

Live Healthy

#LPCLiveInspired Series

HOW TO *Live Healthy* BY DIETING, EXERCISING, AND REDUCING STRESS TO CLEAR YOUR THINKING AND TO GIVE YOURSELF A SENSE OF CALM.

THERE ARE *two stages* OF MY LIFE:

1. I SHOULD EAT.
2. I SHOULDN'T HAVE EATEN *THAT MUCH*.

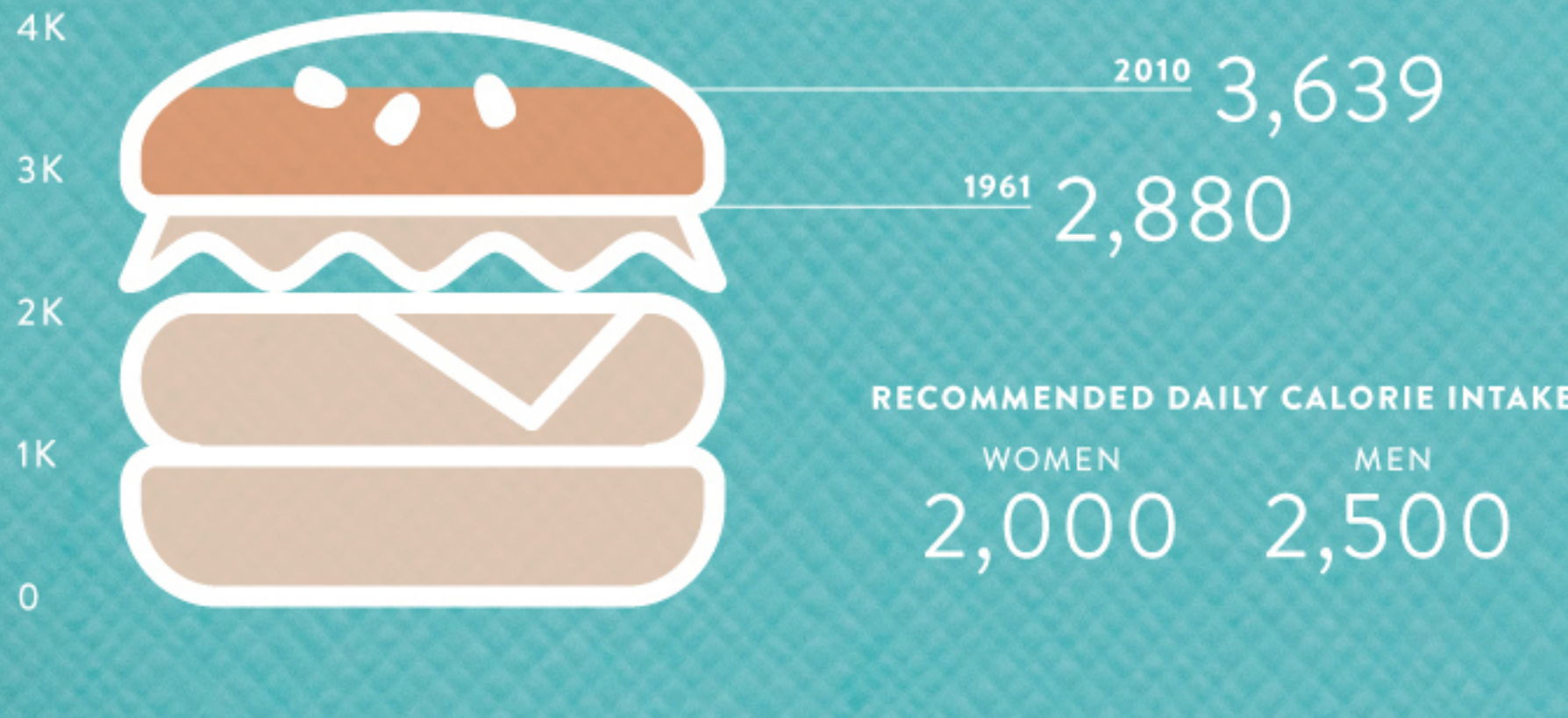
3,639

Number of calories the average American consumed in 2016...almost 2,000 calories too many!

CALORIC INCREASE CONSUMPTION FROM 1961 TO 2010:



TOTAL DAILY CALORIES CONSUMED



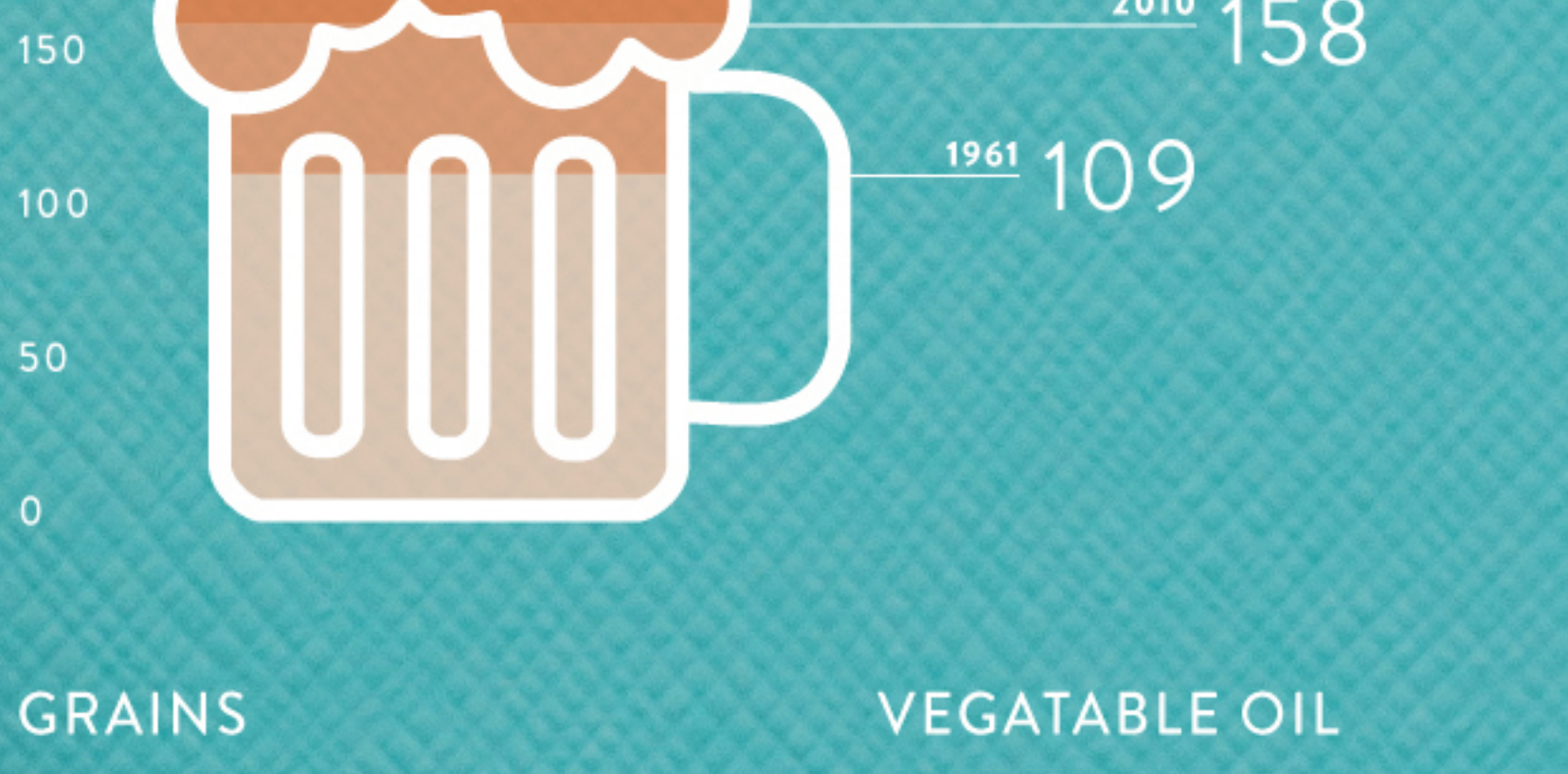
MEAT



SUGAR/SWEETENER



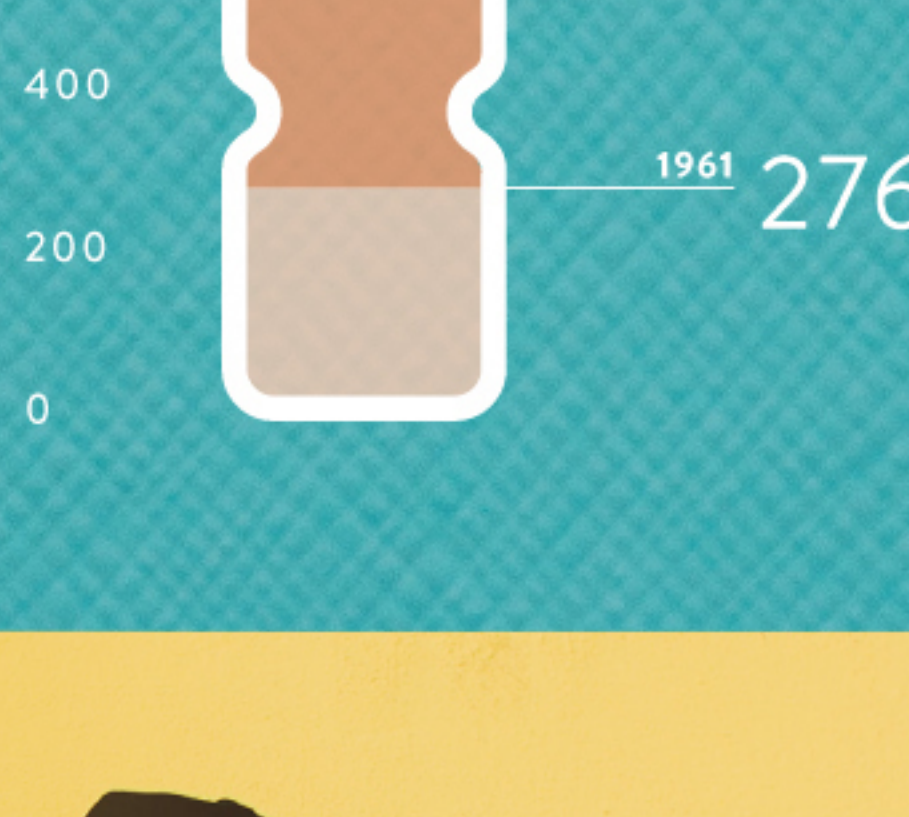
ALCOHOLIC BEVERAGES



GRAINS



VEGETABLE OIL



I'M NOT SO MUCH ON A DIET AS I AM EATING THINGS THAT AREN'T JUST

bread

150 MINUTES

Number of minutes of exercise needed per week to remain healthy.

20.6%

Percentage of people actually hitting 150 minutes per week.

17 MINUTES

Average number of minutes adults are exercising per day, which FALLS SHORT of...

30 MINUTES PER DAY

DOESN'T EAT CARBS FOR 6 HOURS REWARDS SELF

with pizza

A 40-year-old man of average height and weight who's moderately active needs

2,400

CALORIES

A 40-year-old woman with corresponding characteristics needs

1,850

CALORIES

Number of calories you'll need to burn to lose one pound

3,500

CALORIES

EATING MORE PROTEIN CAN REDUCE APPETITE, CUT CRAVINGS BY 60% AND INCREASE THE AMOUNT OF CALORIES YOU BURN

AVOID SUGARY SOFT DRINKS (AND FRUIT JUICES), THE MOST FATTENING ITEMS IN THE MODERN DIET

DRINKING MORE WATER CAN HELP WITH WEIGHT LOSS

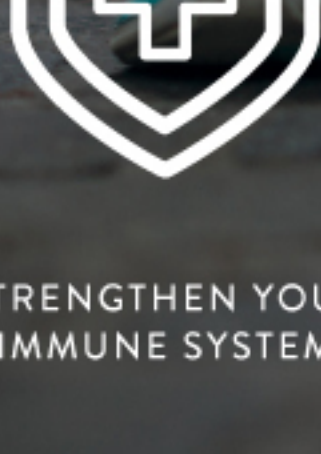
REDUCE CARBOHYDRATE INTAKE, ESPECIALLY REFINED CARBS AND SUGARS

EXERCISE AND LIFT WEIGHTS

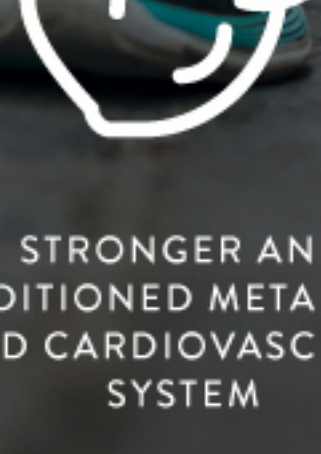
MY HEAD SAYS GYM BUT

my heart

SAYS HAPPY HOUR



STRENGTHEN YOUR IMMUNE SYSTEM



STRONGER AND CONDITIONED METABOLISM AND CARDIOVASCULAR SYSTEM



BOOST YOUR MOOD!



HAVE A MORE RESTFUL NIGHT'S SLEEP

WHY RUNNER'S HIGH GIVES

good vibes ONLY

Physical activity has a wide range of health benefits - including mental health! When you exercise you will have...

- REDUCED ANXIETY AND HAPPIER MOODS
- REDUCED FEELINGS OF STRESS
- CLEARER THINKING
- A GREATER SENSE OF CALM
- INCREASED SELF-ESTEEM
- REDUCED RISK OF DEPRESSION

SOURCES

DIETARY STATS THAT ESTABLISH THE NEED TO #LIVEHEALTHY

SOURCE: <https://www.nationalgeographic.com/what-the-world-eats/>

EXERCISE STATS TO ESTABLISH THE NEED TO #LIVEHEALTHY

SOURCES: [https://www.mayoclinicproceedings.org/article/S0025-6196\(16\)00043-4/abstract](https://www.mayoclinicproceedings.org/article/S0025-6196(16)00043-4/abstract)

<https://www.washingtonian.com/2012/05/10/how-much-do-americans-really-exercise/>

TIPS TO HELP YOU #LIVEHEALTHY

SOURCES: <http://www.pewresearch.org/fact-tank/2016/12/13/whats-on-your-table-how-americas-diet-has-changed-over-the-decades/>

<https://www.livestrong.com/article/381733-how-much-exercise-is-needed-to-lose-1-pound-of-weight/>

YOUR DAILY ROUTINE

SOURCE: <https://www.healthline.com/nutrition/how-many-calories-per-day?fl oorType=lowestByBigger#modal-close>

TIPS TO HELP YOU LIVE #LIVEHEALTHY MENTALLY

SOURCE: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/#>