

February Newsletter



Diet & Nutrition



Quality and Quantity

Heart Exercise



Your Heart on
Exercise

Technology

February Client



Harry Budisidharta

1

DIET

Fruits, Vegetables,
Complex
Carbohydrates, Lean
Protein, Omega 3 Fats.

2

EXERCISE

Workout regularly to
help maintain a healthy
weight, low body fat
and blood pressure.

3

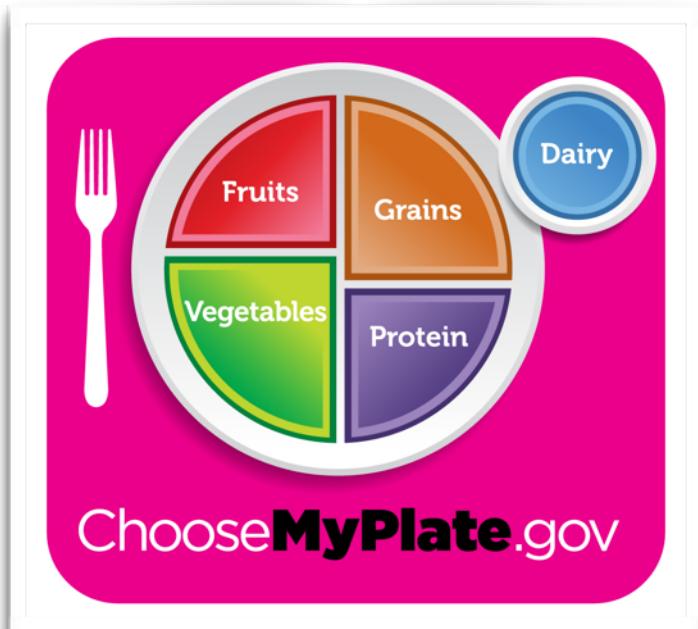
TECHNOLOGY

The means to keep
track of your caloric
intake vs. expenditure
on an individual basis.

Diet

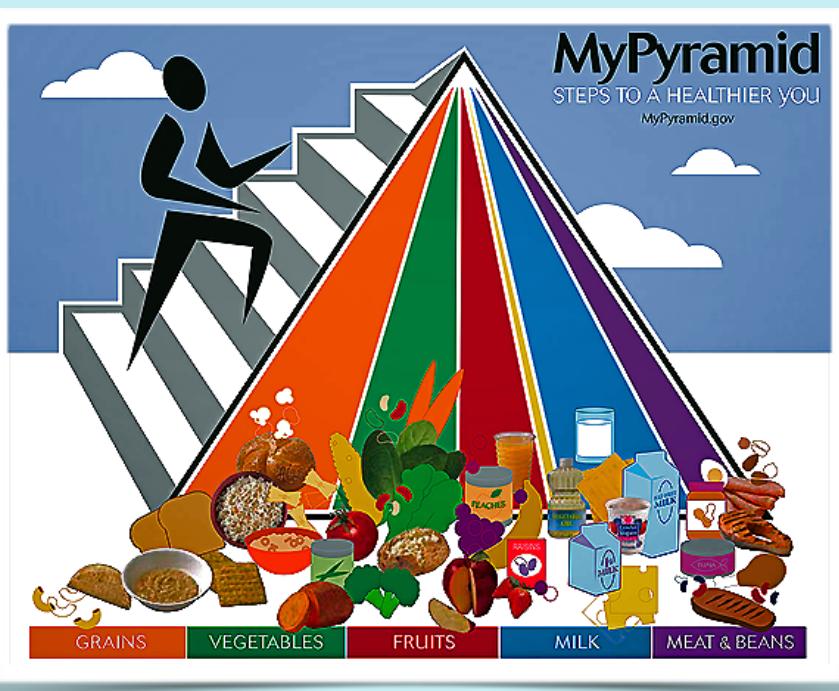
A healthy diet is one that helps maintain or improve overall health.

A well-balanced diet provides the body with all its essential nutrients, including: amino and fatty acids (from protein), vitamins, minerals, and adequate calories and fluids. This can be accomplished by eating plant and animal based foods in appropriate amounts. To maintain a healthy weight, we need to eat portions that meet our energy needs throughout the day. It is also important to keep consumption of "toxins" to a minimum. These toxins include excessive salts, sugars, alcohol, and bad fats. Toxins clog up our systems causing our bodies to expend extra time and energy flushing them out instead of doing more beneficial tasks such as repairing cellular tissues that keep us healthy.



So how do we know what and how much to eat to keep us healthy and satisfy our nutritional needs? A very good visual for this can be seen in the ChooseMyPlate.gov picture above as well as the MyPyramid below.

FOOD PYRAMID



Grains - 3 ounces of whole-grains such as breads, pasta, crackers, rice, or cereal.

Vegetables - 3 or more cups while varying colors: dark-green, orange, white, red and even purple.

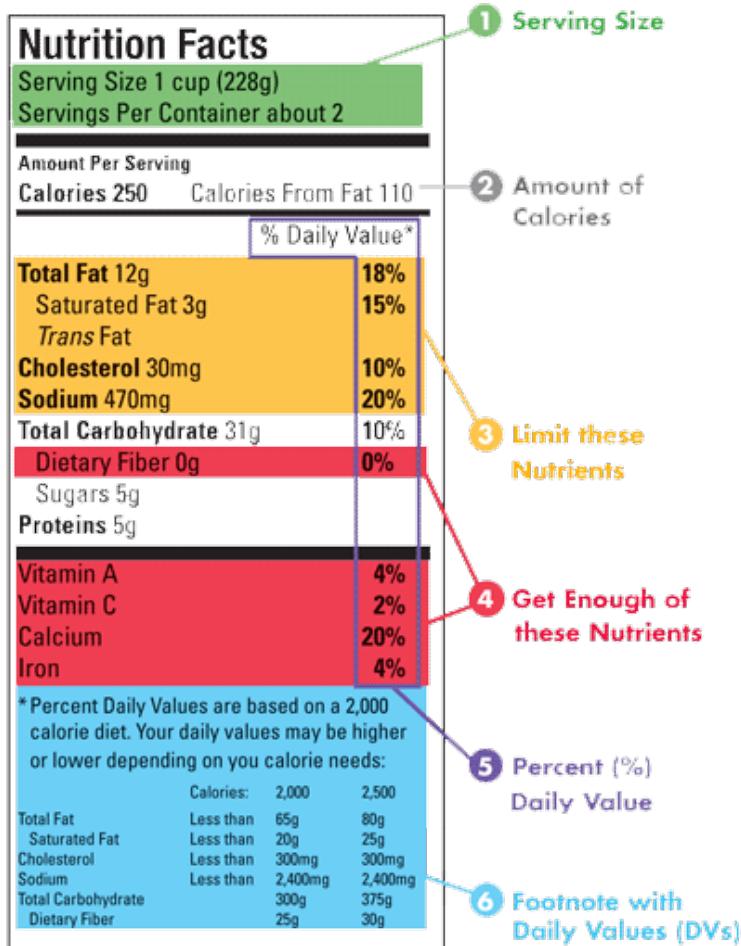
Fruits - 2 cups of varying types which all provide different vitamins and cancer fighting agents. Limit fruit juice.

Milk Products - 3 cups choosing low-fat or fat-free when selecting your milk, yogurt, cottage cheese, etc.

Meats and More - 5.5 or more ounces of selected low-fat or lean meats including poultry, fish and beef. Peas, nuts and seeds fit into this category as well.

So does this mean that every calorie is equal? Absolutely not. We need to make sure we are getting adequate amounts of vitamins, minerals, and fiber. Tracking the amount of calories consumed and the quality of these calories makes for a healthy diet. So make good choices people! These choices determine how healthy you are on the inside.

To maintain a healthy weight we need to pay attention to how many calories we are consuming and expending. Learning to read a nutrition label, like this one, allows us to calculate our caloric intake.



1. **Serving Size** – It's important to note how much a single serving is. Amounts are given in easy units such as cups or pieces in addition to the metric measurement of grams. Because of

this I frequently use my kitchen scale to weigh my food portions.

2. **Amount of Calories** - The left number is how many calories you are consuming, and the right tells how many calories come from fat. If you want to maintain your weight use the formula: Cals In = Cals Out

3. **Nutrients to Limit** - Fat, cholesterol and sodium are shown to increase your risk of heart disease, high blood pressure and some cancers. Do not exceed 100%DV.

4. **Essential Nutrients** - Make sure you get at least 100% of these daily. Many Americans do not get enough dietary fiber, vitamin A, C, calcium and iron in their diets.

5. **% Daily Value** - This section tells you how much is being contributed to your total daily dietary requirements. (%DVs are based on a 2,000 calorie diet.)

What if your food doesn't have a nutrition label, like fruits and veggies? This is where technology comes into play! I like to use an online tool called Calorie Count: <http://www.calorienet.com> that has over 250,000 foods in their data base. They even give you the brand of food so it is easy to find what you are looking for. They also grade their food (A-F) so you can find something that is better for you!

At first when you are measuring food and keeping track of everything you eat it seems tedious. But, if you think about it most people eat many of the same foods day in and day out. After counting your calories for 2 weeks it will become easier. You'll already know that, for example, most fruits have 100 calories/serving, an egg is 70 cals, a sandwich 210, home-made spaghetti is 250 cals/serving, etc.

Exercise

Inactivity is one of the major risks for heart disease.

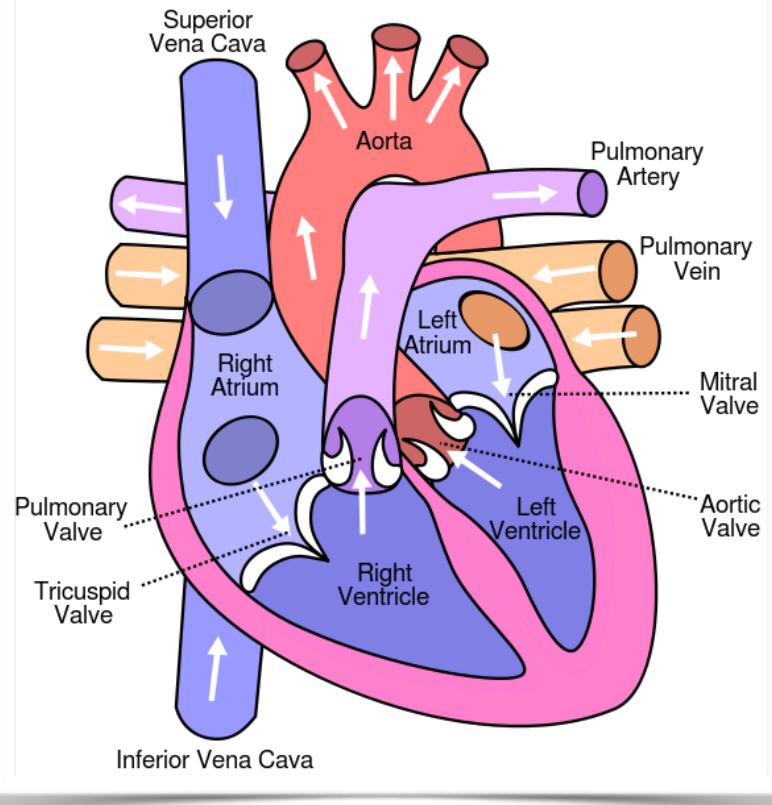
This leads us to our next segment on the heart, and what it means to be heart healthy. Cardiovascular Disease (CVD) accounts for 30% of all deaths globally and is a serious concern. Risk factors include: being overweight, high blood pressure, poor diet, excessive alcohol consumption, smoking, diabetes, high cholesterol, and inactivity.

People who do not exercise are almost twice as likely to get heart disease as people who are active. Your heart is a muscle like any other, and it gets stronger when you exercise. Regular exercise helps you burn calories, lower your blood pressure, reduce your LDL (bad) and boost your HDL (good) cholesterol.

So how does the heart muscle work? It is divided into two pumps that work together; the right side receiving blood from the body and delivering it to the lungs to oxygenate, then the oxygen-rich blood enters the left side of your heart that pumps it to all of the body including the heart muscle itself.

Ok, so how does exercising make our hearts stronger? The two types of exercise I have my clients engage in in each session are cardiovascular and resistance training.

Cardiovascular exercise affects the heart by directing blood flow toward large, working muscles. The increased blood flow results in more blood returning to the heart. Over time this causes your body to produce a larger volume of blood and the left ventricle must adapt and enlarge. The larger ventricle cavity holds more blood and discharges more per beat,

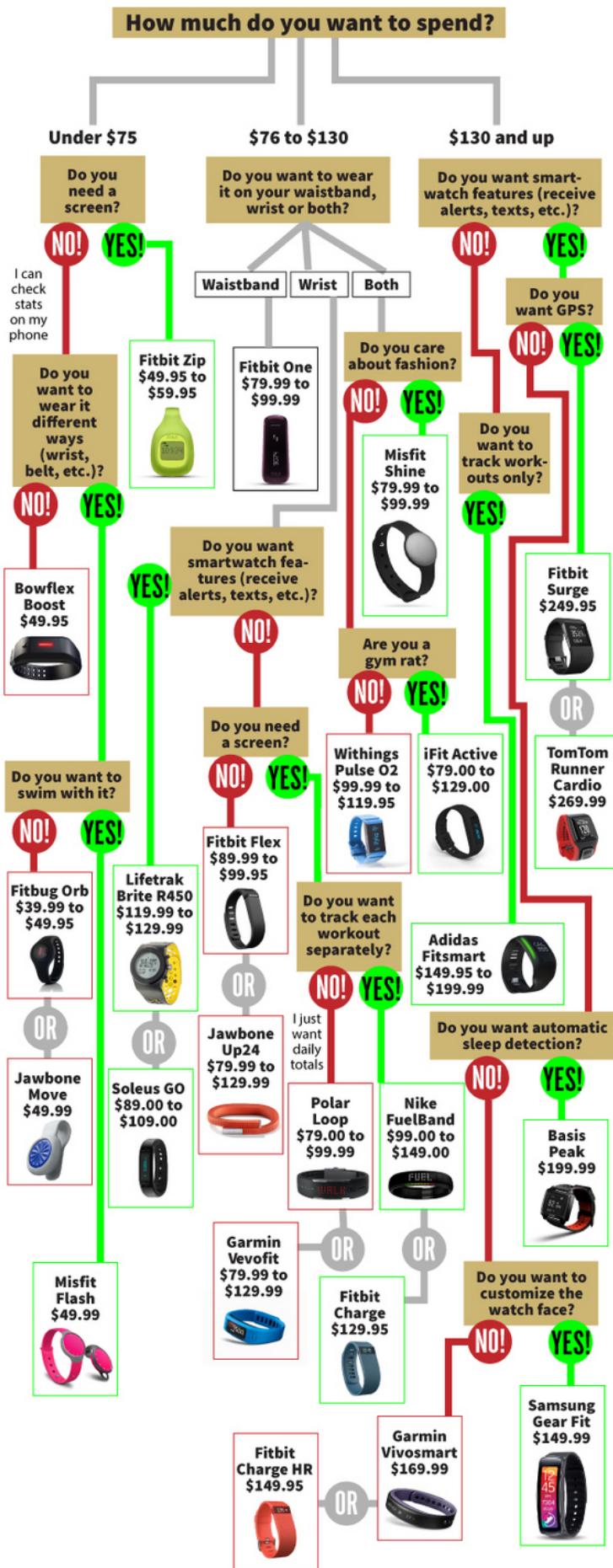


even at rest. With regular cardio training, your resting heart rate drops.

So how does strength training help with heart health? This is more complicated! As a muscle contracts, say the arm while doing a bicep curl, the blood vessels that flow through the bicep constrict and almost close. This raises the blood pressure in the rest of the body, forcing the heart to work harder to push blood out.

Exercise also stimulates the production of new blood vessels. As more blood vessels are made, there are more places for the blood to flow resulting in better circulation. Cardiovascular exercise increases the number of new blood vessels while strength training increases the size of the blood vessels.

This is why it is SO important to engage in both the cardio and the resistance training exercises. This is why I make you do burpees AND weights. :)



Technology

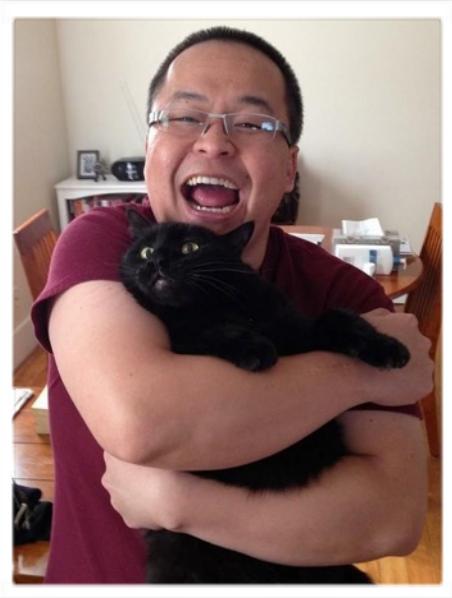
A big aid in how to monitor fitness.

In todays world we have all the tech resources imaginable right at our finger-tips! In this section we are going to be taking a look at fitness tracking. Many fitness devices track daily steps taken, calories burned, total distance traveled, floors climbed, heart rate monitoring and gps. Depending on the type of exercise(s) you enjoy will influence what type of trackers will be better. E.g. waterproof devices for swimming or elevation-trackers for hiking

Selecting the right type of device for each individual is important. Some things to keep in mind are how much you want to spend, how you would like to wear your fitness tracker, do you want it to sync up to your computer or smart phone, chest strap or wrist heart rate monitor, is fashion a factor, sleep detection, etc?

There are many models available, beside is a flow chart that my be helpful when selecting what you want. Remember this is just one source and many other comparison charts are available. I personally use both a Fitbit One and the Garmin Forerunner 15. After having used both, I love them each for different reasons. The Garmin has GPS and a heart rate monitoring system that tracks my caloric expenditure much more accurately. This is even after calibrating both to my stats: height, weight, age, gender, pace, etc. However, I love my Fitbit for badges earned and getting to "compete" with friends on-line. So find something YOU like.

Lastly, this is where the **Cals In = Cals Out** comes back into play. Knowing the exact amount of cals you burned can be compared with the cals consumed to keep your weight in check.



Question and Answer Session with the Infamous:

Harry Budsiddharta

Q. What super hero would you be and what is your superpower?

A. *I love Superman, but I want my superpower to be teleportation because I hate commuting for work.*

Q. Favorite and least favorite food.

A. *Favorite food - fried chicken (duh!)*

Least favorite food - kale. I've tried it and I will not eat it again.

Q. Who is your role model, and why?

A. *My role model is Atticus Finch from To Kill A Mockingbird. He defended an innocent man accused of a horrible crime. He did this even though it was not a popular decision and everybody in the town hated his client.*

Q. If you were marooned on a desert island, what three items would you want to have with you and why?

A. *I would like to bring robots with me. A robot to hunt and prepare my food, another one to do my construction, and another one that can access the internet for me. It will be like a glorious vacation and I can use the internet-bot to call for help once I'm bored with the vacation.*

Q. What do you do for fun?

A. *I like to go on brutal hikes. It's my way to maintain my sanity. It's not a vacation unless I engage in a near-death hike with my bestie.*

Q. What's your dream job?

A. *My current job. I get paid to do policy work and community outreach that benefit the refugee community. I make a good living and I get to do what I love.*

Q. If there was a National Harry B Day, what would the main staples?

A. *Rice and fried chicken! Everybody eats rice and fried chicken! Also everybody is encouraged to adopt a cat or a dog from their local animal shelter.*

Q. As an avid hiker, you clearly believe in Bigfoot, so what do you do to prepare for your encounter?

A. *I have learned to speak their language by watching Chewbacca. I will enter into a peace treaty with their race so that we can unite against a common enemy.....the Jedis!!!*

Q. If medicine balls contained real medicine what type of ailments would they cure?

A. *They will cure your stress. Just keep slamming the medicine balls until your stress goes away.*

Q. If there was a movie produced about your life, who would play you and why?

A. *Idris Elba because he looks very similar to me. We are both tall, well-built, good looking African American men that speaks with attractive accent.*

Q. What is your favorite song to workout to?

A. *The theme songs from Pacific Rim movie. You can't slack off in your workout when you're preparing to fight against giant monsters!!!*

Q. Who would win in a fight between Spiderman and Batman?

A. *Definitely Batman. Spiderman is a whiny teenager, while Batman is a powerful multimillionaire with lots of cool gadgets. Batman wins everything.*

Q. Who's your favorite Disney Princess? What exercise could she beat you at?

A. *Merida from Brave. She will easily beat me in leg exercises (wall sits, lunges, squats, etc.) because she is a horse rider. Also, she can easily kill me since she is good with archery and I am not a fast runner.*

Q. if you were a famous gladiator in the arena what would your name be? And your signature killing move?

A. *My name will be "Sir Meow-a-Lot" and my signature killing move will be The Butt Wiggle! It's where I wiggle my butt before I pounce on my opponent and kill them.*

Q. What have you done when no one at the gym was looking?

A. *Dancing to Britney Spears and Justin Bieber while lifting weights. I'm not even ashamed.*

Q. How has increasing your pull-ups improved your life?

A. *There have been several instances where groups of drunk girls would ask me to take off my shirt. I have not done it because they would not buy me free drinks. I am not a cheap exhibitionist, damn it!*

Q. Is valentines day this month, what would your perfect day look like?

A. *Waking up to the smell of fried chicken. Going on a long hike with my cat. Coming home to eat more fried chicken and rocky road ice cream. Conclude the day with two hours of massage before going to sleep. I'm a simple man with simple priority.*

Q. What would be your hardest obstacle on American Ninja Warrior?

A. *Anything that requires you to be tall in order to complete the obstacle (warped wall and jumping spider). Damn this prejudice against short people!!!*

Q. Tell us about crossing the finish line and conquering a full marathon in 2011.

A. *It was actually a memorable finish because I got to cross it with a group of Spartan warriors! There was this group of men and women that decided to dress up like Spartan warriors from the movie 300. They were not going very fast because they were literally wearing leather sandals for the competition. I can't imagine how painful that must have been. I was keeping pace with them and we got to cross the finish*

line at the same time!

Q. If you could travel anywhere, where would you go?

A. *Mongolia. I don't know why, but I have always been fascinated by that country and I keep wanting to go there.*

Q. What is your next fitness race you will to compete in?

A. *I'm debating whether I want to compete in the Tough Mudder. I don't mind the distance, but I really don't want to do the underwater or the electric shock obstacle.*

Q. On the day I finally manage to kill you at one of our workouts, and you give the ultimate sacrifice to the gods of iron and sweat, what will your final words be?

A. *"Is that all you got?"*

Q. If you could train me for a day what would you put me through?

A. *Burpees, pull-ups, and suicide drill. Nothing but those three exercises. I'll bring a bucket for you to throw up into. :)*

Q. Favorite and least favorite exercise?

A. *Favorite exercise - Bench press
Least favorite exercise - Burpees*

Q. What exercise do you think is amazing and inhuman?

A. *The human flag exercise. It's where you hold a pole and suspend your body from the ground like a flag. I've seen plenty of YouTube videos, but never actually seen a live demonstration of this exercise.*

Q. Are you more of a cat or a dog person?

A. *I'm actually more of a dog person, but I prefer cats now because of my busy work schedule. I don't feel guilty when I come home late because my cat does not care. I would constantly feel guilty if I own a dog.*

