# TABLE OF CONTENTS

Pre-Movement Screen .................................................. 3

Your Warrior Movement Screen .................................... 4

Key Terms .................................................................. 6

The Movements ............................................................. 7

Post-Movement Screen .................................................. 21

The Nutrition Guide ...................................................... 24

Hydration Education ..................................................... 37

Goal Setting ................................................................. 41
## PRE-MOVEMENT SCREEN

Name: 

<table>
<thead>
<tr>
<th>MOVEMENT</th>
<th>MOVEMENT TIER</th>
<th>SELF-RATING</th>
<th>NOTES (Y/N)</th>
<th>PAGE NUMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SQUAT</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
<td>10</td>
</tr>
<tr>
<td>LUNGE</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
<td>10</td>
</tr>
<tr>
<td>SHOULDER MOBILITY</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
<td>10</td>
</tr>
<tr>
<td>HAMSTRING FLEXIBILITY</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
<td>10</td>
</tr>
<tr>
<td>PUSH-UP</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
<td>10</td>
</tr>
</tbody>
</table>

**MOVEMENT PRESCRIPTIONS:**

- Weeks 1 - 2: perform just soft tissue movements
- Weeks 3 - 4: perform soft tissue and mobility movements
- Weeks 5 - 12: perform soft tissue, mobility, and stability movements
YOUR WARRIOR MOVEMENT SCREEN

WHAT IS THE WARRIOR MOVEMENT SCREEN (WMS)?

The WMS is a tool your Physical Health & Wellness coordinator or specialist will use to determine how well you move. You'll perform five distinct movement tests, which will help us identify inconsistencies or limitations in practical movement patterning, joint stability, and joint range of motion.

The five movements are:

⭐ SQUAT
⭐ LUNGE
⭐ SHOULDER MOBILITY (reaching)
⭐ HAMSTRING FLEXIBILITY (standing forward fold)
⭐ PUSH-UP

WHY ARE THESE MOVEMENTS IMPORTANT?

Each test provides your coordinator or specialist with information about your movement quality as it relates to a specific joint or joints and the function of the surrounding muscles and tissues. Together, the five movements provide a comprehensive evaluation of your overall movement ability. Most importantly, it serves as the assessment that allows us to design and implement your new Corrective Exercise Program.

HOW DO WE RATE YOUR MOVEMENT?

Each movement will be scored using a three-tiered system based on how well you execute each movement. After each movement you perform, the grader will select what tier you fall in. You will then select a number within that tier that represents how well you feel you performed the movement. Using a systematic approach, each movement receives a score by assessing your balance, posture, and patterning. This scoring criterion allows consistent and reliable WMS outcomes. You will also rate yourself and state whether you performed the movement or not and what page the movement relates to.
12-WEEK TUNING PHASE

WHY 12 WEEKS?
Correcting improper movement patterns and muscular instabilities will lead to long-term behavior change and sustained physical activity. The 12 weeks are broken up into three phases:

1. DECONSTRUCT

Self Myofascial Release (SMR) is an effective tool for reconditioning soft tissue (fascia) from damage, usually caused by overuse, trauma, or muscular dysfunction. Fascia is a sheet or band of fibrous connective tissue that covers, separates, or binds together muscles, organs, and other soft structures of the body. It forms webs or bands under the skin to attach, stabilize, and separate muscles and internal organs. Fascia has a contractile ability, meaning it can contract, relax, and move on its own. By using SMR techniques, you’re promoting fascia and skeletomuscular function, preparing joints for a healthier range of motion, and decreasing the effects of stress on the entire human movement system. During this phase, you should expect to gain valuable biofeedback through experiential movement learning.

2. RECONSTRUCT

SMR and mobility are paired together in Phase II to improve your overall quality of movement. Mobility is the degree to which an articulation (where two bones meet) is allowed to move before being restricted by surrounding tissues. Good mobility is described as your capacity to move comfortably through a full range of motion without undue stress to the joint or surrounding musculature. Mobility exercises in Phase II will assist in improving posture, muscle function, and joint range of motion. During this phase, you should be comfortable and tolerant with all the SMR exercises, and you’ll start to notice improvements in your movement quality and competency.

3. REINFORCE

Phase III combines SMR, mobility, and stability for your Corrective Exercise Program. Stability is your ability to maintain or control joint movement or position, and you can achieve this by the coordinating actions of surrounding tissues and the neuromuscular system. During this phase, you’ll start to notice significant improvements in overall strength and movement quality.
<table>
<thead>
<tr>
<th>KEY TERMS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRONE</strong></td>
</tr>
<tr>
<td><strong>SUPINE</strong></td>
</tr>
<tr>
<td><strong>SIDE-LYING</strong></td>
</tr>
<tr>
<td><strong>ASSISTED</strong></td>
</tr>
<tr>
<td><strong>HALF-KNEELING</strong></td>
</tr>
<tr>
<td><strong>TRIGGER POINT</strong></td>
</tr>
<tr>
<td><strong>ATHLETIC POSTURE</strong></td>
</tr>
<tr>
<td>1. <strong>Head straight</strong></td>
</tr>
<tr>
<td>2. <strong>Shoulders back, chest out</strong></td>
</tr>
<tr>
<td>3. <strong>Soft knees</strong></td>
</tr>
<tr>
<td>4. <strong>Flat lower back</strong></td>
</tr>
</tbody>
</table>
THE MOVEMENTS

1. SQUAT
2. LUNGE
3. SHOULDER MOBILITY
4. HAMSTRING FLEXIBILITY
5. PUSH-UP
**SOFT TISSUE ★ FOAM ROLL THORACIC SPINE**

**MOVEMENT PRESCRIPTION:**
★ Perform 30–60 seconds of active rolling. Rest as needed. (Repeat 1-2x)

**MOVEMENT INSTRUCTIONS:**
1. Place foam roller horizontally across shoulder blades in a comfortable position.
2. Slowly roll down to the lower back.
3. Return to starting position and repeat.

**MOBILITY ★ 90/90 STRETCH**

**MOVEMENT PRESCRIPTION:**
★ Perform 6-10 repetitions on each side. (Repeat 1-2x)

**MOVEMENT INSTRUCTIONS:**
1. Begin in a side-lying position with your feet, knees, shoulders, and hands stacked.
2. Keep your knees stacked and against the floor as you open your chest and bring your arm to the opposite side of your body.
3. Pause in the finished position and return to the starting point.
SQUAT

MOBILITY ➔ SUPINE KNEE HUGS

1

2

3

MOVEMENT PRESCRIPTION:
★ Perform 6-10 repetitions on each side. (Repeat 1-2x)

MOVEMENT INSTRUCTIONS:
1. Begin in a supine position, bend your leg, and hug your knee toward your chest.
2. Hold for one second.
3. Return to starting position and repeat on other side.

STABILITY ➔ ASSISTED SQUAT

1

2

3

MOVEMENT PRESCRIPTION:
★ Perform 4-12 repetitions. (Repeat 1-3x)

MOVEMENT INSTRUCTIONS:
1. With your knees behind your toes and your spine in a neutral position, lower down into a squatting position.
2. Return to starting position and repeat.
3. Use the assist to gain range of motion (depth of squat), balance, and strength compensation.
**MOVEMENT PRESCRIPTION:**
⭐ Perform 8-12 lateral steps in each direction. (Repeat 1-3x)

**MOVEMENT INSTRUCTIONS:**
1. With an athletic posture, take a medium to large step laterally in one direction; and with control, move the other foot in the same direction to return to the athletic posture.
2. Continue to step laterally in that same direction until you’ve completed 8-12 steps.
3. Take another 8-12 steps in the other direction (that equals one set).
LUNGE

SOFT TISSUE » FOAM ROLL

MOVEMENT PRESCRIPTION:
★ Perform 30-60 seconds of active rolling. Rest as needed. (Repeat 1-2x)

MOVEMENT INSTRUCTIONS:
1. Lie parallel to the floor with the foam roller underneath you, just below the hip crease.
2. Roll down to just above the knee joint.
3. Roll up to return to the starting position.

SOFT TISSUE » TRIGGER POINT/FOAM ROLL HIP FLEXOR

MOVEMENT PRESCRIPTION:
★ Perform 30-60 seconds of active rolling. Rest as needed. (Repeat 1-2x)

MOVEMENT INSTRUCTIONS:
1. In a prone position, place the foam roll across the hip crease (hip flexor).
2. Hold that position while comfortably applying more pressure over time.
**MOBILITY ➤ HIP FLEXOR STRETCH**

**MOVEMENT PRESCRIPTION:**
★ Hold the stretch for 30-60 seconds. Rest as needed. (Repeat 1-3x)

**MOVEMENT INSTRUCTIONS:**
1. Start in a half-kneeling position.
2. Press the pelvis forward to stretch the hip flexor of the back leg.
3. In a pain-free range of motion, continue to lean into that position for the prescribed time.

---

**STABILITY ➤ GLUTE BRIDGE**

1.  
2.  
3.  

**MOVEMENT PRESCRIPTION:**
★ Hold position for 15-60 seconds. Rest as needed. (Repeat 1-3x)

**MOVEMENT INSTRUCTIONS:**
1. With your knees directly above your ankle joints, press your heels into the floor and raise your hips.
2. Continue to press through the legs and squeeze your glutes to achieve full range of motion.
3. Pause for one second at the top and return to the starting position.
MOVEMENT PRESCRIPTION:
★ Perform 8-12 forward and backward steps. (Repeat 1-3x)

MOVEMENT INSTRUCTIONS:
1. In an athletic posture, take one step forward with control.
2. Be sure to maintain tension on the band as you continue to walk forward one step at a time.
3. After 8-12 steps, continue with backward steps until you’ve returned to your starting position (that equals one set).
SOFT TISSUE » FOAM ROLL LATS

MOVEMENT PRESCRIPTION:
★ Perform 30–60 seconds of active rolling. Rest as needed. (Repeat 1–2x)

MOVEMENT INSTRUCTIONS:
1. Place the foam roller horizontally across the lat muscle.
2. With one arm extended, slowly roll from the armpit down to your rib cage and repeat.

SOFT TISSUE » TRIGGER POINT PEC

MOVEMENT PRESCRIPTION:
★ Perform 30–60 seconds of active rolling. Rest as needed. (Repeat 1–2x)

MOVEMENT INSTRUCTIONS:
1. Lie prone with your chest centered on top of the foam roller.
2. Gradually apply pressure across the pec and repeat.
3. Be sure to adjust the foam roller for comfort and to target areas of tension.
**SHOULDER MOBILITY**

**MOVEMENT PRESCRIPTION:**

★ Perform 6–10 shoulder slides. Rest as needed. (Repeat 1–2x)

**MOVEMENT INSTRUCTIONS:**

1. Starting with your elbows at a 90-degree angle, slowly raise your hands above your head, maintaining a pain-free range of motion.
2. Keep your thumbs pointing toward the floor/wall.
3. Bring your arms back to the starting position and repeat.

---

**MOBILITY ➔ FOAM ROLL SHOULDER SERIES (1)**

**MOVEMENT PRESCRIPTION:**

★ Move through entire shoulder series at one time. Hold each stretch for 30 seconds and complete 30 repetitions of each subsequent movement.

**MOVEMENT INSTRUCTIONS:**

1. **A-Stretch:** With your head and hips supported by the foam roller, relax your arms by your hips with palms facing up (hold for 30 seconds).
2. **T-Stretch:** With your head and hips supported by the foam roller, relax your arms even with your shoulders in a T position with palms facing up (hold for 30 seconds).
3. **Y-Stretch:** With your head and hips supported by the foam roller, relax your arms overhead in a Y position with your thumbs pointing toward the floor (hold for 30 seconds).
MOVEMENT PRESCRIPTION:
★ Move through entire shoulder series at one time. Hold each stretch for 30 seconds and complete 30 repetitions of each subsequent movement.

MOVEMENT INSTRUCTIONS:
4. **Shoulder Hugs:** Start with arms crossed in a hugging position, open arms to a T position, then return to that same hugging position (alternate with arm crosses over the top).
5. **Walk the Ceiling:** Start with arms extended and palms together, begin by lowering one arm down beside your hip while extending the other arm overhead and toward the floor, continue by moving your arms in opposite directions, alternating sides (repeat 30 times).
HAMSTRING FLEXIBILITY

**SOFT TISSUE ▶ FOAM ROLL HAMSTRING**

**1.**

**MOVEMENT PRESCRIPTION:**
★ Perform 30-60 seconds of active rolling. Rest as needed. (Repeat 1-2x)

**MOVEMENT INSTRUCTIONS:**
1. Sit upright with the foam roller underneath your leg.
2. Begin rolling where the glute muscles meet the hamstring group, down to the knee crease.
3. Roll slowly back toward the glute muscles and repeat.

**2.**

**3.**

---

**SOFT TISSUE ▶ FOAM ROLL/TRIGGER POINT GLUTES**

**1.**

**MOVEMENT PRESCRIPTION:**
★ Perform 30-60 seconds of active rolling. Rest as needed. (Repeat 1-2x)

**MOVEMENT INSTRUCTIONS:**
1. Start in a seated position on top of the foam roller.
2. Bring the ankle of one leg atop the thigh of the other leg.
3. Slowly roll the glute of the leg that is raised, and repeat on both sides.
HAMSTRING FLEXIBILITY

MOBILITY » ACTIVE HAMSTRING STRETCH

MOVEMENT PRESCRIPTION:
★ Perform 6-10 repetitions with each leg. (Repeat 1-2x)

MOVEMENT INSTRUCTIONS:
1. Lie supine on the floor or mat.
2. Bend one knee in toward your chest, then grab and extend your leg.
3. With one or both hands, gently pull your leg toward your chest while maintaining a straight leg (a slightly bent knee is okay if you're struggling to fully extend your leg).

MOBILITY » SUPINE PIGEON STRETCH

MOVEMENT PRESCRIPTION:
★ Perform 6-10 repetitions with each leg. (Repeat 1-2x)

MOVEMENT INSTRUCTIONS:
1. Begin in a supine position; bend your leg and hug your shin toward your chest.
2. Hold for one second; stretch will occur on the outside hip of bent leg.
3. Return to starting position and repeat on other side.
PUSH-UP

STABILITY » BIRD-DOG

MOVEMENT PRESCRIPTION:
★ Hold position for 10-45 seconds on each side. Rest as needed. (Repeat 1-3x)

MOVEMENT INSTRUCTIONS:
1. Begin in a tabletop position with your hands under your shoulders and knees under your hips.
2. Slowly straighten your right arm as you extend your left leg back and hold this position.
3. Return to the starting position and repeat the movement on the other side.

STABILITY » DOWNWARD DOG

MOVEMENT PRESCRIPTION:
★ Hold stretch for 10-45 seconds. Rest as needed. (Repeat 1-3x)

MOVEMENT INSTRUCTIONS:
1. Start in a push up position with your hands under your shoulders and legs straight.
2. Keep your arms straight as you raise your hips toward the ceiling and press your heels toward the floor.
3. Hold this position prior to returning to the push up position.
**PUSH-UP**

**STABILITY » ECCENTRIC PUSH UP/STATIC PLANK**

1.

2.

3.

**MOVEMENT PRESCRIPTION:**

★ Perform 4-10 repetitions or hold the push up position for 15-60 seconds. Rest as needed. (Repeat 1-2x)

**MOVEMENT INSTRUCTIONS:**

1. Start in a push up position and slowly lower your body to the floor as you count to five.
2. At the bottom, bring your knees to the floor and come back to a push up position.
3. Hold the push up position with arms locked out and core engaged.

---

**STABILITY » SCAPULA RETRACT/PROTRACT**

1.

2.

3.

**MOVEMENT PRESCRIPTION:**

★ Perform 6-10 protractions and retractions, pausing for 1-2 seconds. Rest as needed. (Repeat 1-2x)

**MOVEMENT INSTRUCTIONS:**

1. Begin in a tabletop position with your hands under your shoulders and knees under your hips.
2. Keep your arms locked out as you lower your chest toward the floor and squeeze your shoulder blades together. Pause at the end of your movement.
3. Keeping your arms locked out, return to the starting position and move past neutral, rounding your back and collapsing your chest. Pause at the end of your movement.
# POST-MOVEMENT SCREEN

Name: 

<table>
<thead>
<tr>
<th>MOVEMENT</th>
<th>MOVEMENT TIER</th>
<th>SELF-RATING</th>
<th>NOTES (Y/N)</th>
<th>PAGE NUMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SQUAT</td>
<td>0</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
</tr>
<tr>
<td>LUNGE</td>
<td>0</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
</tr>
<tr>
<td>SHOULDER MOBILITY</td>
<td>0</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
</tr>
<tr>
<td>HAMSTRING FLEXIBILITY</td>
<td>0</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
</tr>
<tr>
<td>PUSH-UP</td>
<td>0</td>
<td>TIER 1 1-3</td>
<td>TIER 2 4-6</td>
<td>TIER 3 7-9</td>
</tr>
</tbody>
</table>

**MOVEMENT PRESCRIPTIONS:**

+ Weeks 1 - 2: Perform just soft tissue movements.

+ Weeks 3 - 4: Perform soft tissue and mobility movements.

+ Weeks 5 - 12: Perform soft tissue, mobility and stability movements.
THE NUTRITION GUIDE
INTRODUCTION TO BETTER NUTRITION

Talking about nutrition can be confusing. You probably hear people talk about multiple diets and what worked for them. To achieve your health and wellness goals, you must focus on the basics of nutrition.

Nutrition is a young science, and we’re constantly learning new things. So it’s important to get your information from a reliable source. For example, there’s no such thing as “good” or “bad” food. Food does not have an ulterior motive. There are foods we should eat all the time, and foods we should eat only in moderation.

Our objective is to teach you about the three MACRONUTRIENTS and how they function. Macro means large, so these are the three main nutrients we need to eat to survive. We’ll talk about each macronutrient, the foods you should consume more of, and the ones you shouldn’t. We’ll also talk about the “Big 3” sugar, salt, and fat and how to manage these in your diet.

DISCLAIMER:
Wounded Warrior Project is not trying to promote any one particular diet style. Our goal is to help you make the best choices for you and your family, so you can reach your health and wellness goals.
CARBOHYDRATES PART I

REVAMP YOUR RELATIONSHIP WITH CARBS

Carbs have been given a bad name recently, but they are an important macronutrient. Carbs are your body's primary energy source. All of your organs, including your brain, run on carbs. All carbs can be broken down into two main groups: SIMPLE and COMPLEX.

CARBS

All carbohydrates break down into sugar molecules called glucose. Your body requires glucose for energy. Have you ever experienced brain fuzz? It's probably because you didn't have enough glucose for your brain to function optimally.

SIMPLE

Simple carbs have two sugar molecules combined together.

Think of simple carbs as: "I need energy now!"

Examples of simple carbs:
Fruits, candy, desserts, sugar, honey, and sweeteners.

Simple carbs should be eaten in moderation.

COMPLEX

Complex carbs provide long-lasting energy, are harder to break down, and keep you full longer.

Think of complex carbs as: "I need energy to work all day, to workout, to play sports, to play with my kids, etc."

Examples of complex carbs:
Vegetables, whole grain bread, whole grain pasta, and sweet potatoes.

HELPFUL TIP

When choosing your carbs, try selecting foods that don't have a label on them.
CARBOHYDRATES PART II

SELECTION TIPS
When selecting your carbs for each meal, there are two simple and easy things to remember:

1. KEEP IT BROWN
   Look for whole grain breads, pasta, and rice.

2. KEEP IT CLOSE TO THE GROUND
   Eat lots of fresh or frozen fruits and vegetables.

HOW MUCH SHOULD YOU EAT?
It's really easy to eat too many carbs at a meal. So how do you know how much you should be eating?

A good suggestion is to try and eat 5 - 6 servings of carbs per day.

HOW MUCH IS A SERVING?
Your carb serving should be about the size of your fist.

SERVING SIZE EXAMPLES
★ Whole wheat pasta: 1/3 cup
★ Whole wheat bread: 1 slice
★ Brown rice: 1/2 cup
★ Apple: 1 medium
★ Broccoli: 1 cup

SERVING SIZE VS. PORTION SIZE

A PORTION: is the amount of food that you choose to eat for a meal or snack. It can be big or small. You decide.

A SERVING: is a measured amount of food — one slice of bread, one cup of brown rice, etc. Most foods packaged as a single portion contain multiple servings.

REAL WORLD EXAMPLE: A portion of Red Lobster chicken alfredo contains four servings.

(It’s important that you look at the serving size, not the portion size.)

HELPFUL TIP: When your eyes see a full plate, your brain deciphers it as more food. Use smaller plates to trick your brain into thinking there’s more.
FIBER

WHAT'S THE DEAL WITH EATING FIBER?

You’ll find the greatest amount of fiber in complex carbs, such as fruits, vegetables, beans, and whole grains. Fiber is something you cannot break down, so you need it to achieve optimal gut health and to keep your intestines running smoothly.

There are two types of fiber: SOLUBLE and INSOLUBLE. Soluble fiber feeds your gut bacteria, while insoluble fiber keeps you full longer and your bowels operating efficiently.

Women should eat at least 25 grams a day and men around 30 grams per day.

Tip: When increasing fiber intake, increase water intake as well, and be sure to add dietary fiber gradually over time to give your GI tract time to acclimate.

GLUTEN

FRIEND OR FOE?

Gluten is a protein that binds things together. The only two reasons to avoid gluten in your diet are if you have a gluten allergy or celiac disease.

It’s important to note that many gluten-free products are higher in sugar and calories, so they may not be the “healthy” alternative you think they are.
PROTEIN PART I

PROTEIN: AN ESSENTIAL BUILDING BLOCK

Protein, made up of amino acids, is the most popular macronutrient. You may hear people talking about eating a diet consisting mostly of protein. But it’s important to remember, any diet that suggests eliminating any macronutrient is not a healthy diet. You need to include all three macronutrients for a complete, well-balanced, sustainable diet.

Think of protein as a building block. You need protein to repair damaged cells in your body. For example, when you lift weights, micro-tears occur along the muscle fibers — and amino acids from protein assist in rebuilding those fibers.

HOW MUCH SHOULD YOU EAT?

Americans constantly worry about getting enough protein. The truth is, the average person needs only around 0.8 grams of protein per kilogram (kg) of body weight per day. Even a bodybuilder only requires about one gram of protein per kg, per day to build lean muscle mass.

TWO SIMPLE STEPS TO CALCULATING YOUR DAILY NEEDS

1. **YOUR WEIGHT IN POUNDS** \[ \frac{\text{YOUR WEIGHT IN POUNDS}}{2.2} \] = **YOUR WEIGHT IN KILOGRAMS**

2. **YOUR WEIGHT IN KILOGRAMS** \( \times 0.8 \) = grams of protein per day

Example: 200-lb. Warrior: \( \frac{200}{2.2} = 91 \text{ kg} \) | \( 91 \times 0.8 = 73 \text{ grams of protein} \)

THAT’S A LOT OF MATH...LET’S TALK FOOD!

What does 73 grams of protein a day look like?

★ **BREAKFAST**: one whole egg, and two egg whites scrambled = 18 grams
★ **SNACK**: Peanut butter (two tbsp) with an apple = eight grams
★ **LUNCH**: 4 oz. grilled chicken breast = 30 grams
★ **DINNER**: 1 cup black beans and 1/2 cup brown rice = 20 grams

**TOTAL = 76 grams!!**
PROTEIN PART II

PROTEIN SOURCES

You can get protein from both plant and animal sources. Here’s a simple trick for picking a good source of protein:

THE FEWER LEGS, THE BETTER

This means protein sources like eggs, soy*, nuts, seeds, and seafood are best.

SELECTING YOUR PROTEIN

When purchasing meat, there are a few important things to consider:
A smaller portion of high-quality meat is likely to be more dense with nutrients than a larger portion of low-quality meat. For example, if you purchase meat from animals that are free-range and grass fed, you ensure the quality of your meat is of the highest grade.

EGGS ▷ Eggs aren’t supposed to be totally white. When you crack open your egg, you should see three separate parts: a bright orange or yellow yolk, a white raised circle around the yolk, and then the clear liquid at the base. If your yolk is not bright or the circle and liquid blend then that’s a bad egg.

CHICKEN ▷ Look for fresh or frozen, never processed. You can save on your grocery bill if you’re willing to cut, trim, and grind your meat.

PORK/BEEF ▷ Look for lean cuts with little marbling (fat).

NUTS/SEEDS/BEANS/LEGUMES ▷ These are ideal choices for low-fat inexpensive protein. These are a great source of combined protein and fiber. Examples of these types of protein would be; peanut butter, beans, soy, edamame, tofu, hummus, and lentils.

*SOY MYTH DEBUNKED

A common myth is that soy is bad, because it can cause breast cancer. There’s no direct link between soy consumption and cancer. In fact, men may even benefit from some soy in their diet, as it can decrease prostate cancer risk.
THE MISUNDERSTOOD MICRONUTRIENT

Fat has a bad reputation that just, so happens to be a big misunderstanding. Fat is an essential macronutrient. It’s used to store energy, insulate you, and protect your internal organs. Fat helps proteins rebuild damaged tissues. Unlike carbs and protein, fat has many different names; triglycerides, cholesterol, monounsaturated and polyunsaturated are all different fats that serve different purposes. Some fats you can make in your body, while others you need to get from your diet.

Eating the right type and amount of fat is important too. Just as you should add the right type of oil to your car engine, you should do the same when portioning dietary fat. Adding excess saturated fat to your diet is like putting diesel fuel in a gasoline engine.

FAT BREAKDOWN

TRIGLYCERIDES are the main form of fat stored inside the bodies of humans, animals, and plants.

Your body needs CHOLESTEROL to make hormones, vitamin D, and substances that help you digest foods you eat. Your body makes all the cholesterol it needs. However, cholesterol is also found in some of the foods you eat.

MONOUNSATURATED and POLYUNSATURATED fats are types of unsaturated fats that may help lower your blood cholesterol level when used in place of saturated fat.

THERE ARE NINE CALORIES per gram of fat. Proteins and carbs have only four calories per gram. Think of fat as high-quality energy, but remember you don’t need as much as other macronutrients.

UNSATURATED vs. SATURATED

UNSATURATED FAT comes primarily from plant foods, such as nuts and seeds, and is liquid at room temperature. A good source of unsaturated fat is oil — specifically olive, peanut, safflower, sunflower, soybean, and corn oil.

SATURATED FAT is solid at room temperature and comes mostly from animal sources like beef, pork, egg yolks, and coconut oil.*

Limit your saturated fat as much as possible. Saturated fat is the kind of fat that raises your cholesterol levels and lowers your high-density lipoprotein (HDL, aka good cholesterol).

*COCONUT OIL is solid at room temperature and is high in saturated fat. Even though it comes from a plant source, coconut oil should be eaten in moderation.
THOSE OMEGAS CAN BE FISHY

We always hear about Omega-3 and Omega-6, but what does that mean and how much do we need? The human body cannot make its Omega-3 or Omega-6, which are called “essential fatty acids.” Omega-6 fatty acids have many roles in cell regulation, structure, and protection. You can find Omega-6 in foods like seeds, nuts, whole grains, and avocados.

Omega-3 fatty acids help with reducing and regulating inflammation (swelling) and stop blood from excessive clotting. This is why people often take a fish oil supplement. You can find Omega-3 fatty acids in foods like chia, flax and pumpkin seeds, walnuts, and saltwater fish.

The recommendation is that we have a 2:1 or 1:1 ratio of Omega-6 to Omega-3 fatty acids, but in the American diet we eat closer to a 20:1 ratio. One way to achieve the 2:1 ratio is by adding more vegetables to your diet.

FAT SERVINGS

HOW MUCH SHOULD I HAVE?

About 20 percent of your diet should come from fat. This is about three to four servings per day. Examples of one serving include:

- 1/4 of an avocado
- 2 tbsp peanut butter
- 3 oz. of fatty meats or seafood
- one egg

WHAT SHOULD I AVOID?

LIMIT OR AVOID fat from processed foods, meats, sweets, candy, and dairy.

INSTEAD, TRY TO get your fats from plants, seeds, beans, nuts, and oils that are liquid at room temperature.

Are you having a hard time with the idea of cutting out sweets? Try chia seed pudding! It's a healthy fat.
TWIN TROUBLEMAKERS

When you eat food that’s high in sugar, salt, and fat, your taste buds send a signal to your brain to release endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to the effect of morphine. This is why sugar, salt, and fat make us happy, but too much of a good thing can be bad for you. The endorphin rush doesn’t last, and you will keep coming back for more.

SUGAR

Sugar is pure glucose and provides no real nutritional value other than calories. Sugar is a hidden ingredient in almost all processed foods, and it has more than 55 different names.

Food and beverage companies regularly use these names to mislead the consumer. Selecting foods with limited ingredients (10 or fewer) will help you avoid consuming added sugars in your diet.

While sugar comes in many forms and has many different names, they all do the same thing.

HELPFUL TIP: Look at the labels on your food and drinks. One gram of sugar equals one sugar packet. When you drink a soda with 10 grams of sugar, that is 10 total sugar packets.

SALT

Salt is a mineral and key electrolyte component, but we tend to use salt as a flavor enhancer. It boosts the taste of whatever it’s paired with. Just like sugar, salt is in nearly all the processed foods we buy and eat.

Salt is used to keep foods fresh for an extended period of time, sometimes years.

Too much salt can play a role in weight gain and cardiac issues, such as high blood pressure. It’s suggested that your salt intake should be no more than 2,400 mg a day. This is just one teaspoon!

WHY DOES THIS MATTER?

Removing excess sugar and salt from your diet can have wonderful and lasting effects on your health, including weight loss, clearer skin, improved sleep, and a reduction in excess water weight (bloating).

GOAL SETTING

When it comes to sugar, your goal should be to consume natural sugars from fresh or frozen fruit (no added sugar). For salt, you should try cutting back on adding salt to cooked foods and limit eating processed foods or meals.
NUTRITION SUMMARY

PUT YOUR KNOWLEDGE TOGETHER

Although these nutritional facts can be a lot to absorb, we’re going to share a few simple ways to put this all together and make it work in your daily life.

When you put together your meals and snacks, **always remember you should have a carb, protein, and fat at each meal**. This is because you want an energy source, a building block, and a messenger at each meal. Many foods can fall under two areas, such as peanut butter and dairy. Peanut butter can be a protein and a fat, while dairy can be a carb, protein, and fat.

Every person is unique and has different nutritional needs. This is why we suggest using your hands to help you gauge the appropriate serving size for you.

Think of your servings throughout the day as building blocks, and remember that there is a different number of building blocks for each macronutrient. The general suggestion is five to six servings of carbs, three to four servings of protein, and two to three servings of fat.

5 CARBS  4 PROTEIN  3 FAT

When using the building block method, your day might look like this:

★ BREAKFAST:

★ SNACK:

★ LUNCH:

★ DINNER:
NUTRITION SUMMARY

#PLATEGOALS

**BREAKFAST:** Eggs (protein), potatoes (carb), asparagus

**LUNCH:** Shrimp (protein and fat), chickpeas (protein and carb), salad

**SNACK:** Cottage cheese (protein), toast (carb), cucumbers

**DINNER:** Steak (protein and fat), rice (carb), brussels sprouts, mushroom (carb)

**TIPS AND TRICKS:** We also eat with our eyes. Look at the picture to the right. The first plate looks like it has less food on it than the second plate, but they have the same amount. Using smaller plates makes you feel like you’re getting more when it’s just on a smaller plate.
HYDRATION EDUCATION
HYDRATION 101

Water is essential for fitness, performance, and life. **Between 50 and 65 percent of our body is water.** This percentage varies due to age, gender, physical activity level, body composition, and other factors. Blood and muscles carry the largest quantity of water in our bodies. It’s important to stay hydrated to keep the quality of tissues high and blood pumping easily through your circulatory system.

We lose water from our bodies daily through respiration, sweat, and waste. The amount can vary, and it increases in hot environments or when you are exercising. Water loss can lead to dehydration, cramping, and dizziness. For these reasons, hydration is important for both active and non-active people.

DEHYDRATION

Dehydration is the loss of adequate water and the electrolytes needed for normal body function. When you lose more than two percent of your body weight in water, it can increase stress on your body. The table below describes the symptoms and consequences associated with varying levels of dehydration.

### DEHYDRATION AND WATER LOSS: AS A PERCENTAGE OF BODY WEIGHT

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>0.5–2%</strong></td>
<td>Discomfort, loss of appetite, strong thirst</td>
</tr>
<tr>
<td><strong>3–4%</strong></td>
<td>Dry mouth, reduced urine, flushed skin, impatience</td>
</tr>
<tr>
<td><strong>5–6%</strong></td>
<td>Difficulty concentrating, impaired temperature regulation</td>
</tr>
<tr>
<td><strong>8–10%</strong></td>
<td>Dizziness, labored breath, confusion, nausea, vomiting, diarrhea</td>
</tr>
<tr>
<td><strong>MORE THAN 10%</strong></td>
<td>Delirium, kidney failure, circulatory insufficiency</td>
</tr>
</tbody>
</table>

**HOW DO YOU KNOW IF YOU ARE PROPERLY HYDRATED?**

While thirst is a mechanism to help prevent greater levels of dehydration, it is a poor indicator of hydration status. The best way to assess that status is by looking at the color of your urine. If your urine is a clear-pale lemonade color, then you are hydrated. However, if your urine is a dark lemonade to apple juice color, you are dehydrated and need to drink clear fluids.
HYDRATION

We obtain some water from foods (20 percent), but the largest percentage of water we consume comes from beverages (80 percent). In general, the Food and Nutrition Board recommends two to three liters (68-101 fluid ounces) of water daily, depending on body weight.

Meeting our daily needs for fluid intake is fairly easy when we aren’t exercising, but with exercise or warmer weather, it becomes more difficult. Here are some strategies that can help:

HYDRATION AND EXERCISE STRATEGIES

BEFORE

16 OZ.

Adequate hydration around exercise begins with pre-hydration — drinking 16 ounces of fluid approximately 30 minutes to one hour before exercise.

DURING

4–8 OZ.

During exercise, your goal is to drink fluids to replace losses that are actively occurring — four to eight ounces every 15 to 20 minutes.

AFTER

16–24 OZ.

After exercise, it’s important to sufficiently replace fluid lost to assist in recovery — 16 to 24 ounces of water for every pound lost. Include sodium or post-exercise fluid to replenish what you lost in sweat.

HYDRATION TIPS

DRINK A GLASS OF WATER FIRST THING IN THE MORNING before you drink your coffee, tea, or juice to replace fluids lost during the night. Also, finish your day with water to help stay hydrated overnight.

REPLACE SODA, JUICE, AND THAT THIRD OR FOURTH CUP OF COFFEE WITH WATER. This can aid in reducing added sugar and calories in your diet that you may not need.

FLAVOR YOUR WATER WITH FRUIT (pineapple, kiwi, citrus, berries, melon), herbs (mint, thyme), ginger, or cucumbers for an added punch. This can help replace the flavor of sodas or juices.

KEEP A PRE-MEASURED BOTTLE (one liter/33 ounces) with you at all times. Count the number of times you fill the bottle to help keep track of your fluid intake.

HELP TO REGULATE YOUR APPETITE BY MAINTAINING PROPER HYDRATION. Many times, you may think you are hungry when your body is just in need of hydration. Set a reminder on your phone, email, or watch to drink water. You can also drink water before each meal and then wait a bit to see if you are really hungry or if what you thought were hunger signals were actually just thirst.
SMART Goal Worksheet

Today's Date: ______________  Target Date: ______________  Start Date: ______________

Date Achieved: ______________

Vision Statement: ______________

Goal: ______________

Verify that your goal is SMART

Specific: What exactly will you accomplish?

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?

Relevant: Why is this goal significant to your life?

Timely: When will you achieve this goal?
This goal is important because:


The benefits of achieving this goal will be:


Take Action!

<table>
<thead>
<tr>
<th>Potential Obstacles</th>
<th>Potential Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Who are the people you will ask to help you? Who will support you?


Action Items: What steps need to be taken to get you to your goal?

<table>
<thead>
<tr>
<th>What?</th>
<th>Expected Completion Date</th>
<th>Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## GOAL SETTING

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>NUTRITION/HYDRATION</th>
<th>LIFESTYLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
<td>3.</td>
</tr>
</tbody>
</table>
**ACTIVITY & GOAL LOG**

<table>
<thead>
<tr>
<th>WEEK 1:</th>
<th>EXERCISE</th>
<th>NUTRITION/ HYDRATION</th>
<th>LIFESTYLE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 2:</th>
<th>EXERCISE</th>
<th>NUTRITION/ HYDRATION</th>
<th>LIFESTYLE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please discuss your progress in each of the following areas and set a new goal for the next two weeks of the program.

### EXERCISE

**Progress:**

**New Goal:**

### NUTRITION/HYDRATION

**Progress:**

**New Goal:**

### LIFESTYLE

**Progress:**

**New Goal:**
# ACTIVITY & GOAL LOG

<table>
<thead>
<tr>
<th></th>
<th>EXERCISE</th>
<th>NUTRITION/HYDRATION</th>
<th>LIFESTYLE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEK 3:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WEEK 4:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please discuss your progress in each of the following areas and set a new goal for the next two weeks of the program.

## EXERCISE

Progress:

New Goal:

## NUTRITION/HYDRATION

Progress:

New Goal:

## LIFESTYLE

Progress:

New Goal:
<table>
<thead>
<tr>
<th></th>
<th>EXERCISE</th>
<th>NUTRITION/HYDRATION</th>
<th>LIFESTYLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 5:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 6:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please discuss your progress in each of the following areas and set a new goal for the next two weeks of the program.

**EXERCISE**
Progress:

New Goal:

**NUTRITION/HYDRATION**
Progress:

New Goal:

**LIFESTYLE**
Progress:

New Goal:
# ACTIVITY & GOAL LOG

<table>
<thead>
<tr>
<th>WEEK 7:</th>
<th>EXERCISE</th>
<th>NUTRITION/ HYDRATION</th>
<th>LIFESTYLE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 8:</th>
<th>EXERCISE</th>
<th>NUTRITION/ HYDRATION</th>
<th>LIFESTYLE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please discuss your progress in each of the following areas and set a new goal for the next two weeks of the program.

## EXERCISE
Progress:

New Goal:

## NUTRITION/HYDRATION
Progress:

New Goal:

## LIFESTYLE
Progress:

New Goal:
## ACTIVITY & GOAL LOG

<table>
<thead>
<tr>
<th></th>
<th>EXERCISE</th>
<th>NUTRITION/HYDRATION</th>
<th>LIFESTYLE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEK 9:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WEEK 10:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please discuss your progress in each of the following areas and set a new goal for the next two weeks of the program.

### EXERCISE

Progress:

New Goal:

### NUTRITION/HYDRATION

Progress:

New Goal:

### LIFESTYLE

Progress:

New Goal:
Please discuss your progress in each of the following areas and set a new goal for the next two weeks of the program.

**EXERCISE**

**Progress:**

**New Goal:**

**NUTRITION/HYDRATION**

**Progress:**

**New Goal:**

**LIFESTYLE**

**Progress:**

**New Goal:**