



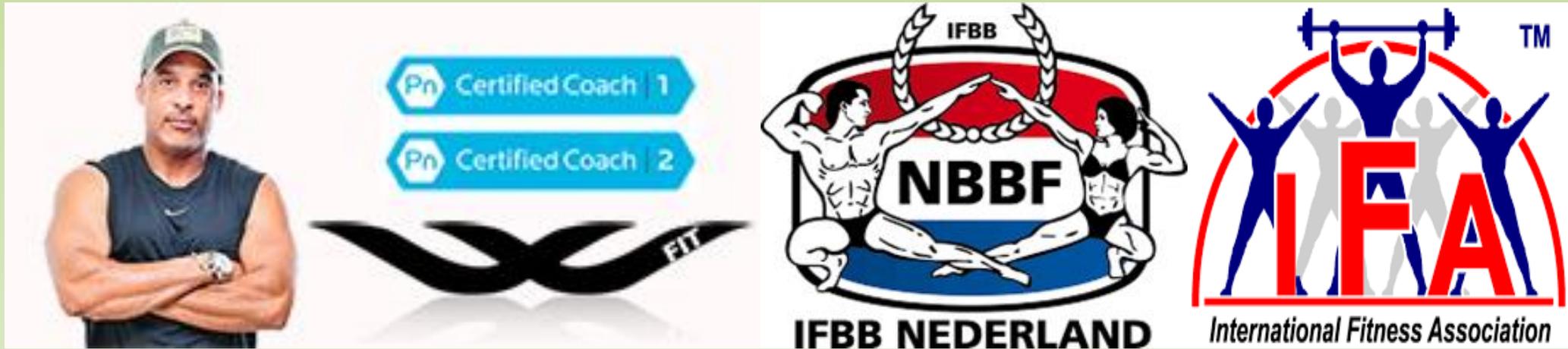
# FIT 4 LIFE SEMINAR

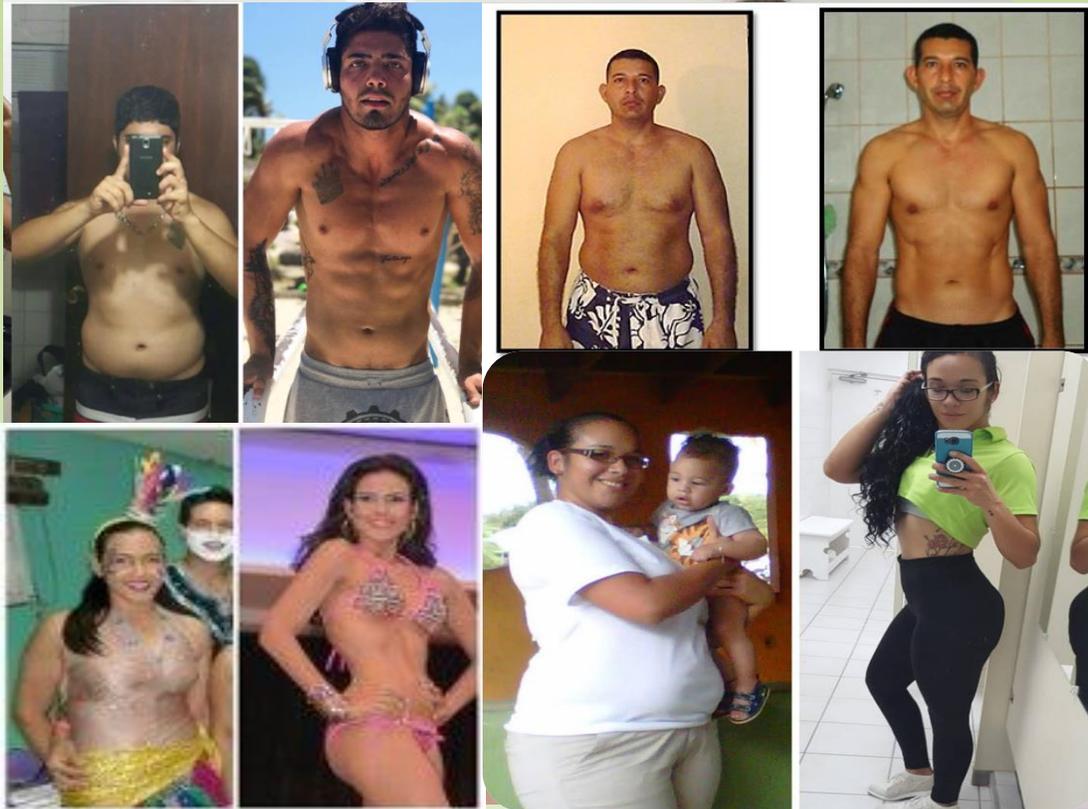


# FIT 4 LIFE SEMINAR



# FIT 4 LIFE SEMINAR





**OFICINA**  
DI BAHAYA PESO Y SALUD



**EXERCISE IS KING..NUTRITION IS QUEEN  
2GETHER YOU HAVE A KINGDOM**

# REASONS TO EXERCISE



# MY DREAM CAR –ACURA NSX



# MI MOTIBONAN PA TA FIT





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## 1. LOWERS HEART RATE

Aerobics exercise strengthens the heart (muscle) so that your heart pumps blood more efficiently.

- by pumping more blood with each beat. Since the exercised heart is more efficient, it transfers more oxygen to the cells. This in essence can lengthen your life by several years

## 2. REDUCES THE RISK OF HEART DISEASE

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## 3. CONTROLS CHOLESTEROL

- Exercise controls the ratio of good cholesterol (HDL) to bad cholesterol (LDL)...and also lowers triglycerides.

## 4. LOWERS BLOOD PRESSURE

## 5. REDUCES THE RISK OF COLON CANCER

## 6. REDUCES THE RISK OF STROKE

## 7. PROMOTES STRONG & HEALTHY BONES

Exercise increases circulation and flow of nutrients to the bones, reducing the risk of fractures and osteoporosis.

## 8. STRONGER CIRCULATORY SYSTEM & LUNGS

## 9. BETTER SKIN TONE

- natural pain killers, exercise can help alleviate pain, such as PMS symptoms and menstrual cramps. The deep breathing during exercise brings more oxygen to the blood, which relaxes the uterus.

## 10. WEIGHT LOSS & MAINTANANCE

- Exercise increases the body's metabolism (rate at which the body burns calories) as well as build muscle which helps burning the fat.

## 11. CONTROLS BLOOD SUGAR

- Exercise helps maintain the body's glucose levels, important especially for diabetics and those at risk for diabetes.

## 12. HELPS WITH PAIN TOLERANCE

- By increasing the level of endorphins, the body's natural pain killers, exercise can help alleviate By increasing the level of endorphins, the body's natural pain killers, exercise can help alleviate pain, such as PMS symptoms and menstrual cramps. The deep breathing during exercise brings more oxygen to the blood, which relaxes the uterus.



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## 13. IMPROVES YOUR INTELLECTUAL CAPACITY

•Exercise increases your productivity by helping to clear your head so you can approach your work refreshed and able to concentrate.

## 14. MAKES FOR EASIER PREGNANCY AND CHILD BIRTH

## 15. PROMOTES FLEXIBILITY

## 16. REDUCES BACK ACHES

## 17. CONTROL PHYSICAL & EMOTIONAL STRESS.

Not only does exercise reduce physical and emotional stress, but it can also alleviate bouts of anxiety or depression. or depression.

## 18. PROMOTES A YOUNGER AND HEALTHIER BODY

•We spend money every year trying to maintain a healthy and younger body. Regular exercise can help slow down the aging process..

## 19. PROLONGED INDEPENDENCE FOR THE OLDER PERSON.

## 20. STRENGTHENS IMMUNE SYSTEM OVER THE LONG TERM

## 21. GIVES YOU MORE ENERGY

## 22. REGULATES THE BODY'S WAISTE SYSTEM

## 23. BETTER VERALL HEALTH

## 24. IMPROVES YOUR SLEEP.

**25. BUILDS MUSCLE WHICH MAKES THE BODY BURN MORE FAT!! EVEN AT REST!!**

# FIT 4 LIFE SEMINAR – Nutrition

## WHY EAT AND WHY EAT HEALTHY ????????

- Hungry
- Satisfaction
- Energy
- Necessary calories
- Necessary nutrients
- Avoid getting sick
- Fortified the body's mechanism & recovery mode
- Our metabolism
- **LOOK GOOD!!!**





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## 6 NUTRIENTS

^ CARBS (ENERGY)

^ VITAMINS

^ PROTEIN (MUSCLES+...)

^ MINERALS

^ FATS (OVERALL HEALTH)

^ WATER



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## CARBS/HARINJA - ENERGY

- Natural: rice, pasta, bread, beans, potatoes...
- Manufactured: cakes, cookies, flour, sugar products...



Note: *all carbohydrates foods are digested, broken down and absorbed as sugar(GLOCUSE- blood sugar).The muscles and liver capture the sugars from the food like a tank does with water but when these tanks are full, excess carbs will be stored as body fat!!!*

**Glucose stimulates the pancreas to release STORAGE HORMONES INSULINE... that clears sugar form the blood and deposit into the tissues (muscles, fat...)**





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## SIMPLE CARBS (man made)

- Cakes
- Juices
- Soda
- White Rice
- Table sugar
- Cookies
- White bread

## COMPLEX CARBS (natural)

- Wild rice
- Yams
- Sweet Potatoes
- Whole Grain
- Oatmeal
- Quinoa
- Rye cereal



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## PROTEIN (MUSCLES)

- **PROTEINS**

Building blocks are required for health and derived from animal foods.

Complete proteins such as: Chicken

Turkey

Meat

Lamb

Fish

Eggs...



Note: *Protein foods are digested, broken down and absorbed as amino acids. Amino acids are to protein as glucose is to carbs. Amino acids are used for millions of reactions in the body (hormones production, immune support, strong teeth, healthy hair)*



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- **Saturated fats** (solid at room temp i.e.: Butter + fats found in animals).

- Scaring within the arteries
- Clogging of the artery walls
- Blood more thick

**Healthy Heart**



**Healthy You**

- **Unsaturated fats** (liquid at room temp i.e.: Olive oil-Avocado-Olives-Nuts-Fish)



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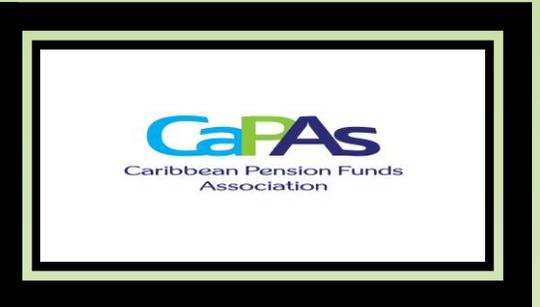
## HEALTHY FATS

### OMEGA 3

- **Where?:** Salmon, Avocado, Olive oil, Olives, Nuts or fish oil supplement
- **What?:** Blocks damaging effects of saturated fats & protects cardio vascular degeneration. Thins the blood & abate cancer growth.
  - » Factor in fat loss (less insulin=leaner body)
- **How much?:** 4 to 5 times a week



# FASTING 4 BETTER HEALTH - INTERMITTENT FASTING & PROLONGED FASTING



# FASTING 4 BETTER HEALTH - INTERMITTENT FASTING & PROLONGED FASTING

## What is Intermittent Fasting ?

Intermittent fasting is an eating pattern where you cycle between periods of eating and fasting (NOT eating).

Many studies show that this can cause [weight loss](#), improve metabolic health, protect against disease and help you live longer!



# FASTING 4 BETTER

## HEALTH - INTERMITTENT FASTING & PROLONGED FASTING

**A Pro Longed fast is anywhere between 24 & 72 Hours**

- Autophagy
- Slow cell aging (skin)
- Reduce inflammation
- Improves insulin sensitivity and blood sugar levels
- Aid to weight loss
- Enhance Heart Health by Improving Blood Pressure, Triglycerides and Cholesterol Levels.
- Boost Brain Function and Prevent Neurodegenerative Disorders



# FASTING 4 BETTER HEALTH - INTERMITTENT FASTING & PROLONGED FASTING

## HOURLY BENEFITS OF FASTING

### 4-8 Hours

- Blood sugars fall
- All food has left the stomach
- Insulin is no longer produced

### 12 Hours

- Food consumed has been burned
- Digestive system goes to sleep
- Body begins healing process
- Human Growth Hormones begins to increase
- Glucagon is released to balance blood sugar

### 14 Hours

- Body has converted to using stored fat as energy
- Human Growth Hormone starts to increase dramatically

### 16 Hours

- Body is ramping up fat burning

### 18 Hours

- Human Growth Hormone starts to skyrocket

### 24 Hours

- Autophagy begins. *(Autophagy is when your body takes damaged cells, yeast, fungus, and misfolded proteins and recycles them in to fresh new brain cells and nerve cells, provides cardio and immune system protection.)*
- Drains all glycogen stores
- Ketones are released into the blood stream

### 36 Hours

- Autophagy increases by 300%

### 48 Hours

- Autophagy increases 30% more
- Immune system reset, and regeneration starts
- Increased reduction in inflammatory response

### 72 Hours

- Autophagy maxes out



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## NUTRITION MYTHS

### 1. Sugar Causes Diabetes

The most common nutrition myth is probably that sugar causes diabetes. If you have diabetes, you do need to watch your [sugar](#) and [carbohydrate](#) intake, with the help of your Registered Dietitian, to properly manage your blood sugar level. However, if you do not have diabetes, sugar intake will not cause you to develop the disease. The main risk factors for Type 2 diabetes are a diet high in calories, being overweight, and an inactive lifestyle.

### 2. All Fats are bad

It's a long-held nutrition myth that all fats are bad. But the fact is, we all need fat. Fats aid nutrient absorption and nerve transmission, and they help to maintain cell membrane integrity - to name just a few of their useful purposes. However, when consumed in excessive amounts, fats contribute to weight gain, heart disease and certain types of cancers.

Not all fats are created equal. Some fats can actually help promote good health, while others increase the risk for heart disease. The key is to replace bad fats (saturated fats and trans fats) with good fats (monounsaturated fats and polyunsaturated fats).



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### **3. Sugar is better than White Sugar**

The brown sugar sold at grocery stores is actually white granulated sugar with added molasses. Yes, brown sugar contains minute amounts of minerals. But unless you eat a gigantic portion of brown sugar every day, the mineral content difference between brown sugar and white sugar is absolutely insignificant. The idea that brown and white sugar have big differences is another common nutrition myth.

### **4. Brown Eggs are more nutritious than White Eggs**

Contrary to a widely believed nutrition myth, eggshell color has nothing to do with the quality, flavor, nutritive value, cooking characteristics, or shell thickness of an egg. The eggshell color only depends upon the breed of the hen.

According to the Egg Nutrition Council, "white shelled eggs are produced by hens with white feathers and white ear lobes and brown shelled eggs are produced by hens with red feathers and red ear lobes. There is no difference in taste or nutrition content between white and brown colored eggs".



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## 5. **Avoid seafood to lower blood cholesterol**

I still can't believe it, but I heard this nutrition myth from my own doctor! In fact, the dietary cholesterol found in seafood and other meats has little effect on blood cholesterol in most people. Saturated fats and trans fatty acids are the most important factors that raise blood cholesterol.

Saturated fats are usually found in meat products and packaged foods, and trans fatty acids are found in packaged snack foods, deep-fried foods or firm margarine containing hydrogenated oil.

## 6. **Avoid carbohydrate to lose weight**

The key message that many low-carb diets convey is that carbohydrates promote insulin production, which in turn results in weight gain. Therefore by reducing carbohydrate intake, you can lose weight. Unfortunately, this is just another nutrition myth.

Many low-carb diets actually do not provide sufficient carbohydrates to your body for daily maintenance. Therefore your body will begin to burn stored carbohydrates (glycogen) for energy. When your body starts burning glycogen, water is released. Therefore the drastic initial drop of weight at the beginning of a low-carb diet is mostly the water that you lose as a result of burning glycogen.



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## 7. **Avoid nuts, avocado, salmon..... as they are fattening**

Yes, it's true that nuts are quite calorically dense. Fifteen cashews, for instance, deliver 180 kilo calories! On top of that, it is very tough not to overeat these tasty snacks. But if you can restrain yourself from overeating them, nuts can be a part of a healthy diet.

It's a nutrition myth that nuts should be avoided. In fact, nuts are high in monounsaturated and polyunsaturated fats ([the good fats](#)) as well as plant sterols, all of which have been shown to lower LDL cholesterol.

In 2003, the FDA approved a health claim for seven kinds of nuts stating that "scientific evidence suggests but does not prove that eating 1.5 ounces (45 grams) per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease." Instead of simply adding nuts to your diet, the best approach is to eat them in replacement of foods high in saturated fats.



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## **8. Eating for 2 is necessary during pregnancy**

Energy requirements vary among individuals. Unfortunately, the idea that pregnancy is an ice cream free-for-all is a nutrition myth. It is generally recommended that pregnant women increase their daily intake by 100 kcal in the first trimester and 300 kcal in the second and third trimesters. An extra snack before bedtime consisting of a fruit, a serving of milk or yogurt, and a few biscuits is often enough. A daily prenatal multivitamin supplement is often recommended during pregnancy, but not a daily bowl of ice cream!

## **9. Skipping meals can help lose weight**

Many people think that by skipping a meal, they will be eating less food and therefore lose weight. As we now know, this is a nutrition myth. People who think skipping meals means weight loss do not understand how our bodies work.

If you skip a meal, your body will think that you are in starvation mode and therefore slow down the metabolism to compensate. You then tend to overeat at the next meal. Often, skipping a meal and then eating too much at the next one means that you have a higher total caloric intake than if you just ate more frequently throughout the day. A better approach is to eat smaller frequent healthy meals and snacks to keep your blood sugar balanced.



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## 10. Cow's milk is very healthy

- Under current industrial methods, cow's milk is often a [toxic bovine brew of man-made ingredients](#) like bio-engineered hormones, antibiotics (55% of U.S. antibiotics are fed to livestock), and pesticides—all of which are bad for us *and* the [environment](#). For example, unintentional [pesticide poisonings](#) kill an estimated 355,000 people globally each year. In addition the drugs pumped into livestock often [re-visit us in our water supply](#).
- [Milk is actually a poor source for dietary calcium](#). Humans, like cows, get all the calcium they need from a plant-based diet.



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## 1. Broken bones

- Despite the hype, cow's milk actually robs our bones of calcium. Animal proteins produce acid when they're broken down, and calcium is an excellent acid neutralizer, so ... you can see where this is going.

## 2. Prostate cancer

- Milk and cheese have been linked to an increased risk of developing prostate cancer. But dairy-free diets? They've been shown to slow its progress.



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- [Ovarian cancer](#)
- [A Swedish study](#) showed that women who consumed four or more servings of dairy “products” each day were *twice* as likely to develop serous ovarian cancer.
- [Milk allergies](#)
- A different beast than lactose intolerance, milk allergies can cause potentially strong and dangerous reactions (usually in young children), such as vomiting or anaphylaxis.
- Rich in fiber and MCTs, it may offer a number of benefits, including improved heart health, weight loss, and digestion. Yet, it's high in calories **and saturated fat**, so you should eat it in moderation.
- DAIRY - **Raises Risk of Heart Disease**
- Dairy products are high in fat and loaded with cholesterol, and studies have shown that diets high in saturated fat and cholesterol increase the risk of heart disease, the number one killer of men and women in the



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- Keto diet risks

Top of the list: **it's high in saturated fat.** McManus recommends that you keep saturated fats to no more than 7% of your daily calories because of the link to heart disease. And indeed, the keto diet is associated with an increase in "bad" LDL cholesterol, which is also linked to heart disease.

- Low-carbohydrate diets might be useful in the short-term to lose weight, lower blood pressure, and improve blood glucose control, but our study suggests that in the long-term **they are linked with an increased risk of death from any cause, and deaths due to cardiovascular disease, cerebrovascular disease, and cancer."**



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- Can you detox on a liquid diet?
- **It's a myth that they will "detox" you.**

Your liver, kidneys, lungs, and lymphatic system (among other parts of your body) all work hard to remove toxins and impurities from your body and keep you healthy. Avoiding solid foods and opting for a liquid diet won't "wash out" your digestive system, either.

- **ANIMAL PROTEIN'**
- What are the disadvantages of animal protein?

Animal products provide the highest-quality protein sources. On the flip side, several studies have linked red meat consumption to an **increased risk of heart disease, stroke, and early death**. Further studies have shown that eating more processed red meat may actually increase the risk of dying from heart disease.



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- **Alcohol can increase levels of estrogen and other hormones associated with hormone-receptor-positive breast cancer.** Alcohol also may increase breast cancer risk by damaging DNA in cells. Compared to women who don't drink at all, women who have three alcoholic drinks per week have a 15% higher risk of breast cancer.<sup>29</sup> Aug 2022



# EFEKTONAN DI ALCOHOL



- Unintentional injuries such as car crash, falls, burns, drowning
- Intentional injuries such as firearm injuries, sexual assault, domestic violence
- Increased on-the-job injuries and loss of productivity
- Increased family problems, broken relationships
- Alcohol poisoning
- High blood pressure, stroke, and other heart-related diseases
- Liver disease
- Nerve damage
- Sexual problems

# EFEKTONAN DI ALCOHOL



- Vitamin B<sub>1</sub> deficiency, which can lead to a disorder characterized by amnesia, apathy and disorientation
- Ulcers
- Gastritis (inflammation of stomach walls)
- Malnutrition
- Cancer of the mouth and throat

# EFEKTONAN DI ALCOHOL



## Liver Disease Progression



Healthy Liver



Fibrotic Liver

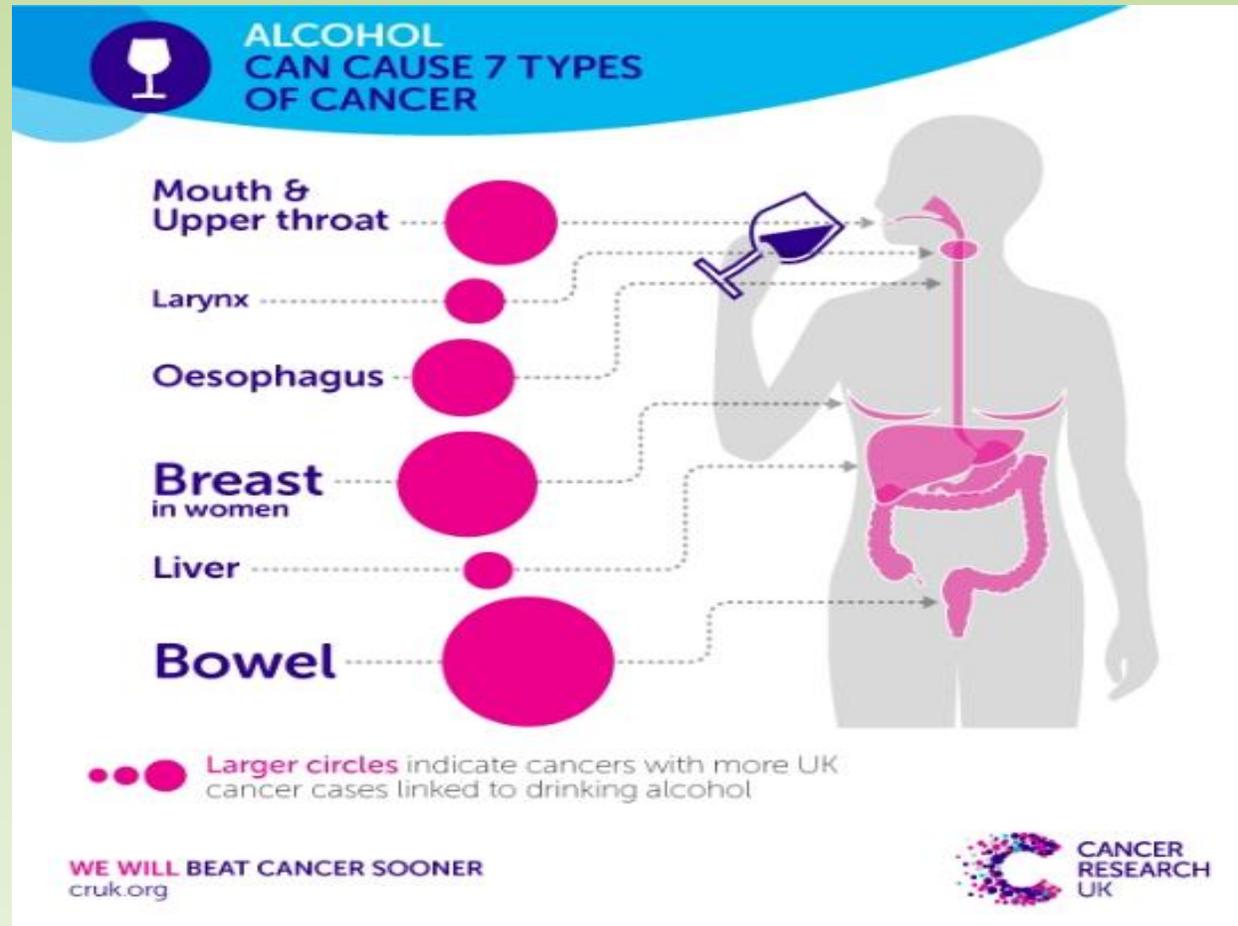


Cirrhotic Liver



Liver Cancer

# EFEKTONAN DI ALCOHOL



# EFEKTONAN DI ALCOHOL





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- **WOMEN, ALCOHOL AND CANCER**

Breast cancer: **Drinking even small amounts of alcohol is linked with an increased risk of breast cancer in women.** Alcohol can raise estrogen levels in the body, which may explain some of the increased risk. Avoiding or cutting back on alcohol may be an important way for many women to lower their risk of breast cancer.





**Nutricion & Movecion**

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