

Let's lunch and learn!

May 2025

If you participate in the State Health Plan, you can find a nutritionist near you by logging into your Aetna account.

Dietician visits are covered at 100 percent when an in-network provider is used. Visit www.shpnc.org to learn more.

For future Worksite Wellness Lunch and Learn events or recordings of previous events, visit oshr.nc.gov/wellness-webinars.



Move More In May!

Adding Variety and Creativity to Movement!

By Katie Godin

LifeStyle
MEDICAL CENTER

Evidence-based Lifestyle Modification
and Medical Nutrition Therapy



Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
 - Weight Management
 - Women's Health
 - Sports Nutrition
 - Chronic Disease Counseling
 - Bariatric Support
 - Smoking Cessation
 - Sleep Assessment and Stress Management



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<https://lifestylemedicalcenters.com/>

Key Discussion Points

1

Understand various types of exercises and their overall benefits.

2

Determine what barriers may prevent you from exercising and how to work through them.

3

Get ideas on how to make exercise more creative, fun, and simple to do anywhere!

Please Note:

I am not a certified exercise physiologist. The information in this presentation is based on personal experience, research from publicly available sources, and general fitness knowledge. It is intended for informational purposes only. Before starting any new fitness program, please consult with a qualified healthcare provider or certified exercise specialist, especially if you have any underlying health conditions or concerns. Also note, at LMC we do have an Exercise Physiologist on staff that is now able to assist with the development of a personalized exercise plan! Reach out to our team to learn more 😊

Categories of Physical Activity

- Aerobic (Cardiovascular)
- Strength/Resistance Training
- Balance and Flexibility



Benefits of Physical Activity

- **Aerobic:** strengthens heart, lowers blood pressure, increases insulin sensitivity, increases metabolism, increases HDL, better lung capacity, improves stress/sleep, and much more!
 - Aim for 150 minutes of aerobic exercise each week. Can work up to this!
- **Muscle Strengthening/Resistance Training:** Resistance exercise can improve strength, bone density, metabolism, and support overall health.
 - Aim for at least 2 days of full body exercises each week. Can also isolate out muscle groups and do > 2 days of strength training if desired.
- **Balance and Flexibility:** Improves mobility/range of motion, reduced risk of falls, stress reduction and relaxation, pain relief, improved posture.
 - Should be cooling down after each exercise session you do with stretching. And better if you can do 2-3 days a week of focused balance/flexibility exercises.



Exercise Examples

- **Aerobic:**
 - Cycling, Running, Walking, Swimming, HIIT, Sports-related activities (Tennis, Basketball, etc.)
- **Muscle Strengthening:**
 - Free weights and machines, Resistance Bands, and Body Weight
- **Balance and Flexibility:**
 - Pilates, Yoga, Tai Chi, Stretching



<https://hydrow.com/blog/15-best-circuit-training-workouts/>

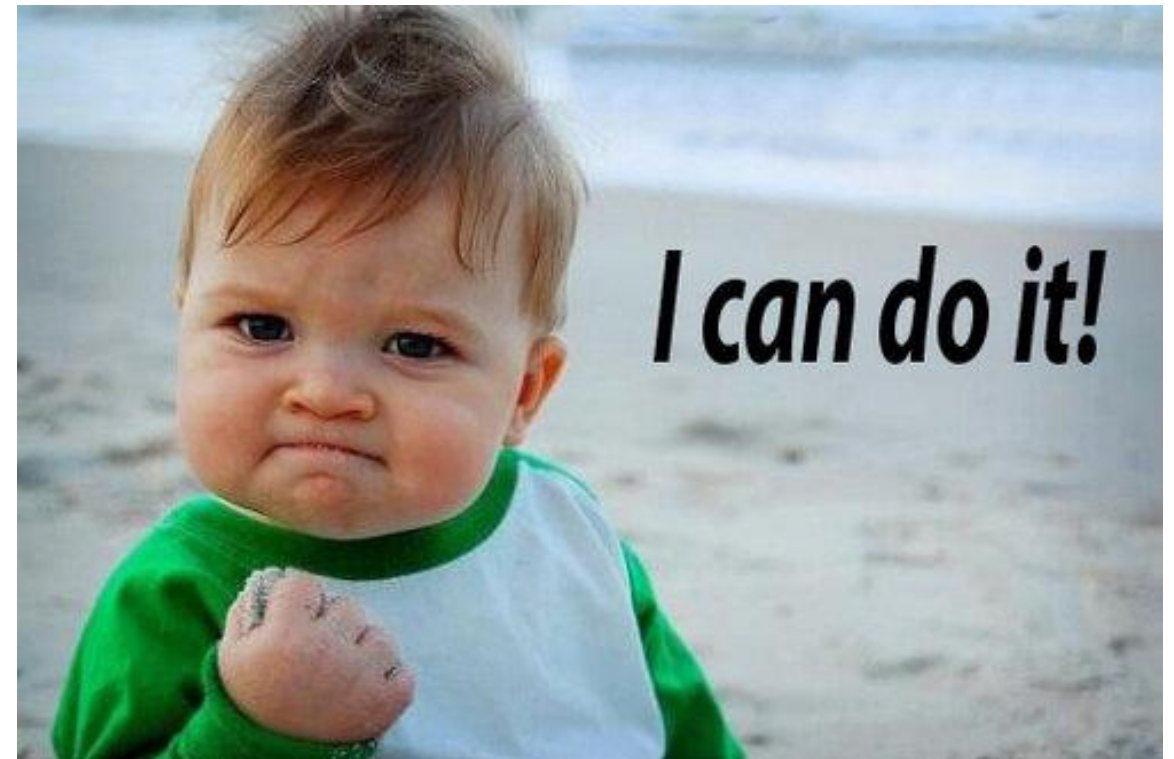


Why Might Someone Struggle With Exercise?

- Lack of motivation?
- Not seeing results?
- Finding the time?
- Maybe your routine has you burned out?
- Not knowing where to start?
- Physical barriers at play?
- Limited resources?

How to Push Through Barriers!

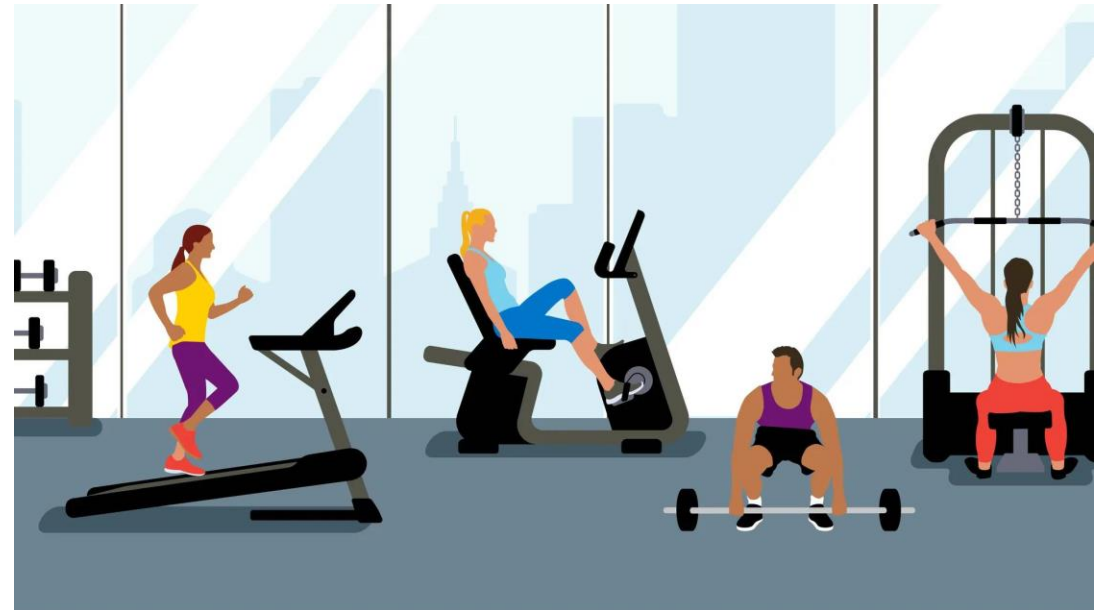
- Lack of motivation → Find an accountability partner!
- Not seeing results → Focus on non-scale victories!
- Hard to find time → Try mini workouts!
- Routine burnout → Mix it up! Get creative 😊
- Knowledge gap → Talk to someone about where to start!
- Physical barriers → Learn how to modify moves and what works best for your body!
- Limited Resources → Try free, at-home resources and use your body weight 😊



<https://lightbulbtraining.com.au/blog-posts/2020/7/7/m7a20d7y7isvs2gpbutvq33w451w4j>

The Power of Mixing It Up!

- Prevents physical plateaus.
- Aids with motivation.
- Engages different muscle groups. Less muscle memory and overall, more effective workout!
- Reduces risk of injury.
- Makes fitness more fun and something we look forward to.



<https://health.clevelandclinic.org/types-of-exercises>

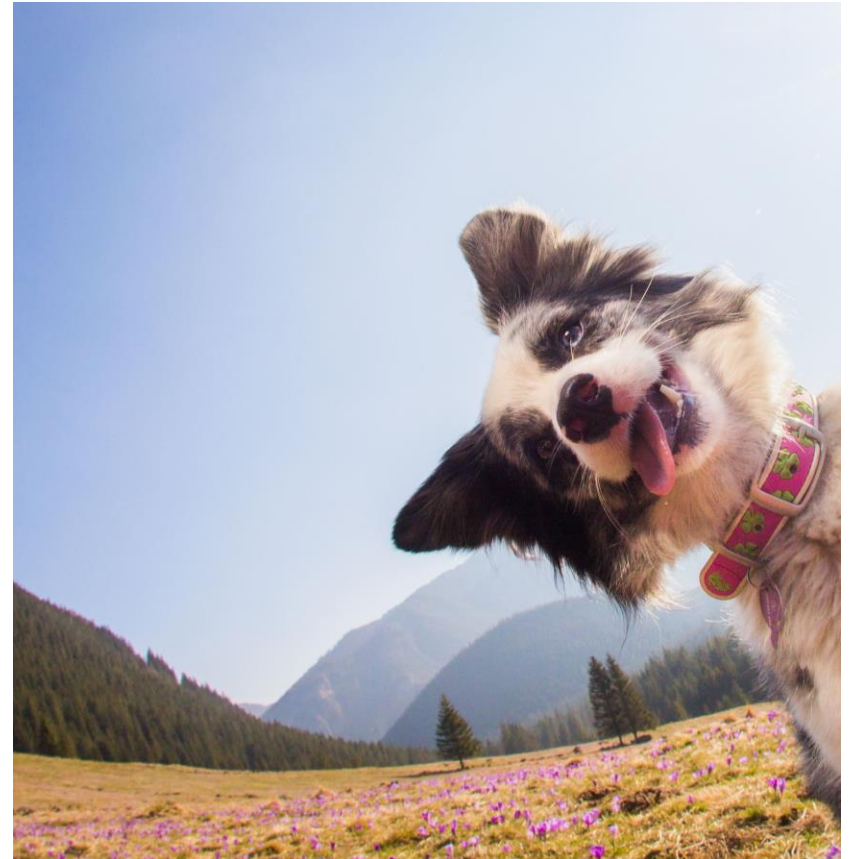
Making Exercise FUN!

- Find a friend!
- Try different environments.
- Add music or a podcast
- Try a fitness challenge.
- Class environment with social interaction.



Add Creativity!

- Dance breaks or parties at home!
- Try walking meetings or a standing desk/walking pad.
- Active video games (Ex. Just Dance).
- Get outside with kids/pets--→ 😊
- Nature scavenger hunts!
- Mini workouts throughout the day.



No Equipment? No Problem!

- Backpack loaded with books/water bottles to add weight
 - Exercises: Squats, lunges, push-ups (wear it), bent-over rows, weighted walks.
- Water Bottles
 - Exercises: Biceps curls, overhead presses, lateral raises, farmer's carries.
- Wall
 - Exercises: Wall sits, wall push-ups
- Chair/Sturdy Table
 - Exercises : Triceps dips, step-ups, incline/decline push-ups,
- Couch
 - Exercises: Hip thrusts, incline push-ups, elevated planks, leg lifts
- Stairs:
 - Exercises: Step-ups, stair sprints, calf raises, incline push-ups.





Workouts To Try!

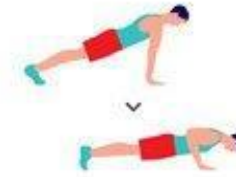
7 Minute Workout



1. Jumping jacks



2. Wall sit



3. Push-up



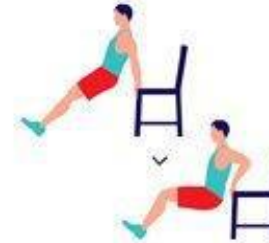
4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



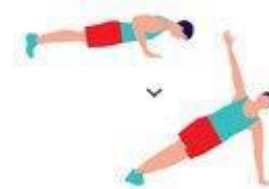
8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank

Low Impact Workout



Do each exercise for 1 Min (15 sec break in between) :

- 1.) Punches
- 2.) Kick through lunges
- 3.) Army Crawl Planks
- 4.) Squat Thrusters
- 5.) Front Kicks
- 6.) Squat Curl Alternate Knee Lifts
- 7.) Upper Cuts
- 8.) Sit Up Press

*** Exercises can be done with or without weights**

LMC Dietitian's Top At Home Resources

YOUTUBE CHANNELS

Yoga with Adriene

Fitness Blender

Rachel's Fit Pilates

The Body Coach

Leslie Sansone

FitbyMik

APPS

FitOn

Apple Fitness

Down Dog (Yoga)

C25K (walk / jog intervals)

WOD Generator



Sample Week of Working Out!

Pick a realistic number of days to exercise each week as you are getting started! Mix up low, moderate, to high intensity exercise days. All movement counts!!! 😊

Monday	Strength Training (Full Body)
Tuesday	Yoga or Stretch
Wednesday	Walk during lunch
Thursday	7 Min Workout
Friday	Nature Walk or Bike ride with family
Saturday	Long walk or Sports related activity
Sunday	Rest or Light Mobility Work (Stretching)

Remember:

- Start with small changes!
- Focus on fun, not perfection 😊
- Celebrate progress in a variety of ways (Not just weight loss!)
- Mix long-term goals with short-term enjoyment.
- Always listen to your body!!





A Minute For Nutrition!

Some Post Workout Tips!

Benefits of Refueling with a Post-Workout Smoothie!

- A post-workout shake or smoothie with protein aids with getting the protein your muscles need to repair those micro-tears post-workout. This is what results in building lean muscle mass. Carbohydrates will help with replenishing liver and glycogen stores. And fruits/veggies and liquids will help with hydration.
- Do you need a post-workout smoothie? If exercising close to mealtime, your next meal will do! Aim for balance!
 - Protein (30-35g) from animal or plant-based sources.
 - Fiber: Fruits, veggies, and other complex carbohydrates from whole grains and starchy vegetables.
 - Fat: Healthy fats like avocado, nuts, and olive oil.
 - Dietitians are GREAT at helping you piece this all together!



THANK YOU

Let's Blend!

Post-Workout Smoothie

INGREDIENTS:

1 cup unsweetened almond milk
2 scoops of Orgain protein powder
½ frozen banana
½ cup frozen strawberries
Handful of fresh spinach

NUTRITION FACTS: 1 Smoothie

Calories : 272

Protein: 23g

Carbohydrates: 37g (9g of fiber)

Fat : 8g



References:

- <https://health.clevelandclinic.org/types-of-exercises>
- <https://www.nia.nih.gov/health/exercise-and-physical-activity/three-types-exercise-and-physical-activity>
- <https://www.nytimes.com/wirecutter/blog/free-home-workouts/>
(Workouts!)