

Wholeness and Wellness Through Nutrition and Exercise

Julia Sosa, MS, RD, LD

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Wholeness

- The state of being unbroken or undamaged
- The condition of being sound in body
- The quality of being complete or a single unit and not broken or divided into parts

Example: The need for **wholeness** and harmony in mind, body, and spirit.

Wellness

- The quality or state of being healthy in body and mind, especially as the result of deliberate effort.
- An approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

Nutrition

- Is nourishment or energy that is obtained from food consumed
- or the process of consuming the proper amount of nourishment and energy.

Proper Nutrition

- The World Health Organization defines nutrition as the intake of food, considered in relation to the body's dietary needs.
- Proper Nutrition is an adequate, well balanced diet combined with regular physical activity.

What Does Healthy Eating Mean?

- Eating a variety of foods that give you the nutrients you need to:
 - Maintain your health
 - Feel good
 - Have enough energy

Nutrients

- Carbohydrates
- Protein
- Fat
- Water
- Vitamins
- Minerals

Designing a Healthy Eating Plan

- Must have a wide variety of foods that are rich in nutrients
- Fresh foods offer more nutrients and less sugar than processed foods
- Pick foods like
 - Vegetables
 - Fruits
 - Whole grains
 - Lean meat and fish

Do You Need to Count Calories?

- If you eat fewer calories than you burn each day, you will lose weight
- If you eat the same number of calories that you will burn – you will maintain a healthy weight
- If you eat more calories than what you burn you will have weight gain

Analyze Your Diet

- USDA 2015-20 Dietary Guidelines for Americans recommend:
 - Getting less than 10% of calories per day from added sugars
 - Getting less than 10% of calories per day from saturated fats
 - Eating less than 2,300 mg per day of salt

Dietary Guidelines

- Eating a variety of vegetables – dark green, red and orange, beans and peas, starchy and others
- Fruits, especially whole fruits
- Grains, ideally whole grains
- Fat-free or low-fat dairy and/or soy
- Variety of protein foods
- oils

Exercise

- Activity requiring physical effort, carried out especially to sustain or improve health and fitness
- Bodily or mental exertion, especially for the sake of training or improvement of health

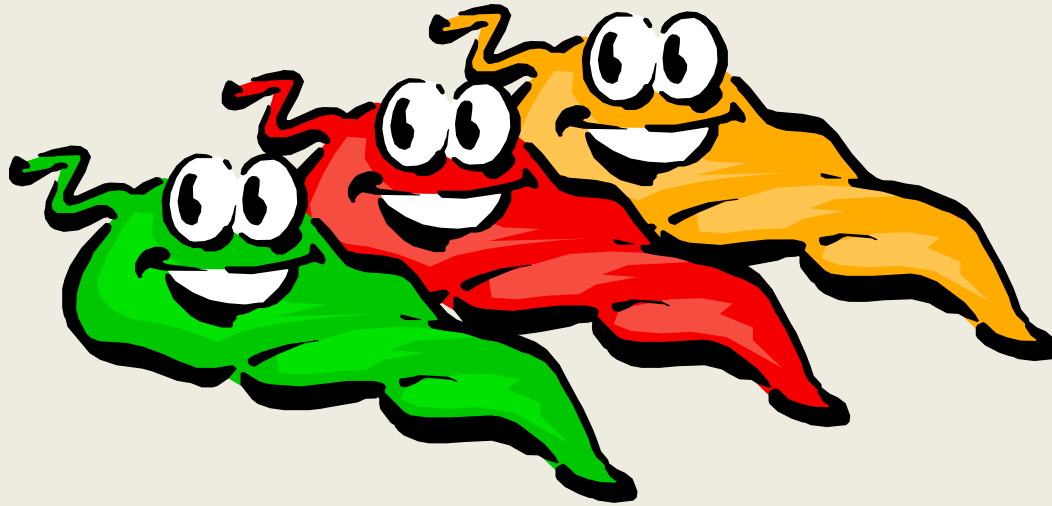
Exercise Recommendations

- The Department of Health and Human Services recommends:
 - At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week
 - Or a combination of moderate and vigorous activity

Things to consider to stay safe while you are active:

- If you haven't been active, start slowly and build up
- Learn about types and amounts of activity that are right for you
- Build up the time you spend before switching to activities that take more effort
- Use the right safety gear and equipment
- Choose a safe place
- Ask your health care provider if you have a health problem.

QUESTIONS?



¡¡¡Muchas Gracias!!!!

Contact Information

- Julia Sosa, MS, RD, LD
Whatley Health Services Inc.
2731 Martin Luther King Jr. Blvd
Tuscaloosa, AL 35401
205-614-6132
jusosa@whatleyhealth.org