



## 7 General Health Nutrition Habits

Here is a quick run down of the 7 healthy habits we generally recommend:

Daily→

- 2 servings of fruit
- 3 servings of vegetables
- Hit a protein goal for the day
- Drink 64 oz of water
- Sleep 7+ hours
- Activity of 45 min or longer

And then weekly→

- Less than 5 alcoholic drinks per week

***Let's go into them with a little more detail:***

### 1 & 2: Eat 2 servings of fruits and 3 servings of vegetables DAILY

Aim for TWO fruits and THREE vegetables each day, which nearly covers the national recommended servings of 2 cups of fruit and 2.5 cups of vegetables each day, and will likely get you eating the RDA of fiber as well.

The nutrients in fruits/veggies vary, which is why a variety is ideal, but if you only like 1 or 2, then eat those up! Eating some is ALWAYS better than eating none! If you're not currently eating enough fruits and vegetables, don't jump immediately to 2 and 3 cups. Take baby steps...Add a fruit in with breakfast, add an extra vegetable with dinner. Small changes will add up!

### 3: Hit your protein goal for the day

While everyone's optimal protein intake is different and dependent on their personal goals, at a minimum, eating a lean protein source at every meal is a good place to start. Lean protein examples include: chicken, turkey, egg whites, greek yogurt, low fat cottage cheese, etc.

As an athlete, you'll want a bit more protein than that--a good place to start is 70-75% of your body weight in pounds. Under this assumption, someone weighing 150 lbs would need ~105-112g protein each day. Spread out across 3 meals, that looks like ~35g protein per meal.

#### 4: Sleep at least 7+ hours per night

Likely you're not getting enough! The National recommendations for sleep for adults ages 18-64 is 7-9 hours per night. Sleep aids in memory, cognition, performance, recovery and so much more. A great bedtime routine, consistent sleep and wake times and less screen time can all help us get a restful night's sleep.

#### 5: Drink at least 64 oz of pure water each day

National recommendations for fluids are:

~2.7 Liters per day for women (~90 oz) and ~3.7 Liters per day for men (~125 oz)

However--before you freak out about that number, that is taking into account water content from ALL sources (your coffee, tea, apple, celery, etc). SO, what's a good goal to start with?

64 oz of PLAIN water each day is a great starting place. That La Croix, or Crystal Light, etc is fine, but plain, pure water is essential for your body to function optimally. It aids in digestion, flushes out bacteria, normalizes blood pressure, helps regulate body temperature, etc. You should drink whenever you're thirsty, though, and for some, that's more than 64 oz, especially depending on activity level, etc.

#### 6: Move at least 45 minutes per day (varied modalities/intensities)

Movement is important for so many aspects of health. The national recommendations for physical activity are 150-300 minutes per week (30-60 minutes 5 days/week) with at least 2 days of 'muscle strengthening' activities (read: Lift Heavy Things). If you're showing up to CrossFit at least 3 days per week, you're hitting these levels, so just keep showing up!

Many of us sit for a large portion of our day, so planned physical activity is essential to keep us strong and moving well so we can live our lives to the fullest. Your movement doesn't have to be in a gym though, get outside--hike, run, play sports. Movement is a great way to build community, and we hope you're already finding that at BARx!

#### 7: Drink less than 5 alcoholic drinks per week

Here's the national recommendations:

"People who choose to drink alcohol should limit their consumption to no more than 1 drink per day for women and 2 drinks per day for men."

My challenge is to limit that to 5 drinks OR EVEN LESS per week. Why?

Alcohol could be one thing keeping you from reaching your potential and it affects many of the other healthy habits we've already covered. It also negatively affects your heart rate variability, decreases the effectiveness of your sleep, inhibits the repairing and rebuilding of muscle and decreases your body's ability to burn fat.

In Summary:

The list seems long, but don't let yourself get overwhelmed. Pick one or two things to focus on to start, and then add others in slowly. The bottom line is creating habits and being CONSISTENT. Even if you don't hit all 7 healthy habits every day, being consistent in some is better than doing none!

If you have more nutrition questions, feel free to reach out:

Aimee Dempsey, RD,LD CF-L2 Trainer

Midwestern Built Nutrition

Instagram: @mwb\_nutrition

aimeedempseyrd@mwbhealth.com