

Welcome

- We will be starting soon
- There is no sound until we get started
- Please keep your phones and computers on mute to support a pleasant experience to all
- Use the chat feature for questions

Just in Time Training

Providing Support for Health Care Staff/Frontline Workers

**TOPIC: 5 Steps to Creating a Fit,
Healthier Lifestyle for Busy
Healthcare Professionals**



Today's Presenter

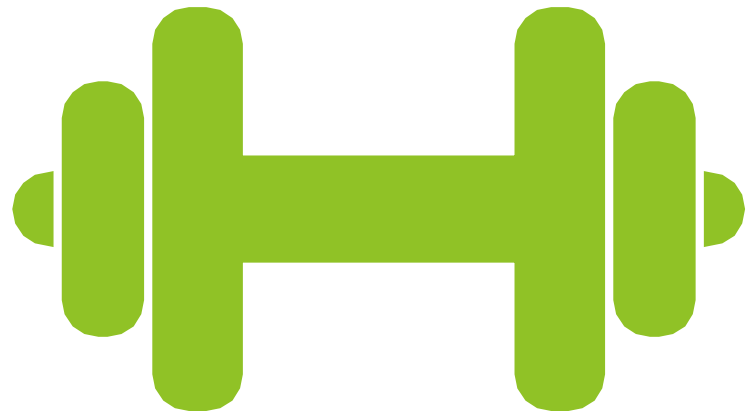
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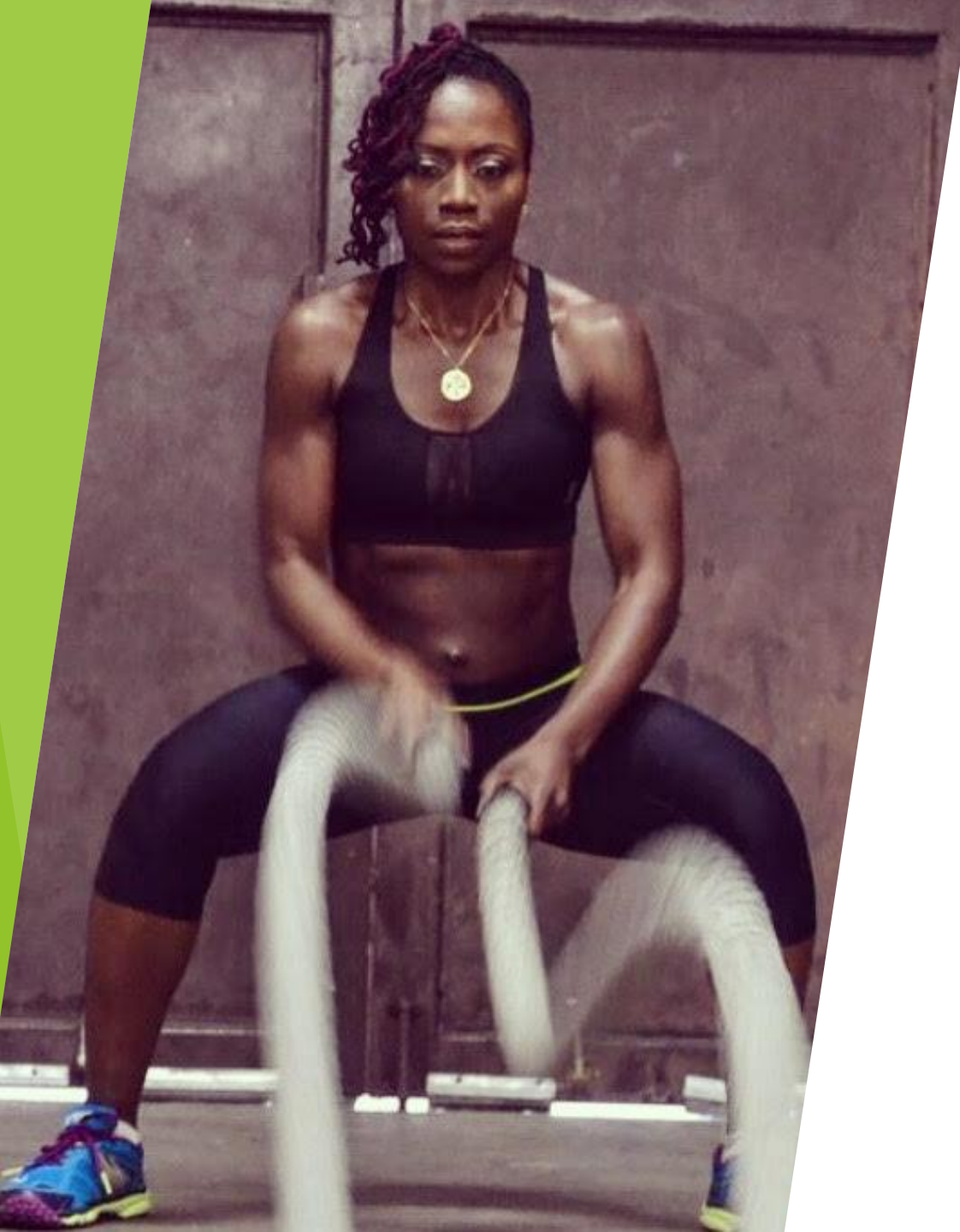


5 Steps to Create A Fit, Healthier Lifestyle for Busy Healthcare Professionals

Dianah T. Lake, MD

ER Physician, Fitness & Weight
Loss Coach, Menopause
Wellness Expert

Creator of Dr. Di Fitness



Who's
interested in
being more fit,
having better
eating and
sleeping habits,
and better
management of
their stress &
weight?



Reasons to consider a fit lifestyle

- ▶ Torch fat, boost your metabolism, and feel vibrant again!
- ▶ You want to be healthy, happy, fit and fulfilled.
- ▶ You want to commit to a healthier lifestyle, and feel alive, energized and well!
- ▶ You want to learn tricks that you can use for a lifetime to stay fit, maintain a healthy weight, blood pressure, glucose, cholesterol level and a healthy heart and mind. Age gracefully & better manage menopause.



Nutrition Goals:
Change mindset and
relationship with
food, transform your
body and finally
understand nutrition
and holistic living!



FIT GOALS...

- ▶ Lose weight, obesity risks
- ▶ Increase your strength and speed
- ▶ Lose belly fat (baby pouch/baby weight)
- ▶ Understand effective exercises and weight training
- ▶ Reduce abdominal visceral fat
- ▶ Sculpt
- ▶ Tone
- ▶ Heart Healthy
- ▶ Prevention and Longevity



My
Journey...why
health and
fitness became
relevant to me.

What's your
why?

My Journey...Holistic Nutrition



My Journey...finding solutions





My Transformation to Fitness and Weight Management Coaching

A Busy Healthcare Professional's Fitness Guide To Lose Weight & Create A Healthy Lifestyle

- ▶ Winning Mindset and Positive Vibes
- ▶ Proper Nutrition
- ▶ Hydration, Hunger, Cravings and Addictions
- ▶ Fitness: Cardio and Strength Training
- ▶ Selfcare, Support, Sleep and Stress Management, Menopause wellness
- ▶ Supplements

Benefits of Fitness and Weight Loss

- ▶ Healthier heart
- ▶ Lower risk of DM, HTN, Stroke, some Cancers
- ▶ Improved strength and endurance
- ▶ A better sex drive/intimacy
- ▶ Longevity and vitality
- ▶ Active lifestyle
- ▶ Fun and Mobility
- ▶ Body confidence



STEP 1: Winning Mindset/Positive Vibes!



- ▶ Limiting Beliefs
- ▶ Negative self-talk
- ▶ Planning to WIN
- ▶ Creating Time for Fitness, Clean Eating and Self-care
- ▶ Prioritizing YOU!

STEP 2: Nutrition/Macronutrients

1. Carbs:

- ~Fuel, energy source!
- ~Low glycemic foods are best for controlling blood glucose and weight gain.
- ~veggies, salads, berries, quinoa, brown rice, oatmeal, sprouted grains (Ezekiel Bread) and sweet potatoes.
- ~Limit bread/pasta/sugary fruits.

2. Protein:

- ~Great building blocks for building muscle and a lean physique.
- ~eggs, lean meats/chicken/turkey, fish, pulses, nuts, Greek yogurt, cottage cheese (keep Sat Fat low)



Nutrition: Macronutrients

3. Healthy Fats:

- ~Omega 3 acids
- ~Boost metabolism
- ~Heart healthy
- ~Detoxes the liver to facilitate better fat breakdown
- ~Antioxidants; reduce inflammation!
- ~ Avocado, wild caught tuna, salmon, cod, nuts, chia seeds, flaxseeds, olive oil, coconut oil, eggs, hemp oil, nut butter



Nutrition: Micronutrients

4. Micronutrients:

~Vitamins and minerals in the foods we eat/absorb.

~They prevent disease and reduce signs of aging and inflammation.

~Vit A, D, C, E, K, K2,
B complex, Choline, Folate,
carotenoids, Omega 3, fatty acids,
Selenium, Iron, Zinc, Manganese,
Sodium...



Hydration, Hunger, Cravings and Addictions



- Hydration
- Cravings at night (night shift hacks)
- Salt
- Sugar
- Alcohol

STEP 3: Fitness & Strength Training

- ▶ 3 Days of Cardio (25 mins)
- ▶ 4-5 Days of Strength Training (based on body types)
- ▶ Cardio: StepMill, running, tennis, basketball, soccer, walking, spinning, dancing, cycling, jumprope
- ▶ Strength Training: Weightlifting, CrossFit, Calisthenics, Resistance bands,



Step 4: Adequate Sleep...

- *Focus/less errors
- *Growth hormone release
- *Skin glow
- *Muscle growth
- *Refreshed and vibrant
- *Make better food choices



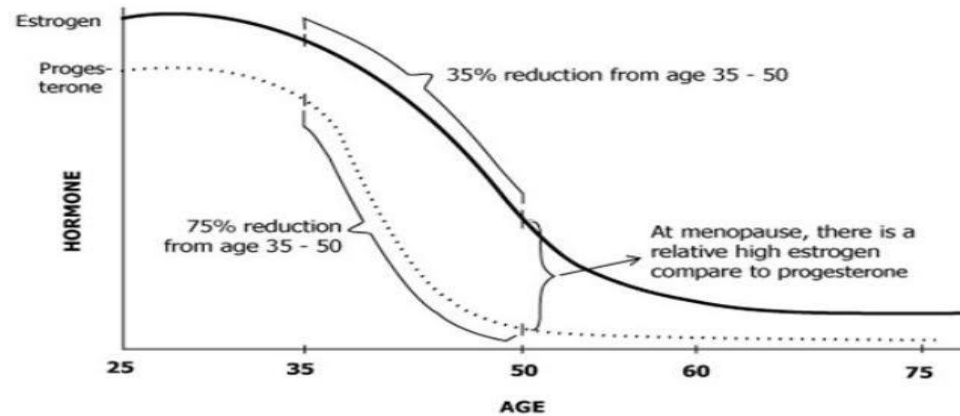
Selfcare and Stress Mgmt.

- ~ Hobbies
- ~ Plan it
- ~ Therapy
- ~ Sleep
- ~ Gratitude
- ~ Joy
- ~ Days trips
- ~ 7 areas of selfcare



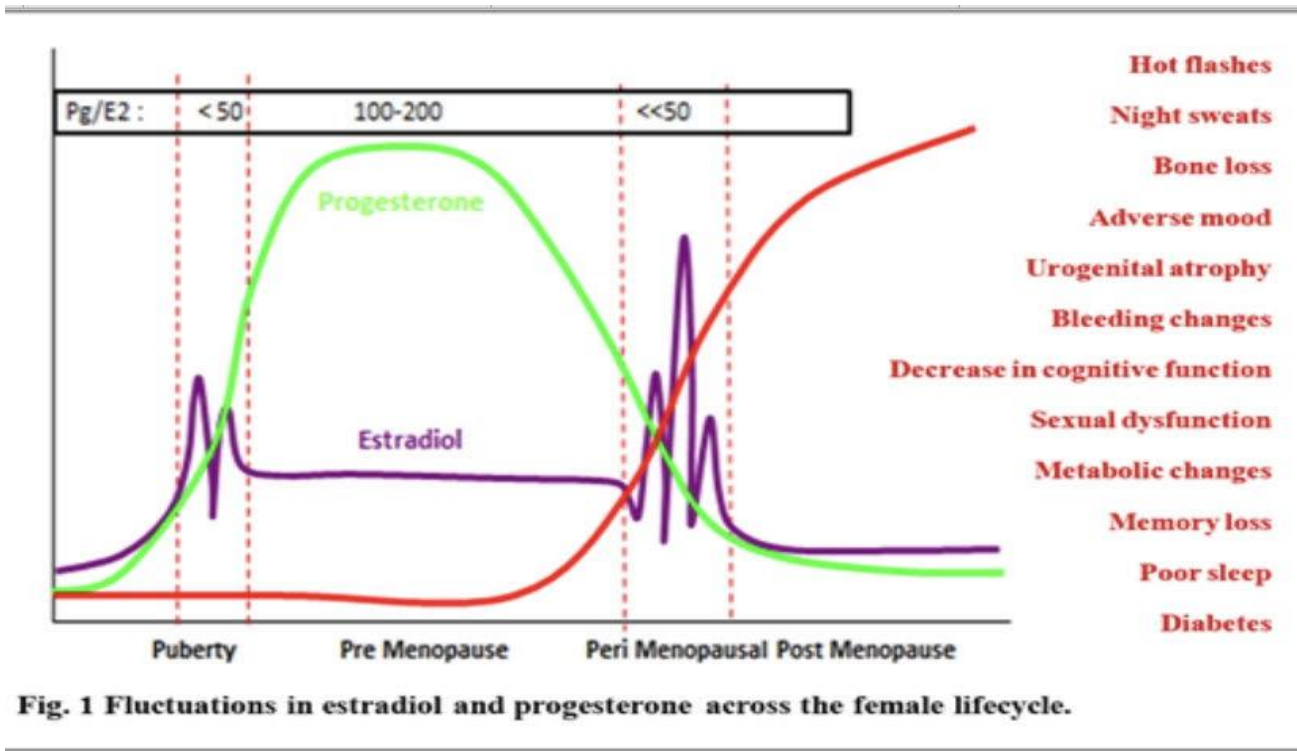
Hormonal decline with menopause

Estrogen decreases to $\frac{1}{2}$ - $\frac{1}{3}$ of baseline levels where progesterone decrease to $\frac{1}{120}$ of baseline levels.



Lee J. What Your Doctor May Not Tell You About Menopause

Menopause Wellness & Abdominal Weight Gain (Hormonal changes)



Menopause Symptoms

1

Eliminate Hot Flashes

2

Improve your sleep and
focus

3

Improve your mood and
sex drive

Menopause
Care...focus on
hormone
replenishment first,
then weight
management.
~Protect your bones,
brain and heart.

Step 5: Supplements!

- ▶ Pre-workout drinks
- ▶ Protein shakes
- ▶ Green tea/Fat burners
- ▶ Pre- and Probiotics
- ▶ BCAAs
- ▶ Fish oil, Omega3 acids
- ▶ Apple Cider Vinegar
- ▶ Amino acids Supps
(Glutamine, Creatine,
Arginine, CLA)
- ▶ Vit D, C, B complex



WIN in Health, Fitness and Weight Management even with your busy life.



Find Me on Social Media!

WWW.DrDiFitLife.Com

FACEBOOK: Dr. Di Fitness (public page)

Private FB Group: FIT BOSS Culture Club with Dr. Di

IG: @DrDiFitLife





Ladies...
Book Your Free Fitness
Breakthrough Consultation:
<https://DrDiFitLife.as.me>



Questions??