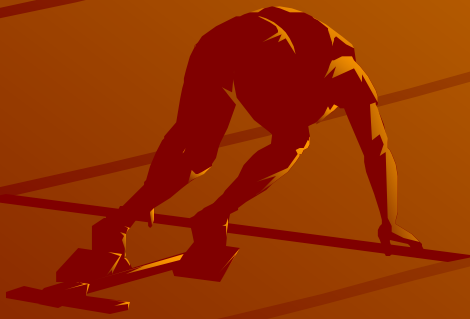


Healthy Living



Roy Pumphrey C.S.C.S.
B.S. Exercise Science

Wellness:

The Condition of good physical and mental health, especially when maintained by proper diet, exercise and habits.



Physical Fitness

- Diet

- Exercise




```
graph TD; Diet[Diet] --- FoodChoices[Food Choices]; Diet --- Portions[Portions]
```

Diet

Food Choices

Portions

Food Choices:

- More Fruits and Vegetables
 - Less refined food
 - Baked not Fried
 - Less Carbohydrates, Saturated fats
 - More Omega-3's
 - Empty Calories
- 

Choices



Portions



Twenty years ago
333 calories



Today's Burger
590 calories

Portions



Twenty Years Ago
5 cups
270 calories



Today
Tub
630 calories

Portions



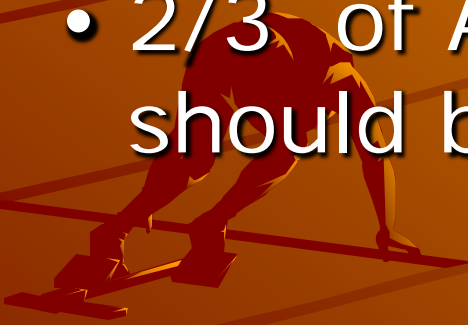
Twenty Years Ago
3-inch diameter
140 calories




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

RESULT:

- 34% OBESE
- 33% Overweight
- 2/3 of America is heavier than it should be!



Consequence

- Metabolic Syndrome
 - Angina Pectoris: chest pain
 - Pre-diabetes: kidney disease, heart failure, amputation, blindness
 - Polycystic Ovarian Syndrome: infertility, facial hair, baldness
 - Loss of muscle tone and bone density
- 

Consequences Cont:

- High Blood Pressure
- High Cholesterol
- CAD
- Arteriosclerosis
- Increased Blood insulin
- Gallstones
- Depression, anxiety
- Sleep Apnea


Consequences Cont, again:

- Urinary control
- Cancer

All From Eating too much!



Basic Rules to Follow:

- Fewer Starches
 - Fruits or vegetables with every meal
 - Lean Meats
 - Eat 3-5 smaller meals a day
 - ALWAYS eat breakfast
 - 90% on track
- 

Exercise



Exercise Components

- Mobility
- Endurance
- Strength



Guidelines

Do moderately intense cardio 30 minutes a day, five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

And

Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice



Guidelines are a

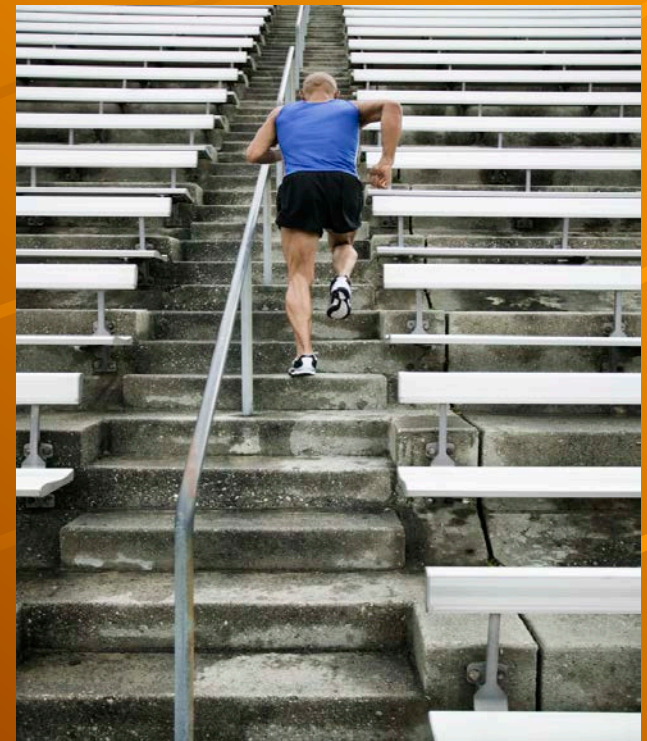
MINIMUM

MORE is needed to lose weight



Easy Ways To Exercise

- Park farther away
- Take the Stairs
- Get up every 20-40 minutes
- Clean



At Work Exercises

Stretches: Neck



At Work Exercises

Stretches: Side



At Work Exercises

Stretches: Ribcage



At Work Exercises

Stretches: Piriformis



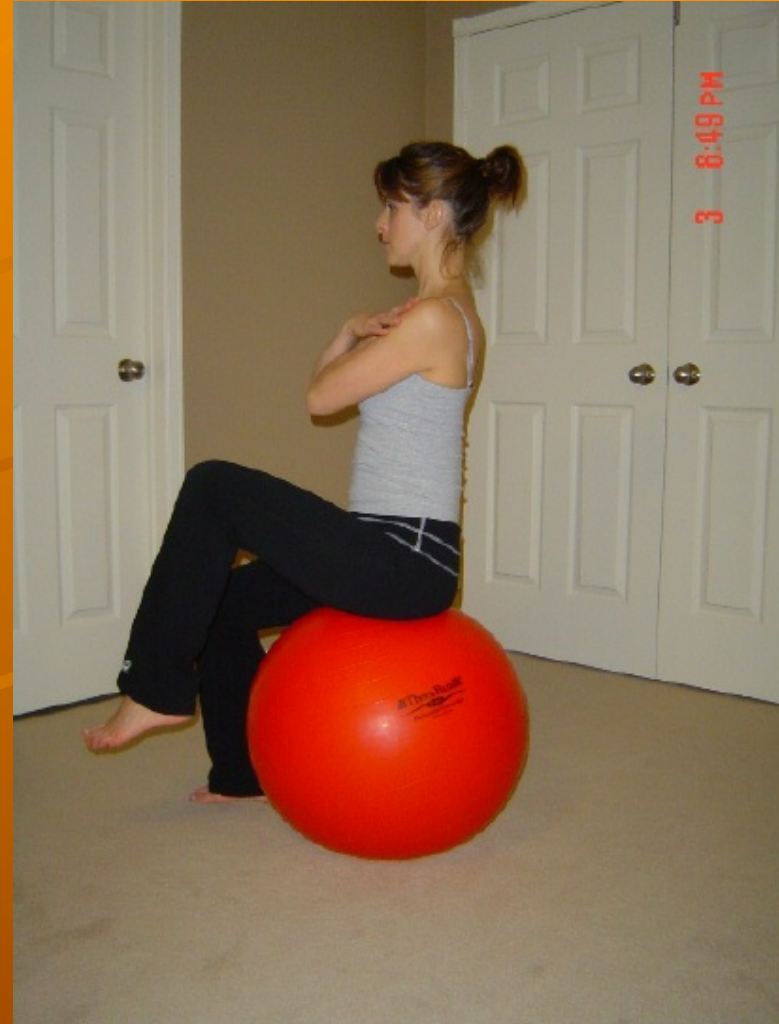
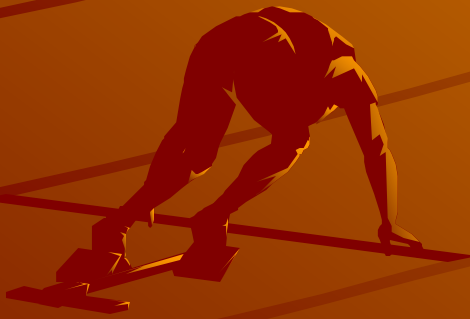
At Work Exercises

Strength: Chair Squats



At Work Exercises

Strength: Hip Flexion



At Work Exercises

Strength: Hip Extension



At Work Exercises

Strength: Chin Tuck



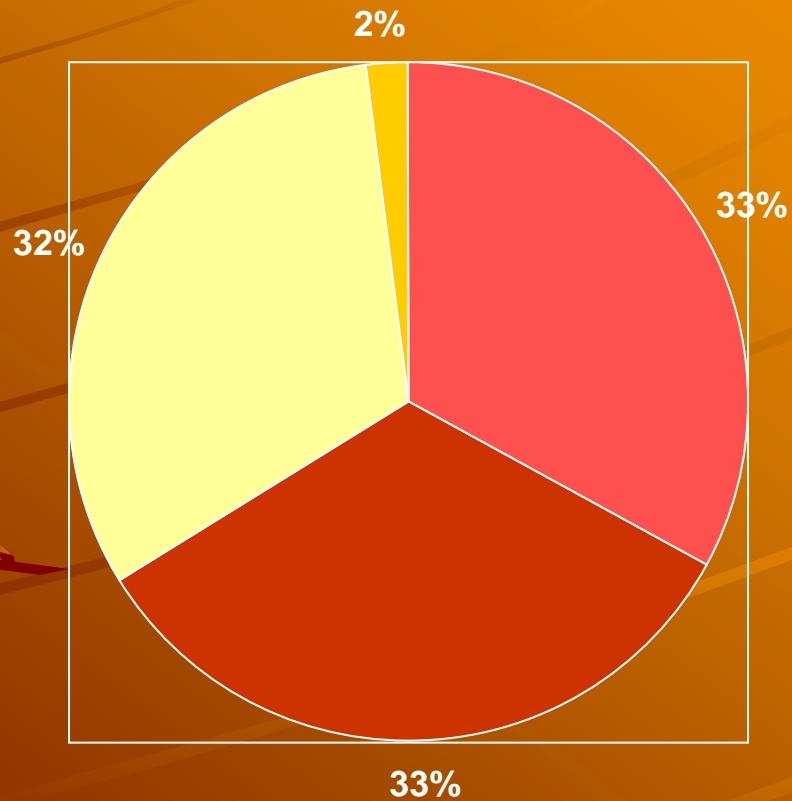
At Work Exercises

Strength: Scapular Retraction



Excuses: Time

Hours in a Day



Excuses: Beginner

EVERYONE
is at some
point.



Hey SKINNY!
...YER RIBS ARE SHOWING!

DON'T LET HIM HIT YOU, JOE!
WATCH WHAT YOU SAY, TELLA...
SHUT UP, YOU BAG OF BONES!

DARN IT! I'M TIRED OF BEING A SKINNY SCARECROW. CHARLES ATLAS SAYS HE CAN MAKE ME A NEW MAN! I'LL GAMBLE A STAMP AND GET HIS **FREE BOOK**!

BOY! IT'S DON'T TAKE LONG, WHAT A BUILD, NOW I'LL TAKE CARE OF THAT BULLY!

HERE'S A LOVE-TAP FROM THAT "BAG OF BONES," REMEMBER?

OH, JOE! YOU AIN'T A REAL HE-MAN, AFTER ALL.

WHAT A MAN! AND HE USED TO BE SO SKINNY!

I Can Make YOU a New Man, Too, In Only 15 Minutes a Day!

CHARLES ATLAS
Holder of title, "The World's Most Perfectly Developed Man."

PEOPLE used to laugh at my skinny 97-pound body. I was ashamed to strip for sports or for a swim. Girls made fun of me behind my back. THEN I discovered my body-building system, "Dynamic Tension." It made me such a complete specimen of manhood that I won the title, "The World's Most Perfectly Developed Man."

What's My Secret?

When you look in the mirror and see a healthy, husky, fellow smiling back at you — then you'll be astonished at how fast "Dynamic Tension" GETS RESULTS! It is the easy, NATURAL method and you can practice in the privacy of your own room — JUST 15 MINUTES EACH DAY. Just watch your scrawny chest and shoulder muscles begin to swell — those spindly arms and legs of yours bulge — and your whole body starts to feel "alive," full of zip and go!

Thousands are becoming husky — my way. I give you no gadgets to fool with. With "Dynamic Tension" you simply utilize the dormant muscle-power in your own body — watch it grow and multiply into real, solid LIVE MUSCLE.

FREE My 32 Page Illustrated Book is Yours — Not for \$1.00 or 10c — But FREE

Send for my book, *Exercising Health and Strength*, 32 pages of photos, valuable advice. Shows what Dynamic Tension can do, answers vital questions. A real prize for any fellow who wants a better build! I'll send you a copy FREE. It may change your whole life. Mail, coupon, to me personally, Charles Atlas, Dept. 324-W 111, 132nd Street, New York 10, N. Y.

CHARLES ATLAS, Dept. 324-W
113 East 32 St., New York 10, N. Y.

Send me — absolutely FREE — a copy of your famous book, *Exercising Health and Strength* — 32 pages, crammed with photographs, answers to vital questions, and valuable advice. This book is a real prize, and sending for it does not obligate me in any way.

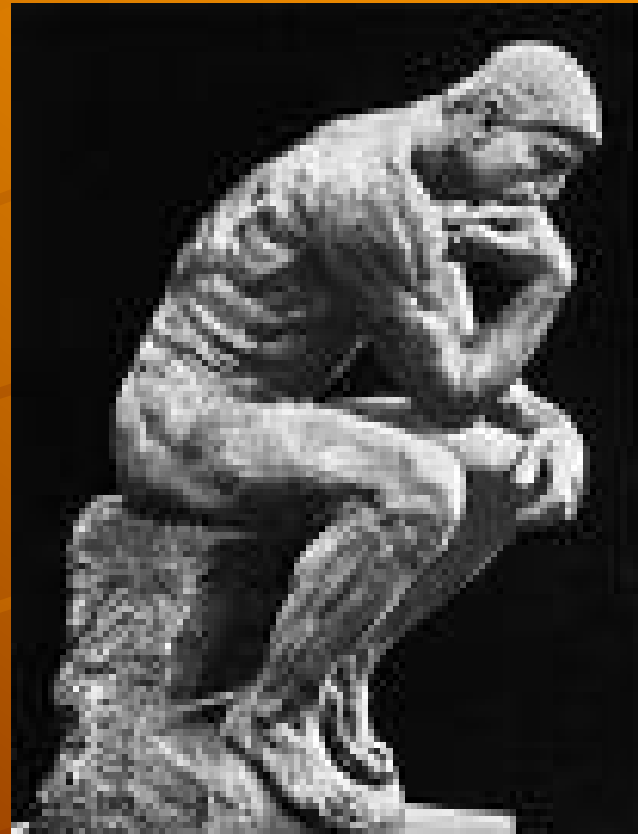
Name _____ Age _____
(Please print or write plainly)

Address _____

City _____ State _____

Magic Bullet

Be consistently consistent,
consistently.



Thanks

- Thanks for listening
- Don't be intimidated....be willing to ask for help
- Don't believe everything that you read/ see, most of it is half truths and outright lies.



Cooley

- 16121 McElderry St.
- Behind Reed Hall and The Armstrong medical building
- 410-955-2513
- Jhucologycenter.com



Shameless Plug

HIRE ME!!!
Invest in yourself!



Roypumphrey@gmail.com