



# Module One

Peak Health and Nutrition 101

## GET YOUR BODY BUZZING ~~==~~ EXPRESS Workbook

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# Peak Health & Nutrition 101

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## Introduction

When you boost health through nutrition, whole lives change. But you need the expert knowledge and tools to do this.

This is important to you because you only get one body. Having a healthy high-performing body is vital to your personal and business success.

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## You have to do the preparing before you can do the doing

When you are considering making changes to or fine-tuning what you eat – it is vital that you know how you are going to do that with the correct information.

We are all under daily time and human resource pressure at work and home too... this means that you might also be in the position where the preparing and the doing are not happening. This becomes evident with unhealthy eating, not enough exercise, lack of sleep, too much stress or low immunity.

If we tried to do all the things that the media, bloggers, celebrities and even friends and family suggest to do to live a healthy life and eat well, it would be a full-time job. Quite often the mere thought of the number of things this quite literally entails is truly overwhelming - with the end result being no action and you not doing a single one of them. Think about the things we are told that we should do each day.....drink a green smoothie, chuck turmeric in everything you possibly can, eat two fruit and five veg every day, eat breakfast, eat lunch away from your desk, drink two litres of water every day, don't drink too much coffee, eat only raw food... the list goes on.

The thing is – these days we operate as octopuses, so it's not entirely surprising that we drop some good habits when we don't have quite as many appendages as they do.

Many of us (especially the females - including me) believe that we have multi-tasking completely sorted but it is a reality that our brains do not work best this way. When I see the spinning wheel of death on my computer screen, I know that I have way too much going on – it's a very similar scenario in our brains and bodies. Have you tried brushing your teeth with your non-dominant hand?

This is when our good habits and intentions in relation to eating well and exercising take a back seat.

When making changes to our health habits, in the beginning we often feel as though we need to multi-skill on a daily basis to manage our physical and mental performance but this becomes easier as time goes on.

The thing is sometimes our perception of effort required to make these happen is not reality. Making changes to our lives to enhance our performance, health and well-being doesn't need to be as complicated as we try and make them.

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## Personal Performance

How your body and brain perform every day is dependent on a number of factors:

- Physical (like flexibility and agility)
- Mental (attitude, focus, concentration and strategy)
- Nutrition (did you eat breakfast? Did you get some caffeine at morning tea to enhance performance?)
- Your stress levels and how your day has been so far.
- Sleep (or the lack of it!)

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## What are the challenges that directly affect your ability to manage your health and well-being?

Current challenges that you may face on a daily basis are:

- High expectations (and sometimes unrealistic) of others
- Resources available (manpower and time)
- Family commitments (husband or partner, young children, parents)
- Fitting in exercise (essential from a physical and mental perspective)
- Fatigue
- Frequent travel
- Social commitments
- Competing priorities

## What are your challenges?

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## Nutrition - the truth about calories, kilojoules, micros & macros

The concept of energy in vs. energy out is pivotal to a healthy high performing body, to recovery and renewal and the ability to focus and concentrate.

As we all know, energy can be an expression of how you feel and how much 'get up and go' you have.

However, the technical way we measure energy in food (in) and out (expenditure) is by calories or kilojoules.

**1 calorie = 4.2 kilojoules**

Calories or kilojoules are essentially our petrol to run the 'car', also known as the human body.

It doesn't matter whether you use calories or kilojoules, its personal preference.

However, there is no getting around that there has to be some accountability for calories or kilojoules for weight maintenance or loss.

Calories and kilojoules are derived from fat, alcohol, protein and carbohydrate and this is where we get our food energy.

## Activity - Track your calories

I would like you to track your calories in vs. calories out over the next week. The best apps to use are Control My Weight by Calorie King and My Fitness Pal. The links to both of these are at the back of the workbook. It is interesting to see if your intake vs. output match and often how surprising total daily calorie intakes are.

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### Food Energy per gram

Nutrient	Energy per gram
Fat	37 kJ (9 cal)
Alcohol	29 kJ (7 cal)
Protein	17 kJ (4 cal)
Carbohydrate	16 kJ (4 cal)

You have probably read or heard people talk about ‘macros’ and this is what these nutrients are. The micros are the vitamins and minerals that we need daily but in much smaller amounts. It is important that we focus on each of these things instead of just making up the total daily calorie/kilojoule intake in whatever way we can.

Our energy requirements are individual and dependent on age, activity level, weight and height. It is true that the body does not treat the above nutrients equally. There is a standard equation for calculating calorie requirements, which we won't go into today but that is the only way to correctly determine total energy intake. It is possible to get metabolic rate measured in a laboratory but this is time consuming, expensive and not practical for the general population. Both of the apps we have talked about will give you an estimate which is close enough.

If alcohol has been consumed, it is the top priority as a fuel source. This means that it is used as petrol by your body in preference to fat, protein and carbohydrate. If fat is also being consumed at the same time, perhaps in the form of nuts and chips at the pub on a Friday night after work, then the fat consumed will be diverted into fat storage more efficiently.

Carbohydrate and protein calories that are in excess of our needs are used for energy and displace fat as an energy source. This means that they are the second priority for energy use. Carbohydrate is stored in the muscle and liver and the capacity for storage is quite low, whereas protein stores are mainly in the muscle and their size is dependent on need. Carbohydrate and protein are the main regulators of appetite and produce the feeling of ‘being full.’ This leaves fat as the last priority for fuel or petrol use and has the greatest storage capacity.

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## Managing Energy

We all have a certain amount of energy to spend but are you budgeting?

What type of race are you running (Sprint or a marathon)?

Can you see the finish line?

Work hard and then take a break every 90 minutes to regroup from whatever task you are doing. The break doesn't need to be mammoth, it can be as simple as a deep-breathing exercise, getting up from your computer for 5 minutes or taking a fuel stop. We all know how easy it is to work for hours on end without a break, so set a timer if you need to. This tip is vital in managing our energy reserves.

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## Your tasks for this week are:

- Get a blood test done - if you haven't had one in the past 12 months. The list of what to include is listed on the assessment form on the membership site.
- Measure your current height, weight and waist
- Keep a record of your food intake over the next week and compare this to your energy requirements using a tool such as [My Fitness Pal](#) or [Calorie King](#) and keep a record in your Accountability Chart. Does your intake vs. output match? Or is there an imbalance?
- All of this information should be recorded on the *Participant Information Sheet* located in the member's section of the GYBB Express program

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**The most effective way to do it,  
is to do it.**

**- Amelia Earhart, aviation pioneer**

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## Resources

- [My Fitness Pal](#)
- [Calorie King](#)
- Meal Plan handout
- Eat, Energise Repeat Recipe eBook
- My Daily Accountability Chart