



NATIONAL DEFENSE
UNIVERSITY

Staying Healthy



***“It’s not the years in your life
but the life in your years”***

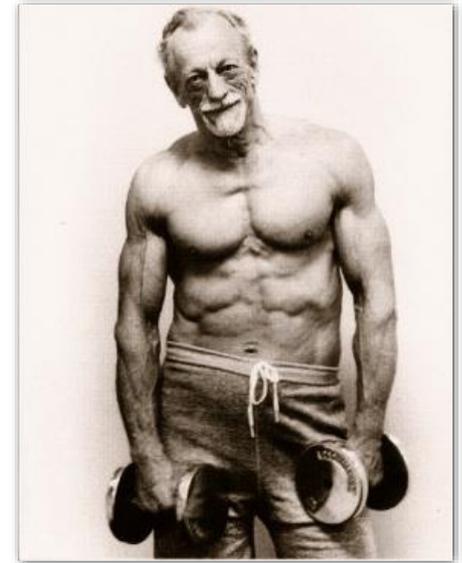
Tony Spinosa
13 May 2019

Demographics



Growing old is not for sissies!

- Today 13% of Americans > 65 yrs old
- By 2030 22% will be older than 65
- Over the next decade the most rapid population increase will be in the age group > 85 yrs old
- MOST OF THOSE INDIVIDUALS ARE WOMEN



Overview



- Goal
- Good Health
- Threats / Causes / Results
- Do You Know Your Numbers?
- Nutrition
- Activity
- Sleep
- Resiliency
- Spiritual Fitness
- Conclusion



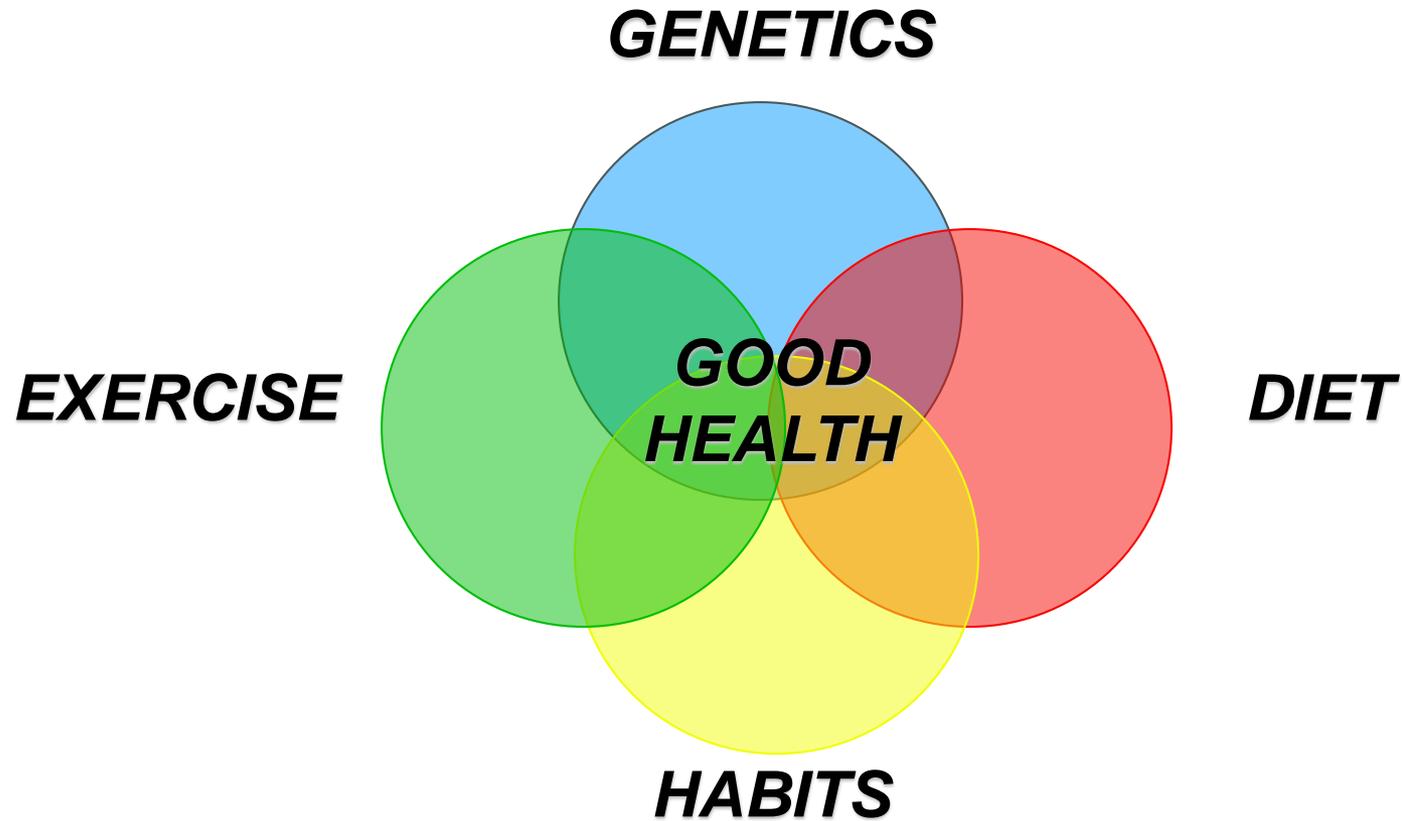
What is the Goal?



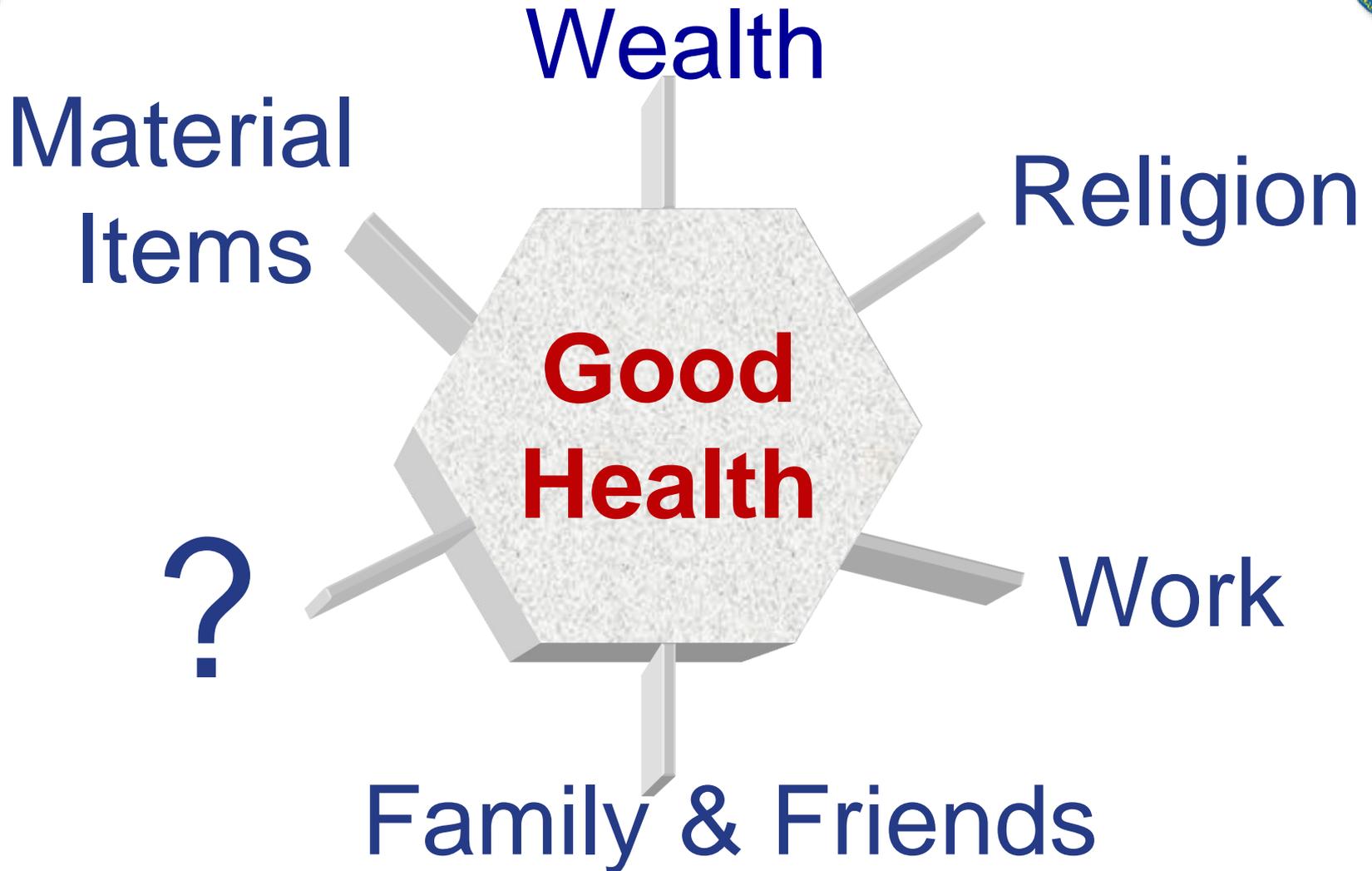
Reaching Your Potential

- Health is a state of complete physical, mental, spiritual and social well-being, and not merely the absence of disease or infirmity.
- We must continuously improve our function, not simply delay “inevitable” losses.
- ***“Everything you do is based on the choices you make. It’s not your parents, your past relationship, your job, the economy, the weather, your studies or your age is to blame. You and only you are responsible for every decision and choice you make. PERIOD!!”***

Good Health



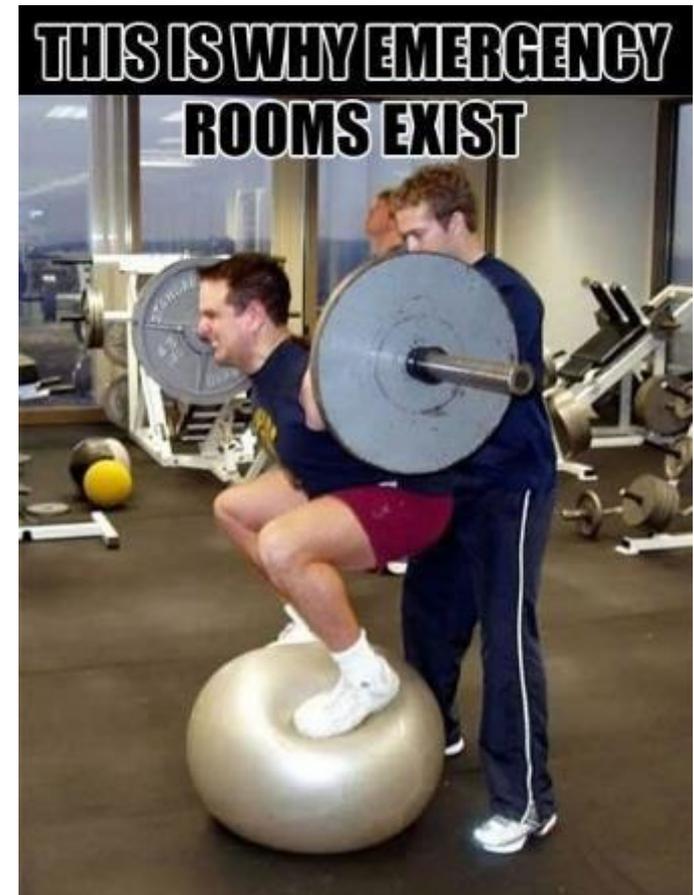
What's Important



The Threat



- Disease
 - Heart Disease
 - Stroke
 - Type 2 Diabetes
 - Cancer
- Accidents
- Age-Related Changes
- Weight Gain



The Causes



- Sedentary Lifestyle
- Poor Nutritional Habits
- Inadequate Medical Care
- Genetic Disposition
- Poor Choices



Imagine, Create, and Secure a Stronger Peace...

The Results



Premature Death

Permanent Disability

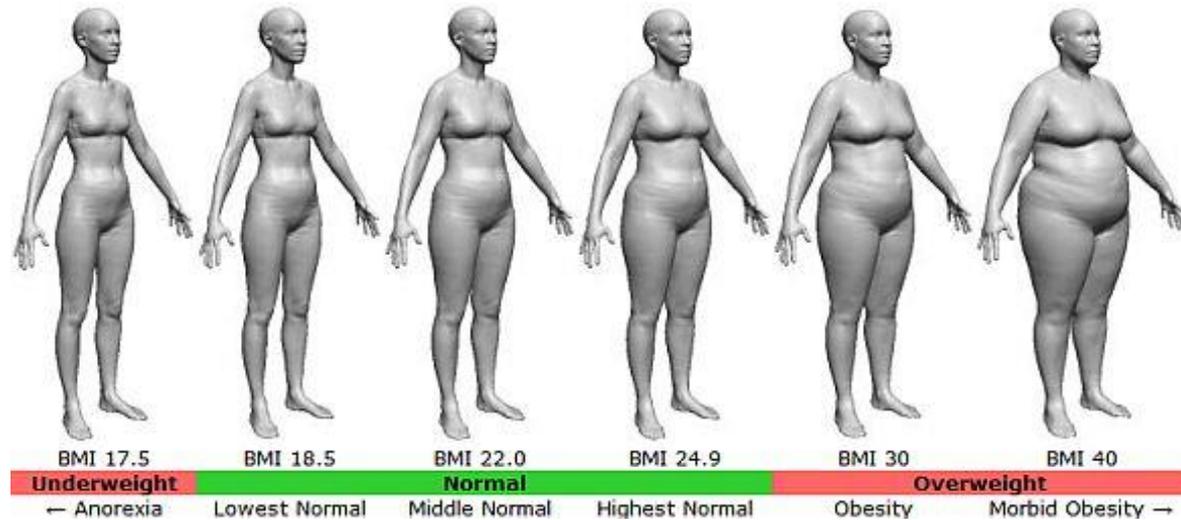


Numbers



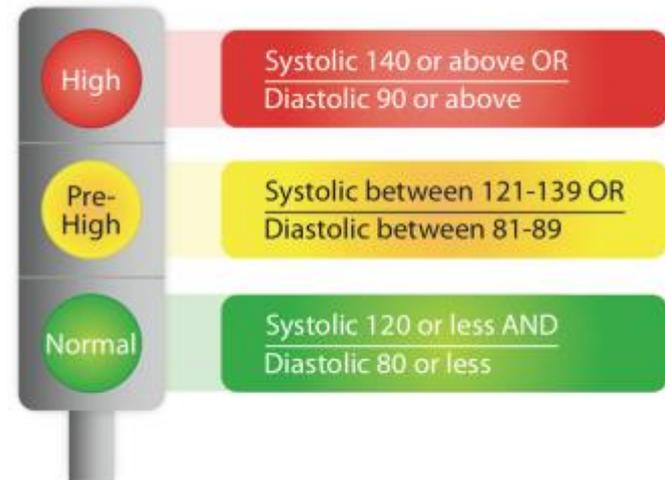
Body Mass Index (BMI)

Goal: < 25



Blood Pressure

Goal: <120/80



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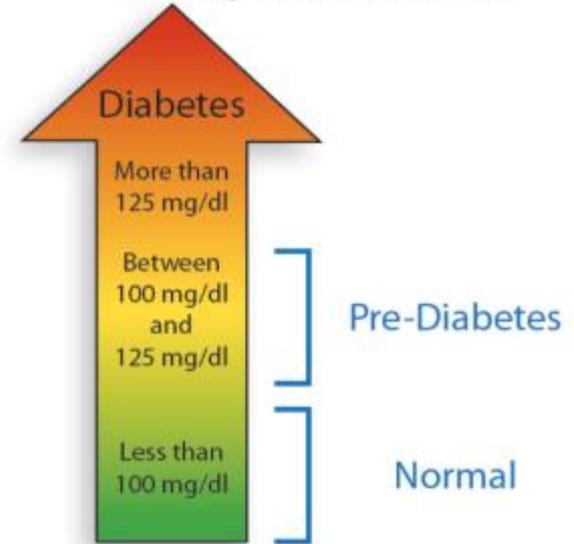
More Numbers



DIABETES



Fasting Glucose Level



Total Cholesterol < 200

LDL < 100

HDL > 60

Triglycerides < 150

Why Should I Know My Numbers



- According to the CDC, chronic diseases such as **stroke, cancer, type 2 diabetes & heart disease** – most common and costly health problems in USA.
 - 1 in 25 women die of breast cancer
 - 1 in 4 women die of heart disease
 - Coronary heart disease mortality higher in women than men
 - Risk increases dramatically after menopause
- In 2008 WHO reports a shift from infectious diseases to non-communicable disease with **heart disease & stroke** as the world's #1 killers.

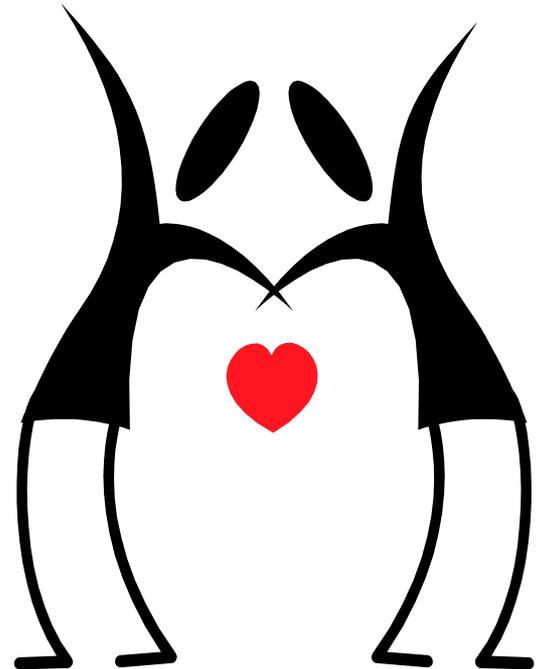


Cardiac Risk Reduction



Lifestyle Modifications

- Exercise daily (150 min/week)
- Don't smoke
- Weight maintenance
- Mediterranean diet
- Restorative sleep
- Treat hypertension, diabetes and high cholesterol



Healthy Heart Healthy Brain

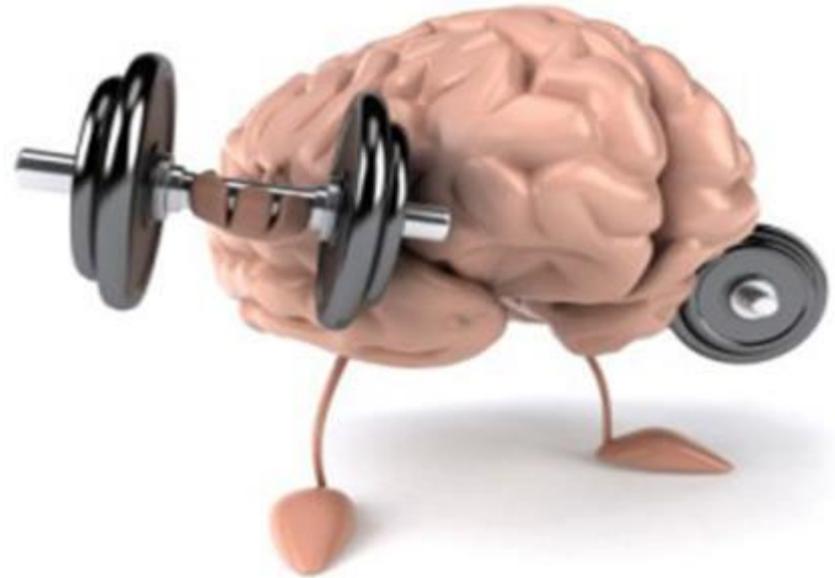


Bad for your brain

- Hypertension
- Elevated glucose (pre-diabetes)
- High Body fat
- Sedentary lifestyle
- Smoking
- Drinking (especially heavy drinking)

Good for your brain; proven to improve thinking and memory

- Aerobic exercise (neurogenesis)
- Weight training
- Overall physical fitness
- Healthy body weight
- Mediterranean diet/extra virgin olive oil
- SLEEP!!!
- Sex

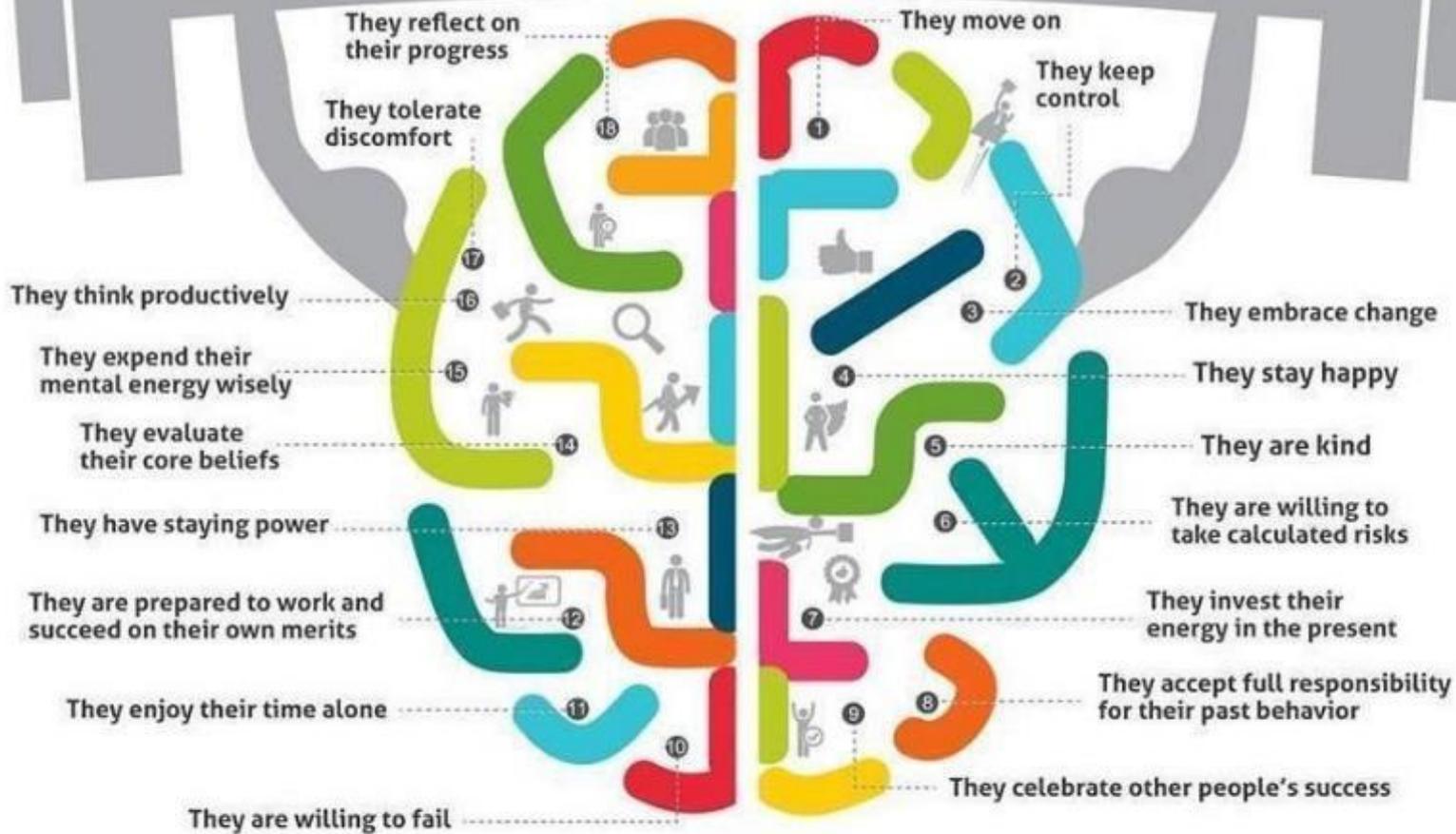


Doesn't make a difference

- Brain games
- Supplements



18 THINGS MENTALLY STRONG PEOPLE DO



Imagine, Create, and Secure a Stronger Peace...

Nutritional Fitness

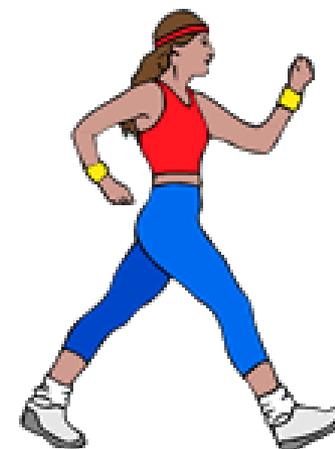
“Phenomenon of obesity”

- 61% adults are overweight or obese
- Profound impact on disease prevalence and management
- Concept of balance, moderation, and variety
- Personal discipline
- Have you cake and eat it too!!!

Nutrition



- You are what you eat
- Fad diets are just that
- Never hungry, never full....
- Control portion size
- Become a “grazer”
- Become a “chewer”, not a predator
- Eat a balanced meal
- Become a “sipper” – Clear urine
- Read labels



Healthy Plate



Tips to build a healthy plate	Eat Often Whole foods, least processed Naturally packed with nutrients	Eat Occasionally More-processed foods Choose portions carefully	Eat Rarely Most processed, least nutrients Choose small portions
Vegetables <ul style="list-style-type: none"> • Eat 3–4 cups non-starchy vegetables a day. • See also Grains/Starches 	Fresh or frozen vegetables—grilled, steamed, or raw Leafy green salads with dark greens (spinach, spring mix) Vegetables with small amounts of added Fats/Oils from the Yellow or Red column	—	Deep-fried, tempura, or breaded vegetables Vegetables in cheese or creamed vegetables Salads/vegetables with large amounts of Fats/Oils or Protein from the Red column
Fruits <ul style="list-style-type: none"> • Eat 2–2.5 cups of fruit a day. • Eat your fruit, don't drink it. 	Fresh fruit Frozen fruit with minimal added sugar, fat, and/or sauce Fruit canned in water or own juice Dried fruit (unsulfured, without added sugar)	Fresh or frozen fruit with added sugar/syrups Canned fruit in light syrup Dried fruit (sulfured) Dried fruit with added sugar 100% fruit juice	Fresh fruit with cream Frozen fruit with added sugars, fats, and/or sauce Dried fruit with coatings (yogurt, chocolate, etc.) Canned fruit in heavy syrup Sweetened applesauce
Grains/Starches <ul style="list-style-type: none"> • Choose 100% whole grain for at least half of all grain servings. • Starchy vegetables such as potatoes and corn are included in this group. 	Brown rice, wild rice, bulgur Oats, quinoa, barley Baked potato/sweet potato with skin with toppings from Green column Baked sweet-potato “fries” Whole-grain pasta and couscous Whole-grain, low-sugar cereal/granola with less than 10g sugar and at least 3g fiber Whole-grain breads, bagels, rolls, waffles, pancakes, muffins English muffins with at least 3g fiber Popcorn with small amounts of butter or oil	White rice, couscous, pasta Grits, plain Baked French fries White potatoes made or topped with ingredients from the Yellow column Whole-grain cereals/granola with 11–18 grams sugar per serving Sweetened oatmeal/oatmeal packets White-flour breads, bagels, English muffins, rolls, waffles, pancakes Pretzels, baked chips Crackers, high-fiber, reduced-fat	Biscuits, croissants, full-fat muffins Doughnuts, Danishes, pastries, sweetened breads Grains or pasta with cheese or cream sauce French fries (fried in oil) White/sweet potatoes made or topped with moderate to large amounts of Fats/Oils from the Red column Processed cereals with more than 18g sugar per serving Deep-fried chips, most snack crackers Movie-style popcorn

Supplements



- Beware of health claims
- Beware of interactions with prescription meds
- <http://hprc-online.org>
- <https://www.opss.org>
- Toxic to your health & wallet!!!

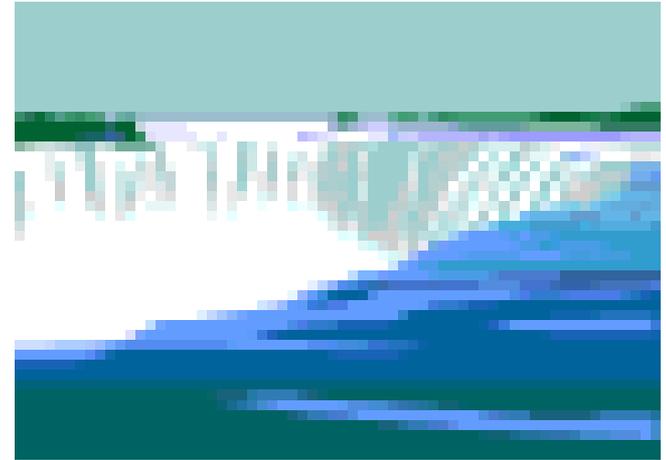


Imagine, Create, and Secure a Stronger Peace...

Water



- Your body is 50% water
- Your discs are 90% water
- Your joints need water
- Your muscles are 80% water
- Helps to metabolizes fats
- Clear Urine
- Proper hydration is essential





Physical Activity

Cross Training and Diversity

- Aerobic exercise
 - Moderate = 150 minutes / week
 - Vigorous = 75 minutes / week
- Strength Training = 2x per week
- Improve your flexibility
- Challenge your mobility
- Stay Active



Imagine, Create, and Secure a Stronger Peace...

Physical Fitness



Health and Performance

Impact on

- improving performance
- sharpening attention and focus
- enhancing efficiency
- reducing disease risk and morbidity
- improving recovery from injury



Sitting is the new smoking!!

Elements of Fitness

Endurance

Aerobic Training

- Distance, duration, speed

Mobility

Anaerobic Training

- Plyometrics, speed, agility

Strength

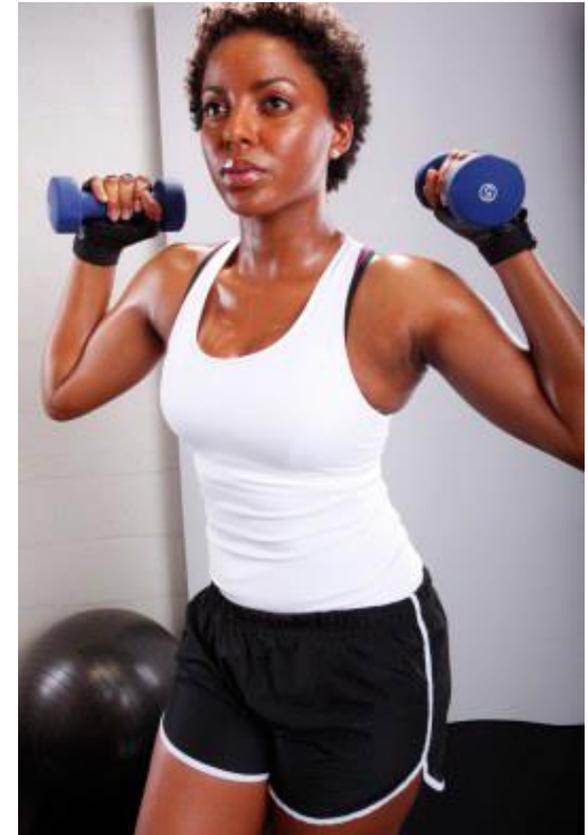
Force and Power

- Weight training, core strength

Flexibility

Injury Prevention

- Static stretching



Imagine, Create, and Secure a Stronger Peace...

Aerobic Exercise



Moderate Activity

- Ballroom & Line Dancing
- Biking on level ground
- Canoeing
- General gardening
- Sports where you catch and throw
- Tennis (doubles)
- Walking briskly
- Water aerobics

Vigorous Activity

- Aerobic Dance
- Biking faster than 10mph
- Fast dancing
- Heavy gardening
- Hiking uphill
- Jumping rope
- Martial Arts (karate)
- Race walking, jogging, or running
- Sports with a lot of running
- Swimming fast or laps
- Tennis (singles)



Strength Training

(If You Don't)



- Lose Approx .5 – 1 lb of Muscle/Year
- Increase Risk for Osteoporosis
- Increase % Body Fat
- Reduce Functional Strength
- Negative Body Image



Imagine, Create, and Secure a Stronger Peace...



Strength Training

(If You Do)



- Burn More Calories
- Strengthen Bones
- Improve Body Image
- Increase Functional Capacity
- Reduce Injury Potential
- Enjoy More Demanding Level of Recreational Activity



Flexibility

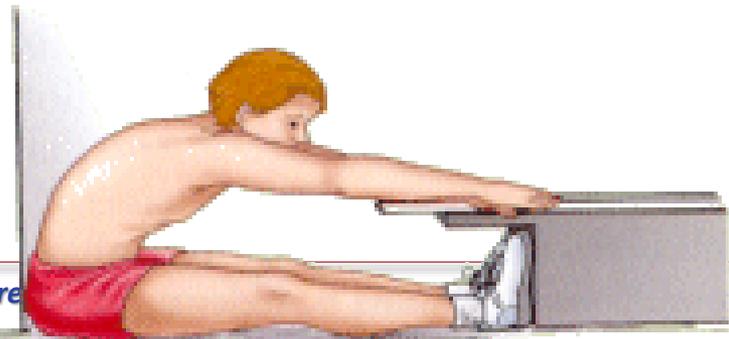


Before Workout

- 5 minutes of light aerobics
- Dynamic stretching

Post Workout

- Static Stretching
- Full range of Motion

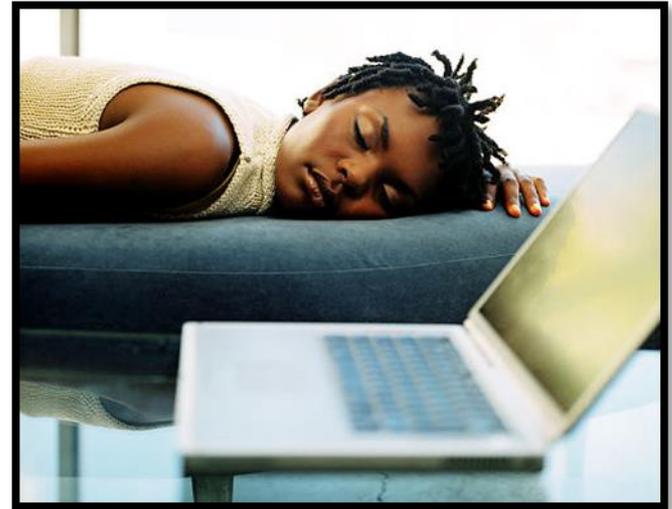


Sleep



Luxury vs Necessity

- Sleep deprivation and “sleep debt”
- Cognitive deficits
- Accidents
- Quality of life
- Impaired organ systems
- Changes in appetite



“Waste not life. In the grave will be sleeping enough.”

Imagine, Create, and Secure a Stronger Peace...

Sleep



Function and Quality

- Restorative function
- Restructures learning and memory
- Skill mastery
- Energy conservation
- Vital to creativity



“To achieve the impossible dream, try going to sleep”

Sleep Hygiene

Give yourself a sleep makeover!

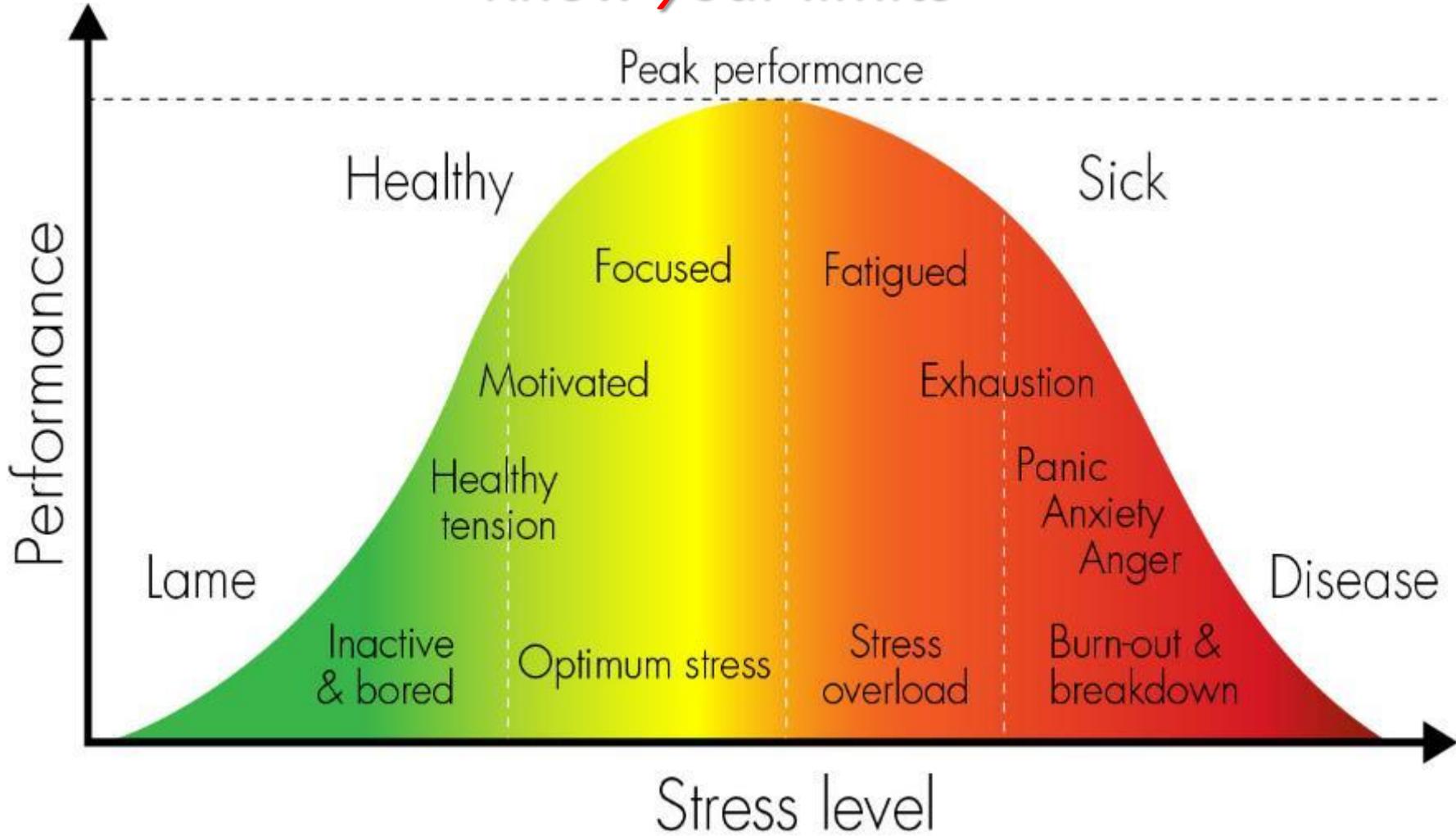
- Make your bedroom a cave
- Use your bed for sleep or sex....ONLY
- Keep regular sleep hours
- Sleep enough to feel refreshed
- Avoid evening tobacco, alcohol and caffeine
- Relax before bed
- Get daily exercise



Is stress good or bad – YES!



Know your limits



Imagine, Create, and Secure a Stronger Peace...

“Distress” ...SOS



Adverse Consequences:

- Workaholism and burnout
- Illness
- Isolation and loss of intimacy
- Anger and depression
- Substance “overuse” drugs & alcohol
- Sleep aids or overriding the body’s demand for sleep
- Consuming unneeded food or hunger relief from nutritionally poor foods
- Health care neglect (including fitness)
- **Suppressed Immune System**
- “Self-sabotage”

“The harder you work, the harder it is to surrender”

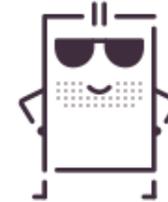
Imagine, Create, and Secure a Stronger Peace...

Adjusting Your Stress Mindset



“Stress is my Enemy”

- Increased constriction and inflammation in blood vessels
- Increased heart pumping causes damage
- Causes isolation
- Avoidance of future challenges



“Stress is my Friend”

- More relaxation and less inflammation in blood vessels
- Heart mimics pumping in exercise
- Promotes connection
- Enables better preparation for the future

Adjusting Your Stress Mindset



- Stress is the expending of energy and Recovery is the recapturing of the expended energy
- Without recovery all stress becomes excessive - overtraining
- Making the most of that energy for optimal physiological and psychological health and balance
 - Develop skills that enhance the body's adjustment to stress
 - Learned behavior – restructure how you think about an stress event
 - Threat vs Challenge – perception of the event
- Too much stress or too much recovery creates an imbalance – leads to reduced productivity, happiness and health
- Emotions are connected to stress and recovery

Strategies for Resilience and Success



- Build capacity – Physical, Mental & Spiritual
- Develop a set of self-care “tools” for stress management
 - Recovery Rituals (active & passive),
 - Meditation
 - Breathing Techniques
 - Visualization – what you think has an impact on how you feel
 - Sleep, Exercise, Nutrition, etc.
 - Keep a sense of humor
- Foster personal and professional relationships
- Seek balance and diversity
- The Power of Belief!!!!

Spiritual Vitality



Focus on Mindfulness

- Energy that is released by tapping into our deepest values
- Centers on our strong sense of purpose
- Sustenance in the face of adversity
- Powerful source of motivation, focus, determination and resilience

Be open to the “awe” in your life

Balance in Your Life



Defining Priorities

- Define your roles and goals
- Distinguish importance vs urgency
- Know your limits
- Schedule time for self-development
- Keep a sense of humor and humility



Meditate and LOL! daily

Imagine, Create, and Secure a Stronger Peace...



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Conclusion



- No Magic Formulas
- Diet & Exercise
- Medical Care
- Manage Stress
- No Tobacco
- Do what you love / love your life
- Do something for yourself daily
- Stay socially connected – People nourishing people!!
- Sleep
- Nurture spirituality
- Foster sexuality
- Make your Bed



Imagine, Create, and Secure a Strong