

FOUNDATIONS TO A HEALTHY LIFESTYLE

WEEK 2

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

- Winston S. Churchill



YMCA of Greater Westfield
67 Court Street, Westfield, MA
westfieldymca.org | 413-568-8631

WEEK 2

FITNESS CHALLENGE

12 SQUATS THREE TIMES A WEEK

- THE SQUAT: “ONE OF THE BEST EXERCISES FOR ANYONE by ACE Physical Therapy and Sports Medicine Institute”
- The squat is a vital part of an overall fitness program. It strengthens the core, your lower body, and can even help strengthen muscles throughout the body.
- The body-weight squat is a compound exercise that primarily targets the muscles of the lower body—the glutes, quadriceps and hamstrings.

BENEFIT OF SQUATS

- Prevent injuries: Besides strengthening the muscles in the lower body, squats also strengthen tendons, bones and ligaments. Strong connective tissue will help you stay injury free.
- Application to real-world activities: Promoting mobility and balance, squats are a great functional exercise to keep you performing daily activities such as walking and moving from a seated to a standing position.
- Strengthens your core
- Squats can be done anywhere with just your body weight. They can also be done with weights, like dumbbells, barbells, kettlebells, or medicine balls, or with resistance bands.
- Choose either Wall Squat, Chair Squat, or Free-Standing Squat:
- 1 set 12 repetitions
- Children and beginners may choose to divide your squats throughout the course of the day.
- Advance level complete 3 sets or add variation of a Single leg Pistol Squat
- Choose the type of squat that best fits your fitness level

Email a picture demonstrating your favorite squat to Ryan at rlevine@westfieldymca.org to enter your name into a weekly drawing



WEEK 2

NUTRITION CHALLENGE

THE FAST-FOOD CHALLENGE

Give Up Fast Food for any 7 consecutive days (a one-time try during the 6 weeks)

Fast food is typically mass-produced food that can be prepared very quickly. Examples of fast food menus might include burgers, fries, pizza, grinders, fried things, Chinese takeout, ice cream and chain restaurants. Fast food is designed to be addictive. They contain poor quality ingredients, chemicals, and lots of bad fats, added sugar, and salt—all having negative health consequences. These food items are typically highly processed, and highly refined such that ingredients have been stripped of their natural fiber, vitamins and minerals.

While it's okay to indulge in a craving every now and then, to stay healthy you can't make it a regular habit. The key is moderation. Nutrition is not all or nothing; it's about balance.

BENEFIT OF GIVING UP FAST FOOD

Less sodium intake: Fast food is packed with sodium with most single fast meals containing 1600 to 2400 milligrams of sodium. The American Heart Association recommends no more than 2,300 milligrams for the whole day. Excessive salt consumption is associated with high blood pressure, strokes, and reduced kidney function. Some studies suggest sodium also affects your bones by competing in your body with calcium.

Lower Your Risk of Heart Disease

Eating fast food can increase your intake of calories, total fat, saturated fat, cholesterol and sodium. Eating too much of any of these can alter metabolic factors that increase your risk for heart disease.

You improve your memory and ability to learn. Researchers from Oregon Health and Science University compared people's blood levels of trans fats to their brain volume via MRI. They found that trans fats actually shrink your gray matter, replacing good fats in its membranes and affecting its ability to function. Yep, fast food can fry your brain.

You reduce your risk of diabetes. Eating a diet high in saturated and/or trans fats—fast food — can lead to insulin resistance, a condition in which the body releases more and more sugar into the blood. Over time, this can lead to weight gain and a vastly increased risk of Type 2 diabetes. In fact, regularly eating fast food doubles your chance of developing insulin resistance.

STILL NEED A FIX? COPYCAT FAST FOOD RECIPES

www.eatthis.com/homemade-fast-food/