

Positive Pulse

Your monthly dose of advice on healthy living

July 2020

Right on Track: Fitness Tracking



We're back again! Now you'll be hearing from us twice a month, a double dose of healthy living! This is part one of Right on Track, focused on tracking fitness goals. Tune in next week for part two, where we'll be tracking nutrition goals.

- It's important to set reasonable and attainable goals on your fitness journey.
- To achieve those goals, you'll need to know what to keep an eye on so you stay on course and reach your goal.
- There are many resources available to help you track your progress depending on your preferences.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

We are also starting Healthy Lifestyles Project: Live Zoom events in August, every. Wednesday at 11AM. [Register here.](#)



Set Your Goals

Create Thoughtful Goals

- Develop fitness goals based on what's actually good for you, and goals that you'll actually be able to stick to.
- Focus on what your body can do, rather than how your body looks.

Fitness is a Marathon, Not a Sprint!

- Whether you're actually running or time, the old adage is true about fitness.
- Give yourself enough time to achieve your goals without rushing.
- Don't get discouraged if you move slowly or fail, you can always keep trying.

Weight Loss

- Long-term weight loss takes time, effort, and commitment.
- You'll need to make permanent changes to your exercise and eating habits.
- Over the long term, experts say to aim for losing 1 to 2 pounds a week.
- Generally, in order to lose 1 to 2 pounds a week, you need to burn 500 to 1,000 calories more than you consume each day, through a lower calorie diet and regular physical activity.
- Depending on your weight, reducing 5% of your current weight may be realistic, at least for an initial goal. If you weigh 180 pounds, that's 9 pounds. Even this level of weight loss can help lower your risk of chronic health problems, such as heart disease and type 2 diabetes.

Get Stronger

- Lean muscle mass naturally diminishes with age.
- Strength training can help you preserve and enhance your muscle mass at any age.
- If you have a chronic condition, or if you're older than age 40 and you haven't been active recently, check with your doctor before beginning a strength training or aerobic fitness program.
- Workout routines to increase strength include using your body weight, resistance tubing, free weights, or weight machines. For accessible workout routines sign up for [our webinar](#) and upcoming [HLP: Live event on adaptive exercises!](#)
- You can see significant improvement in your strength with just two or three 20- or 30-minute weight training sessions a week.
- As your muscle mass increases, you'll likely be able to lift weight more easily and for longer periods of time.

Improve Health

- Your goal may also be not based on weight or strength, but general health-related

statistics.

- Exercise can lower blood pressure, cholesterol, increase energy, improve sleep, and reduce your risk for chronic disease.
- You may also need to change your habits based on medication you're taking or certain health diagnoses you have.

SMART GOALS

S

SPECIFIC

State exactly what you want to accomplish.

M

MEASURABLE

Use smaller, mini-goals to measure progress.

A

ACHIEVABLE

Make your goal reasonable.

R

REALISTIC

Set a goal that is relevant to your life.

T

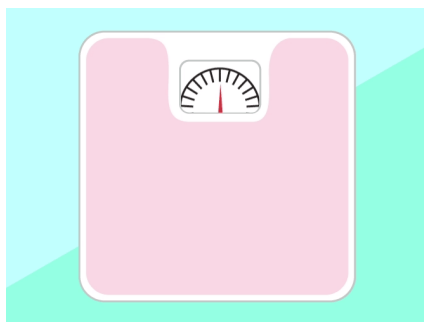
TIMELY

Give yourself time, but set a deadline.

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670>

<https://www.healthline.com/nutrition/10-benefits-of-exercise#section5>



What to Track

Record Your Weight & Measurements

- It can be nerve wracking, but you should use a scale and record your starting weight and check in weekly to see your progress.
- Take your body measurements with a tape measure. [Click here to learn how and where to measure.](#)

- Muscle weighs more than fat, but pound per pound, muscle takes up less space than fat, so the scale should not be your only record.

Steps and Distance

- It is often stated that a person should walk 10,000 steps a day, which equates to about five miles and about 90 active minutes a day.
- The U.S. Centers for Disease Control and Prevention recommends adults engage in 150 minutes of moderate activity a week, which is only about 7,000 to 8,000 steps a day.
- Whatever your goal may be, at least try to increase the amount you walk, jog, or run each day to avoid being sedentary.

Calories Burned

- Calories are a unit of measurement. Calories in food provide essential energy, but if you consume too many you will gain weight.
- Excess calories are stored as body fat. Your body needs some stored fat to stay healthy. But too much fat can cause health problems.
- First, multiply your current weight by 15 – that's roughly the number of calories per pound of body weight needed to maintain your current weight if you are moderately active.
- Let's say you're a woman who is 5 feet, 4 inches tall and weighs 155 pounds, and you need to lose about 15 pounds to put you in a healthy weight range. If you multiply 155 by 15, you will get 2,325, which is the number of calories per day that you need in order to maintain your current weight (weight-maintenance calories). To lose weight, you will need to get below that total.
- Exercising will help you burn calories to get below that total and lose weight.

Heart rate

- A normal resting heart rate for adults ranges from 60 to 100 beats per minute.
- Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness.
- The best places to find your pulse are the wrists, inside of your elbow, side of your neck, or top of the foot.
- To get the most accurate reading, put your finger over your pulse and count the number of beats in 60 seconds.
- Use the chart below to find your target heart rate that you should have while exercising.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

Sleep

- You may not think of tracking your sleep as part of your fitness routine, but sleep is very important to overall health.
- While sleep requirements vary slightly from person to person, most healthy adults need between 7 to 9 hours of sleep per night to function at their best. Children and teens need even more.
- Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (such as snoring or gasping for air).
- If you have trouble sleeping, increasing your amount of daily activity during the day may help you sleep better at night.

Happiness

- Though this may not be a very specific statistic, be mindful of your overall outlook.
- If you're unhappy or frustrated, you may be pushing yourself too hard. If you are seeing progress but your outlook is miserable, you may need to look into changing your routine to suit yourself better.
- If the numbers aren't showing you what you expect, but your clothes fit better, you feel physically stronger, and you have more energy, keep doing what you're doing.
- Everyone has different interests and capabilities. You may find jogging boring, but you love spending time with your dog. Use that to your advantage and incorporate the things you love into your routine by taking longer walks with your dog.
- Dancing, sports, playing an instrument, taking the stairs, carrying heavy shopping bags, and countless other activities can count towards increasing your activity levels even if they are not something you do at the gym.

SOURCE: <https://www.cdc.gov/physicalactivity/walking/index.htm>
<https://www.health.harvard.edu/staying-healthy/calorie-counting-made-easy>
https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html



How to Track Your Progress

Keep a Fitness Journal

- An old school method that anyone can do: use pen and paper to track your progress.
- [Here's a list of 9 Fitness Journals that you can buy.](#)
- [Here's a free fillable PDF Fitness Weekly Template.](#)
- You can also just use a blank journal and write what you find important.
- For more about journaling and health, register for [our upcoming HLP:Live event about Bullet Journals.](#)

Wearable Tech

- There are many fitness trackers on the market that you can use to track your fitness journey easily, 24/7.
- They include heart rate monitors, GPS, exercise recognition, movement reminders and more.

- Wearable technology can serve as a reminder to stay active and effortlessly track your goals.
- [Here's a list of the current top tech if you are interested in purchasing one.](#)

Use Your Phone

- You can use Apple Health, Google Fit, Samsung Health or whatever health app may already be in your phone. These apps can typically sync with other devices to seamlessly connect all of your health information.
- [Here's a list of paid and free fitness apps you may be interested in.](#)

Track Short Term Goals

- If numbers aren't your thing, you can choose some short term goals to simply keep in mind and stick to. Have a checklist or make a mental note to follow these short term goals.
- Examples:
 - Try one new workout every month
 - Stretch before you workout and when you have free time
 - Perfect your form in each exercise you do
 - Convince a friend to set up their own fitness routine or work out with you
 - Do something active that calms you. [For ideas, register for our HLP:Live event on meditation.](#)
 - Walk or bike where you would normally drive
 - Drink more water
 - Get more sleep
 - Take the stairs, if possible.
 - Focus on gratitude and being thankful. [Download our Gratitude Journal Template here.](#)
- Focus on moving towards healthier habits. [For more ideas, watch our recorded webinar on this topic.](#)

SOURCE: <https://theeverygirl.com/15-realistic-fitness-goals-to-make-this-year-and-exactly-how-to-accomplish-them/>

Let's Stay on Track and Get Healthy!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your location! ***In person trainings are not currently available but will resume in the future, but online trainings are available!**



Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
training at your location!

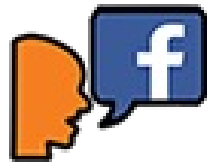
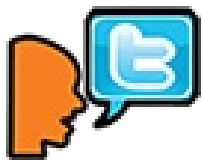


The Horizon Foundation for New Jersey

The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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For more information on HLP and NJSAP
follow us on social media!



New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities

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Your monthly dose of advice on healthy living

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Right on Track: Nutrition Tracking

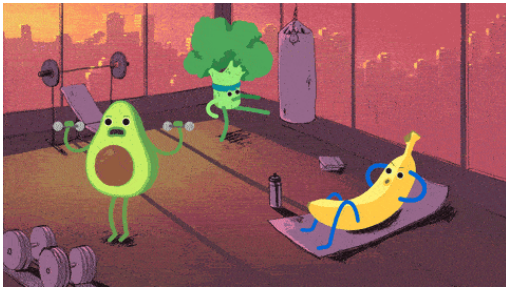


We're back again! Now you'll be hearing from us twice a month for a double dose of healthy living! This is part two of Right on Track, focused on tracking nutrition goals. For part one, [click here](#).

- It's important to set your nutrition goals to figure out what you want from your routine.
- You'll need to know what to keep track of to achieve these nutrition goals.
- There are many resources available to help you track your progress depending on your preferences.

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- Focus on what your body can do, rather than how your body looks.

Slow and Steady

- Adjust your diet at a healthy pace. It can be stressful on your body to make really drastic changes.
- Don't get discouraged if you move slowly or fail, you can always keep trying.

Weight Loss

- Long-term weight loss takes time, effort, and commitment.
- You'll need to make permanent changes to your eating habits.
- Over the long term, experts say to aim for losing 1 to 2 pounds a week.
- Generally, in order to lose 1 to 2 pounds a week, you need to consume 500 to 1,000 calories less calories a day.
- Depending on your weight, reducing 5% of your current weight may be realistic, at least for an initial goal. If you weigh 180 pounds, that's 9 pounds. Even this level of weight loss can help lower your risk of chronic health problems, such as heart disease and type 2 diabetes.

Improve Health

- Your goal may also be not based on weight or looks, but general health-related statistics.
- Eating healthy can lower blood pressure, cholesterol, increase energy, improve sleep, and reduce your risk for chronic disease.
- You may also need to change your habits based on medication your taking or certain health diagnoses you have.

**10 REASONS DOCTORS
TALK ABOUT THE NEED FOR
GOOD NUTRITION & DIETS**



**1. WELL-BEING IS REDUCED WITH
A POOR DIET**



**2. IT'S EXPENSIVE TO
BE UNHEALTHY**



**3. HELPS YOU MANAGE
A HEALTHY WEIGHT**



**4. MAINTAINS YOUR IMMUNE
SYSTEM**



**5. DELAYS THE EFFECTS
OF AGING.**



6. GIVES YOU ENERGY



**7. REDUCES THE RISK OF
CHRONIC DISEASE**



**8. HEALTHY EATING
POSITIVELY AFFECTS
YOUR MOOD**



9. INCREASES FOCUS

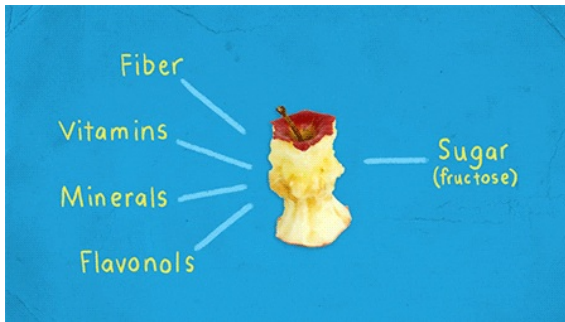


**10. HEALTHY DIETS MAY
LENGTHEN YOUR LIFE**



UnityPoint Clinic

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752>
<https://www.healthline.com/nutrition/10-benefits-of-exercise#section5>
<https://www.unitypoint.org/livewell/article.aspx?id=ff0de079-682c-4f1a-b686-6b5b50e2f541>



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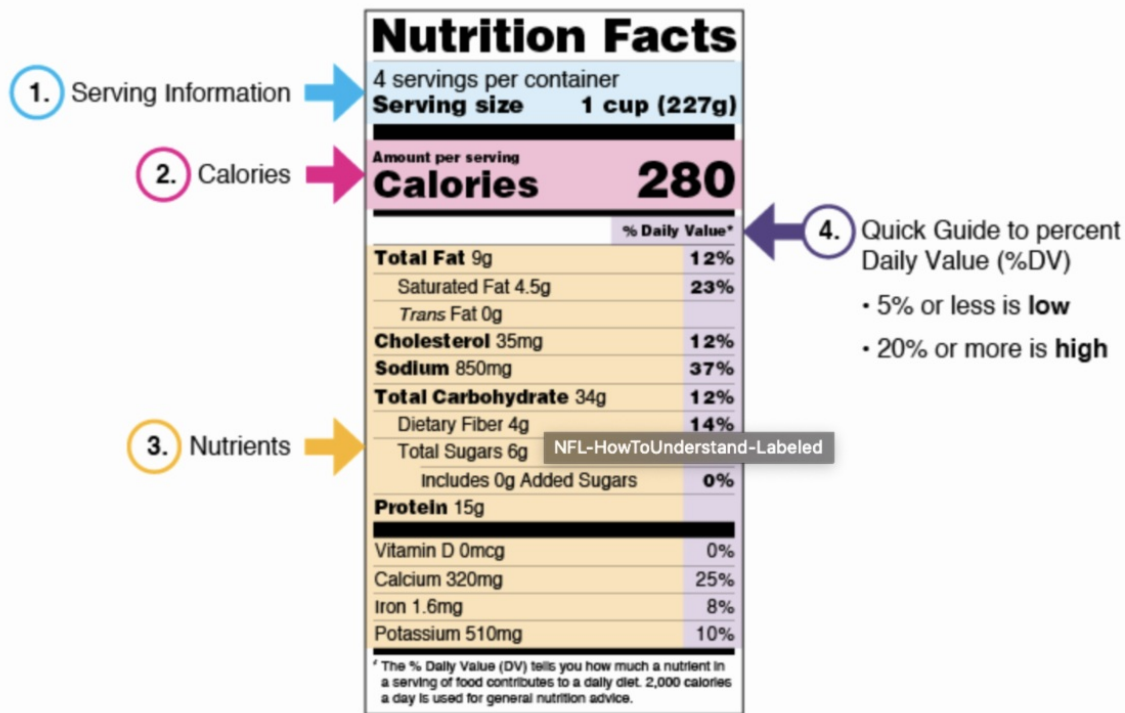
Calories Consumed

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- Eating a low calorie diet will help you to get below that total and lose weight.

Nutrients

- Nutrients are substances that provides nourishment essential for growth and the maintenance of life.
- The recommended amounts will depend on you age, sex, and health.
- Nutrition labels will tell you what the serving size is of that food and the Percent Daily Values of each nutrient it contains.
- 5% or less of a nutrient is low, 20% or more is very high.
- Nutrients to get less of: Saturated Fat, Sodium, and Added Sugars.
- Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.
- For more information on Nutrition labels, [click here.](#)

Sample Label for Frozen Lasagna



Schedule Your Meals

- Plan meals and snacks for specific times throughout the day to manage hunger.
- Limit meals and snacks to a 10-12 hour timeframe during the day, avoiding eating later in the evening. For example, eat only between 6 AM and 6 PM, or between 7 AM and 5 PM.
- Choose meals and snacks that contain a variety of nutrient-dense, healthy foods instead of relying on packaged and processed snack foods.
- Consume a larger proportion of calories earlier in the day, making breakfast, lunch and daytime snacks higher in calories than dinner and evening snacks.

Happiness

- Though this may not be a very specific statistic, be mindful of your overall outlook.
- If you're unhappy or frustrated, you may be pushing yourself too hard. If you are seeing progress but your outlook is miserable, you may need to look into changing your routine to suit yourself better.
- If the numbers aren't showing you what you expect, but your clothes fit better, you feel physically stronger, and you have more energy, keep doing what you're doing.
- Everyone has different preferences. Seek out the healthy foods you enjoy and work them into your meals.

Healthy Recipes

- When you find a recipe that's healthy and delicious, make note of it so you can use it in the future.
- You can keep a notebook, folder, or digital record of your favorite recipes.
- [Here's a healthy tortilla pizza recipe to get you started.](#)
- [Use our template below to record more recipes!](#)

RECIPE:

Serves: Prep Time:

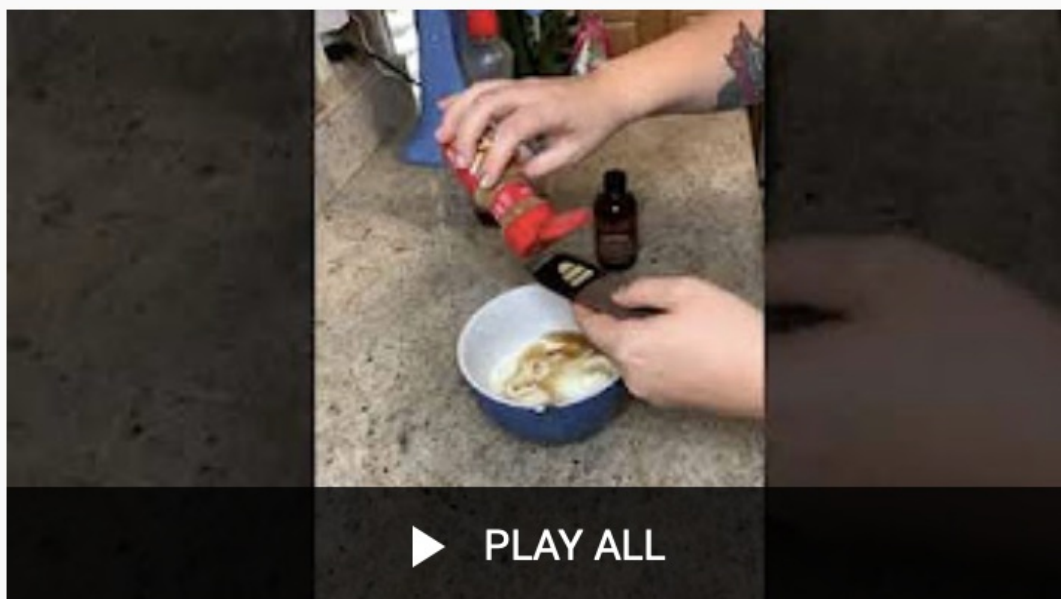
INGREDIENTS:

INSTRUCTIONS:

NOTES:

Created by New Jersey Self-Advocacy Project
www.njselfadvocacyproject.org
www.healthylifestylesproject.org

- We also have an entire playlist of healthy recipes to follow along and more are added every week.



Mindful Eating

- Mindful eating is based on mindfulness, a Buddhist concept.
- Mindfulness is a form of meditation that helps you recognize and cope with your emotions and physical sensations
- Mindful eating is about using mindfulness to reach a state of full attention to your experiences, cravings, and physical cues when eating.
- Follow our Mindful Cooking Guide below and [watch our recorded webinar to learn more on this topic!](#)

Cooking and Mindfulness

A Guide by the New Jersey Self-Advocacy Project

For the recorded video please go to:

<https://www.arcnj.org/programs/njsap/webinars.html>

1. Before you begin:

- Check in: Where is your mind at?
- Free your space of distractions
- How can I learn from this?

-Ground yourself

- Take the recipe step by step
- Set your intention for the meal
- Notice your hunger level

2. Preparing the dish:

- Appreciate your food (where it came from, how it got here, who handled it in the process)
- Use your senses to tune into the ingredients

3. While it cooks:

- Continue to stay clear of distractions
- Notice if your mind wants to travel and gently guide it back without judgement.
- Bring attention back to breath while waiting
- Come back to your senses

4. When food is done:

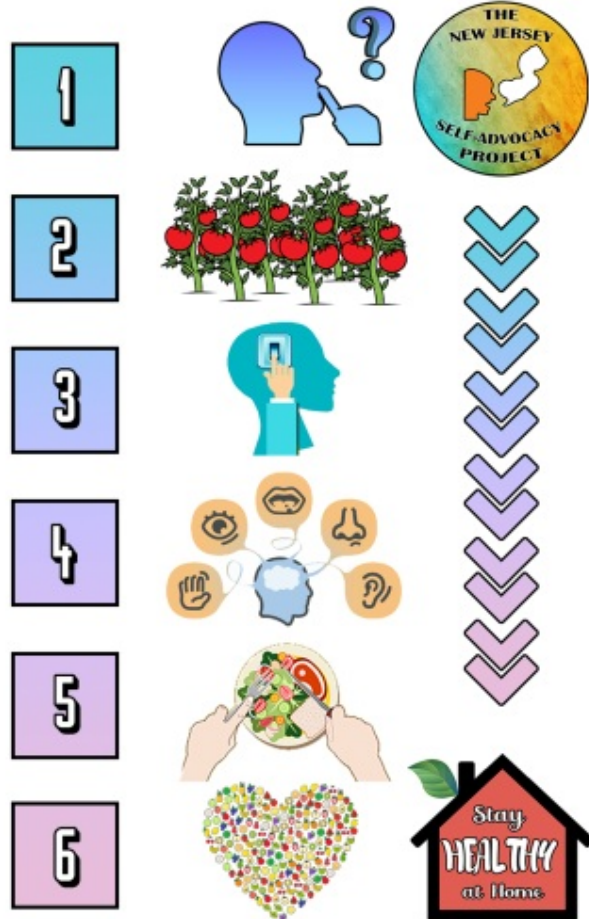
- Use your senses to determine when its done
- Acknowledge the time and effort you put into making this mindful meal.

5. Before you eat:

- Continue to free your space of distractions (very important while you eat)
- Carve out 20-30 minutes to eat your meal
- Do your best to remain seated
- Chew before engaging in conversation
- Finish your bite before you pick up your utensil and make your next bite.
- Savor the experience by using all of your senses
- Gratitude and appreciation for the food you will use for fuel

6. Remember:

- Cooking is an act of self-care
- Small steps each day
- This can become a healthy habit



SOURCE:

<https://www.health.harvard.edu/staying-healthy/calorie-counting-made-easy>

<https://www.summitmedicalgroup.com/news/nutrition/meal-timing-and-frequency-meals-and-snacks-optimal-health/>

<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

<https://www.healthline.com/nutrition/mindful-eating-guide#what-it-is>



How to Track Your Progress



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- Examples:
 - Try a new food every month.
 - Eat more green vegetables.
 - Stop drinking (or drink less) soda and sugary drinks.
 - Stop eating a night.
 - Reduce your portion sizes.
 - Focus on gratitude and being thankful. [Download our Gratitude Journal Template here.](#)
- Focus on moving towards healthier eating habits. [For more ideas, watch our recorded webinar on this topic.](#)

SOURCE: <https://trustspotter.com/blog/best-food-journals/>

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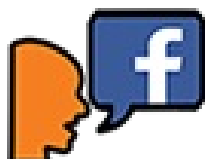
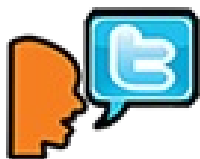


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