



Transformative
Insights

Firstbeat Wellness Programme

Webinar 6 – Nutrition

re
calibrate

FUTURE HEALTH, NOW

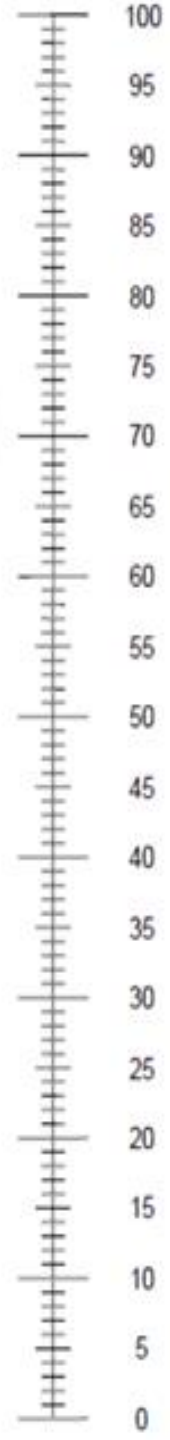


Agenda

- Reflection check-in
- Key reminders
- Why eat healthy?
- Fundamentals and key principles
- Deeper dive
- Q&A



Reflection Check-in



- On a scale of 0 (*completely unsuccessful*) to 100 (*wildly successful*), how successful have you been with making / sustaining your desired changes so far?
- What conditions / behavioral change strategies have contributed to your success? How can you leverage these even more to nudge you up by 10 success points by the end of the programme?
- What conditions / barriers have stood in your way? How can you address one of these to nudge you up another 10 success points by the end of the programme?

KEY REMINDERS

- In the final month of the programme
 - April/May = repeat measurement period
 - Take advantage of individual follow-up coaching session
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Why eat healthy?

- A well-balanced and healthy diet is one of our **pillars of health**
- Key component of maintaining **good metabolic health**
- **Physical health:** chronic health conditions (Diabetes, CVD, Obesity, Cancers, Quality of life)
- Behaviour, mood, **mental health** conditions (depression, anxiety, brain health)
- Support healthy **Sleep** (Sleep apnoea)
- Improve and stabilise **energy** levels, work performance
- Prevent and manage health conditions (iron deficiency, intolerances, Coeliac)
- Gut health, **Immunity**



Fundamental of healthy eating

- Overwhelming amount of nutrition advice
- Often contradictory!
- Research often shows correlation not causation & presents findings as relative effect not absolute
- Not just 1 style of eating that suits everyone. **Individual.**
- BUT, there are some universal key principles that will set most people up with a well-balanced and nutritious approach to eating.



Key principles

1. Whole real foods
2. Maximise vegetable intake
3. Listening to your body's hunger & satiety cues
4. Quality sleep support healthy food choices
5. Be organized
6. Stay hydrated
7. Importance of protein
8. Fibre for fullness and gut health
9. Support metabolic flexibility



#1 Most of your foods should come from whole real foods

- By eating whole, real foods you **limit processed foods**
- What are real whole foods? Foods that are close to their natural form and that haven't undergone significant processing before they reach our plates. These include **vegetables, fruit, lean meats/ poultry, fish and seafood, nuts, eggs and legumes/pulses.**

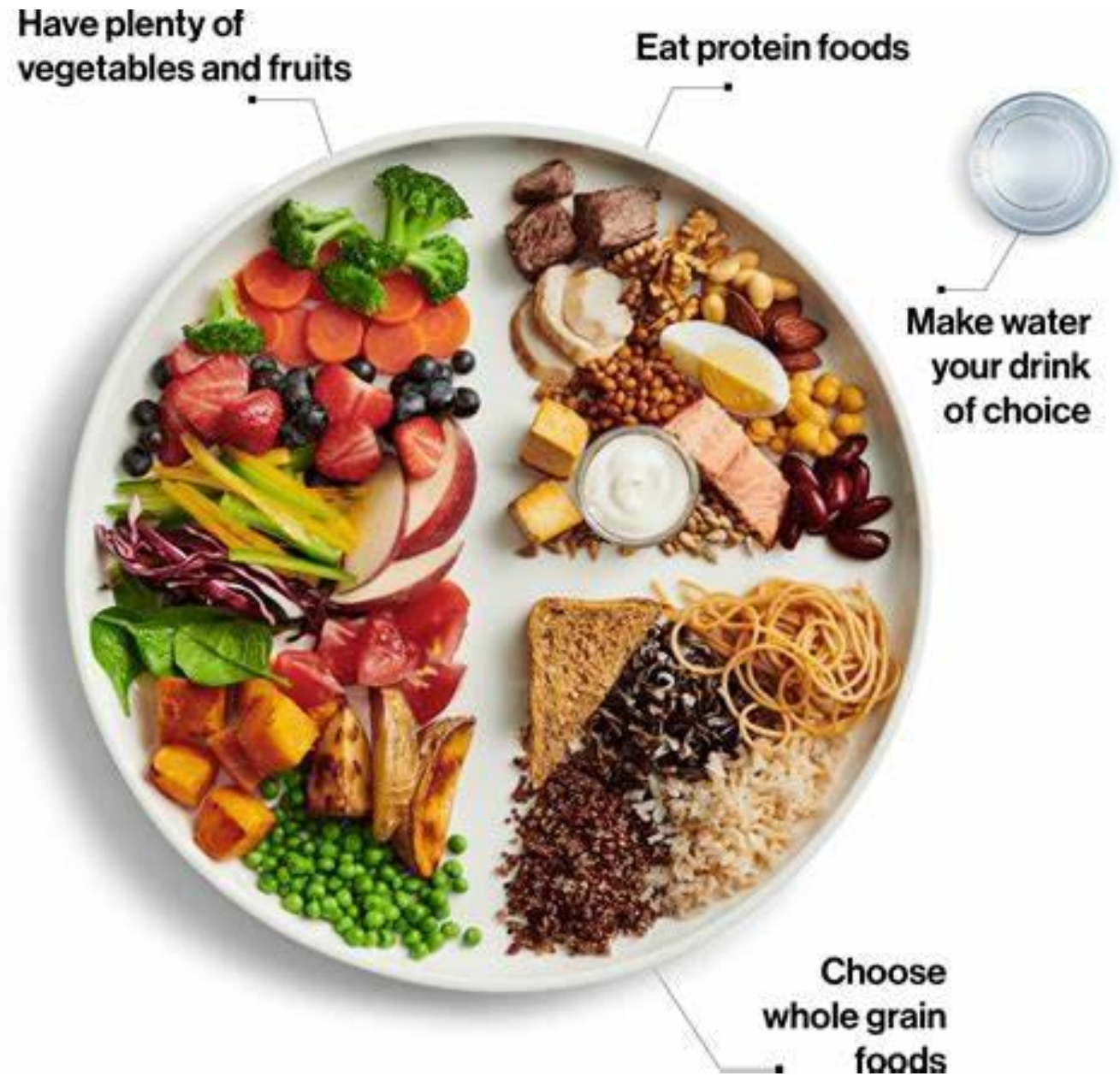


#2 Maximise your vegetable intake and eat a variety of colours

- Eat the rainbow!
- More than 5 servings of fruits and vegetables. The healthiest people worldwide are those who manage to eat about **ten servings per day!**
- **10 sound daunting- but can you add in 1 or 2 more serves a day?**



What does a healthy meal look like?



#3 Listen to your body's hunger and satiety cues

- Are you eating because it is 'lunchtime' or because you are **physiologically hungry**?
- Food diary: hunger, fullness/ satisfaction, do you eat when you are bored/ stressed..
- Eat mindfully- away from your desk/ no TV on. Less likely to overeat, enjoy your meal



#4 Quality sleep supports healthy food choices



Insufficient good quality sleep can lead to:

- More snacks (carbohydrates), in particular at night
- Preference for foods and drinks with added sugars, fats and caffeine
- Feeling hungrier sooner and a tendency to overeat
- Higher alcohol consumption

Poor sleep can lead to insulin resistance and weight gain, in particular around your mid-section.

Higher parasympathetic activity (better recovery) during sleep is associated with more health-promoting diet quality and lower alcohol consumption.

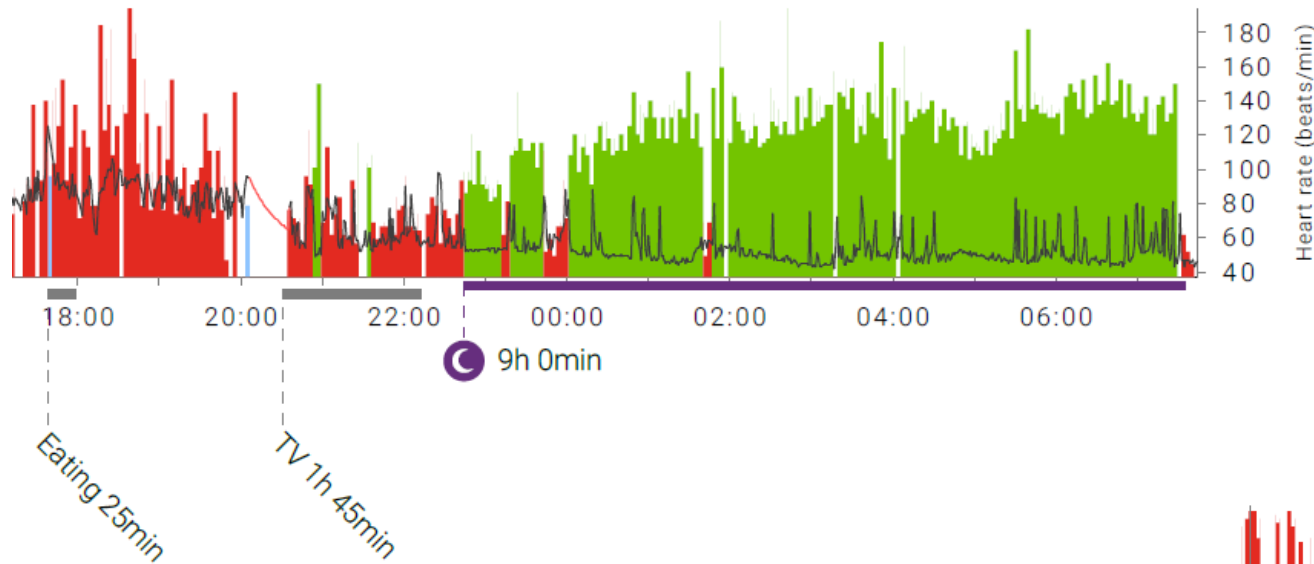


#5 Be organised

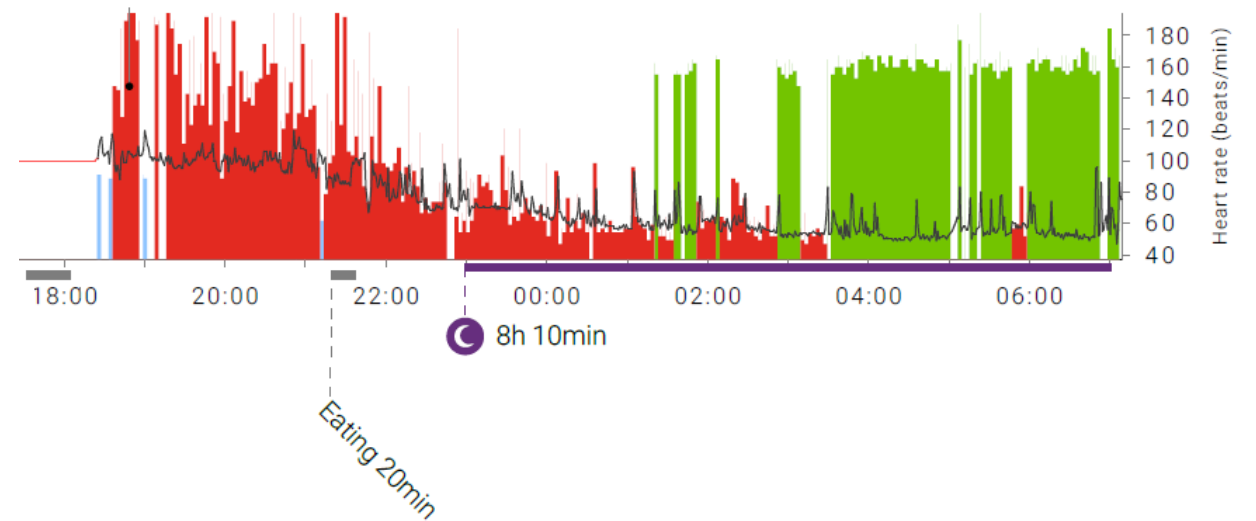
- Lack of preparation and organisation is a common barrier
- If you have plenty of healthy meal and snack options at home and work it is easier to make healthier choices (“nudging”)
- Practical strategies
 - Larger grocery shops rather than small frequent shops
 - Meal planning
 - Leftovers for lunch
 - Freezing extras
 - Slow cooker



#5 Be organised: impact of timing & type of meal

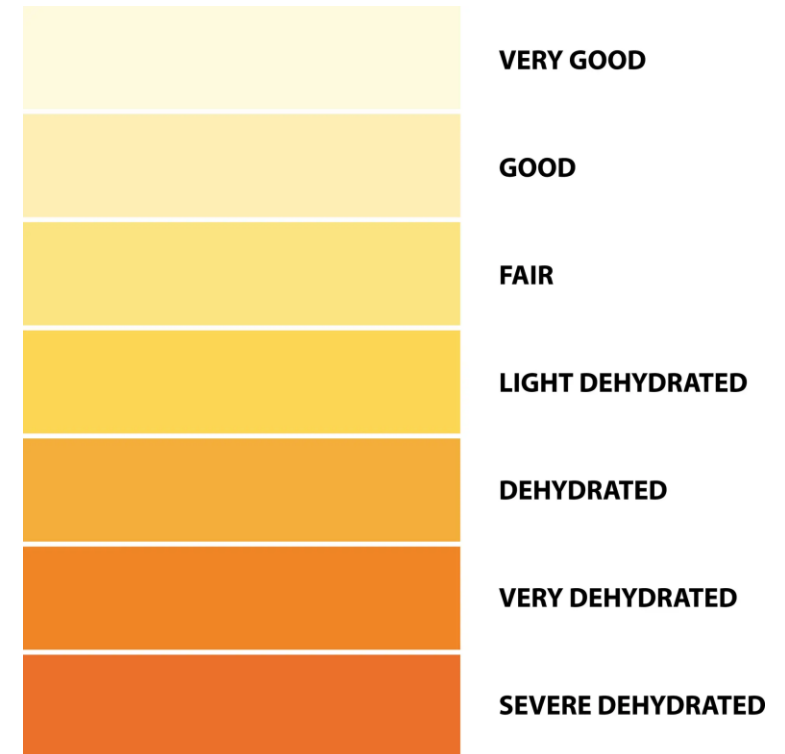


A heavier meal consumed close to bed time delays recovery during sleep



#6 Water as your drink of choice

- Fundamental for good health and optimal functioning. Up to 75% chronically dehydrated.
- Dehydration can
 - Impair cognitive functioning
 - Impact our digestive system
 - Reduce exercise tolerance



#7 Protein at meals and snacks

- Why? Promote feelings of fullness and satisfaction
- Weight management
- Building blocks for our body, growth and repair
- Lean muscle mass
- ¼ of our plate from protein



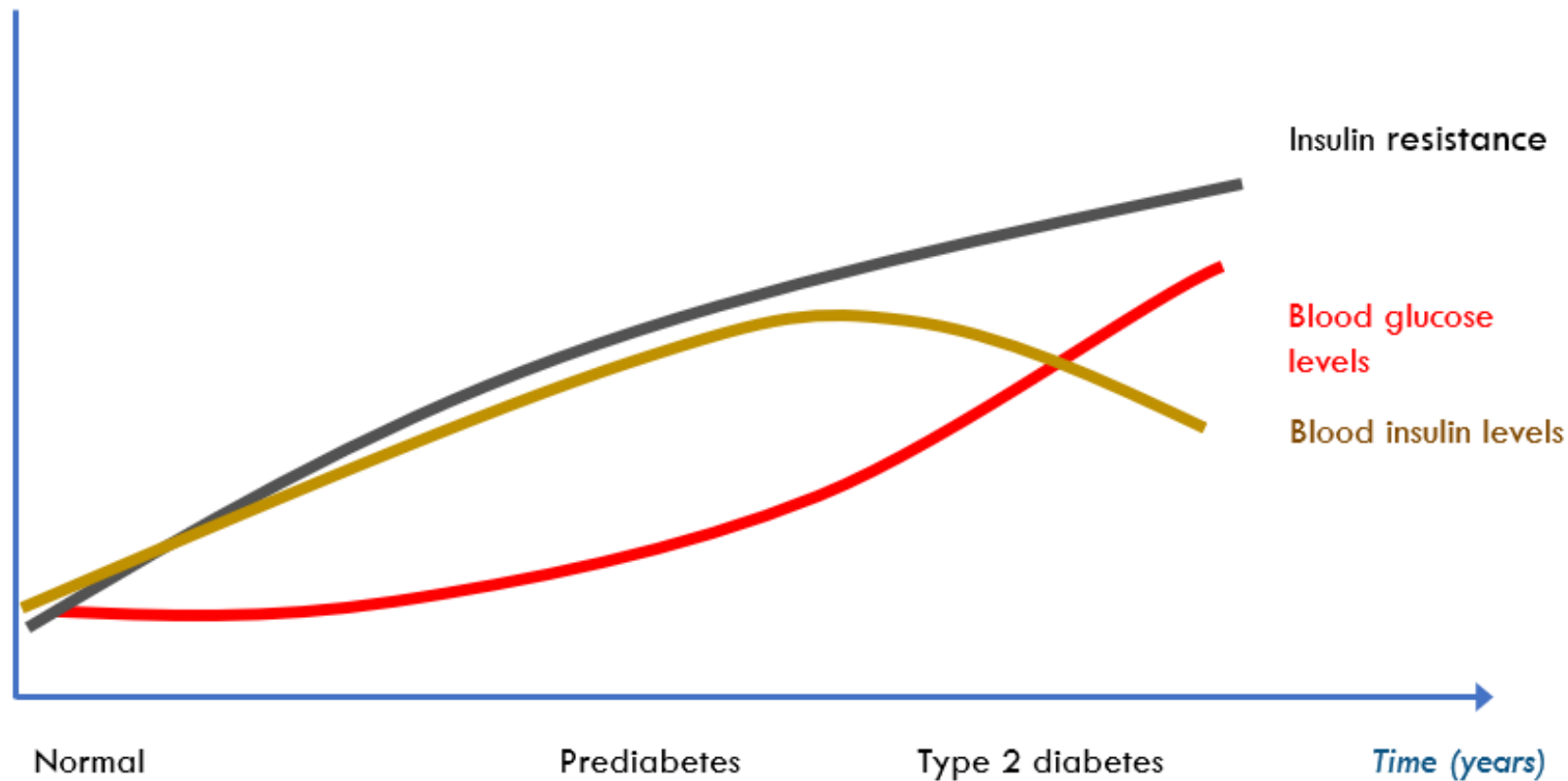
#8 Fibre for fullness and gut health

Fibre is the part of plant foods – fruits, vegetables, seeds, nuts, legumes, grains – that passes through us, imparting many benefits along the way, including:

- Keeps you regular
- Feeling fuller for longer
- Feeds the good bacteria in our gut
- Binds with cholesterol
- Prevent chronic health conditions

#9 Support metabolic flexibility

WHAT IS METABOLIC FLEXIBILITY?





Final thoughts

- The key to sustainable healthy eating is to **find healthy foods that you enjoy**.
- Avoid restrictive eating and the promise of a quick fix.
- Foods are not 'good' or 'bad', there are just some foods that are less nutritious and should therefore make up less of what we eat.
- **Small dietary changes in time will create a big difference to your health and wellbeing.** These small changes over time will also set up you for **long term sustainable change and success**.





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