take off your body; at least four times. *Intensity.* How hard should you exercise? We don't necessarily count Target Heart Rate anymore; just get your heart pumping faster. Second, build up a sweat. You'll perspire if you're exercising at an appropriate level. Third, most importantly, never, never get out of breath during your exercise session. Not for safety, but for efficiency. The body requires oxygen during exercise to burn fat. If you're out of breath when you exercise, you're only burning blood sugar. So, slow down, catch your breath, but exercise for a longer time. *Time.* Work up to 30 minutes per exercise session.

STEP 6: IMPROVE YOUR IMMUNE SYSTEM The stronger your immune system, the less likely you are to catch every "bug" making the rounds. First, get a flu shot. Second, exercise about 30-minutes, four times per week. Two simple steps that will boost your immunity.

STEP 7: EAT BREAKFAST We tell our children they need to eat breakfast. We need to take our own advice! It's just as important for adults as well. Getting a healthy breakfast will help you perform and feel better all day long. And it boosts your metabolism too.

STEP 8: LOWER YOUR BLOOD CHOLESTEROL LEVEL Healthy adults should ideally have a total blood cholesterol level of 150 or less. The "official" goal of 200 is too liberal. The average person who suffers a heart attack has a cholesterol reading of only 204 at the time of the attack. The worldwide average blood cholesterol level is only 165. Don't be satisfied with a cholesterol reading of 200.

STEP 9: EAT FREQUENTLY AND LIGHTLY Try this schedule: Eat breakfast, have a small snack around mid-morning, then lunch, followed by a mid-afternoon snack and, finally, dinner. Just spread out the same number of calories you're eating now. You'll probably have more sustained energy than if you just eat two or three large meals a day.

STEP 10: GO TO BED! Adults around the world, especially in industrialized countries, are not getting enough sleep. If you want to operate at peak performance, you can't compromise in this area. Lack of sleep can make you irritable, and impair your motor skills. It decreases your ability to think, to make decisions, and to be creative. Lack of sleep can lead to increased stress hormones, increased blood pressure and increased risk of cardiovascular disease. The average person does best on 8 1/4 hours per night.

Remember, perfection is not the goal. You don't have to get everything right all the time. You don't have to exercise seven days a week, or eat perfectly every day. You can have dessert! It's how often and how much of anything you do that makes an impact on your health.

Get moving and eat a lower animal fat, higher fiber diet. It's that simple.

Healthy people are better able to utilize their minds and bodies and are energized to perform at optimal levels. If you want to obtain peak performance, take care of your health – your most valuable asset.



Nutritionist David Mainz says it's not what you eat between Christmas and New Year's that matters, but rather, what you eat between New Year's and Christmas! David's formal education includes a Master's Degree (MS) in Human Nutrition from the University of Missouri and status as a Registered Dietitian (RD) and Fellow in the American Dietetic Association (FADA). He is also a Certified Speaking Professional (CSP) in the National Speaker's Association. He presents over 50 seminars a year throughout the United States and Canada. If you would like to have him to speak to your business, association, or group, contact us at:

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