

Week 4:

Walking Companions: Nutrition & Sleep

“ALONE WE CAN
DO SO LITTLE;
TOGETHER WE CAN
DO SO MUCH.”

—HELEN KELLER

Walking Toward a Good Night's Sleep

- Walking boosts sleep hormones, helping you to fall asleep up to 50% faster and sleep longer and more soundly.
- Walking has shown to lift moods, reduce stress and strengthen circadian rhythms.
- Lack of sleep can affect eating habits by interfering with hunger hormones—increasing appetite and cravings during the day.

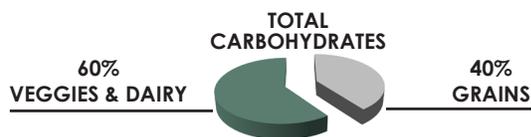


NUTRITION

Your body needs a healthy balance of protein, carbohydrates and fat to maximize your fitness activities. The key is in knowing how much you need, why you need it and which foods yield the highest nutrients. When used correctly, the following power foods can help you increase energy, lose weight, strengthen muscles and bones and keep you injury-free.

1 Carbs: Weight Loss & Energy

55-60% of your total daily calories should come from complex carbohydrates. 60% of these carbohydrate calories should come from vegetables and dairy products. The other 40% should come from complex carbs such as potatoes, whole grains and fruit.



2 Fat: Endurance & Immunity

Fat is an essential nutrient for good health, vitamin absorption, brain function and energy. 25% of total daily calories should come from monosaturated & polyunsaturated fats. Think more olive oil and less butter/shortening.

3 Calcium: Bone Strength

Walking builds strength in the bones you are using most. To build bone strength in other areas, eat dairy each meal and aim for 1,000-1,200 mg of calcium each day to help prevent stress fractures, osteoporosis and muscle cramps.

4 Water: Performance

It is important to drink water before, during and after workouts—even if you are not thirsty. Not only does water regulate your body temperature, but it also helps maintain energy by transporting nutrients.

Check your urine frequency and color to ensure you are getting enough fluids throughout the day.

5 Protein: Muscle Strength

Protein builds and repairs body tissue, but avoid overloading on protein. Too much protein could have negative health effects. Walkers need just .7g of protein per pound of body weight each day.

