

# **Ageless Performance – Nutrition, Psychology and Exercise**

**Washington DC**

**Saturday May 6<sup>th</sup> 2017**

**PM Session**

by:

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*“If I had known I was going to live this long,  
I would have taken better care of myself.”*

~Eubie Blake

## **READING LIST FOR NUTRITION**

**Tim Spector. *The Diet Myth: the Real Science Behind What We Eat*. © 2015 Weidenfeld and Nicolson**

**Nancy Clark's *SPORTS NUTRITION GUIDEBOOK 5<sup>th</sup> ED.* © 2014 Human Kinetics**

**Sam Graci. *The Path to Phenomenal Health* © 2005 Wiley**

**David Servan-Schreibner. *Anti-Cancer: a New Way of Life*. © 2008 Harper Collins**

**Michael Greger MD *How Not to Die* © 2015**

### **WEIGHT LOSS**

Several studies have investigated manipulations of macronutrients to determine what is the best diet (ie low fat, low carb, low protein). Time and time again the research has shown that people who lose weight and maintain the loss do this because of less calories.

“Our study supported that a healthy weight loss plan can be individualised, culturally-sensitive and accommodate a wide variety of preferences.”

~Katherine McManus, M.S. , R.D., Director of Nutrition at Brigham and Women’s Hospital in Boston.

“We have evidence over the last 10 years that the amount of carbs, fat, and protein doesn’t really make any difference in weight loss.”

~Christopher Gardener, Ph.d., Stanford Prevention Research Center

### **CALCULATING BMI**

1. Weight in pounds (135)
2. Multiply by 703 ( $135 \times 703 = 94,905$ )
3. Multiply your height in inches by itself ( $65 \times 65 = 4,225$ )
4. Divide the answer on line 2 by the answer on line 3  
( $94,905 / 4,225 = 22.47$ )

### **BMI CATEGORIES**

Under 25 = normal weight  
25 – 29 = overweight  
30 and above = obese

### **EXERCISE PREVENTS VISCERAL FAT GAIN**

Visceral fat is the fat that accumulates around the organs deep inside the body. This fat has been linked to heart disease, insulin resistance, and diabetes. Exercise physiologists at the Duke University Medical Center in Durham, North Carolina reported in a 2005 study that brisk 30-minute walks six times per week for eight months stopped visceral fat gains in previously sedentary people. More exercise led to loss of some of the abdominal fat. The control group, who were not put on exercise programs, showed increases in visceral fat up to 9% at the end of the six months.

People with more perceived stress have higher cortisol levels – which have been linked with belly fat deposits.

***“Walking is the best possible exercise.***

***Habituate yourself to walk very far.”***

***~Thomas Jefferson, 3<sup>rd</sup> President of the United States (1743 - 1826)***

## **7 INSIDER NUTRITION STRATEGIES**

#1

#2

#3

#4

#5

#6

#7

*"The virtue you would like to have, assume it is already yours, appropriate it, enter into the part and live the character just as the great actor is absorbed in... the part he plays."*

*-- Ralph Waldo Emerson, poet*

## **PRACTICING MINDFUL EATING**

April 14, 2008 5<sup>th</sup> Annual Nutrition and Health Conference in Phoenix Arizona  
Brian Shelley MD (founder of the University of New Mexico Mindfulness-Bases Stress Reduction Program) reported that there was an observed decrease in weight, improvements in markers of cardiovascular disease risk, and improvements in measures of mindfulness and binge eating when study subjects were provided with mindfulness-based stress reduction and eating principals.

## **MINDFUL EATING TIPS:**

- Sit down in comfort with a nice atmosphere
- Do not watch TV, text, read, or write while you are eating
- Look at your food and give thanks
- Notice color, smell, and presentation of food
- Notice your feelings, thoughts, anticipation, memories and expectations before you taste food
- Taste the food and notice the texture
- Chew slowly and consciously until food is completely broken down in the mouth
- Swallow and think about what is going on in your body
- Eat the next bite and compare with first
- Consider this experience – how was it different, how do you feel? Satisfied, hungry etc...

## **SIX WAYS TO AVOID EMOTIONAL EATING**

When stressed out or anxious, some people turn to food as a way to comfort themselves. However, what may be soothing at the time can make you feel worse - and weigh more - in the end. If you tend to turn to food as a way to cope with a stressful situation, consider the following nutritional tips:

1. Don't drink caffeine or alcohol (and don't smoke) when stressed. These can heighten or prolong your anxiety and worsen its side effects.
2. Drink plenty of water - between six and eight glasses per day. This can help quell the pangs of an empty stomach and promote a healthy digestive system.
3. Keep your blood sugar levels stable by eating several small, nutritious meals rather than three large ones.
4. Make sure your meals or snacks incorporate omega-3 fatty acids. Include walnuts, salmon and freshly ground flaxseeds into your diet.
5. Incorporate foods rich in magnesium, which helps relax muscles, into your diet. Whole grains, legumes, vegetables, nuts and seeds are good sources.

Above all, be aware of your eating habits. If you find yourself eating to combat stress, limit yourself to small portions, enough so you can savor the taste or texture. Then go for a walk or practice meditating: both are proven, healthier ways to address stress.

***"You only lose energy when life becomes dull in your mind.  
Your mind gets bored and therefore tired of doing nothing.  
Get interested in something! Get absolutely enthralled in something!  
Get out of yourself! Be somebody! Do something!"***

**IMPORTANT NOTE:** Always obtain your doctor's permission before beginning any exercise program or making changes to your diet or nutritional program.

### **RATE OF PERCEIVED EXERTION (Borg Scale):**

- 6 No exertion at all
- 7 Extremely light
- 8
- 9 Very light - (easy walking slowly at a comfortable pace)
- 10
- 11 Light
- 12
- 13 Somewhat hard (It is quite an effort; you feel tired but can continue)
- 14
- 15 Hard (heavy)
- 16
- 17 Very hard (very strenuous, and you are very fatigued)
- 18
- 19 Extremely hard (You can not continue for long at this pace)
- 20 Maximal exertion

Most experts agree that self-monitoring of your effort during physical activity is extremely valuable and even preferential for measuring intensity for those using medication that affect heart rate/pulse. Exertion ratings between 12 – 14 indicate a moderate level of intensity. You can adjust the intensity of your workouts by speeding up or slowing down your movements. For example, a cyclist who wants to engage in moderate-intensity activity would aim for a Borg Scale level of "somewhat hard" (12-14). If he describes his muscle fatigue and breathing as "very light" (9 on the Borg Scale) he would want to increase his intensity. On the other hand, if he felt his exertion was "extremely hard" (19 on the Borg Scale) he would need to slow down his movements to achieve the moderate-intensity range.

A high correlation exists between a person's perceived exertion rating times 10 and the actual heart rate during physical activity; so a person's exertion rating may provide a fairly good estimate of the actual heart rate during activity (Borg, 1998). For example, if a person rates their RPE as 12, then  $12 \times 10 = 120$ ; so the heart rate should be approximately 120 beats per minute. This is only an approximation and the actual heart rate may vary depending on conditioning and age.

***"Voluntary physical activity may prevent stress induced  
suppression of the immune system"***  
**American College of Sports Medicine (2005)**

## **CARDIO SESSIONS TO BURN FAT AND MAKE TIME FLY!**

**NOTE:** These workouts are intended for healthy people who exercise regularly and have their MD's permission to engage in moderate to high intensity cardiovascular activity. We recommend a certified trainer assist you with any exercises you are unfamiliar with or if you have concerns related to technique.

**\*\*\*Warm up at a low intensity for 5 – 10 minutes prior to beginning the following workouts and cool down for 5 – 10 minutes afterwards. Stretching for flexibility is best done after the workout.\*\*\***

### **#1 High Intensity Aerobic Interval (your choice of machine):**

4 minutes high intensity (15 – 17 on Borg scale)  
2 minute active rest of low intensity at your chosen pace  
(complete 10 times = total one hour)

### **#2 Sprint Interval Training**

Sprint for 30 seconds (18 – 20 on Borg scale)  
4 – 5 minutes active rest (8 – 9 on Borg scale)  
Perform 6 times

### **#3 Sustained Aerobic Circuit Training**

Pick three cardiovascular machines for this circuit (at home you could use your stairs, a jump rope and exercise equipment or jog outside). Make the most challenging activity: A, and the least challenging activity: C. For example, if skipping is hard for you, then do it as Activity A so that you will only need to do 4 minutes of this activity.

Activity A – perform for 4 minutes (16 – 17 on Borg scale)

Activity B – perform for 6 minutes (14 - 15 on Borg scale)

Activity C – perform for 8 minutes (12 – 13 on Borg scale)

Repeat ABC

### **#4 High Volume Continuous Circuit With Resistance Training**

Leg Press

Bench Press

Lat Pull Down

Bicep Curl

Seated Shoulder Press

Tricep Push down

Upright row

Leg extension

Seated Row

**\*\*\*Move quickly through the circuit doing 10 reps per exercise. Build up to 5 repetitions of the circuit. When designing this type of workout alternate lower/upper body exercise and use more multi joint exercises.**

### **#5 Step Wise Interval**

Start at a light intensity for 5 minutes. Every 4 minutes increase the intensity (or incline or pace) by about 10 – 15%. Do this for about 20 minutes, then bring it back down the same way (decrease intensity by 10 – 15% every 4 minutes).

## **EXERCISE VOCABULARY:**

**Aerobic Exercise** - Activity that forces your body to replenish oxygen to working muscles. Performed at a low to moderate intensity and is endurance-focused by nature. Fat and glycogen are used for fuel.

**Anaerobic Exercise** - Any activity that uses oxygen at a faster rate than your body can replenish it in the muscles. This type of exercise is intense and shorter in duration. Glycogen is the key source of fuel.

**Barbell** - A bar, usually measuring about approx six feet in length, that can hold weighted plates on the end. The Olympic barbell is an industry standard and is 45 pounds.

**Bench** - An apparatus made for performing exercises - seated or lying down. Many benches are adjustable so that exercises can be done a vairyety of different angles.

**Bodysculpting** - The art of shaping your muscles to ideal proportions.

**Circuit Training** - A sequence of exercises done in succession. The exercises each stress a different muscle group.

**Collar** - A clamp that fastens weighted plates to a barbell or dumbbell.

**Compound Movement** - An exercise that involves two or more joints during the movement. ie squats, chin ups and bench presses

**Contraction** - Shortening a muscle.

**Definition** - The absence of fat in the presence of well-developed muscle.

**Dumbbell** - A shortened version of a barbell, usually measuring about 12 inches in length, that allows an exercise to be performed one arm at a time.

**EZ-curl bar** - A specially designed barbell that has curves in the center. It is designed to alleviate strain on the wrists.

**Failure** - The portion in an exercise where you cannot physically do another repetition with good technique

**Flexibility** - A range of motion of the joints, muscle and connective tissue that limit the range of motion.

**Free Weights** - Barbells and dumbbells vs exercise machines.

**Giant Set** A series of three or more exercises done in succession without any rest between the sets.

**Hypertrophy** - Increase in muscle mass.

**Intensity** - The amount of effort used in a set of exercises

**Isolation Movement** - An exercise that uses only one joint in doing the movement. Examples include biceps curls and leg curls.

**Nautilus** - A popular brand of exercise equipment seen in many health clubs. The term used to be synonymous with any exercise machine.

**Plates** - Flat, round weights that are placed at the end of a barbell or dumbbell.

**Pump** - The desired pooling of blood in a muscle because of intense anaerobic exercise.

**Repetition (Rep)** - One complete movement of any exercise.

**Resistance** - The amount of weight lifted or moved in an exercise.

**Rest Interval** - Amount of time resting between sets.

**Routine** - The sequence and schedule of exercises, repetitions and sets that one performs in a training bout.

**Set** - A series of repetitions performed in sequence.

**Superset** - Two exercises performed in a row without rest between sets.

**Symmetry** - The way muscle groups creating a proportional physique & compliment one another,

***“When you fight something, you’re tied to it forever.  
As long as you’re fighting it, you’re giving it power.”***  
~ Anthony de Mello

## RESOURCES

### DR. ODIATU & KARY ODIATU READING RECOMMENDATIONS:

***SPARK*** by Dr. John Ratey

***Anti-Cancer*** by David Servan-Schreiber, M.D., Ph.D.

***The Okinawan Program*** by B.J. Willcox, M.D., D. Craig Willcox, Ph.D., Makoto Suzuki, M.D.

***Beet Belly Blues*** by Brad King

***The China Study*** by T.Colin Campbell, Ph.D. & Thomas M. Campbell

***Foods That Fight Cancer*** by Richard Beliveau, Ph.D. & Denis Gingras, Ph.D.

***Eating Well, Living Well*** by Richard Beliveau, Ph.D. & Denis Gingras, Ph.D.

***Get the Sugar Out*** by Ann Louise Gittleman, PH.D., C.N.S.

***The Path to Phenomenal Health*** by Sam Graci

***Heal Your Body*** by Louise Hay

***Healthy Aging*** by Dr. Andrew Weil

**Body For Life** by Bill Phillips

**Anatomy of the Spirit** by Caroline Myss PhD

**Journey into Healing** by Dr Deepak Chopra

**You: the Owner's Manual** by Michael F. Roizen, M.D. & Mehmet C. OZ, M.D.

**Fit to Lead** by Christopher Neck, Ph.D.; Tedd L. Mitchell, M.D.; Charles C. Manz, Ph.D.; & Emmet C. Thompson, D.S.L.

**How to Eat, Move and be Healthy** by Paul Chek

**The Power of Intention** by Dr. Wayne W. Dyer

**The Mars & Venus Diet & Exercise Solution** by John Gray, Ph.D.

**Yoga: The Spirit and Practice of Moving Into Stillness** by Erich Schiffmann

#### **WEBSITES:**

[www.eatright.org](http://www.eatright.org) American Dietetic Association Phone: 1-800-877-1600

[www.mayoclinic.com](http://www.mayoclinic.com) The Mayo Clinic Diet

[www.niddk.nih.gov](http://www.niddk.nih.gov) Weight Control Information Network (WIN)

[www.caloriesperhour.com](http://www.caloriesperhour.com)

[www.twitter.com/Fitspeakers](http://www.twitter.com/Fitspeakers)

[www.PaulChek.com](http://www.PaulChek.com)

[www.healthharmony.ca](http://www.healthharmony.ca)

[www.genuinehealth.com](http://www.genuinehealth.com)

[www.watercure.com](http://www.watercure.com)

[www.acefitness.org](http://www.acefitness.org)

[www.FitSpeakers.com](http://www.FitSpeakers.com)

[www.nsca-lift.org](http://www.nsca-lift.org)

[www.ideafit.com](http://www.ideafit.com)

[www.mercola.com](http://www.mercola.com)

[www.seanstephenson.com](http://www.seanstephenson.com)

[www.growingbolder.com](http://www.growingbolder.com)

[www.FaceBook.com](http://www.FaceBook.com) / Kary Uche Odiatu

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.americanheart.org](http://www.americanheart.org)

[www.nutrition.gov](http://www.nutrition.gov)

[www.mapmyrun.com](http://www.mapmyrun.com)

[www.environmentalnutrition.com](http://www.environmentalnutrition.com)

-sign up for the newsletter: Environmental Nutrition The Newsletter of food, nutrition and health

[www.berryhealth.org](http://www.berryhealth.org) (Berry Health symposium)

[www.tcme.org](http://www.tcme.org) The Center for Mindful Eating

#### **Institute for Functional Medicine**

Non profit educational organization accredited by the Accreditation Council for Continuing Medical Education for Physicians

-find a practitioner in your area

[www.functionalmedicine.org](http://www.functionalmedicine.org)

1-800-228-0622

**IMPORTANT NOTE:** Always obtain your doctor's permission before beginning any exercise program or making changes to your diet or nutritional program.

**WHAT IS YOUR #1 BURNING DIET QUESTION?**

**PRINT YOUR NAME CLEARLY HERE:**

**EMAIL ADDRESS (Please print clearly):**

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**WHAT OTHER TOPICS RELATED TO THIS WEIGHT LOSS SESSION WOULD YOU LIKE TO SEE INCLUDED IN A FUTURE SESSION?**