

Health & Wellness

Dorothy H. Wood, Ph.D.

Dorothy's Top Ten Ways to Improve Personal Wellness for Longevity and Quality of Life

1. Move your body

Engage in some form of cardiovascular exercise, better yet, choose a variety

Lots to choose from, including:

- Walking / hiking
- Bike riding
- Running / jogging
- Group fitness classes
- Golf
- Playing competitive sports
- Ice skating / rollerblading
- Skiing
- Dancing
- Playing with children!

3 Main Methods:

Exercising to Lose Weight:

Exercise at a low intensity for long periods (1 hour +)

Exercising to Promote a Healthy Heart:

Exercise 5 days a week for ~ 20 – 30 min at moderate intensity

Exercising to Improve Cardiovascular Endurance:

Higher intensity (sweating and 60-80% maximal HR)

2. Become a fat connoisseur

Limit the amount of saturated fat you consume

30% of total calories can come from fat / 10% as saturated fat

Try your best to cut out *hydrogenated/partially hydrogenated* fats (*trans fats*) altogether

Good Fats

Naturally occurring fats:

- Nuts
- Olive oil
- Avocados
- Fish oils
- Butter

vs.

Bad Fats

- Partially hydrogenated fats**
- Margarine
- Fried foods
- Refined oils
- Most polyunsaturated fats

3. Start smart

5 easy ways to cut high, empty calories and bad fats from your diet

1. Absolutely no regular soda or juice ‘drinks’ that are not 100% fruit juice (drink water)
2. Cut out mayonnaise
3. Olive oil and vinegar on salads (no bottled dressing)
4. Reduce amount of cheese consumed* (not cottage)
* Not empty calories, but very high in animal fat
5. Cut out alcoholic beverages (1 glass of red wine OK)

4. Control your portions

Half of your plate or more should come from vegetables or fruits

Eat proteins and slow burning carbs during the day for alertness, stamina, and to build muscle

Eat less protein and more carbs later in the evening

If you *must* be naughty – do it after a workout

5. Lift Something

You don’t have to join a gym to build muscle; push ups, sit-ups, Pilates, following a video etc. are all valid ways to increase muscle mass. More muscle mass = higher metabolism

It would be worthwhile to engage a personal trainer until you are comfortable with a routine

6. Read labels

Be mindful of the portion size

Calories vs. calories from fat

The ‘bad guys’

Look for high fiber

The more of these the better

The greater the gap between ‘Total Carbohydrate’ and ‘Sugars’ the better

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

7. **Sort out the carbohydrates**

It's important for *everyone* to control their blood sugar – not just diabetics

Avoid refined flour and refined sugar products – those high (>70) on the glycemic index (see last page of this handout) you might as well shoot fat into your arteries

Refined carbohydrates are processed very quickly in the body and if the energy is not used up immediately, it is stored as fat

Moreover, they initiate a 'crash and burn' situation whereby you create a high release of insulin from your pancreas after eating the first high carbohydrate food which lowers your blood sugar. Your sugar levels quickly plummet causing you to crave sugary foods starting the cycle once again. With those insulin spikes you will feel drained of energy.

If you stick to good sources of complex carbohydrates, those low on the glycemic index (< 55); whole grain breads and cereals, vegetables and fruits, you will avoid dramatic insulin swings thereby protecting your pancreas

On a final note, rapid insulin release also initiates chemicals to be released from your cells that cause inflammation and DNA damage. This in turn increases the build-up of cholesterol along the artery walls that can ultimately block the vessels leading to heart attack and stroke.

Check out www.glycemicindex.com

8. **Shop the periphery**

Fill your basket primarily from the periphery of the grocery store

The more processed a product, the fewer nutrients it retains

For vegetables, frozen is better than canned

Dr. Bob Arnott coined the phrase 'Eat the Food of Your Ancestors' in his book 'Turning Back the Clock'

Stick to fresh fruits and vegetables, good quality protein, and whole grain products

Don't forget your fiber; 25 – 30g / day from beans, peas, pulses, berries, cereal

9. **Use good judgement**

- Do you always wear your seatbelt?
- Do you smoke?
- Do you have more than 2 alcoholic drinks / day?
- Do you multitask while driving?
- Do you get enough sleep?
- Do you wear sunscreen?

10. Visit the doctor

It is essential to get the go ahead from your doctor before beginning an exercise program. He/she may want to modify a particular exercise in your program – it's best to determine that before you begin.

Helpful hints to make your program work for you:

- Make exercising fun – workout with your partner or a friend, and do something you enjoy
- Beware of 'low fat' or 'fat free' foods – they're often loaded with sugar
- Beware of 'low carb' foods – they're often loaded with fat!
- Water, water, water
- Keep a large bag of almonds with you – they're the world's best snack food
- Eat breakfast always and NEVER skip meals

NOTE:

You should *not* eat fewer calories than your body requires to run all of its necessary processes in the absence of other activities; i.e. the number of calories you would burn if you stayed in bed all day

This is your basal metabolic rate (BMR)

Ideally, you should have this calculated for you at a wellness center for example, but you can get a general idea by checking out these web sites:

<http://www.room42.com/nutrition/basal.shtml> (I like this one best)

<http://health.discovery.com/tools/calculators/basal/basal.html>

To lose weight without lowering your metabolism

- Find out your basal metabolic rate and *don't* eat fewer calories than that
- Eat the right amount, then exercise off calories for a net loss overall

Please feel free to contact me if you have any questions or need any words of encouragement

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Glycemic Index (selected foods)

Cereals		Snacks		Pasta		Beans	
All Bran	51	chocolate bar	49	cheese tortellini	50	baked	44
Bran Buds + psyll	45	corn chips	72	fettucini	32	black beans, boiled	30
Bran Flakes	74	croissant	67	linguini	50	butter, boiled	33
Cheerios	74	doughnut	76	macaroni	46	cannellini beans	31
Corn Chex	83	graham crackers	74	spagh, 5 min boiled	33	garbanzo, boiled	34
Cornflakes	83	jelly beans	80	spagh, 15 min boiled	44	kidney, boiled	29
Cream of Wheat	66	Life Savers	70	spagh, prot enrich	28	kidney, canned	52
Frosted Flakes	55	oatmeal cookie	57	vermicelli	35	lentils, green, brown	30
Grapenuts	67	pizza, cheese & tom	60	Soups/Vegetables		lima, boiled	32
Life	66	Pizza Hut, supreme	33	beets, canned	64	navy beans	38
muesli, natural	54	popcorn, light micro	55	black bean soup	64	pinto, boiled	39
Nutri-grain	66	potato chips	56	carrots, fresh, boil	49	red lentils, boiled	27
oatmeal, old fach	48	pound cake	54	corn, sweet	56	soy, boiled	16
Puffed Wheat	67	Power bars	58	green pea, soup	66	Breads	
Raisin Bran	73	pretzels	83	green pea, frozen	47	bagel, plain	72
Rice Chex	89	saltine crackers	74	lima beans, frozen	32	baquette, Frnch	95
Shredded Wheat	67	shortbread cookies	64	parsnips	97	croissant	67
Special K	54	Snickers bar	41	peas, fresh, boil	48	dark rey	76
Total	76	strawberry jam	51	split pea soup w/ham	66	hamburger bun	61
Fruit		vanilla wafers	77	tomato soup	38	muffins	
apple	38	Wheat Thins	67	Drinks		apple, cin	44
apricots	57	Crackers		apple juice	40	blueberry	59
banana	56	graham	74	colas	65	oat & raisin	54
cantalope	65	rice cakes	80	Gatorade	78	pita	57
cherries	22	rye	68	grapefruit juice	48	pizza, cheese	60
dates	103	soda	72	orange juice	46	pumpernickel	49
grapefruit	25	Wheat Thins	67	pineapple juice	46	sourdough	54
grapes	46	Cereal Grains		Milk Products		rye	64
kiwi	52	barley	25	chocolate milk	35	white	70
mango	55	basmati white rice	58	custard	43	wheat	68
orange	43	bulgar	48	ice cream, van	60	Root Crops	
papaya	58	couscous	65	ice milk, van	50	french fries	75
peach	42	cornmeal	68	skim milk	32	pot, new, boiled	59
pear	58	millet	71	soy milk	31	pot, red, baked	93
pineapple	66	Sugars		tofu frozen dessert	115	pot, sweet	52
plums	39	fructose	22	whole milk	30	pot, white, boiled	63
prunes	15	honey	62	yogurt, fruit	36	pot, white, mash	70
raisins	64	maltose	105	yogurt, plain	14	yam	54
watermelon	72	table sugar	64				