



Healthy Steps Challenge

Kick Off Packet!

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***Over the next 28 days, commit to making your health a priority.
Follow the plan and you will see the results you are looking for!***

Agenda:

1. Keys to Success
2. Goal Setting
3. Nutrition 101
4. ReShape Your Plate
5. Interpreting the Meal Plan
6. Food/Exercise Log & Tracker Sheets
7. Recipes and Resources

The Winner of the challenge is determined by participation (turning in tracker sheets), following the plan, getting in the gym and their results! Make sure you turn in your tracker sheets every week.

Keys to Success

- ✓ **Drink Up**
 - Drink at least 80 ounces per day
 - Stay away from concentrated juices, soft drinks (even diet sodas)

- ✓ **Be consistent**
 - Pair protein & carbohydrates with every meal & snack
 - Eat every 3 hours

- ✓ **Sunday Prep-day**
 - Set yourself up for the week by preparing and portioning your food on the weekend
 - Take advantage of the crockpot
 - Organize a food swap with other participants in the challenge

- ✓ **If you booze, you don't lose!**
 - Alcohol will significantly slow down the process of you achieving your goals.

- ✓ **Post-workout recovery**
 - Whey protein has been shown to increase lean muscle mass
 - You have a 30 minute window after your workout to replace your glycogen (carbohydrate stores)

- ✓ Take your **OMEGA 3 FISH OIL SUPPLEMENT**
 - at least 1500 mg DHA/EPA daily
 - Omega 3s increase your HDL (good cholesterol), decrease inflammation, improve recovery after workouts, improve brain health and mood

- ✓ At least **6 hours of sleep** each night
 - Hormones reset at night (cortisol, leptin, ghrelin)
 - When you are sleep deprived, your leptin levels are decreased (the hormone that makes you satisfied with what you eat) and your ghrelin levels are increased (the hormone that makes you hungry). Therefore you are more hungry and less satisfied with what you eat when you don't get enough sleep

Goal Setting

You want to set yourself up for success by setting SMART Goals!

- S: Specific
- M: Measureable
- A: Attainable
- R: Realistic
- T: Time Sensitive



Tips when setting your goals:

1. Look at the big picture first. What are your health/ fitness/ weight/ financial/education/family goals in a specific amount of time- 1, 5, 10 years down the line?
2. Set smaller goals for what you would like to accomplish 1, 2 3, 6 months.
 - Have a to-do list
 - Use a calendar
 - Prioritize
3. Set performance goals (ie: lifting weights, weight loss) that will motivate you. Write down WHY it is important for you.
4. Always have an action plan. Write down the steps you are *realistically* going to take to achieve your goals.
5. Stick with it! By telling your family and friends, you will have someone to stay accountable to and keep you motivated.

Your Goals

Goal #1: _____

Steps to Achieve Goal:

1. _____

2. _____

Goal #2: _____

Steps to Achieve Goal:

1. _____

2. _____

Nutrition 101: Food4 Fuel

1. **Carbohydrates** are our body's main source of fuel; spares protein from being used as energy and aids with the oxidation (breakdown) of fat. Carbohydrates should comprise about 40% of our diet.

- **Fiber** is a non-digestible carbohydrate, delays glucose absorption, helps you stay full, decreases cholesterol levels, and aids with reducing triglyceride levels. Fiber is found in fruits, veggies and whole grains.
- **Glycemic index (GI)** tells us how fast our blood sugar will rise after eating a food (stick with low glycemic foods index foods). GI indicates how much of an insulin response our body will have to produce to breakdown what we just ate. Remember, insulin response is an inflammatory response. After your exercise is the best time to have any higher glycemic foods.
- Try to avoid the excess use of *artificial sweeteners*. Studies show an increase in weight gain, body fat, and calorie/carbohydrate intake with high levels of artificial sweeteners. They also cause increased "sugar cravings." Stevia is a more natural form of a non-calorie sweetener and is made from a plant.
- What about the different types of sugar? Agave, honey, raw sugar, sugar cane, dextrose, maltose.... Sugar is sugar in our body and it all goes through our lymphatic system and is an inflammatory response... If we don't burn it off, it turns into FAT!
- Sources: starches (bread, pasta, **rice, quinoa**, beans, **oatmeal, steel cut oats**), starchy veggies (potatoes, **butternut squash, sweet potato**, peas, corn), fruit, juices, dairy

2. **Protein** is made from amino acids that provides our body's structure, regulates body function, components of enzymes, immune system health, and aids hormone regulation. *Protein should comprise about 30% of our diet.*
- **Essential amino acids** can't be synthesized by the body therefore we need to obtain these proteins from food sources (**eggs** contains all essential amino acids). **Complementary proteins** are two or more foods that when are eaten together they provide all essential amino acids (ie: legumes & rice, mushrooms & broccoli).
 - **Conditionally essential amino acids** are amino acids that our body can make the precursors but under some conditions we can't make enough (ie: glutamine and arginine during stress).
 - **Sources:**
 - **Lean Meats:** fish, chicken breast, pork loin, legumes, cottage cheese, triple zero greek yogurt (carb and protein), turkey
 - **Medium Fat Meats (1 Protein + 1 Fat):** cheese (cottage and grated parm) chicken (dark meat no skin)
 - **High Fat Meats (1 Protein + 2 Fats):** full-fat dairy, red meats, bacon, most cheese, pork, ribs, eggs
3. **Fat** is a component of our membranes particularly in the brain and nervous system, aides in the absorbtion of fat-soluble vitamins and is used as a source of energy. **WE NEED FAT.** *Healthy sources of fat from nuts and seeds should comprise of about 30% of our diet.*
- **Limit the saturated and stay away from trans fats** (increase your LDL/bad cholesterol, trans fats also decrease HDL/good cholesterol)
 - **Increase Omega 3 intake** (sources: salmon, herring, canola oil, olive oil, flaxseeds, **chia seeds**, some eggs are fortified, **supplements**). Omega 3 supplements are recommended to ensure that you are consuming adequate amounts of DHA and EPA.
 - **Sources:** fats, meats, dairy, nuts/ nut butters, avocado, olives, butter, cream, coconut milk

ReShape Your Plate

1. Drink Up

- Hydration is extremely important, and your choice of fluids can make or break you
- Focus on WATER!
- Cut back on the sugar sweetened beverages (soda, juice, sweet tea)

2. Make it Lean

- Choose *lean meats* such as chicken, turkey and fish
- Watch out for the added fat when cooking (grill, bake, or broil)
- Beware of whole milk and dairy products, they can provide excess saturated fat and calories

3. Load up on the WHOLE foods

- Whole grains, fruits and vegetables provide you with the fiber, vitamins and minerals that your body needs
- Fiber plays many different roles in the body to help you stay full, keep your regular and aids in lowering cholesterol levels

4. Cut back on the SUGAR

- Causes an inflammatory response
- Beware of hidden source of sugar in juices, granola bars and processed foods

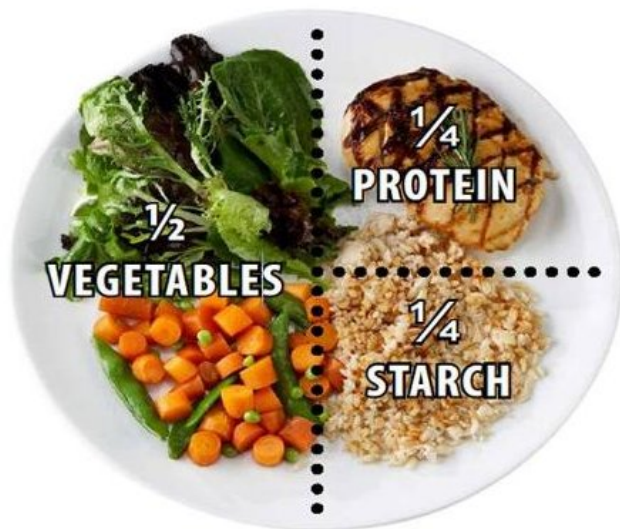
5. Limit the processed junk!

- Try to shop the perimeter if the grocery store of 90% of your groceries
- Look at the ingredients label, if you can't read what's in it, put it down



The Plate Method

This is one of the *simplest methods* looking to change your diet and eat quality foods.



- $\frac{1}{2}$ of the plate =
Non-starchy Veggies
- $\frac{1}{4}$ of the plate =
Lean Meats
- $\frac{1}{4}$ of the plate =
Complex Carbohydrates

Interpreting the Meal Plan

- The challenge comes with 4 weeks of sample meal plans with ranges
- Women looking to lose weight should stick with the portion sizes on the low end of the ranges
- Women looking to improve performance/gain muscle and men looking to lose weight should stick with the middle of the ranges
- Men looking improve performance should focus on the high end of the ranges
- *** Means there is a recipe on the website (www.myhealthysteps-nutrition.com)
- Log your food in MyFitnessPal or the Food log given to you in the challenge packet

Notes: _____
