



AFD Diet & Exercise Plan: For Physicals and Wellness Visits

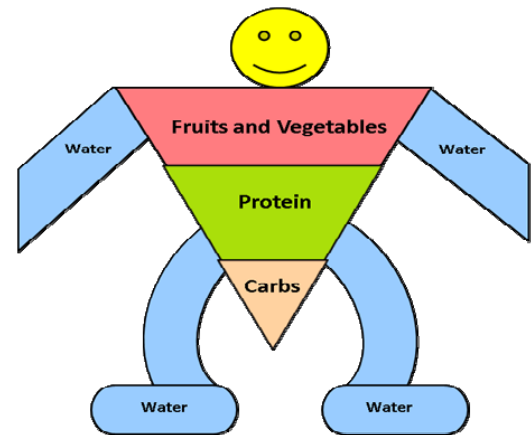
To be Tailored to You by your Personal Provider

5 Basics:

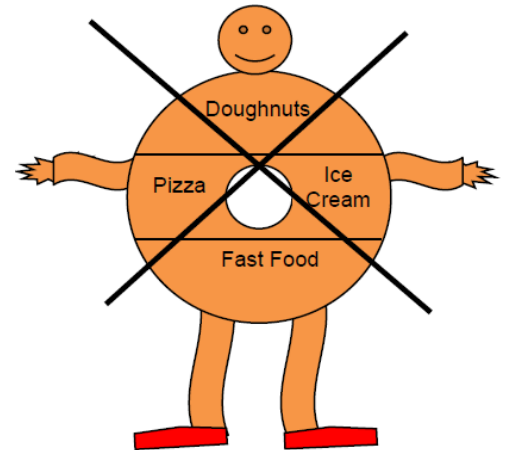
1. **Fruits and Vegetables:** **Unlimited** ; Caution with Potatoes, Rice & Fruit Juices– all are high in calories.
2. **Drinks:** Tap Water (8-12+ glasses daily) – our Bodies are 65% water.
3. **Meat:** Grilled fish, Turkey, Soy and Egg Whites are good sources of Protein, Caution shellfish & red meat
4. **Dairy:** Skim Milk only, Caution too much cheese and dairy
5. **Carbs:** Limit this, Whole Grain only

- Frequent Meals. Graze every 3 hours to keep your Metabolism and Energy high.
- Animal Fat: Caution Meat and Dairy Fat!. Fish Oil is healthier.
- Fruits & Vegetables:
 - Consume at least 5+ servings of fruits & vegetables daily
 - Helps decrease Risk of Cancer
 - Offer fruits like apples as dessert s or snacks
- Food Additives & Chemicals:
 - Avoid excess Sugar, Salt, Fried or Processed foods & Artificial Sweeteners.
 - Remove the salt shaker from the table. Use other herbs and spices instead.
- Exercise & Food:
 - The best food to eat before exercise only are carbohydrates like pasta.
 - Water is vital every 30 minutes during exercise.

Body For Life Figure



Donut For Life Man



AFD's Bathroom Fitness Program:

- Daily Jumping Jacks, Situps, Pushups – key is consistency

AFD's Stress Reduction Program:

1. Sit & Close Eyes
2. Deep breath through your nose actively 10 times – for 3 times per day
3. Work More on your 'Not To Do List'- from the book 'The 4 Hour Work Week'

Good Reference Sites:

- RealAge.com: Good website for calculating your true Healthy Age
- Body for Life Seriew: Bill Phillips
- Body for Life for Women: Pamela Peeke MD

Questions for your Provider: Write them below:



AFD's Health IQ Quiz

How much do you know about good health? You might be surprised 😊

Number Correct: _____/10 Score: _____%

1. **How many servings of fruits & vegetables should you eat per day?**
 1-4 3-6 5-9
2. **What is the number one nutritional danger for most Americans?**
 High cholesterol Too much fat Not enough fiber
3. **What percentage of fat from calories is actually in 2% fat milk?**
 2% 7% 19% 35%
4. **Which fats are better for you?**
 Unsaturated Saturated
5. **Which carbohydrates are generally better for you?**
 Complex carbohydrates Simple carbohydrates
6. **On average, how many glasses of water should you drink per day?**
 4-6 6-8 8-10 10-12
7. **What blood Total cholesterol level is considered healthiest?**
 220 200 240 80
8. **Which type of cholesterol is actually considered "good"?**
 Low Density Lipoprotein (LDL) High Density Lipoprotein (HDL)
9. **At least what percentage of your blood cholesterol should be 'Good cholesterol'?**
 15 20 25 45
10. **What's the least number of times per week you should exercise?**
 1 2 3 5

- Please Grade yourself, Answers on last page of packet. Don't Cheat ! 😊



1. What foods did you eat in the last week?
2. What exercise did you do during the last week?
3. What was your average stress level last week on a 1 to 10 scale & Why? (10 is High Stress)
4. What supplements are you on including all vitamins & aspirin?



Epworth Energy & Sleepiness Scale

How likely are you to doze off in the following situations?

- 0 = would **never** doze
- 1 = **slight** chance of dozing
- 2 = **moderate** chance of dozing
- 3 = **high** chance of dozing

<i>Situation</i>	<i>Chance of Dozing</i>
1, Sitting and reading	[]
2. Watching TV	[]
3. Sitting inactive in a public place (ie, a theater or meeting)	[]
4. Riding in a car for an hour or less.....	[]
5. Lying down to rest in the afternoon when circumstances allow....	[]
6. Sitting and talking with someone	[]
7. Sitting quietly after a lunch without alcohol	[]
8. In a car, while stopped for a few minutes in traffic	[]
Sub Total	[]

9. I am overweight	Yes	No
10. I Snore	Yes	No
11. I gasp, snort or stop breathing at night	Yes	No
12. I have high blood pressure	Yes	No
13. I wake up with leg cramps or sore extremities	Yes	No
14. I have been told I kick or twitch during sleep	Yes	No
15. I have palpitations, rapid chest thumps or pains	Yes	No
16. I feel short of breath, light headed, or exhausted on waking up.....	Yes	No

Complete Total (Yes = 1 point): _____

Any score over 9 is a positive test and a sleep study is recommended.



Health IQ Quiz Answers

- 1. How many servings of Fruits and Vegetables should you eat each day?**
5 to 9+ servings (3 Fruits & 4 Vegetables) has been shown to reduce cancer & heart disease.
- 2. What is the number one nutritional danger for most Americans?**
Too much Fat from excessive Meat and Processed Foods.
- 3. What percentage of fat from calories is actually in 2% fat milk?**
35%. The 2% on the package refers to the percentage of fat from weight, not calories. One cup of milk weighs 244 grams and has 4.7 grams of fat (about 2 percent of the total weight). However, when we look at calories, that same cup has 121 calories & 42 of those calories (35 percent) are from fat.
- 4. Which fats are better for you?**
Unsaturated fats.. Saturated fat, which can lead to damaged arteries, is found mainly in animal-based foods, such as meat and dairy products. Fat from plants, found in many vegetable oils, are generally less saturated but still can be dangerous. A few are healthy like Olive oil.
- 5. Which carbohydrates are generally better for you?**
Complex carbohydrates, also known as starches, are better & are found in breads, rice, pasta, nuts and vegetables. Complex carbohydrate usually include many nutrients and fiber.
Simple carbohydrates, or refined sugars are found in foods with high calories but few nutrients such as desserts, soft drinks & sugar-coated cereals.
- 6. On average, how many glasses of water should you drink per day?**
8-10 (or more when you're highly active) 65 % of the human body is water. Our brain is composed of 70 % water; blood is 82 % water; and the lungs are nearly 90 % water.
- 7. What blood cholesterol level is considered healthiest?**
200 or lower, we need HDL of at least 50-80+ thus Total should be near 200.
- 8. Which type of Cholesterol is actually considered 'Good'?**
High Density Lipoprotein cholesterol (HDL) is the 'Good Cholesterol' because it carries bad cholesterol out of the arteries.
Low Density Lipoprotein cholesterol (LDL) is the 'Bad Cholesterol' because it clogs arteries and contributes to heart attacks.
- 9. At least what percentage of your blood cholesterol should be "good cholesterol"?**
25 percent. The higher our HDL percentage, the lower our risk of heart problems.
Note that exercise can boost HDL levels.
- 10. What's the least number of times per week you should exercise?**
3 times a week with at least 30 minutes of continuous cardiovascular exercise.