



# Exercise and Nutrition

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# Why This Matters



Energy levels throughout the workday



Productivity and focus



Long-term health and disease prevention





Stress management and mental health

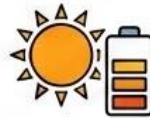
**Key Message:** Nutrition and fitness work best when combined



## The Connection Between Nutrition & Fitness

 **Food = Fuel for movement** →   
**Exercise = Uses and improves that fuel**

- Together they:
  - Improve energy
  - Build strength
  - Support recovery



**Improve  
energy**



**Build  
strength**



**Support  
recovery**

# SMART Goals for Health

**S** Specific   **M** Measurable   **A** Achievable   **R** Relevant   **T** Time-Bound

Example:

- “Walk 20 minutes during lunch, 4 days/week for 4 weeks”
- “Lift weights 2x/week for the next month”



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“Lift weights 2x/week for the next month”



Tip: Start small and build consistency

# Benefits of Proper Nutrition

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### Key Benefits



Sustained energy levels



Improved brain function



Supports immune system



Helps maintain healthy weight

- Sustained energy levels
- Improved brain function
- Supports immune system
- Helps maintain healthy weight

### Food Examples:

- Protein: chicken, eggs, Greek yogurt
- Carbs: rice, oats, fruit
- Fats: nuts, avocado, olive oil

### Food Examples



Protein: chicken, eggs, Greek yogurt



Carbs: rice, oats, fruit



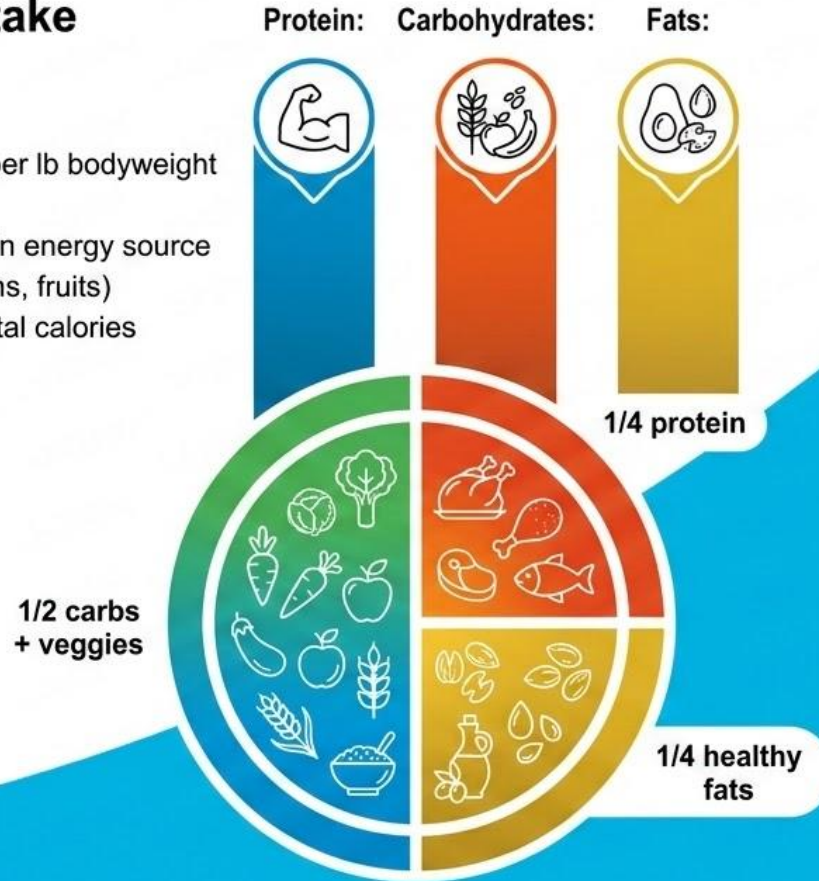
Fats: nuts, avocado, olive oil

## Macronutrient Intake Guidelines

- **Protein:** ~0.7–1.0g per lb bodyweight (active individuals)
- **Carbohydrates:** Main energy source (focus on whole grains, fruits)
- **Fats:** ~20–35% of total calories

### Simple Plate:

- 1/2 carbs + veggies
- 1/4 protein
- 1/4 healthy fats



# Micronutrients & Hydration



## Micronutrients & Hydration



- **Micronutrients:** Vitamins & minerals support energy, immunity, recovery



- Fruits, vegetables, whole foods



- **Water Intake:**

- ~½ bodyweight (lbs) in ounces daily baseline
- More with exercise



## Water Intake

- ~½ bodyweight (lbs) in ounces daily baseline



- More with exercise



## Benefits of Cardiovascular Training

# Benefits of Cardiovascular Training



Improves  
heart health



Increases  
endurance



Burns  
calories





Reduces  
stress



**Examples:** walking, jogging, biking, swimming



## Cardio Recommendations (ACSM)

-  150–300 min moderate/week OR
-  75–150 min vigorous/week

### Workplace Examples:

-  Walking meetings
-  Taking stairs
-  10–20 min walk breaks

## Benefits of Resistance Training (NSCA)



### **Builds Muscle & Strength**

Increases lean muscle mass and functional power.



### **Increases Metabolism**

Boosts resting metabolic rate and calorie expenditure.



### **Improves Bone Density**

Strengthens bones and reduces osteoporosis risk.





### **Reduces Injury Risk**


Enhances joint stability and connective tissue health.

# Strength Training Recommendations


## Guidelines


 2–3 days/week


 1–3 sets per  
exercise

 8–12 reps

## Exercises:

 Squats, lunges

 Push-ups, bench press

 Rows, pull-downs

 Planks, core work

## Flexibility & Mobility



2–3+ days/week (daily ideal)



Hold 15–30 seconds

### Examples:



Hamstrings, hips, shoulders





Foam rolling







## How to Combine It Weekly

MON	TUE	WED	THU	FRI	WEEKEND SAT SUN
					
Strength + walk	Cardio + stretch	Strength	Light cardio	Strength + cardio	Active recovery

## Progression Principles

-  Start where you are
-  Progress gradually

### Examples:

-  Walk 10 min → 30 min 
-  Bodyweight → add weight 
-  8 reps → 12 reps 

## Recovery Recommendations



Sleep: 7–9 hours/night



Hydration daily



Rest days (1–2 per week)

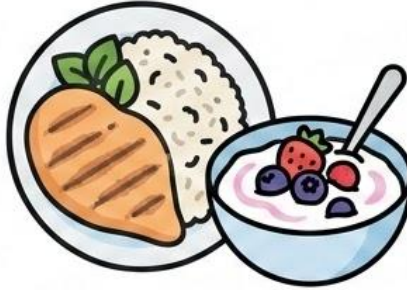


Nutrition post-workout (protein + carbs)

# Nutrition + Fitness Together



**Pre-workout**  
banana + protein  
shake



**Post-workout**  
chicken + rice,  
yogurt + fruit



**Hydration**  
Hydrate  
throughout day



# Easy Daily Routine

## Morning:

- Breakfast + light movement



## Work:

- Hydrate + walk breaks



## After Work:

- Exercise + balanced meal

# Overcoming Barriers

## Overcoming Barriers



"No time"

→ 20–30 min workouts



"Too tired"




→ better nutrition helps



"Too busy"

→ simple meals

## Key Takeaways

-  Combine nutrition + fitness
-  Follow simple guidelines
-  Be consistent



Your health impacts your work, family, and life.

## Call to Action



Set 1 SMART goal (nutrition)



Set 1 SMART goal (fitness)

## Q&A



What is one change you can start today?