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# Customizing Your Health

Personalizing Your Wellness  
Maintenance Plan To Meet Your  
Wellness Goals

## OVERVIEW

- Customizing Your Approach to Health
- One Size Doesn't Fit All
- Getting Started
- Additional Resources



# Customizing Your Approach To Health

## Addressing Your Unique Needs

- Many factors affect our health.
  - Specific challenges to your dietary preferences
  - Complaints that “run in the family”
  - Stress and physical inactivity
- The first step to your wellness plan is to build a solid foundation of good dietary habits.
  - A low-glycemic dietary program is supportive of your ongoing health goals.

Take your health goals one step further, customize your wellness action plan.

# One Size Does NOT Fit All

- While we all have to start with a solid foundation of good dietary habits, there is no “one-size-fits-all” solution when it comes to nutrition.
- Simple, targeted steps can make a big difference to optimizing your health.

# Targeting Your Unique Wellness Needs

- Starting with a solid foundation of good dietary habits does not mean there is a “one-size-fits-all” solution.
- Simple, targeted steps can make a big difference to optimizing your health.

DID YOU  
KNOW?

Trying to consume the right amounts of every recommended nutrient on a daily basis can feel overwhelming. Stress, physical exertion, improper diet and aging affect the way your body processes vitamins and nutrients, and can hinder wellness and long-term health.<sup>1</sup>

# It Isn't What It Used To Be

- The variety of fruits and vegetables offered today in grocery stores, supermarkets and even your local farmers' markets aren't the same as they were just 50 years ago.<sup>2</sup>
- The pesticides and chemicals used to treat the soil have helped grow bigger crops and larger produce, but they've also resulted in foods that are deplete of nutrients.
- Most foods today – from the bread you eat, to the milk you drink, to the steak you cook – include chemicals, preservatives or additives meant for convenience, not for health. <sup>2</sup>

# Are we really getting our nutrients?

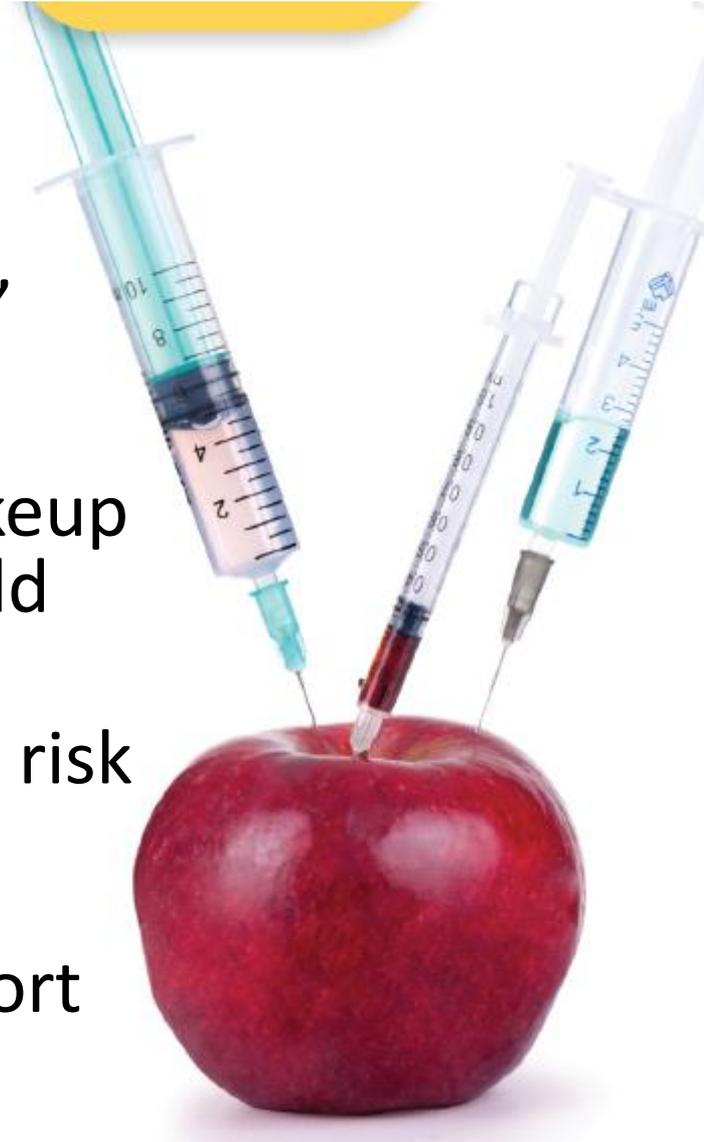
- Understanding that our foods are less nutritionally dynamic than previous generations has led to a population that is “overfed and undernourished”.
- Trying to achieve optimal well-being means evaluating factors beyond food, & looking at sleep habits, exercise habits and avenues for mental emotional support.

While getting a full spectrum of nutrients is necessary to maintain health, knowing how much and in what combination to consume nutrients is based on your individual needs.

Essential nutrients represent the ones your body cannot make on their own, and therefore need to be consumed on a daily basis.

# A Solid Foundation

- Categories of essential nutrients include vitamins, dietary minerals, essential fatty acids and essential amino acids. <sup>3</sup>
- Lifestyle and physical/genetic makeup play a large role in what you should be putting into your body.
- By understanding your modifiable risk factors, as well as your genetic factors, you can devise a plan for customizing your lifestyle to support your unique needs.



# One Size Does NOT Fit All

- Human genetics are 99.9% the same, so many of us believe the majority of our nutrient requirements are the same.
- We all evolve from different parts of the world, each with different environments, different cultures, different climates, and foods that are unique to each geographical area. It makes sense that our genetic heritage would play a part in the evolution of our bodies' requirements.



“One size does not fit all”, and with that, we must learn to meet our unique lifestyle needs.

# Family History Matters

- The right nutrients in the right combination can be the difference between incidence or severity of osteoporosis, coronary artery disease and metabolic syndrome. <sup>4</sup>
- There are several factors to consider in customizing your lifestyle:
  - Family history
  - Biomarkers on our lab work such as lipids, C-reactive protein, vitamin D levels and HgA1c
  - Pharmaceuticals you are taking
  - Subtle genetic differences

# What are YOUR goals?

- In addition to blood work, family history and your environment, you will also want to consider your wellness goals.
- Some may just want to be out of pain while some may want to feel well or energetic and fit.
- Your wellness goals are part of your health action plan.
- There is no singular approach to staying healthy, just like there is no one reason for why our health can decline.
- **Your approach to staying well should be diverse and customized to your unique health goals.**



# A Guide for Customizing Your Unique Lifestyle Needs... Mom & Child

- Finding healthy food choices to support our children's unique needs can be a challenge.
- Consider fun ways to introduce colorful food, like baking sweet potato “fries”, cutting veggies into fun shapes, or hiding them in your child's favorite foods like a vegetable burger.



# Needs For Pregnancy

- Women of reproductive age need to ensure adequate amounts of folic acid.
- Sources like beans and greens are ideal.
- Grain sources need to be enriched with folic acid and are **not** naturally dense in essential nutrients.



# Healthy vs. Unhealthy Male

- Men's risk for heart disease precedes a woman's by as much as 10 years.
- Men should start early eating for heart health.
- Sufficient omega-3 fatty acids from cold water fish two times per week is an ideal way to eat for well-being.



# Needs for Athletes

- Athletes require more protein to meet their heightened metabolic demand.
- If you are just starting a workout program or have been exercising for performance for a long time, make sure to always choose healthy protein sources.
- Some ideal protein sources include legumes, fish and lean meat.



# Overweight Females

- Looking to reach a healthier body composition means having a strong commitment to protein, fats in their natural state, like avocados and nuts/seeds, and lean animal sources.
- Be sure to include a wide array of colorful foods too.
- Focus on vegetables over higher sugar fruits.



# Needs for Older Adults

- Lean muscle mass starts to decline as we age.
- Healthy protein sources, minerals and B-vitamin rich foods, such as leafy greens, fish and squash, are the best ways to eat to maintain healthy bones and muscle.
- Mature adults with a focus on maintaining stamina, endurance and vitality have a higher commitment to balanced consumption of fats, proteins and vegetables to meet their energy needs.

Ideal food options include avocado, fish, beans and colorful vegetables. Avoid grains which quickly turn to sugar.



# Getting Started: What's YOUR goal?

- Your customized wellness plan begins with establishing your goals.
- Looking at the number line below, if “0” represents “an absence of health challenges,” answer these two questions:



- Where do you see your health today?
- Where do you want your health to be?

# References

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- 3. Mosfegh, et al. (2009; 2005-2006). NHANES Nutrient Intake.
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