

— — —
Improve Your Health
Improve Your Balance

Brian Udermann, PhD

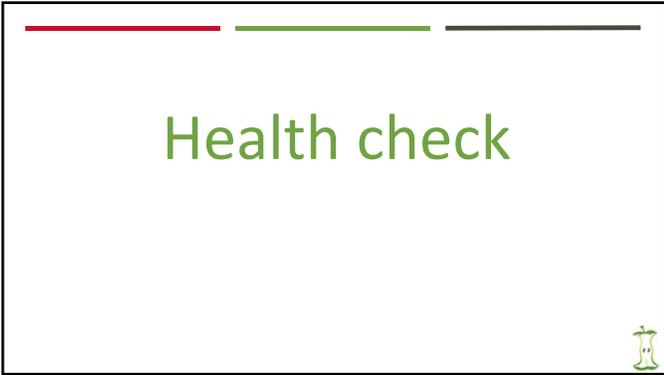
— — —
Why I do what I
do ...

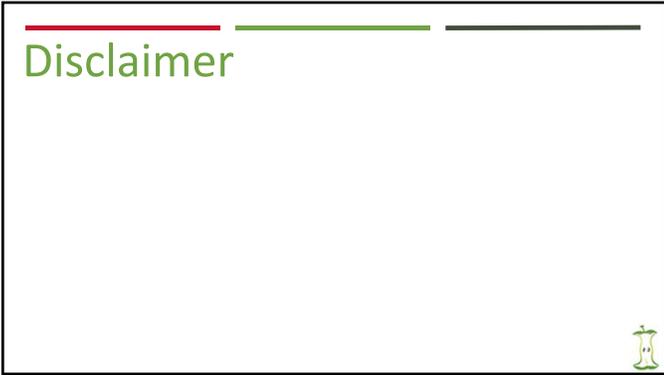


— — —
What I won't do
today ...









I Mean It This Time

Be determined in achieving your goals...



Quick Activity



Credible Sources of Health Info



Do most people consult their doctor when they have a health related question?



Credible Sources of Health Info

Who do they consult?





Credible Sources of Health Info

- | | |
|----------|--------------|
| Cosmo | Hairstylist |
| Mechanic | Tax preparer |
| Roommate | Internet |



Credible Sources of Health Info

CDC
Center for Disease Control

ACS
American Cancer Society

FDA
Food and Drug Administration

NAM
National Academy of Medicine



Physical Activity

“ How much exercise
should we get? ”



Minimum

150 minutes / week

2 x's / week



% of people who achieve the
minimal
recommendation ?????

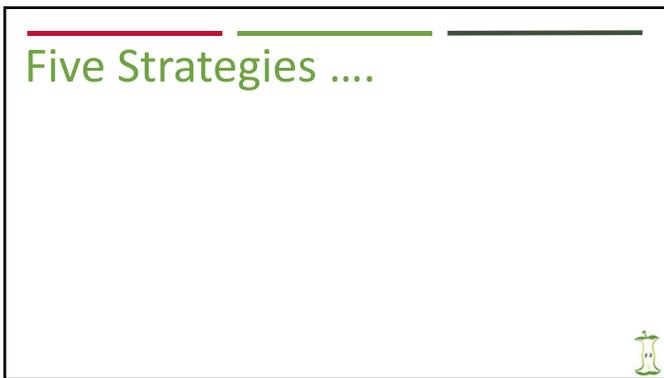


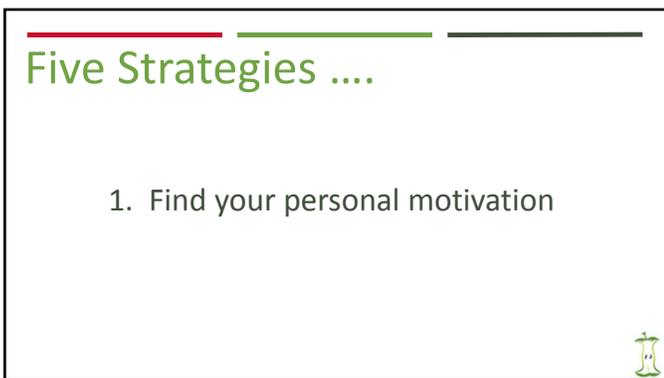
20%

Major Barriers....









Five Strategies

2. Involve family & friends



























Five Strategies

3. Schedule it in



Five Strategies

4. Train for something

A photograph showing several people running on a city street. In the foreground, a woman is running towards the camera, wearing a black jacket and blue jeans. To her left, another woman is running, wearing a pink and black athletic top. In the background, other runners are visible, and there are buildings and traffic lights on the street.

Five Strategies

5. Walking meetings



Nutrition



We Consume Too Much....



We...

eat 20% of our meals in our cars



We...

eat *too* much fast food



25% eat fast food every day 

We...



consume 20-25% more calories than we should



We...



consume 30%
more packaged
food than fresh
food



Recommendations



Recommendations

Buy and
prepare more
whole foods



Recommendations

Think about the ease of preparation



Recommendations



What do you do?



Recommendations

Limit going out and fast food



What do you do?



Recommendations

Watch your portion size



Today — Noah's Plain Bagel
5-6 inch diameter
350 calories

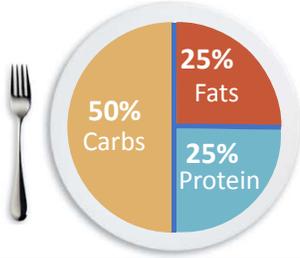


Twenty Years Ago
3-inch diameter
140 calories



Recommendations

How many calories from carbs/protein/fat?



Sleep



60-70%



CDC

“National Sleep Epidemic”



Why do we struggle falling asleep?



Ideas to sleep better....



What do you do?



Recommendations

1. Bedtime Routine



bedtime routine

	Take a Bath
	Go Potty
	Brush Teeth
	Pajamas
	Read Books
	Hugs & Kisses
	Lights out



Recommendations

2. Sleep Environment

Dark

Cool

Quiet

Comfortable



Recommendations

3. Avoid

Caffeine

Nicotine

Alcohol

Stimulation



PMR



I Mean It This Time



One Final Activity



Please Stand



Clap your hands
really fast & loud
for 10 seconds



Thank You

Please complete the evaluation form