



Perfectfit4u
Health Coaching



www.perfectfit4u.ca



@Perfectfit4u

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Perfectfit4u





HEALTH & FITNESS FACTS

I wish I knew as a teen





#7

Your WEIGHT
does not determine
your health



MARSHMALLOW THEORY

Density Matters!

$$D=M/V$$

ALL OF THESE WOMEN WEIGH 154 POUNDS



DIANE, 36



THILINI, 20



NIKKI, 29



LIZ, 35



ROSANNA, 36



SOLVEIG, 32

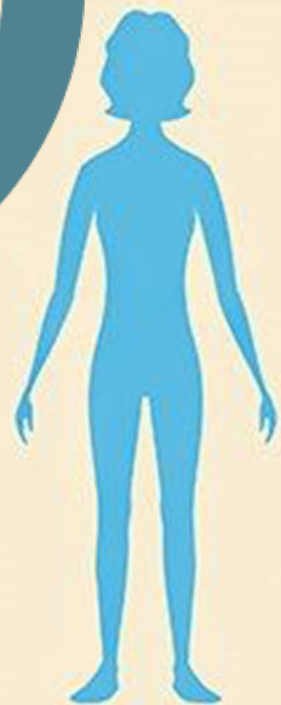


BMR > BMI

Basal MetabolicRate over Body Mass Index

Metabolism Matters!

BMI



UNDERWEIGHT
<18,5



NORMAL
18,5 - 24,9



OVERWEIGHT
25 - 29,9



OBESE
30 - 34,9



EXTREMELY OBESE
35<

PERSON 1

160 lbs. 5'8"

70 lbs. muscle and bone, 80 lbs. fat

= **56% Body Fat (V. RISKY)**

= **"HEALTHY" BMI**

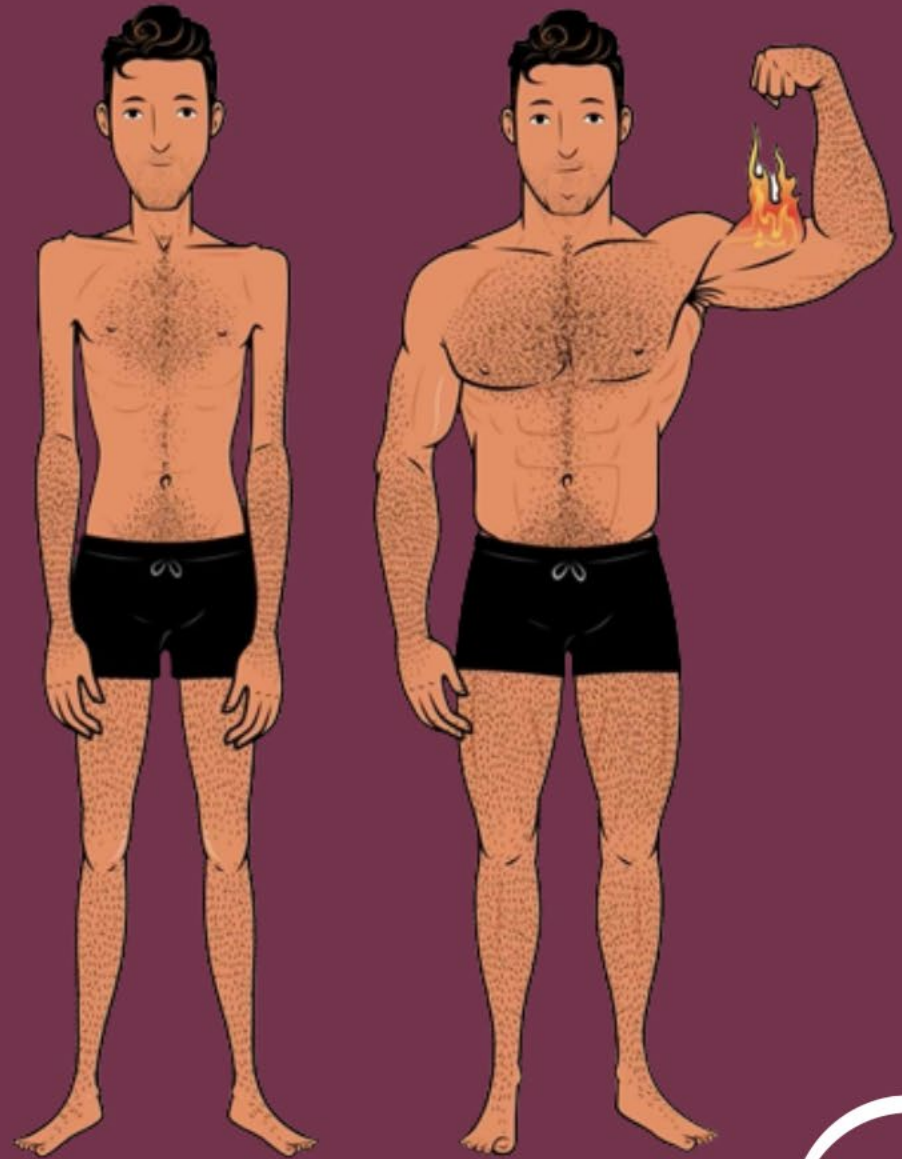
PERSON 2

200 lbs. 5'8"

150 lbs. muscle and bone, 50 lbs. fat

= **25% Body Fat (V. HEALTHY)**

= **"OBESE" BMI**





Same person, same body, same weight, same BMI... different body fat %.



#2

THERE ARE FIVE
COMPONENTS OF
PHYSICAL FITNESS
(and we need them all)



Calories



Heart Health



H.I.I.T

HIGH INTENSITY INTERVAL TRAINING

More time $\neq$ More calories burned



Oxygen Consumption



Metabolism







Muscular Strength



**YOUR ONE
REP MAX**

The amount of force a muscle group can produce in an all-out effort.



Flexibility



COORDINATION



BALANCE



AGILITY



ATHLETIC
PERFORMANCE



INJURIES



Body Composition





#3

BECOME AWARE OF

Sugar

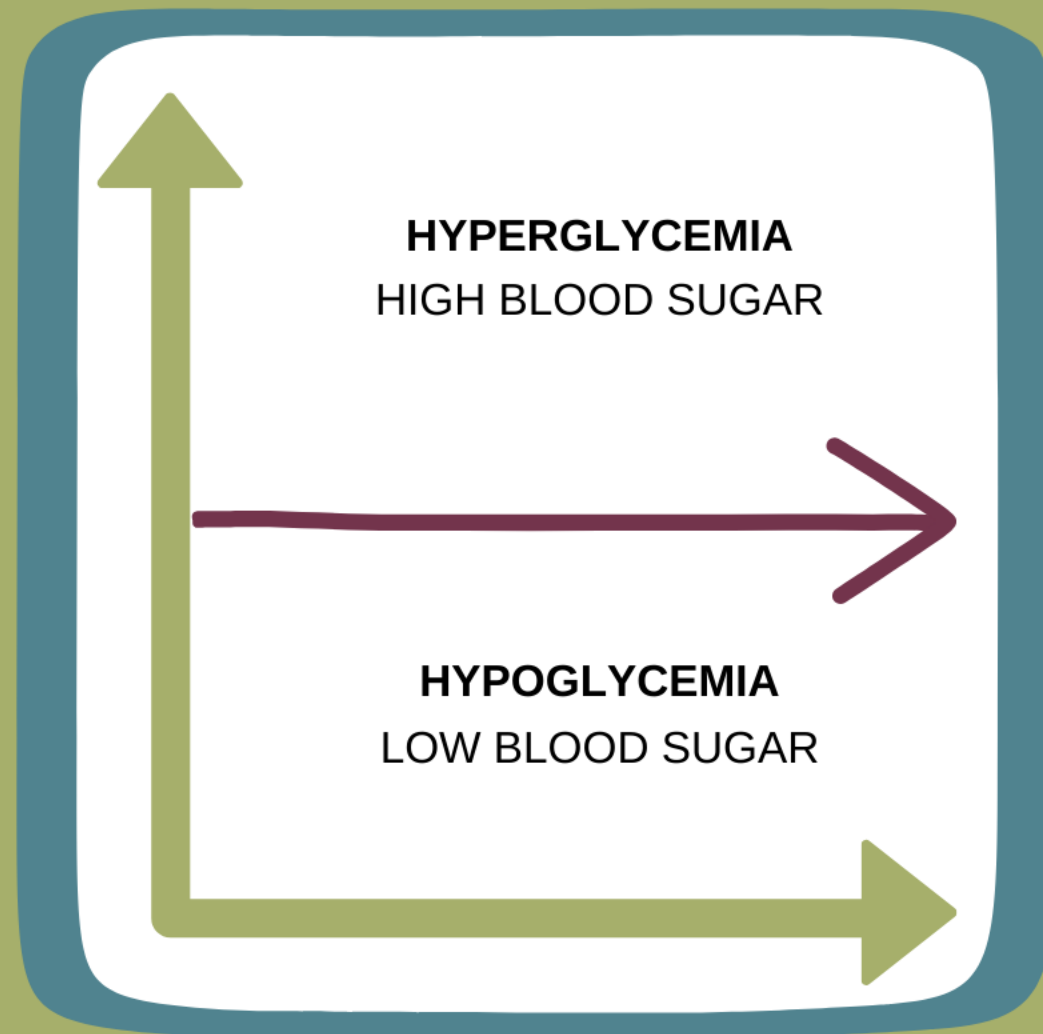


KNOWLEDGE IS

Power

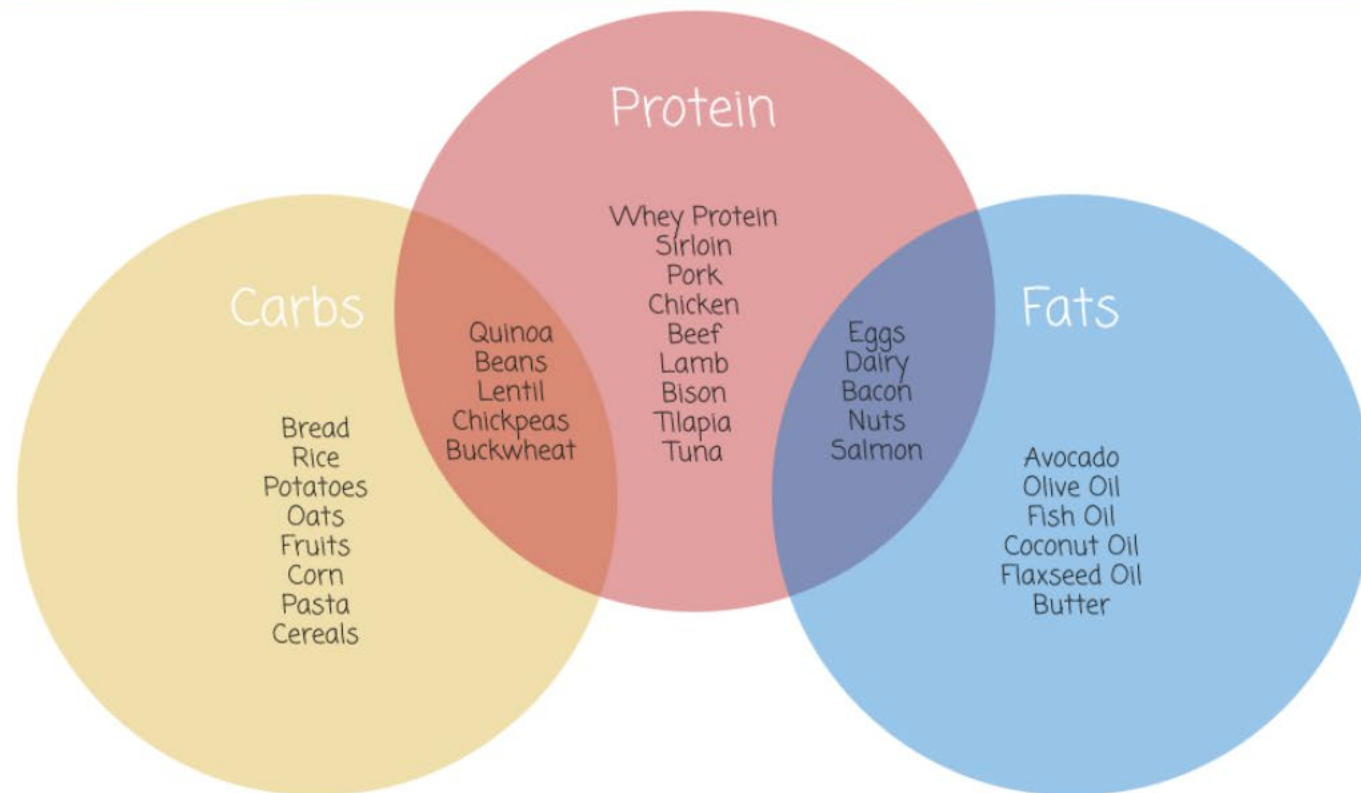


BLOOD SUGAR MATTERS





TIP! *Try "Eating in 3's"*





The Coca-Cola Conspiracy





Tall

Grande

Venti

Trenta





TIP!

4g sugar = 1 teaspoon



Some examples...



1 cup (250mL) of Apple Juice



Nutrition Facts Valeur nutritive

Per 250 mL / par 250 mL

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories	120
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Fat / Lipides	0 g	0 %
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Sodium / Sodium	15 mg	1 %
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Potassium / Potassium	470 mg	13 %
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Carbohydrate / Glucides	28 g	9 %
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Sugars / Sucres	25 g
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Protein / Protéines	2 g
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Vitamin C / Vitamine C	110 %
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Thiamine / Thiamine	10 %
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Folate / Folate	30 %
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Magnesium / Magnésium	10 %
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Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, calcium or iron.

Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, calcium et fer.





Large Chocolate Milkshake from Dairy Queen



Nutrition Facts

1 servings per container

1 Large DQ
Serving size Chocolate Milkshake

Amount Per Serving

Calories 920

% Daily Value*

Total Fat 28g 36%

Saturated Fat 19g 95%

Trans Fat 0g

Sodium 380mg 17%

Total Carbohydrate 147g 53%

Dietary Fiber 2g 7%

Total Sugars 128g

Includes 0g Added Sugars 0%

Protein 21g 42%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



$\frac{3}{4}$ C 0% Organic Vanilla Greek Yogurt



Valeur nutritive Nutrition Facts

pour 3/4 tasse (175g)
Per 3/4 cup (175g)

Teneur Amount	% valeur quotidienne % Daily Value
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Calories / Calories	130
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Lipides / Fat	0g	0 %
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saturés / Saturated	0g	0 %
+ trans / Trans	0g	

Cholestérol / Cholesterol	0mg
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Sodium / Sodium	60mg	2 %
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Glucides / Carbohydrates	18g	6 %
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Fibres / Fibre	0g	0 %
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Sucres / Sugars	18g
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Protéines / Protein	15g
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Vitamine A / Vitamin A	0 %
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Vitamine C / Vitamin C	0 %
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Calcium / Calcium	20 %
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Fer / Iron	0 %
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#4

THE INTERNET LIES TO US!

Be Kind to yourself



Instagram vs Reality



facetune





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