

Optimal function of your body and mind is not simply the absence of disease.  
You can dramatically improve the function of your body and your mind with proper diet, exercise and sleep.  
*“If you do not maintain your health now, you cannot get it back later.”*

**The benefits of Optimal Function of Your Mind and Body:**

1. Live longer
  - Increase your life span
2. Live better
  - Be more active at every age
  - Lower the incidence of diseases, including heart attack, stroke, cancer, dementia, fractures and depression
3. Improve your mental & academic performance
  - Cognition, focus, concentrate and recall

The number 3 preventable cause of death is obesity and the number 4 cause is inactivity (lack of exercise)

**How many calories should you eat?**

- ✓ To lose **one** pound you have to burn 3500 calories more than you eat (each pound of fat represents 3500 calories)
- ✓ A 5’10 - 200 pound man eating 2000 calories a day, instead of 2600 will take off 36 extra pounds the first year. Add exercise and lose the 36 pounds in six months.
- ✓ Eating the national average of 3700 calories per day would add 66 pounds that same year.

**Fitness VS Fatness**

- Better to be fat and fit, than skinny and un-fit
- Low level of fitness is a bigger risk factor for mortality, than mild-moderate obesity.
- Benefits of physical activity are the same regardless of how much you weigh.

**Pick the right exercise**

Raise your heart rate: Even large amounts of light exercise will not significantly improve your lifespan over that of the couch potato.

Exercise is based upon a percentage of your Maximum Heart Rate: **Maximum Heart Rate = 206 – (0.67 x age)**  
For a 20 year old, Maximum Heart Rate is about 190bpm

**How do you maintain a proper body weight?**

1. Know your ideal body weight
2. Know how many calories you should eat each day
3. Learn how to count calories
4. Eat the correct foods
5. **Exercise**

**Need help with counting calories?**

1. WeightWatchers.com
2. My Fitness Pal
3. “Restaurants” app on the iPad and iPhone
4. Package labels and restaurant menus

**Vigorous exercise is the key!**

**Then what kind of exercise?**

- Endurance exercise (Aerobic): Running, cycling, swimming, skiing and walking can add **six years** to your life on average.
- Team sports: Soccer, baseball and ice hockey can add **four years** to your life on average
- Power sports (Anaerobic): Weight lifting, field events and sprinting add only **two years**. Power Exercisers and Couch Potatoes are both at higher risk for collapse.

**Exercise Helps You Live Longer**

A Harvard Alumni Study examined mortality rates in 17,000 men over a 22 year period.

Life expectancy was two years longer for those who exercised *burning over 2000 calories a week* versus those who were sedentary.  
2000 calories = 15 miles jogging per week (3miles, 5 days per week)

**You need to schedule 30 minutes of vigorous aerobic exercise 5 days each week.**

**Sleep**

- Sleep is necessary! Most are unaware of the importance of getting enough sleep or the harmful effects of sleep deprivation.
- **The average person requires 8 hours of sleep each night.** The average college student sleeps 6.8 hours per night and 15% sleep only 4 hours per night.

**Sleep deprivation**

Sleep deprivation has a strong negative effect on every aspect of mental function. The sleep deprived individual is not aware of the decrease in mental function.

**The negative effects include:**

- Poor concentration
- Confusion
- Decreased ability to focus
- Decreased communication skills
- Decreased cognition & cognitive speed
- Decreased reaction time
- Loss of attention
- Decreased memory (recall) and memory consolidation

**The most common cause of sleep deprivation are:**

- Not allowing enough hours for sleep
- Not being able to fall asleep
- Sleeping lightly
- Waking during the night

Only sleep can reduce sleep deprivation. Drugs, stimulants and caffeine cannot reverse the negative effects of sleep deprivation on mental function

**CONCLUSION**

Eat less  
Eat less animal fat, salt and sugar  
Do 30 minutes of aerobic exercise a day, 5 days a week  
Get 8 hours of sleep each night