



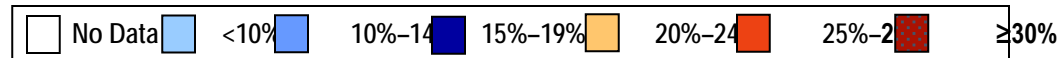
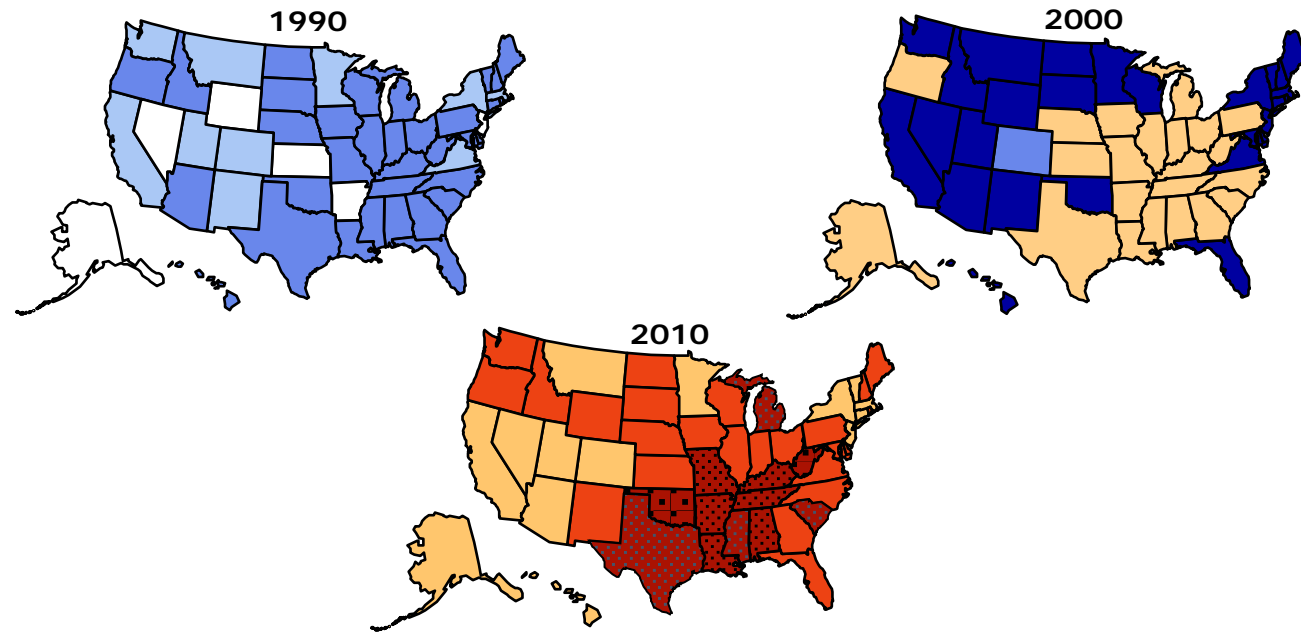
NUTRITION AND MOVEMENT

SMALL CHANGES

BIG RESULTS

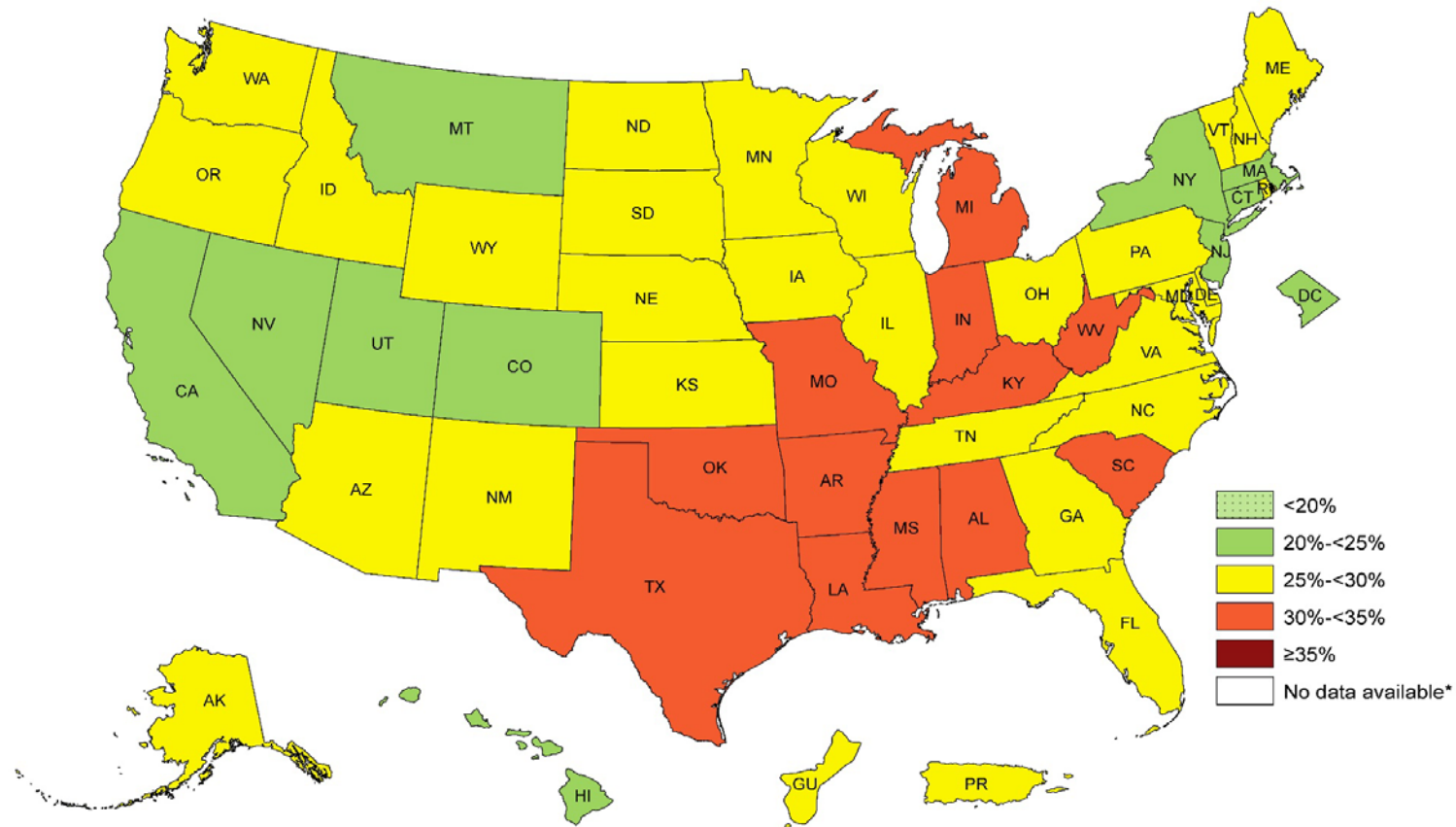
Obesity Trends* Among U.S. Adults BRFSS, 1990, 2000, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

† Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

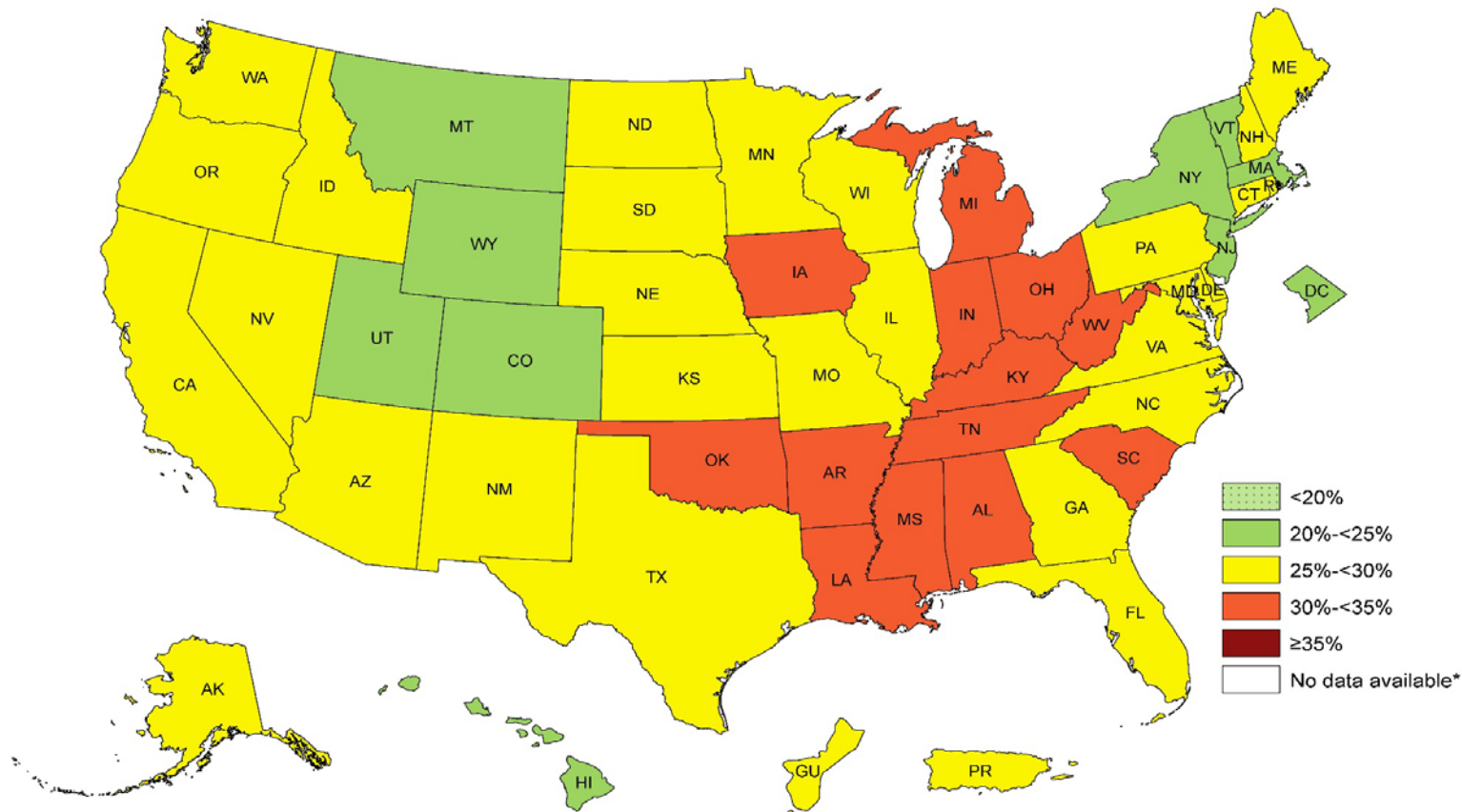


***Sample size <50 or the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$.**



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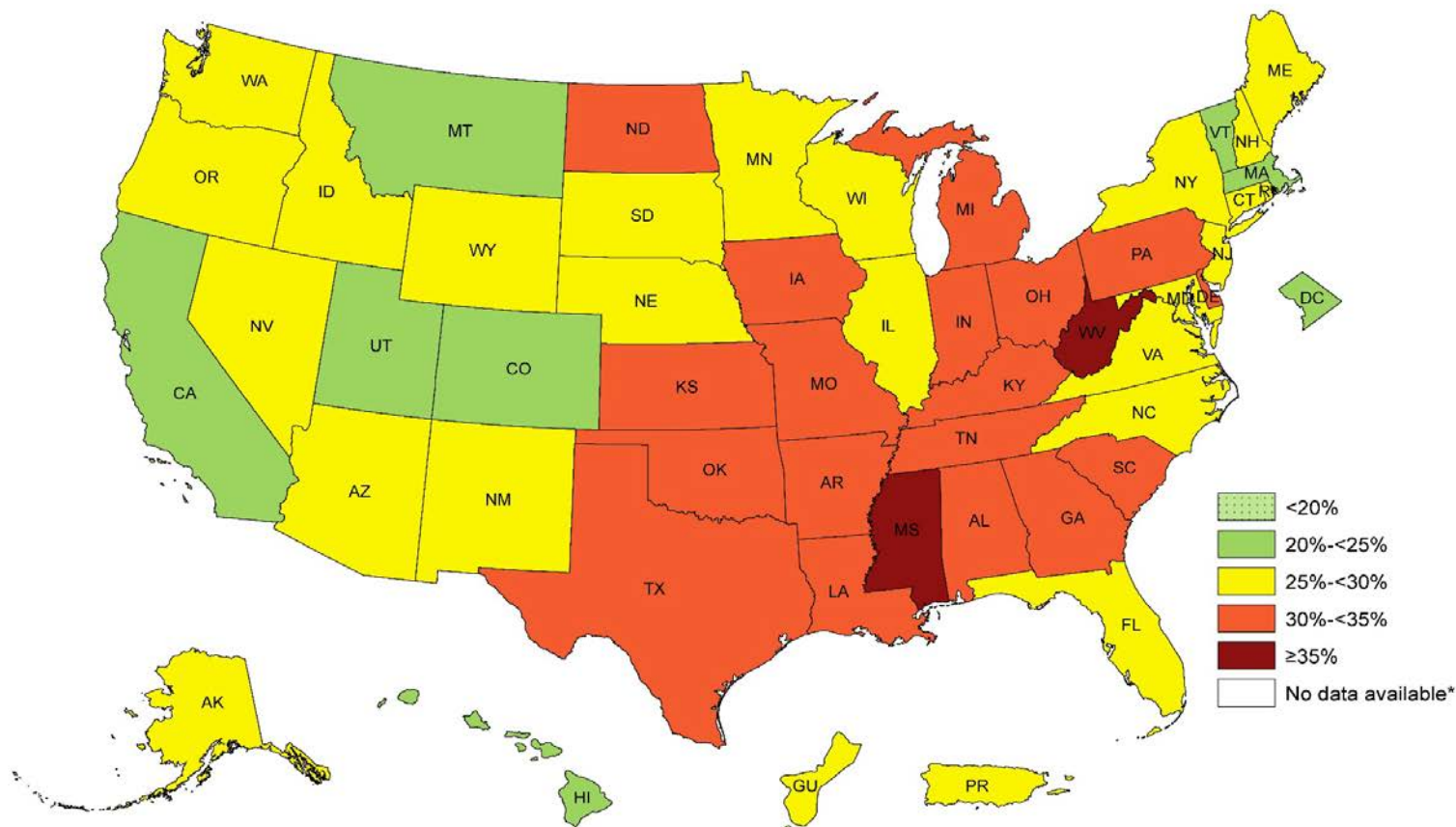


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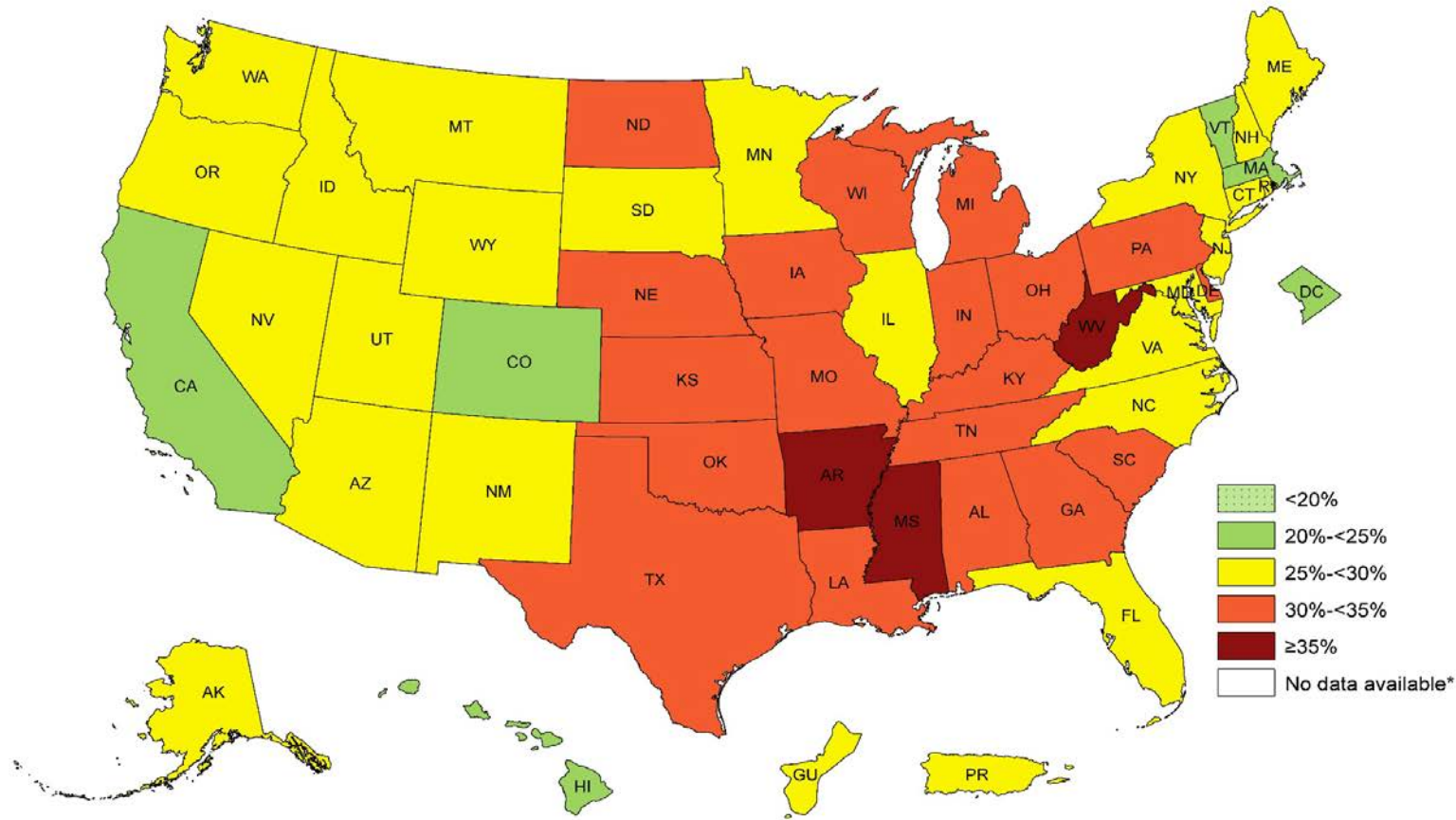


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

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Exercise Strengthens the Body Diet Unveils it.



Muscle Mass

- Stimulate all three kinds of fibers for maximum performance
 - Goes up quickly for young, healthy people
- Goes down with age but process can be maintained/slowed
- Body fat goes up with poor diet and lifestyle and *can* with age

Metabolic Rate can go down due to

- Decrease in muscle mass
 - Frequent dieting
 - Inadequate sleep
 - Increased stress



Many health related and athletic performance issues as well as weight gain are due to:

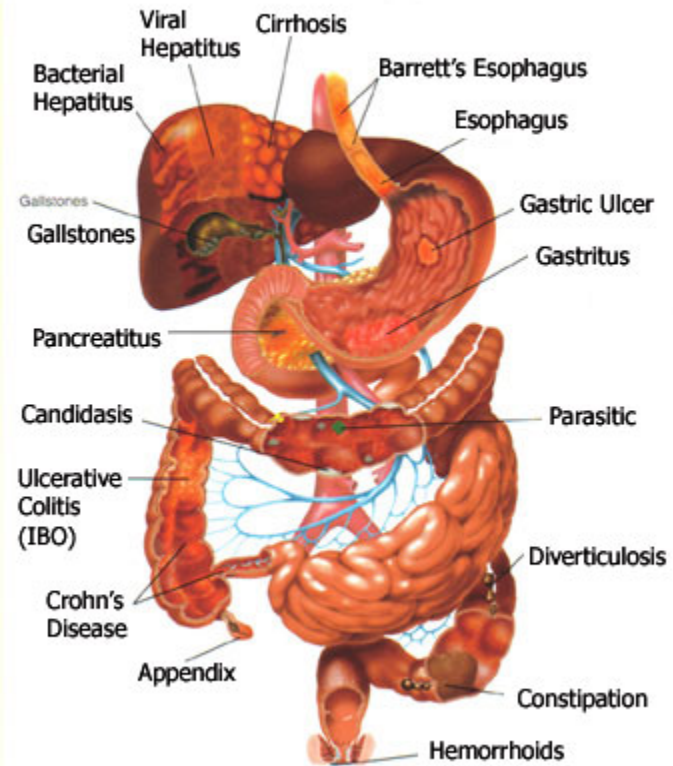
- Hormonal Changes
- Decrease in Muscle Mass/Increase in Body Fat
- Calorie Consumption and quality of the calorie vs. Expenditure
- Lifestyle

It begins with.....

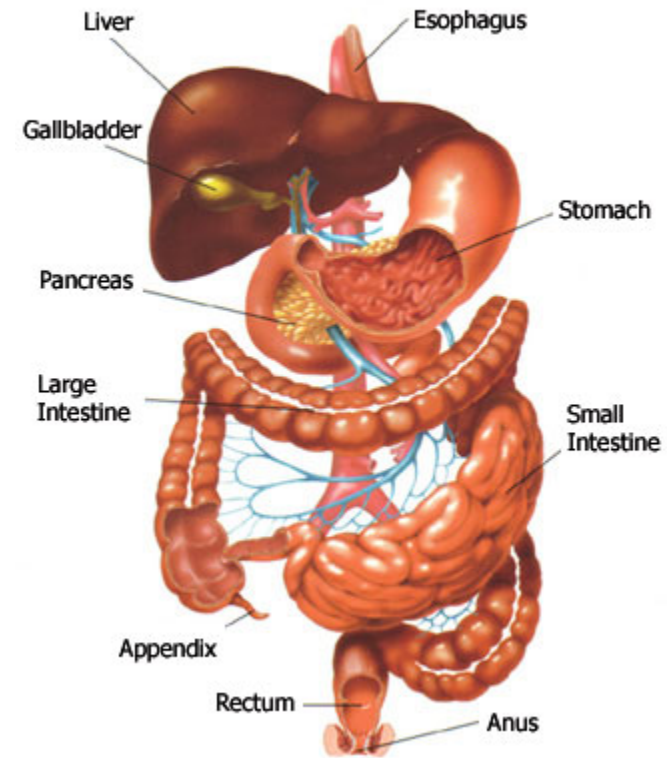
Digestion which starts with.....



Unhealthy Digestive System



Healthy Digestive System



Digestion and Detoxification

- Digestive System (Absorption via villi and microvilli)
- Liver
- Lymphatic System
- Circulatory System

Eat

A low glycemic index diet
For your metabolic type
Whole organic and/or local foods
Food intolerance evaluated



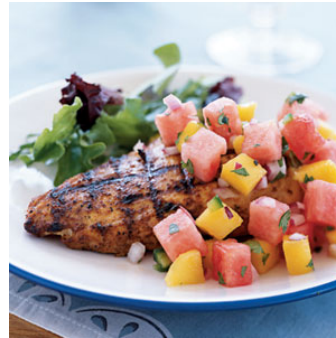


EAT 😊

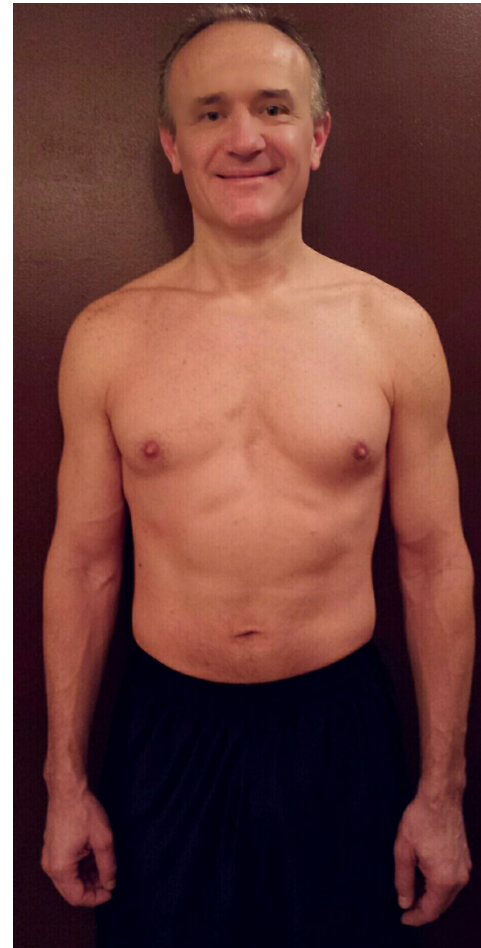


PROTEIN

- Chicken
- Turkey
- Fish
- Nuts and Seeds
- Legumes
- Beans
- Quinoa
- High Quality Protein Bars



Food Intolerances Matter





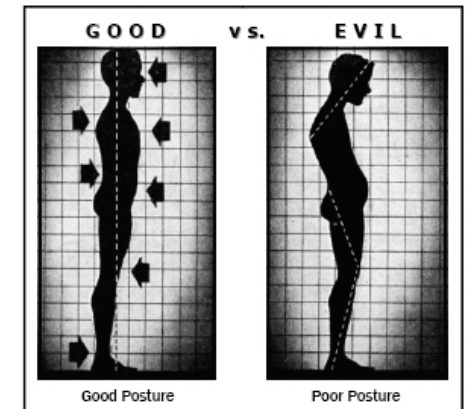
CAFFEINE (mg.)

- Coffee brewed, 6 ounces ~105
- Mountain Dew, 12 ounces ~55
- Colas, 12 ounces ~40
- Tea, 6 ounces ~35
- Chocolate Candy Bar ~10

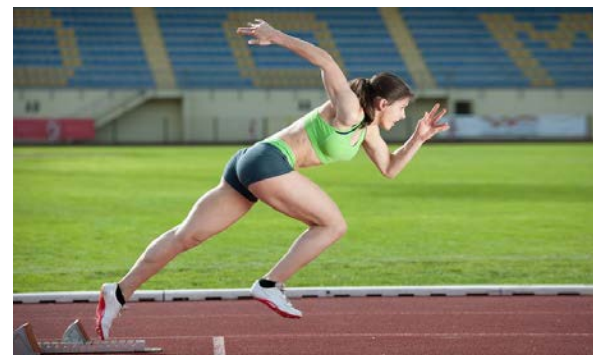
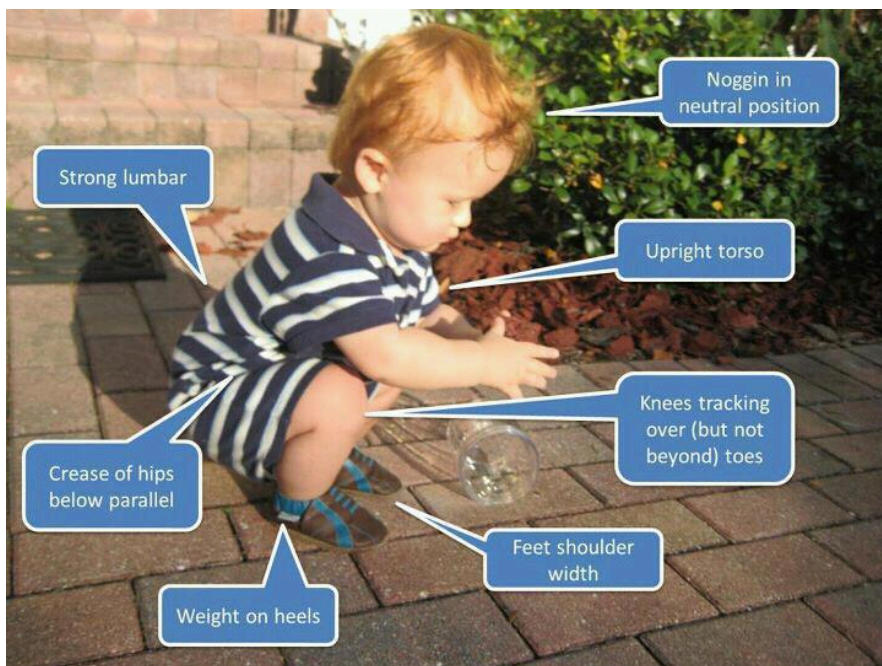


FITNESS AND PHYSICAL ACTIVITY

- ✓ Do What You Love
- ✓ Postural Assessment and Abdominal Wall Testing
- ✓ Cardiovascular Conditioning: Every day with one day of only light exercise
- ✓ Weight Training 3 times a week
 - Both quality and quantity are important
 - Compound exercises/Heavy lifting/Endurance lifting
- ✓ Flexibility ~10-15 minutes a day minimum



STRONG & FUNCTIONAL





Just Begin

- Education
- A Customized Plan with Tangible Goals
- Accountability
- Results
- Affordable

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