



DR. RUDA'S WELLNESS GOALS FOR HEALTHY ADULTS

Congratulations on taking the initiative to optimize your health and wellness! Below are recommendations on lifestyle goals to *prevent* chronic medical problems such as diabetes, high blood pressure, and heart disease. I look forward to working with you to achieve these objectives.

NUTRITION:

Remember, **"FRESH IS BEST"**

- Aim for 6-8 servings of fresh fruits and vegetables daily.
 - Always choose fresh produce over preserved (canned or frozen) as our bodies get much more vitamins and nutrients without the extra salt and sugar.
- Avoiding artificial ingredients in general is a great way to support our bodies and immune system. Our bodies cannot process synthetic ingredients, and we do not obtain any nutritional value from these. Read the ingredients list—if there are lots of words that you cannot pronounce in that list, rethink consuming that product!
- Complex carbohydrates: our bodies need some amount of carbohydrates, so consume these in moderation. Always opt for the whole grain products (brown rice, whole grain bread, whole grain pasta) over white flour products as these provide a more constant energy source without extra stress on our body.
- Hydration: the average adult needs a daily intake of 2 liters plain water daily to support a healthy immune system. Remember, we lose considerable amounts of water through the skin, so if you are working out or have fevers aim for 2-3 liters baseline. (1 L = 34 oz)

EXERCISE:

- Aim for at least 45 minutes of cardiovascular activity 3-4 days out of the week for heart health. This means any activity where you are breaking a sweat!
- For weight loss, aim for at least 60 minutes of cardiovascular activity 4-5 days out of the week
- Workout with a partner to keep you motivated
- To maintain joint and bone health, include some resistance exercises such as yoga, tai chi, weight training
- Remember, avoid low back injuries with core strength!

RESOURCES:

www.choosemyplate.gov USDA Food Guide
<http://win.niddk.nih.gov/index.htm> Weight Control Information Network--NIH
www.heart.org American Heart Association—click on "Getting Healthy"
www.CalorieKing.com Calorie Counting Aids

