



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Nutrition to Fuel Your Life

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Premise Health.



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Kaye Anne is a registered dietitian nutritionist with a specialty in sports dietetics. She is also a certified health and wellness coach and lifestyle medicine practitioner. All these letters help Kaye Anne coach and counsel others to reach their own health and wellness goals and move toward their “peak of wellbeing”. Fun Fact: Kaye Anne has run over 30 marathons and this October she will run her 9th Boston Marathon. Besides running, she likes to spend time with her family and friends and make yummy food.



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Session Disclaimer

This program is provided to you by Premise Health to support your overall wellbeing. Educational programs such as the one that follows are introductory in nature and are meant to encourage your further exploration and conversation with your provider. It is not a substitute for that relationship. You should consult the appropriate healthcare professional should you have a condition that warrants medical attention or advice and support.

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Nutrition to Fuel Your Life

Objectives

- The building blocks of a healthy diet
- Personalize your sports nutrition regimen to reach your goals
 - Personalize your food intake
 - WTF (what type of fuel do you need to reach your goals)
 - Pre, During, Post exercise fuel
 - Personalize your hydration plan
- The most important fuel

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Nutrition to Fuel Your Life

What Type of Exercise (WTE)?

- The benefits of exercise
 - Energy
 - Endorphins
 - Engagement
 - Enlightenment
- Choose an activity you enjoy
 - Exercise shouldn't "earn" food
 - Limit use of exercise calorie trackers



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Nutrition to Fuel Your Life

Strong Foundation

- Variety of non-starchy vegetables
- Variety of fruit
- High fiber whole grains
 - Quinoa, rice, breads, oats, farro
- Heart healthy proteins
 - Beans, lentils, eggs, tofu, salmon, chicken
- Heart healthy fats
 - Avocado, nuts, seeds, olive oil

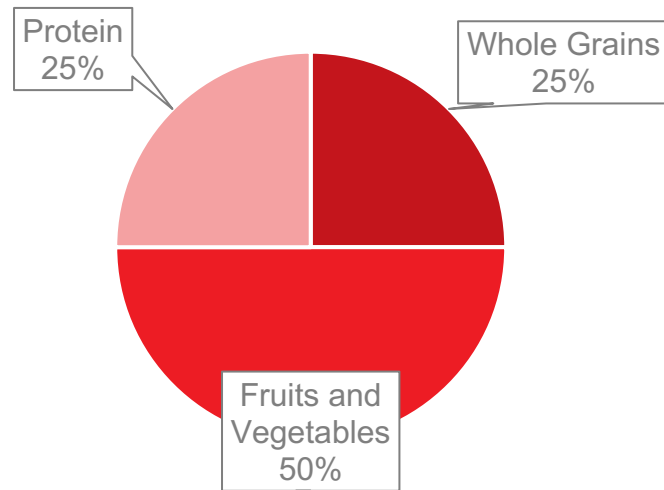


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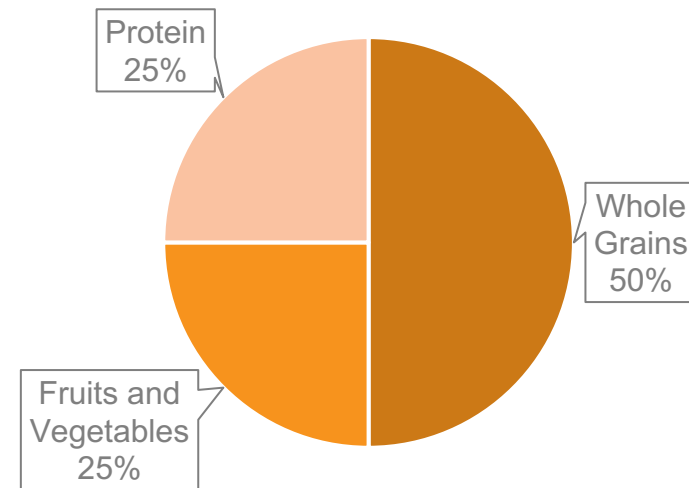
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Personalize your intake

Light Training or Weight Loss



Hard Training



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Hydration Foundation



Water is needed to maintain overall good health



Body depends on water to survive

Every cell, tissue, organ needs water to work properly



Average water requirements:

Women: 73 oz per day

Men: 95 oz per day



Water is an important nutritional concern for athletes

Dehydration results in decreased performance



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Hydration Personalization

- Wide variation in water needs
 - Age, gender, genetics, body type, exercise intensity and duration, environmental conditions
- Hydration goals
 - Aim for peak performance with adequate hydration
 - Avoid dehydration, headaches, muscle cramps, muscle injury
 - Pay attention to urine color and volume
- Pre-workout: drink 8 oz of water 15 minutes prior to exertion
- During workout: drink 4 oz (2-3 gulps) every 15-20 minutes
- Post workout: replace every pound lost with 16-24 oz of fluid



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Pre-Workout Fuel

- Goal: avoid feeling hungry and maintain optimal level of energy for exercise
- Considerations:
 - Intensity and duration of workout will dictate different types of pre-workout fuel
 - You may not need to fuel-up
 - Goals of workout
 - Gut tolerance- stomach of steel vs. easy queasy
- General characteristics
 - High in easily digested carbohydrates
 - Low in fiber
 - Low in fat
 - Moderate in protein

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Choosing fuel to meet goals

- Read a nutrition label to align nutrients with your goals
- Not a good meal replacement choice
 - Low in protein
 - Low in fiber
- Could be a good pre-workout fuel
 - High in carbohydrate
 - Easy to digest



Serving Size		2 bars (42g)	
		2 bars	1 bar
Calories		190	100
		% DV **	% DV **
Total Fat	7g	9%	3.5g 5%
Saturated Fat	1g	4%	0g 0%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	140mg	6%	70mg 3%
Total Carbohydrate	29g	11%	15g 5%
Dietary Fiber	2g	8%	1g 4%
Total Sugars	11g		6g
Incl. Added Sugars	11g	23%	6g 11%
Protein	3g		2g
Iron	1mg	6%	0.5mg 2%

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Fueling During a Workout

- For exercise < 60 minutes water is usually sufficient
- For > 60 minutes, fueling with carbs may be indicated
 - Amount and type of carb depends on exercise intensity, duration, and gut tolerance
 - 30-60 grams of carbohydrate per hour
- No chewing required
 - Sports drinks (ideally 4-8% carbohydrate concentration)
 - Gu's, Gels, Shots (must consume with fluid)
- Chewable
 - Beans, chews, chomps, Bloks, waffles, bars
 - 1-2 handfuls of raisins, large banana, potatoes, rice balls



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Post Workout Fuel

- Refueling with the 3 Rs
 - Replenish: with carbohydrates to refuel muscles
 - Rebuild: with protein to repair muscle and tissue damage caused by exercise
 - Rehydrate: with fluids and electrolytes to replace losses
- Refuel within 15-60 minutes after training
 - Carbs: $\text{body weight} / 2 = \text{grams of carbs}$ (150lb / 2 = 75 grams of carbs)
 - Protein: 20-30 grams of protein
 - Fluids: 16-24 oz of fluid for every pound lost during exercise
- Examples:
 - Smoothie with fruit and high-protein yogurt
 - Low-fat chocolate milk and a banana
 - Higher protein bar with a sports drink
 - A balanced meal



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Goal: gain lean body mass (put on muscle)

- Ratio of nutrients and timing of food
 - Consuming "mini-meals" with protein and carbohydrates every 3-4 hours
- Pre and Post exercise fuel
 - Fueling up before and after workout with protein and carbs to prime and replenish stores
- Positive calorie and protein balance with resistance exercise
- Pro tip:
 - Plan meals/snacks to fit your food preferences and schedule (work with an RD)

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Goal: lose fat mass (lose weight)

- Be mindful of the "healthy plate model"
 - Emphasis on whole foods, veggies, lean protein, and heart healthy fats
- Plan meals to support workouts
 - Use your nutrition at mealtimes to pre-fuel and post-fuel
 - Have your calories "work" for you



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Your Most Important Fuel

- Mental fuel foundation using POP and TEA
 - Pause of Positivity to create a positive Thought, Emotion, and Action
- Practice and train- build mental muscles
- Pre-workout
 - Reframe thinking with empowering thoughts and words
- During the workout
 - Songs, counting, commentating
- Post workout
 - Always gaining and learning

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Key Takeaways

- Prioritize foundational hydration and nutrition
- Recognize your individual needs and goals
- Supplement your goals with pre, during and post exercise fuel
- Utilize mental techniques to improve your performance and enhance your experience



Thank you for attending



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