

Wellness Workshop

NUTRITION TIPS

Cook at Home

- Full control over ingredients
- Saves money
- Make a menu and stick to it

Healthy Swaps

Instead of	Try
high sugar drinks (soda, kool-aid, etc)	water, milk, coffee or tea with no added sugar
white breads	whole grain varieties
fatty meats	lean cut meats
bottled salad dressing	make your own with oil, vinegar, herbs

Eat More Fruits and Vegetables

- Try for 4-5 servings a day
- Eat a rainbow – fruits and vegetables of all colors
- Purchase pre-sliced fruits and vegetables to keep your fridge stocked
- Purchase canned and frozen vegetables that are easy to quickly cook and eat

Avoid Dehydration

- Mild dehydration can drain your energy and make you feel tired
- Adults need between 2.7-3.7 liters of fluid a day
- Keep a pitcher of water in your fridge (add fruit for extra flavor if you need it)
- Snack on hydrating foods like watermelon, strawberries or oranges

Avoid Mindless Snacking

- Stay in tune with your body's hunger cues
- Balance your meals, so if you are snacking it is for a purpose
- Stay hydrated! Sometimes we mistake thirst for hunger
- Schedule your meals
- Include more protein in your meals

Think Improvement, Not Perfection

- Changing the way you eat does not need to be an all-or-nothing effort
- Start with small goals
- Set SMART goals (specific, measurable, attainable, realistic, timely)
- Think of healthy eating habits as a way to change your lifestyle not as a limiting diet

SPEAKERS

SONDRA MERRILL

Sondra is a Certified Trainer with ISSA, passionate about passing on the love for fitness that was instilled in her. Recognizing that nutrition is a missing piece for many individuals working hard without seeing desired results, Sondra became a Specialist in Sports Nutrition. Additionally, she holds certifications as an Elite Personal Trainer, Specialist in Sports Nutrition Coach, Yoga instructor, CPR/AED, and First Aid.

FAUSTINA JEYARAJ

Faustina completed her BS in plant biotechnology from Stella Maris College in Chennai, India and her MS in biotechnology from Sathyabama University in Chennai, India. She joined the Voruganti lab at NRI in 2019 where she is now a PhD candidate. The lab researches gene-nutrient interactions affecting purine metabolism and related neurodegenerative diseases and genetic and environmental factors affecting complex diseases such as obesity, hypertension, and

type 2 diabetes in ethnically diverse populations.



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FITNESS TIPS

Nutrition is 80% of any fitness goal - a healthy diet reduces inflammation, gives energy, restores your muscles and so much more!

Consistency is vital! Your body is not going to respond to something you do on occasion but something that you have made a habit of. Schedule your gym or workout time to make sure you go. If we “try to fit it in” so many things are going to interfere because life is busy.

Form is essential to keep going. Never jeopardize form to rush through your workout, to try to keep up with someone else, to lift a heavy weight. An injury just isn't worth it. Watching yourself in the mirror can help, or asking for a form check at your gym is a good idea if you don't know.

NOTES



HIGH PERFORMANCE TRAINING

During the Covid shutdown, Michael and Sondra transformed their basement into a commercial gym, where they started training clients from their home. With a strong desire to open their own gym and break free from working for others, Sondra and Michael seized the opportunity to establish a presence in downtown Kannapolis. With over 15 years of experience spanning various generations and a diverse range of fitness goals, High Performance Training (HPT) provides group classes, personal training, nutrition services, InBody Body Composition Scans, and an exclusive Women's Only Section.

UNC NUTRITION RESEARCH INSTITUTE

We all know to eat fresh foods. But not everyone has the same dietary requirements. What if you could get a prescription from your doctor for the key nutrients you should –and shouldn't–eat? Pioneering research at the UNC Nutrition Research Institute (NRI) is developing the resources that will enable health providers to replace one-size-fits-all nutrition guidelines with personalized recommendations for optimal health. The NRI's precision nutrition research aims to improve human health at all stages of life.