

EAT RIGHT

No

Avoid or strictly limit.

Refined Carbs
Pasta
Red Meats
Caffeine
High-Fructose
Sugar
Whole Wheat*
Alcohol
Multi-Grain*
Smoking
Fried Foods

Yes

Enjoy good, fresh foods

Salads
Water
Whole Grains
Cheese
Vegetables
Fruit
Egg Whites
Fish
Complex Carbs
Chicken

* These sound healthy, but are actually processed flour. Whole grain is best.

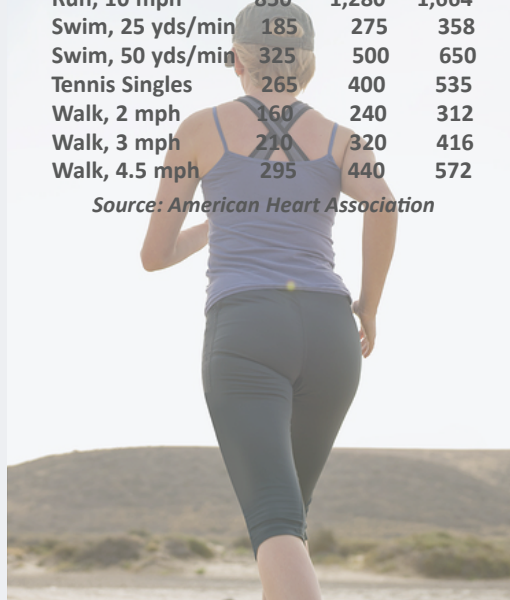


EXERCISE

This table gives approximate calories spent per hour by a 100-, 150-, and 200-pound person doing various activities

Activity	100 lb	150 lb	200 lb
Bike, 6 mph	160	240	312
Bike, 12 mph	270	410	534
Jog, 7 mph	610	920	1,230
Jump Rope	500	750	1,000
Run, 5.5 mph	440	660	962
Run, 10 mph	850	1,280	1,664
Swim, 25 yds/min	185	275	358
Swim, 50 yds/min	325	500	650
Tennis Singles	265	400	535
Walk, 2 mph	160	240	312
Walk, 3 mph	210	320	416
Walk, 4.5 mph	295	440	572

Source: American Heart Association



DRINK WATER

- ✓ The human body is over 70% water.
- ✓ Many Americans are chronically dehydrated.
- ✓ The thirst mechanism is often mistaken for hunger.
- ✓ One glass of water can shut down hunger pangs.
- ✓ Dehydration slows down one's metabolism.
- ✓ Lack of water triggers daytime fatigue.
- ✓ Dehydration can trigger fuzzy memory, trouble with reading & basic math, and joint pains.
- ✓ 8 X 8 Rule: Eight, eight ounce glasses, or for adults 2.0-2.5 liters/day



Good diet and exercise habits are essential to maintaining a healthy lifestyle. Remember to always consult with your doctor regarding diet and exercise issues. ©2019 Core IQ. All rights reserved.