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# NUTRITION AND PHYSICAL FITNESS GUIDELINES

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"Holistic health" is a term that addresses the well-being and growth of the body, mind, spirit and emotions. While each human being is unique, there are some common guidelines which promote smooth overall functioning of the human body. In the physical realm, nutritious and balanced eating choices and habits are essential, in combination with stretching, relaxation, aerobic and weight-bearing exercise of the various muscle groupings of our bodies. These areas are intertwined with and affect the spiritual and mental capacities of humans both scientifically (or biologically) and psychologically, increasing our abilities to deal with outward and inward stress and stress-inducing situations such as violent attack, illness, or grief. Holistic health is made possible through conscientious daily choices, some of which may come naturally to an individual, and some which may be seen as work. Certainly, a conscious effort is required by those who would be healthy.

Some examples of what a healthy lifestyle might include:

- A daily commitment to finding time for oneself, to relax or "veg out," be that through reading, napping, chatting or whatever. Down time; unscheduled time.
- Some time alone each day.
- Drinking 6-8 glasses of non-caffeinated beverages, plenty of water, and beverages with nutritive calories such as juice and milk daily.
- Regular times for spiritual communication with one's God.
- Ability to walk briskly (i.e. 1 mile in 12 minutes); able to walk a distance (i.e. 6 mile minimum capacity)
- Practicing safe lifting techniques (squat and use thigh muscles rather than bend with straight legs), good posture, and changing positions frequently (if sitting a lot).
- Developing upper body strength (i.e. curl 15 lbs. each arm); muscle tone (i.e. 20 sit ups in a row)
- Choosing to eat less fat, oils and refined sugars
- Not using tobacco products or abusing alcohol products
- Stretching and/or massaging muscles regularly
- Openly sharing feelings, frustrations and fun with trusted people
- Being aware of the signs of various health problems and addressing them promptly
- Practicing good hygiene; washing hands before eating, etc.

Nutrition pyramid: 6-11 grains (carbs); 3-5 fruits/veggies; 2-3 legumes, dairy; 0-1 fats/oils/junk.  
Grow foods (protein) / Glow foods (vitamins) / Go foods (carbohydrates to burn)

**Heart Rate formula:** 220 minus your age equals maximum heart rate; multiply this by 60% to get target rate (what you want to reach during exercise). Example: 30 yr.old person – 220 - 30 = 190 x .60 = 114 beats per minute (BPM)