

A Healthy & Fit Retirement

Benefits of Exercise

- Combats chronic diseases
- Boosts brain power
- Manages weight
- Enhances performance
- Increases energy levels
- Decreases stress
- Improves mood
- Reduces depression
- Promotes high self-esteem
- Healthy joints, bones, muscles

Getting Started

- Set realistic goals (ex: ride bike 3 days/week, strength train 2 days/week, no soda, eat breakfast)
- Weight loss vs Body Mass Index (BMI) vs Body Composition
- Calorie input vs calorie output
- DOMS

Have a Plan

- Cardiovascular Training: 3-5 days/week, 20-60 min
- Creativity in exercise
- Strength Training: 2-3 days/week, 30-45 min, total body
 - Testosterone issues in men
 - Bone density issues in women
- Flexibility Training: Minimum 2-3 days/week, ideally 4-5 days/week
 - Static stretching
 - Dynamic stretching

Nutrition

- Caloric needs: men vs. women
- Simple tips to follow
- Metabolism
- Don't skip!
- Fueling the fire
- Sodium & High Blood Pressure
- Changes as we get older
- Eat fat?
- Weakened senses
- Good carbs vs. Bad carbs
- Medications and illness
- Fiber to feel full
- Digestion
- Sneaky sugars
- Meal examples

Osteoporosis

- Definition
- Risk factors
- What you can do