

HEALTH & WELLNESS

AN RV EXPERIENCE

A stylized graphic of a plant with multiple layers of leaves, transitioning from light blue at the top to green at the bottom. The leaves are semi-transparent and layered, creating a sense of depth and movement.

health &
wellness

HEALTH & WELLNESS AN RV EXPERIENCE

What is Wellness, anyway?

One Definition:

→ *The state of being in good physical and mental health.*

Wellness encompasses both
“**Healthy Mind**” and “**Healthy Body**”

HEALTH & WELLNESS AN RV EXPERIENCE

What is Wellness, anyway?

Another Definition:

→ *Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.*

Wellness is “a process” leading to a
“**Healthy and Fulfilling Life.**”

HEALTH & WELLNESS

AN RV EXPERIENCE

- One University proclaims there are **SEVEN DIMENSION OF WELLNESS**
 - **Occupational:** Enjoying your work and life endeavors
 - **Emotional:** Understanding feelings, Coping w/stress, self care, etc.
 - **Spiritual:** Developing a value system to seek meaning and purpose
 - **Environmental:** Respecting the physical environment and other living things
 - **Social:** Developing relationships w/peers, including intimacy w/partner
 - **Intellectual:** Having an open mind toward new ideas and Continuing to expand knowledge in scholastic, cultural, and community activities
 - **Physical:** Developing and maintaining physical health and Seeking care when needed

HEALTH & WELLNESS

AN RV EXPERIENCE

- Presentation focuses, only, upon the **PHYSICAL** Dimension (Physical Health)
 - **Physical health** is attained and maintained through
 - (1) (a) *paying attention to the signs of illness* and (b) *getting help when needed*
 - (2) *eating well*, and
 - (3) (a) *exercising*, (b) *getting enough rest*.

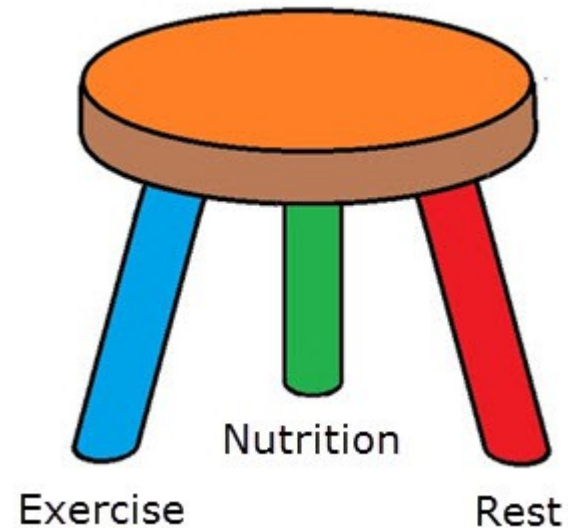
HEALTH & WELLNESS

AN RV EXPERIENCE

- *Paying attention to the signs of illness and getting help when needed*
- *If you're ill or if you are having a health problem, get a medical check and discuss it with your physician!*
- *'Nuff said.*

HEALTH & WELLNESS AN RV EXPERIENCE

- *The rest of this presentation will focus upon*
 - *Eating well, Exercising, and Getting adequate rest.*
- *Those three, together, form the balanced foundation of a healthy body that is, somewhat, analogous to a three-legged stool.*



HEALTH & WELLNESS

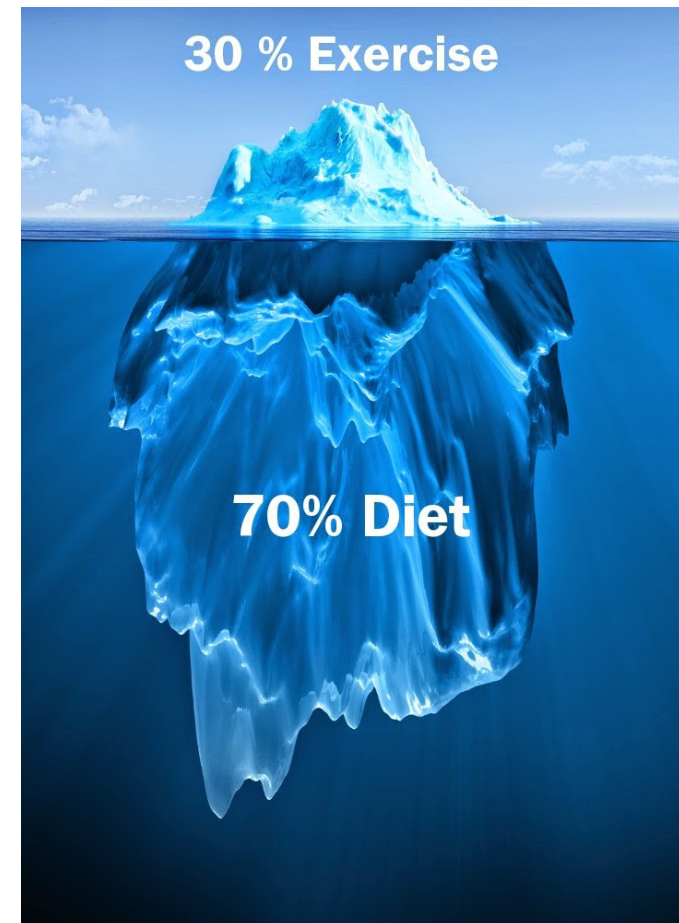
AN RV EXPERIENCE

Nutrition

- **Nutrition** is, by far, the most important of those three legs supporting the Physical Dimension stool!
 - Want to loose weight?
 - Want to gain weight?
 - Want to support improving your health?
 - **Nutrition is where you must start** and
 - **Nutrition is where you must maintain your focus.**

HEALTH & WELLNESS AN RV EXPERIENCE

- **Nutrition** (Diet) has been identified as 70% to 90% of the Physical Dimension of Wellness & Health.
- **Exercise** (and **Rest**) accounts for just 30% to only 10%!



HEALTH & WELLNESS

AN RV EXPERIENCE

- **Losing / Gaining / Maintaining Weight**

- ➔ Regardless what your personal objectives, controlling weight is, ultimately, a simple energy formula:

- ➔ Energy In – Energy Out = Weight Control

- **Energy In** = Calories (**Cal**, or **kcal**) consumed;

- **Energy Out** = Calories expended (burned);

- **Weight Control** = What happens to your weight, based upon whether the difference is positive (+), negative (-), or zero (0):

- (+) indicates you will **gain weight** (Eating more kcals than you burn);

- (-) indicates you will **lose weight** (Eating less kcals than you burn);
and

- (0) indicates you will **maintain weight**.

HEALTH & WELLNESS

AN RV EXPERIENCE

- From where do we get **Calories Consumed**?
 - Food
 - Drinks
 - Snacks
 - Nearly anything we stuff into our mouth

HEALTH & WELLNESS

AN RV EXPERIENCE

- What the heck are Calories, anyway?
 - Calories (kcal) are a unit of energy measurement, like BTUs (British Thermal Units), joules, or kiloWattHours.
- Foods and drinks (except plain water) are composed of macro-nutrients and micro-nutrients
 - Macro-nutrients are the food components that provide energy for all body functions;
 - Micro-nutrients are food components that are necessary for supporting many (most) bodily functions.

HEALTH & WELLNESS

AN RV EXPERIENCE

- ***Micro-nutrients*** are vitamins and minerals
(Micro-nutrients will not be covered in the presentation.)
- ***Macro-nutrients*** are divided into three categories:
 - Proteins
 - Fats
 - Carbohydrates (includes Fiber and Alcohol).

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Proteins**

- Used by the body to build cell tissue

- Muscles, skin, tendons, blood
 - Bones, cartilage, hair, nails

- Used by the body to repair itself

- See list in previous item, plus organs, nerves, bone, cartilage, skin, etc.

- Used by the body to produce hormones

- Used by the body to produce enzymes

- Source of energy (4 kcal / gram)

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Proteins** (continued)

- Once digested and broken into amino acids, it is used by our body

- ♦ To build new cell/tissue
 - ♦ To repair body tissue

- and **cannot be stored**; but,

- It **can be converted**, by our bodies,

- ♦ to other amino acids,
 - ♦ to glucose for energy or storage as glycogen, or
 - ♦ to fat for storage.

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Proteins** (continued)

→ Delivered by food in two types

- ♦ **Complete Proteins:** Are not produced by our bodies and must be provided through our diet. Provide all the amino acids required by our bodies
- ♦ **Incomplete Proteins:** Provide some, but not all, of the amino acids required by our bodies (can be paired with other Incomplete Protein sources to form Complete Proteins)

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Proteins (continued)**

- **Complete Protein Foods**

- Meat
 - Poultry
 - Fish
 - Dairy
 - Eggs
 - Quinoa
 - Soy

- **Incomplete Protein Foods**

- Grains
 - Beans
 - Legumes
 - Nuts
 - Seeds

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Proteins (continued)**

- Proteins are so important to life

- that the body avoids using proteins as a fuel source,
- preferring to use carbohydrates and fats, in that order.

- Proteins slow the digestion process

- Proteins provide a sense of satiety (satisfaction, fullness) during (and after) digestion of meals/snacks

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Fats**

- Used by the body for brain functions
- Used by the body to transport fat-soluble vitamins
- Used by the body in walls of tissue cells
- Dense source of energy (9 kcal / gram)

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Fats** (continued)
 - Once digested and broken into fatty acids, it is transported from the small intestines through the blood system to the cells, primarily, for energy
 - What amount of fatty acids which are not used for energy or for transporting vitamins are converted to, and stored as, body fat

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Fats** (continued)

→ Fats are delivered by foods in three types

- **Saturated Fats:** (Natural)

- Are solid at room temperatures
- Tend to increase levels of “Bad Cholesterols” (LDL, or light density lipids)

- **Unsaturated Fats:** (Natural)

- Mono-unsaturated
- Poly-unsaturated
- Are beneficial to our health and contribute to brain health
- Improve cholesterol levels

- **Trans Fats:** (Natural & Man-made)

- Partially Hydrogenated (on food labels): Same as Man-made
- Chemically modified to increase shelf life of products
- Added to some packaged foods
- Raises levels of “Bad Cholesterols” (LDL)
- Lowers levels of “Good Cholesterols” (HDL)

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Fats (continued)**

- **Saturated Fat Foods**

- Bacon fat
 - Butter
 - Coconut oil
 - Red meat

- **Unsaturated Fat Foods**

- Nuts
 - Olives & oil
 - Avocados
 - Fatty fish
 - Ground Flax Seed & oil

- **Trans Fat Foods**

- Cookies, crackers, cakes & pancake mixes
 - Some brands of margarine
 - Peanut butter
 - Microwave popcorn

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Fats** (continued)
 - Fats slow the rate at which sugars from carbohydrates enter our blood system
 - Fats slow the digestion process
 - Fats provide a sense of satiety (satisfaction, fullness) during (and after) digestion of meals/snacks

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Carbohydrates (Carbs)**

- Used by the body for energy (fuel) – about 50% of all energy needs
- Easily digested
- Primary source of energy (4 kcal / gram)

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Carbohydrates** (continued)
 - Once digested and broken into simple sugars, it is transported from the small intestines through the blood system to the cells, primarily, for energy
 - Whatever amount of simple sugars which are not used for energy are converted to glycogen and stored
 - In skeletal muscles or
 - In the liver
 - The excess of simple sugars which have not been used for energy or stored as glycogen are converted to fatty acids and triglycerides for the body's long-term energy needs

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Carbohydrates (continued)**

→ Carbohydrates are delivered by foods in three types

- ♦ **Simple Carbohydrates:**

- Comprised of one- and two-molecule sugars

- ♦ **Complex Carbohydrates:**

- Comprised of longer, complex chains of sugars

- ♦ **Fiber:**

- Indigestible in humans

- Does not contribute to Calorie intake

- **Soluble Fiber:** Turns to a gel within the digestive system

- **Insoluble Fiber:** Remains a fibrous solid during its journey through the digestive system; it used to be called roughage

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Carbohydrates (continued)**

- **Simple Carb Foods**

- Fruits
 - Vegetables
 - Dairy
 - Refined grains/breads
 - Processed snacks/crackers
 - Sweets and sugar-sweetened beverages

- **Complex Carb Foods**

- Whole grains
 - Starchy vegetables
 - Legumes
 - Nuts
 - Seeds

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Carbohydrates (continued)**

- **Fiber Foods**

- **Soluble Fiber:**

- Oatmeal, oat cereals, and oat bran
- Lentils, beans, dried peas
- Apples, oranges, pears, blueberries, strawberries
- Cucumbers, celery, carrots
- Nuts, flax seeds, psyllium

- **Insoluble Fiber:**

- Whole grains and bran
- Zucchini, broccoli, cabbage, brussel sprouts, onions, green beans, dark leafy vegetables, root vegetable skins
- Cucumbers, celery, carrots, tomatoes, raisins, grapes,
- Nuts, seeds, brown rice, bulgur

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Carbohydrates (continued)**

- Carbohydrates are digested quickly

- Simple Carbs are digested, almost, immediately
- Simple Carbs spike blood glucose levels
 - Spike insulin levels soon after the blood glucose spike
 - Create a hunger craving, soon after the insulin spike
- Complex Carbs are digested slightly less quickly, slow the release of glucose to the blood system, and moderate blood sugars levels (Note: The blood glucose levels may reach the same as for simple carbs; but, the body tolerates that gradual change better than a spike in blood glucose.)
- Fiber is not digested, at all

HEALTH & WELLNESS

AN RV EXPERIENCE

- **Carbohydrates** (continued)
 - Fiber slows the digestion process
 - Fiber provides a sense of satiety (satisfaction, fullness) during (and after) digestion of meals/snacks

HEALTH & WELLNESS

AN RV EXPERIENCE

REST

- **Rest** is, really, a part of **Exercise** (or **Activities**) and is necessary for the body to repair cells and to build tissue.
- The CDC's Recommended, **daily amount of Rest** (or **sleep**) is from **7 to 9 hours**.
- Without adequate, daily **Rest**, the body deteriorates, even with adequate **Exercise**! Or, at least, does not build and repair tissue at its optimum rate.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Exercise** (or **Activity**) is, arguably, the most neglected Dimension of our Physical Health!
- The CDC's recommended, weekly amount of **Moderate Activity** is **150 minutes, minimum.**
- The CDC's definition of **Activities** is quite exhaustive, including gardening, house cleaning, walking, all forms of exercising, etc.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- For anyone, regardless of age, any **Activity** is beneficial; however, the weekly amount is based upon **Moderate Activity**.
- **BEFORE ENGAGING IN ANY FORM OF PHYSICAL ACTIVITY, HAVE A MEDICAL CHECKUP AND CONSULT WITH YOUR PHYSICIAN TO DETERMINE THAT YOU ARE HEALTHY ENOUGH TO DO SO.**
- The CDC considers any **Activity** to be a **Moderate Activity**, only if the participant “**breaks a sweat,**” and **modestly raises his heart rate (HR)**, but is not so intense that the participant cannot hold a conversation.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- Note that only **Moderate Activity** is included in the CDC's recommended minimum, weekly amount.
- Furthermore, the CDC recommends that the **minimum duration for each Activity (Exercise) session** is 20 minutes.
- Unfortunately, **20 minutes per day, seven days per week, is less than** the recommended **150 minute**, minimum, weekly amount of **Moderate Activity**.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- Unless you choose a **Moderate Activity** that is enjoyable for you, the “**seven days per week**” program is, nearly, guaranteed to **FAIL!**
- Additionally, the recommended weekly **Moderate Activity** should be spread over **several days**, but not less than three days.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **So why even bother with Moderate Activity?**
 - **After the age of 40, our body, both genders, typically **LOSES** about **10% of its muscle mass per decade** (yes, that's about 1% per year).**
 - For those individuals closer to 40, the annual decrease is somewhat less
 - But, for those individuals 60 y.o. and older, the annual decrease can be much greater.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **So, what?**
- **What's the big deal about muscle mass anyway?**
 - For simplicity, the body is composed of two components:
 - ♦ **Fat**
 - ♦ **Lean Body Mass**

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Fat Mass is just that: Fat** – Living tissue which is the body's long-term, energy stores.
 - **Fat** is categorized as:
 - 1) **Subcutaneous Fat**: That is **fat** located just below the skin and covering our skeletal muscles; **subcutaneous fat** is to what people are referring when they say they are fat or overweight.
 - 2) **Visceral Fat**: That is **fat** covering our internal organs, is—mostly—unseen, and **is closely associated with several, serious diseases**; e.g., diabetes, high blood pressure, heart disease, etc. **Visceral fat** may be a major contributor to the “beer belly” body image.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Lean Body Mass** is whatever is **NOT Fat Mass**.
- **Lean Body Mass** includes bones, organs, blood, muscles, cartilage, nerves, hair, nails, water, etc.
- Since the body is about **70% water**, most of the body's total mass is **Lean Body Mass**.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Lean Body Mass** is composed of three parts:
 - Water
 - Skeletal Muscles (aka, **Lean Muscle Mass**)
 - Everything else (excluding **Fat**)

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Fat Mass** accounts for only a very small part of our **metabolism [energy expended (consumed) to sustain life and to support **Activities**]** and can be considered negligible as an energy consumer for practical purposes.
- **Lean Muscle Mass** and **organ mass** account for nearly 100% of our **metabolism**. And, of those two, **Lean Muscle Mass** is the greater, and more variable, energy consumer in our bodies.
- So, **as we grow older**, our nutritional requirements decrease, primarily because our **Lean Muscle Mass** decreases. Maintaining, into our senior years, our diet at caloric levels suitable for younger people, without maintaining our **Lean Muscle Mass** is the major contributor to weight gain.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- The CDC, in making their recommendations for the minimum amount of **Moderate Activity** (to reduce the loss of **Lean Muscle Mass**), have taken into consideration the information just presented.
- There's even better news, though!

Our bodies are capable of INCREASING Lean Muscle Mass through Exercise and Rest.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Performing** the minimum recommended **Moderate Activity** is important for having a healthy life and having a good quality of life as we age.

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

→ **Regular Physical Activity** is important

- ♦ To our physical and mental health
- ♦ To help us to continue doing those Activities we enjoy
- ♦ To help us to continue living independently
- ♦ To produce, over long periods of time, long-term health benefits
- ♦ To reduce the risks of certain diseases and disabilities

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

→ **Regular Physical Exercise** can be

- ◆ An effective treatment for many chronic diseases
 - Arthritis
 - Diabetes
 - Heart Disease
 - Certain cancers (breast and colon)
 - Osteoporosis
- ◆ Helpful to alleviate
 - High blood pressure
 - Difficulty walking
 - Balance problems

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- Both **Physical Exercise** and **Physical Activity** refer to “voluntary movements that burn calories.”
- **Physical Exercise**: A form of **Physical Activity** that is characterized by specific planning, by structure, and by repetition. Some examples are
 - Weight training
 - Aerobics
 - Tai Chi
 - **Physical Activity** are any activities that get your body moving. Some examples are
 - Washing your car or RV
 - Walking the dog
 - Raking leaves

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- Once you have been cleared by your physician to engage in **Physical Activity** and **Physical Exercise**,
 - ➔ If you have not been physically active within the past few years, start with regular **Physical Activities**, like Walking daily for, at least, 20 minutes
 - If you cannot walk for 20 minutes in a single session, break it into as many sessions, during the day, that they sum to 20 minutes (remember to walk far enough that it is challenging, but NOT so far that you can't make it back without distress)

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- If you have been physically active during the past few years, you have a couple of options
- ♦ Increase the intensity of your **Physical Activities**; for example, perform your daily walks at a more brisk pace
 - ♦ Add some form of **Physical Exercise**. There are four categories of Exercise:
 - Endurance
 - Strength
 - Flexibility
 - Balance

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Endurance Exercises**, are also called **Aerobic Exercises**, are exercises which cause an increase in heart rate (HR) and in breathing rate.
 - Improve the health of your cardiovascular system (heart, lungs, and circulatory system)
 - Delay or prevent diabetes, colon and breast cancers, heart disease, and many other diseases that are common to older individuals

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Endurance Exercises** (continued)

- Examples:

- ♦ Brisk walking
- ♦ Dancing
- ♦ Jogging / Running
- ♦ Swimming
- ♦ Biking
- ♦ Hiking
- ♦ Playing tennis

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Strength Exercises**, also called **Strength Training** or **Resistance Training**, are exercises intended to increase muscle strength.
 - Improve your ability to remain living independently and to carry out everyday activities, like climbing stairs, carrying groceries, carrying grandchildren, etc.
 - Examples
 - Body weight training
 - Weight lifting training (barbells, kettle bells, dumbbells, etc.)
 - Resistance band training

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Flexibility Exercises** are **Stretching Exercises** intended to keep your body flexible and limber. There are two types:
 - **Static Stretching Exercises**: are those designed to lengthen a set of skeletal muscles and to hold them in the lengthened state for a period of time.
 - **Dynamic Stretching Exercises**: are those which lengthen a set of skeletal muscles and to, slightly, overstretch those muscles but for less than two seconds (overstretching a muscle for 3 seconds or more will trigger a contraction reflex to protect the muscle from tears)
 - Improves your freedom of movement to continue performing everyday activities and **Physical Exercises**.
 - Examples
 - Yoga
 - Upper body (arms, shoulders, back, and neck)
 - Lower body (ankles, knees, hips)

HEALTH & WELLNESS

AN RV EXPERIENCE

EXERCISE

- **Balance Exercises** are intended to improve proprioception (sensing of the relative position of neighboring parts of the body and strength of effort being employed in movement).
 - Helps prevent falls (increasingly common as adults age)
 - Examples
 - Standing on one foot
 - Tai Chi
 - Walking heel-to-toe

HEALTH & WELLNESS

AN RV EXPERIENCE

NUTRITION & ACTIVITIES

**ANY
QUESTIONS**
?