

30 Day Healthy Living Challenge

The 30 Day Healthy Living Challenge is a plan designed to increase your health. This plan includes a number of daily challenges which help build muscle, decrease fat and increase health. Within this booklet, you will find information about each daily challenge, tips to help you reach your goals and information about how reaching these goals can help you. This information will also be posted on our website www.acadiafirstnation.ca under the Health Center section. There is a section in this booklet after each week for personal notes so you can write down what you did that week, which daily goals you met and what helped you reach your goals.

A **free** pass for the month of January to “Defining Bodies” gym will be provided to each person who participates in this challenge. For each time an individual checks in at the gym, the staff at the front desk will initial the exercise tracker at the back of this booklet so we can keep track of your progress. The individual who exercises at Defining Bodies the most times within the 30 day period will **win** a one year membership to Defining Bodies. Defining Bodies is located at 103 Water Street in the Pier One office complex.

Your weight, body measurements, blood pressure, cholesterol levels, blood sugar and body mass index will be monitored throughout the 30 days with 3 total weigh-in days at the Health Center. This information will not be shared outside of the Health Center and will remain confidential.

This booklet is to be used as a guideline and source of information. If you feel you are not being challenged enough, you may use tips from later on in the program, and set larger goals for yourself.

Good luck!

IMPORTANT DATES: Mark your calendar!

Thursday, January 5th, 2012

A workshop will take place at the Health Center from 9AM-10AM which will cover the following topics:

- Reading food labels
- Making sense of calories
- Menu planning for meals and snacks including what to drink.

You will then meet with the nurse to determine your starting weight, measurements, blood pressure, cholesterol levels and body mass index.

Monday, January 9th, 2012

Day one; this is the first day of your journey through the 30 Day Healthy Living Challenge. You will find your challenges beginning on page 4.

Thursday, January 19th, 2012

Weigh-in at the Health Center from 9AM-11AM to determine your progress. You will meet with the nurse at the Health Center to determine your weight, blood pressure, cholesterol levels, blood sugar and body mass index at this point.

Thursday, February 2nd, 2012

Final weigh-in at the Health Center from 9AM-11AM.

Tuesday, February 7th, 2012

Day 30! Winner will be revealed and prizes will be given out at the Health Center at 9AM.

Definitions:

Blood pressure: The force/pressure of blood from the heart that pushes onto the walls of your arteries.

Systolic: The top number in a blood pressure reading. This represents the highest amount of pressure exerted from the blood onto the artery walls.

Diastolic: The bottom number in a blood pressure reading. This represents the lowest amount of pressure exerted from the blood onto the artery walls.

Note: A normal blood pressure reads around 120/80.

Hypertension: This is when an individual has high blood pressure. Having a systolic reading of over 140 and diastolic over 90 is considered hypertension.

Hypotension: This is when an individual has low blood pressure. Having a systolic reading lower than 90 is considered hypotension.

Cholesterol: This is found in certain foods and sticks to the sides of blood vessels causing heart disease. This can be avoided by decreasing your cholesterol intake and avoiding foods high in cholesterol.

Body Mass Index (BMI): This calculation is based on the individuals' height and weight and determines if you are at a healthy weight. A normal range is between 18.5 and 24.9.

Note: Remember that BMI may not always be accurate as it does not take into consideration weight gain due to pregnancy or muscle building.

(Potter & Perry, 2006)

Week One: Addition!

This week is about adding things into your daily life that can help increase your health.

Monday, Jan. 9th: Add exercise into your routine at least three times this week for at least 30 minutes each time, beginning today. See the exercise tracker to keep track of your progress. You will also find information about low, moderate and high impact exercises **at the back of this booklet.**

How this helps: Some of the benefits of regular exercise are that it helps keep you healthy and strong, gives you energy, decreases stress and helps decrease your risk of cancer, heart disease and diabetes (Public Health Agency of Canada, 2011).

Tip: Find a friend who will exercise with you. Having a companion may help keep you motivated.

Tuesday, Jan. 10th: Eat a healthy breakfast every day.

How this helps: **Refer to “10 Reasons to Eat Breakfast”**

Tip: Do NOT skip meals to decrease your calorie intake! In fact, skipping breakfast has been shown to lead to weight gain (Shulman, n.d.).

Wednesday, Jan. 11th: Drink 6 cups of water daily.

How this helps: Water keeps your body hydrated and contains no calories (Health Canada, 2011).

Tip: Drink your water before meals. This may help make you feel fuller helping you not to overeat at mealtime (BBC, 2010).

Please read the following article from Discovery News!
Drinking Water Proven to Help Weight Loss

<http://news.discovery.com/human/glass-water-weight-loss.html>

Thursday, Jan. 12th: Eat a healthy snack between breakfast and lunch and another between lunch and supper time.

Some examples of healthy snacks include:

- fruits or fruit smoothies
- uncooked vegetables such as carrots or celery
- sweet red, green or yellow peppers
- low-fat yogurt

How this helps: Eating snacks along with small meals throughout the day helps give you energy and provides your body with the nutrients it needs.

Tip: Try to stick with fruits and vegetables as your snacks, but stick with snacks with no added sugar, fat or salt (Health Canada, 2011).

Friday, Jan. 13th: Add up your calories! Follow Health Canada's guideline and do not exceed recommendations. See Health Canada's chart which tells you how many calories you should consume each day according to your age, sex and activity levels.

How this helps: Decreasing the amount of calories you eat leads toward weight loss and there are recommendations for the appropriate amount to consume (Sizer, Whitney & Piche, 2009).

Tip: See the following resources to help you with this task!

Saturday, Jan. 14th: Add protein into your diet! Make sure you eat something that is a good source of protein every day. Fish, egg whites (not yolk), chicken, lean meat and low-fat cheese all provide your body with protein.

How this helps: Protein causes your body to release a hormone that helps your body to burn fat and lose weight (Shulman, n.d.).

Tip: The Canada Food Guide suggests that you should have 2 servings of fish each week. Char, herring, mackerel, salmon, sardines and trout contain a lot of omega 3 fatty acids which are good for the health of your heart (Health Canada, 2008).

Sunday, Jan. 15th: Add relaxation techniques into your day today. Try to do this once a week for 30 minutes. This can include meditation, yoga, or other techniques that work for you. Meditation or other non-active techniques will not count toward your weekly exercise.

How this helps: Meditation, yoga and other relaxation techniques can help you relax and clear your mind which is beneficial to your health. Stress can also be managed through exercise, music therapy, breathing exercises, massage, etc. (Fontaine, 2011).

Tip: Do this in a quiet, private place if possible to avoid distractions

Week Two: Subtraction!

This week is about removing things from your life that is harmful to your health.

Monday, Jan. 16th: Subtract your fat! Exercise 5 times per week starting today until the end of the program. Continue using the exercise tracker to keep track of your exercise.

How this helps: Some of the benefits of regular exercise are that it helps keep you healthy and strong, gives you energy, decreases stress and helps decrease your risk of cancer, heart disease and diabetes (Public Health Agency of Canada, 2011).

Tip: Exercise earlier on in the day if possible. As soon as you have time, get your daily exercise finished so you can focus on your other responsibilities.

Tuesday, Jan. 17th: Decrease the amount of food you are eating. Portion your meals according to Canada's Food Guide and spread out your servings throughout the day.

How this helps: Smaller amounts of food means less calories and less fat, which can help you lose weight.

Tip: Keep track of your servings of each food group through-out the day according to Canada's Food Guide. This will help you recognize which food groups you need more of.

Wednesday, Jan. 18th: Remove ALL fast food from your diet.

How this helps: Fast food tends to contain a large amount of trans fats, which can be very harmful to your health and can lead to weight gain and heart disease (Health Canada, 2007).

Tip: Have healthy food available at home at all times. Prepare lunches for busy days or long drives when you may not have time to cook meals. This way you will not have to pick up fast food when you are in a rush.

Thursday, Jan. 19th: Remove yourself from your comfort zone – try a new exercise that you have never done before. This can include exercise classes, hobbies, sports, etc. as long as it involves moderate exercise for at least 30 minutes.

How this helps: Different exercises or activities work out different areas of your body. Trying something new may allow you to work out an area of your body that you may not have been reaching.

Tip: Don't be discouraged if you don't do well in new activities at first. These things may take practice! Enjoy learning and try your best.

Friday, Jan. 20th: Remove ALL junk food from your house. This will only tempt you. This includes foods high in salt, sugar, fat and calories such as ice cream, chips, cookies, muffins, cake, etc.

How this helps: Removing these things from your diet will help you stay at a healthy body weight (Health Canada, 2007).

Tip: Let your friends and family know that you are avoiding junk food and suggest that they do the same – especially when they are spending time with you, so that you won't have to fight temptation.

Saturday, Jan. 21st: Decrease your usage of TV and computer to one hour per day (including video games).

How this helps: When sitting down to watch TV or use the computer, you are inactive. Inactivity can shorten your life and lead to disease and disability (Health Canada, 2011). Replacing this time with other activities can be beneficial to your well-being.

Tip: Spend your extra time moving. Chores such as cleaning the house, walking the dog and shoveling snow can help keep you productive and active.

Sunday, Jan. 22nd: Remove stress today! Use relaxation techniques again today.

Please see the following article on:

Relaxation Techniques for Stress Relief

http://helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm

Week Three: Exercise!

Continue using the tips you've learned from the past two weeks. The major focus this week is exercise.

Note: You have the option of switching the "Team Sports Day" with another day this week for personal convenience.

Monday, Jan. 23rd: Cardio! Today you must do a full hour of cardio work out. Examples of cardio workouts include running/jogging, bicycling, using elliptical machines, circuit training (moving from one exercise to another with little to no rest in between), swimming, and any other activity that increases your heart rate.

How this helps: Cardio workouts make your heart pump more blood to your body. These workouts can decrease risk of heart disease and lead to weight loss. This can also decrease stress and lower blood pressure (Black & Hawks, 2005).

Tip: Ensure you have eaten appropriately as exercise lowers blood sugars. If sugars get too low, you may become faint. This is especially important for diabetics (Black & Hawks, 2005).

Tuesday, Jan. 24th: Do resistance training today for 30 minutes. Resistance training includes weight bearing exercises such as simply lifting weights.

How this helps: Training with weights stronger than what your body is used to helps build muscle to make your body stronger (Fitness.com, 2011).

Tip: Do not use very heavy weights when first starting to weight train, especially those with high blood pressure as this can increase your blood pressure. Begin with light weights and work your way up as you become stronger (Black & Hawks, 2005).

Wednesday, Jan. 25th: Stretch for 20 minutes. Follow stretches by an exercise of your choice for at least 20 more minutes.

How this helps: Stretching your muscles helps decrease injury to your muscles during activities. It also may help increase flexibility.

Tip: Hold each stretch rather than repeatedly stretching and relaxing. Always stretching before working out is recommended (Black & Hawks, 2005).

Please see the following Stretching Chart for helpful hints!

Thursday, Jan. 26th: No equipment! Work out using only your body for 45 minutes. Sit-ups, push-ups, squats, lunges and more require only your body and no other equipment. If you cannot do these types of exercises for the full 45 minutes, you may walk/jog for the remaining time.

How this helps: These workouts help build muscle and make your body stronger (Fitness.com, n.d.).

Tip: Take small breaks in between exercises.

Friday, Jan. 27th: Team Sports Day! This can include playing badminton, basketball, hockey, or go skating with the family etc., or games that require physical movement such as dance that are offered on Wii or Xbox Kinect. Do this for 45 minutes or more.

How this helps: Working together with teammates can increase pleasure and motivation.

Tip: Local Schools in the area often host weekly activities for community members to play sports for fun at the cost of only a few dollars.

Saturday, Jan. 28th: Weight Training....

Description of Workout:

This workout was created by [TitanCT](#), a member of the Muscle & Strength [forum](#).

Do this full body split 3 times a week. The goal is to get your form down pat on the most basic and most important exercises in the gym. Go to the exercise section here at Muscle & Strength and look up the exercises if you are unsure about them. Each exercise is linked to videos which can help you with your form.

When you move the weight, I want you to count: 1-2 both up and down on the movement. For example: if you're curling, I want you to count *1 one thousand, 2 one thousand* while you bring the dumbbell up, then *1 one thousand, 2 one thousand* while you bring it back down. I don't want you to go heavy on these, just enough resistance so by the third set you are barely finishing your maximum rep count. Focus on making your reps as perfect as possible and as identical as possible. Form is way more important than weight, especially at this stage of the game.

Get a cheap notebook and track your weights and how many reps you did.

Don't get discouraged. No matter how big any of the guys are at the gym, they all started somewhere. Some of them probably started with lighter weights than you did.

Fullbody Workout		
<u>Fullbody Workout</u>		
Exercise	Sets	Reps
Squat	3	10-15
Stiff Leg Deadlift	3	10-15
Seated Calf Raise	2	15-20
Barbell Bench Press	3	10-15

Barbell Rows	3	10-15
Shoulder Press	2	8-12
Standing Alternating Dumbbell Curl	2	8-12
Tricep Pushdown (Using EZ or cambered bar)	2	8-12
<u>Notes</u>		
Perform this workout 3 times per week, either on a Monday, Wednesday, Friday schedule, or Tuesday, Thursday, Saturday schedule.		

Sunday, Jan. 29th: No exercise today.

How this helps: If you have been working hard this week, your body likely needs rest.

Tip: Spend some quality time with a friend/family member you haven't seen in a while.

Week Four: Food!

Continue with your exercise at least 5 times a week for at least 30 minutes at a time and continue to use the tips provided throughout the past 3 weeks. Try exercising for longer periods of time this week.

Monday, Jan. 30th: Eat slowly.

How this helps: Eating slowly can allow time for your food to get to your stomach making you feel full. This may keep you from overeating.

Tip: Chew each bite 4-5 times before swallowing.

Tuesday, Jan. 31st: Buy smaller amounts of food when grocery shopping. Plan your meals and buy only what you need.

How this helps: You can avoid overeating.

Tip: When preparing a meal, do not make more than you can eat unless you plan to have leftovers for another meal. Do not eat food if you are full and save it for another meal or snack.

Wednesday, Feb. 1st: Health Canada suggests that you eat one orange vegetable (such as carrots, sweet potatoes, winter squash, etc.) and one green vegetable (such as broccoli, romaine lettuce, spinach, etc.) each day.

How this helps: Fruit and vegetables can lower your risk of heart disease and some cancers (Health Canada, 2008).

Tip: Remember to eat everything in moderation, even if it is a healthy snack.

Thursday, Feb. 2nd: Make a fruit smoothie with breakfast or as your snack before lunch (if you do not have a blender, eat yogurt and fruit).

How this helps: Having a fruit smoothie is a tasty way to get in some of your daily servings of fruit!

Tip: Do NOT use ice cream – you may use low-fat frozen yogurt as a substitute.

*Final weigh in at the Health Center is today from 9AM-11AM. Although this is the final weigh in, it's not over yet - keep working!

Remember your gym membership does not expire today, you have a few more days to keep the routine and hopefully you will have enjoyed it enough that will make you continue with your own membership at the gym!

Friday, Feb. 3rd: Try a New Food that you haven't tried before...Make sure it is a healthy choice ... keeps notes of what you tried and whether you liked it or not...

Saturday, Feb. 4th: Mental Health Day – Go out to eat (not fast food). Take a break from carefully preparing your meals and have someone else make it for you. You can order half-sized meals to decrease calories. Note that salads served at restaurants may be high in fat, and not necessarily a healthy choice.

Try choosing a restaurant that serves Heart Healthy Meals.

Sunday, Feb. 5th: Celebrate with your Family Day! Enjoy a home cooked meal that your family will enjoy with you! Share with them what you have learned and lessons accomplished!

Two Days Left!

Monday, Feb. 6th: Review all your information that you have been tracking....Keep up with all the healthy eating and exercising that you have been doing for the past month!

Tuesday, Feb. 7th: Day 30!

This is day 30! Winner will be revealed and prize will be given out at the Health Center at 9AM.

Remember just because it's day 30 doesn't mean you have to stop following these guidelines. Continue with these tips to maintain a healthy life!

See your Doctor regularly for check-ups to ensure your health is being maintained.