

Nutrition vs Fitness: Fighting for a Sustainable Lifestyle

OUTLINE: dfittx.com

- Who is Dustin?
 - Certified Trainer of 17 years
 - Certified Nutrition Coach
 - B.S. & M.S. in Nutrition & Exercise from UNL
 - If you have a crazy life and struggle with consistency to achieve healthy habits, then I offer programs that will help you achieve your health habits through a sustainable and supportive program
- The BIG Question
 - Mirror, mirror on the wall, which is the best of them all?
 - Will Nutrition or Fitness help me reach my goal?
- Let's start with challenges and diets
 - 75 Hard Challenge anyone?
 - Are you STILL doing it?
 - Is it sustainable?
 - What happens if you quit?
 - What did you learn while doing X Challenge?
 - It can get you to focus, but if it's so hard that you can't sustain it forever and "relapse", was it worth it?
- Let's focus on nutrition
 - Diets and Challenges say to limit/avoid Carbs or Fats because they're bad.
 - Well which is it?
 - You eliminate one, you need to pick up the slack somewhere
 - But someone tells you 250g of protein how do you react?
- What is a macronutrient and what's its role in the body?
 - Carbohydrates - Glucose (sugar)
 - THE main source of energy for the brain
 - Muscles
 - Keto diet & CVD
 - Fats - Omega 3 & 6
 - Energy
 - Protects organs
 - Supports cell growth
 - Fat Soluble Vitamins
 - Hormones
 - Proteins - Amino Acids & Complete Proteins
 - Animal sources
 - Muscles
 - Cell growth & maintenance
 - DNA expression
 - Supports immune health
 - Doctors' recommendations & Sustainability
- Balancing Nutrition & 80% effort

- What's Your Goal?
 - Weight Loss
 - Weight Gain
 - Weight Maintenance
- Fitness - Strength Training & Aerobic Training
 - The lack of both is primary risk factor for coronary heart disease
 - Inadequate strength leads to injuries or decreased BMD
- Strength
 - Standing & Sitting
 - Do you have to use your hands?
 - Are lower cabinets a problem?
 - Increases metabolism through increased lean muscle mass
 - Example of inactive 70 year old
- Cardiovascular Training
 - Heart & Lungs
 - Supply oxygen rich blood to muscles & organs
 - Increases metabolism and burns calories
 - My Grandma
 - Feeling Trapped at 89
- So what is it, Nutrition or Fitness?
 - SURPRISE!
- Do it Sustainably
 - Small Changes
 - Invest in a trainer
 - Accountability Partner
 - Kind yet FIRM
 - Community
 - Long haul vs Quick fix
 - Sustainable vs Burnout
- Take home tips
 - Nutrition
 - Deflect the mind
 - Make good choices Easier
 - Atomic Habits - James Clear
 - Fitness
 - Short bouts
 - Activity Snack
 - Walking & Shopping
 - Lazy, Time, Helping Others
- Conclusion
 - Sustainability is unique
 - Aesthetics
 - Health
 - Performance
 - Consistency & Accountability
- FREE Virtual Consultation