

FITNESS ON YOUR PHONE

Best apps for exercise, nutrition, and mental health

EXERCISE CRASH COURSE

HOW TO STRUCTURE YOUR WORKOUT

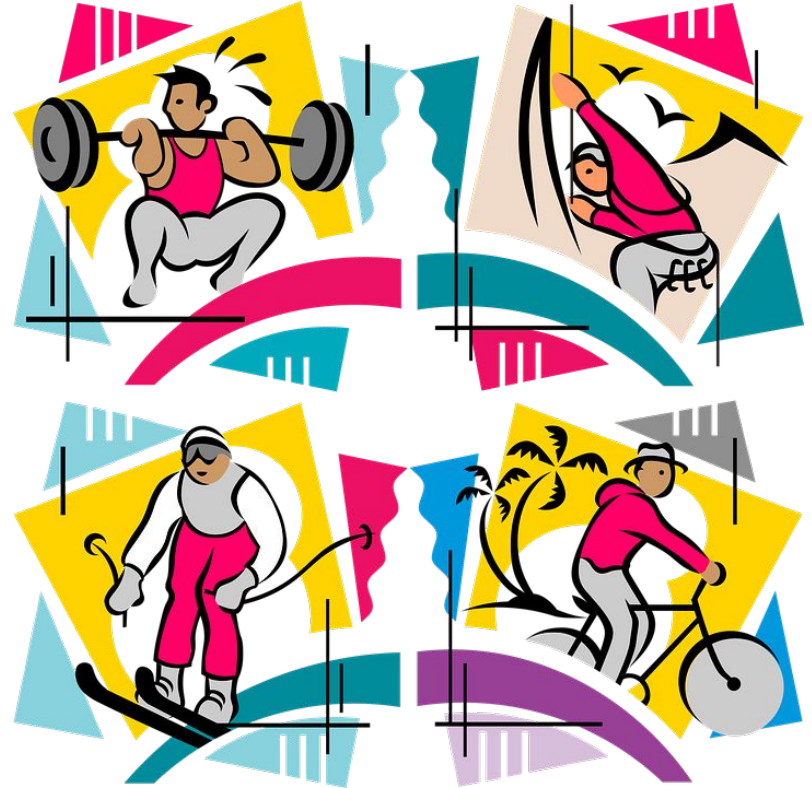
What are your goals? Lose Weight

How much time do you have? Start with 3 days

What are your limitations? Injuries

What are your expectations?
Realistic

What do you like to do?
Outdoors/with or without people



HOW TO STRUCTURE A WORKOUT

Start out slow

Rep all phases of physical fitness

Muscular Strength- Weight Lifting

Muscular Endurance- High Rep Resistance exercises

Cardiovascular Fitness-Run/Walk/Row

Flexibility/Mobility-Stretch and Dynamic stretching

Anaerobic Fitness-Sprinting/agility drills

1. FITT Principle (Frequency Intensity Type Time)
2. Only Increase one or two principle at a time for success and low injury rate.
3. Do not Start on a Monday.

CARDIO



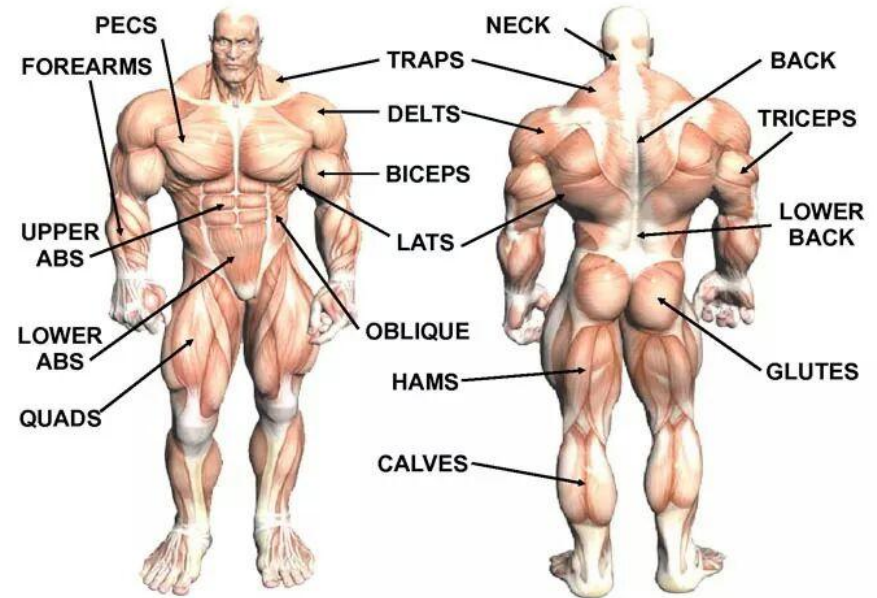
1. At least 20 min of moderate intensity or 30 min of light intensity. Anything over an hour becomes the law of diminishing returns on metabolic rate.

2. Use a variety

3. Mix in Anaerobic and agility training to spike metabolism and stay athletic if health allows.

STRENGTH TRAINING

1. Days a week depends on splits
2. Focus depends on goals- hypertrophy, strength, power
3. Do what is fun
4. The good points are endless.



COMMON NAMES FOR MAJOR MUSCLE GROUPS

HIGH INTENSITY INTERVAL TRAINING (HIIT)

Short periods of intense forms of anaerobic physical fitness with less intense recovery periods until too exhausted to continue. It is a cardiovascular exercise strategy that normally lasts less than 30 minutes. HIIT workouts burn fat and preserve more muscle mass than conventional cardio regimes.



YOGA/STRETCHING

1. Joints become stiffer due to lack of mobility. Some of that has to do with lack of collagen being present in your body as you age.
2. Yoga and mobility work should be done every morning to loosen up the joints.



BEST APPS

For Cardio: **C25K 5K Trainer**, Nike+ Run Club, RunKeeper,

For HIIT: 8 fit, Freeletics, **HIIT MAX**

For Strength Training: Fitbod, Fitness Point, Jetfit

For Yoga/Stretching: **Asana Rebel**, Daily Yoga, ROMWOD

For Variety: Aaptiv, All Out Studio, Beachbody, **Blogilates**, Fitbit Coach, Les Mills on Demand, Nike Training Club, NEOU, Pear, Peloton, Studio Tone it Up, **Sweat **Esquared**, Mindbody

For Quick Workouts: **FitOn**, Keelo, **SworKit**, **Workout for Women**

For Socializing: Endomondo, MapMyFitness, Strava, **Charity Miles** **StepBet

For Kids (or the kid in you): Fitocracy, Pokémon GO

NUTRITION CRASH
COURSE

MACROS

Carbohydrates, Protein, and Fat

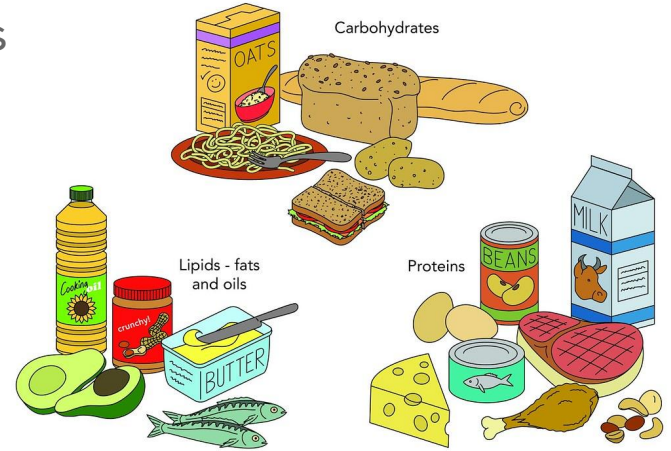
Other categories are micronutrients

Carbs - 4 cal/g

Protein - 4 cal/g

Fat - 9 cal/g

* Alcohol - 7 cal/g



POPULAR DIETS

- IIFYM (If It Fits Your Macros)
- Intermittent Fasting
- Keto
- Atkins/South Beach
- Paleo
- Whole 30
- DASH Diet
- Mediterranean Diet
- Pescetarian, Vegetarian, Vegan

BEST APPS

For Nutrition: Dashing Dish, Foodility, Fooducate, Lifesum, **MyFitnessPal**, MyNetDiary, MyPlate Calorie Counter, Nourishly, Nutrition Facts, Yummly Recipes + Shopping List, Waterlogged

**not an app: Skinnytaste

***Pact, DietBet, HealthyWage

MENTAL HEALTH
COUNTS TOO

MEDITATION AND SLEEP

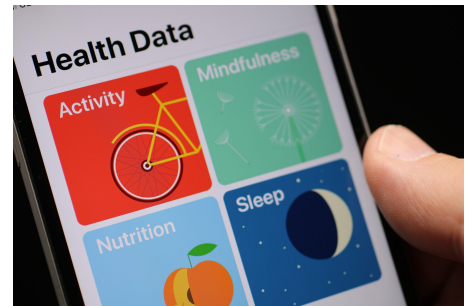
Headspace is a great app to meditate and prepare for sleep. Sleep is so important to overall health and even more important as we age. So many health problems are related to unhealthy sleep patterns.

Treat yourself like a baby. Try a milk product before bed, wear light soft clothes (UA or Bamboo Jammies), sleep in a cold dark room (68 research shows is best), use the same ritual every night, and don't have cell phone in the room while you sleep...the screen effects REM sleep.

MEDITATION CONTINUED

Meditation allows you to clear your mind and center yourself. It is not just a hippy thing. Try it and see. Start out with a few minutes and build up. Do it in the morning when you get up. Don't just jump on Insta. Allow time to clear your mind so that you can have a productive and thoughtful day.

If you fall asleep, good you need it.



BEST APPS

For Mental Health: 7 cups, **Abide**, Aura, **Calm**, Grateful: A Gratitude Journal, Happy Not Perfect, Happify, **Headspace**, Insight Timer, Meditation Studio: Find Calm, Mindfulness, MindShift, MoodTools, SAM, Sanvello, Smiling Mind, Talkspace, Wysa

For Sleep: SleepCycle, Sleep Score

For Music: FIT Radio, RockMyRun, and Spring

For SHBP Incentives: **Sharecare**

MEN'S HEALTH

MEN'S HEALTH

More protein

Test levels (anabolic)



Drug and alcohol issues

Prostate Health

Sleep levels

Stress and depression issues

HOW CAN WE HELP YOU FURTHER?

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