

REWIRE

THE RESULTS ARE IN...



NUTRITION

- ***UNDERSTANDING
MACRONUTRIENTS VS
MICRONUTRIENTS***
- ***HAPPY WITH CURRENT
BODYWEIGHT***
- ***BINGE EATING***

NUTRITION

BODYWEIGHT AND BINGE EATING

- ***CALORIES ARE KING***
- ***SCAN THE QR CODE TO FIND
YOUR BASAL METABOLIC***

RATE (BMR):

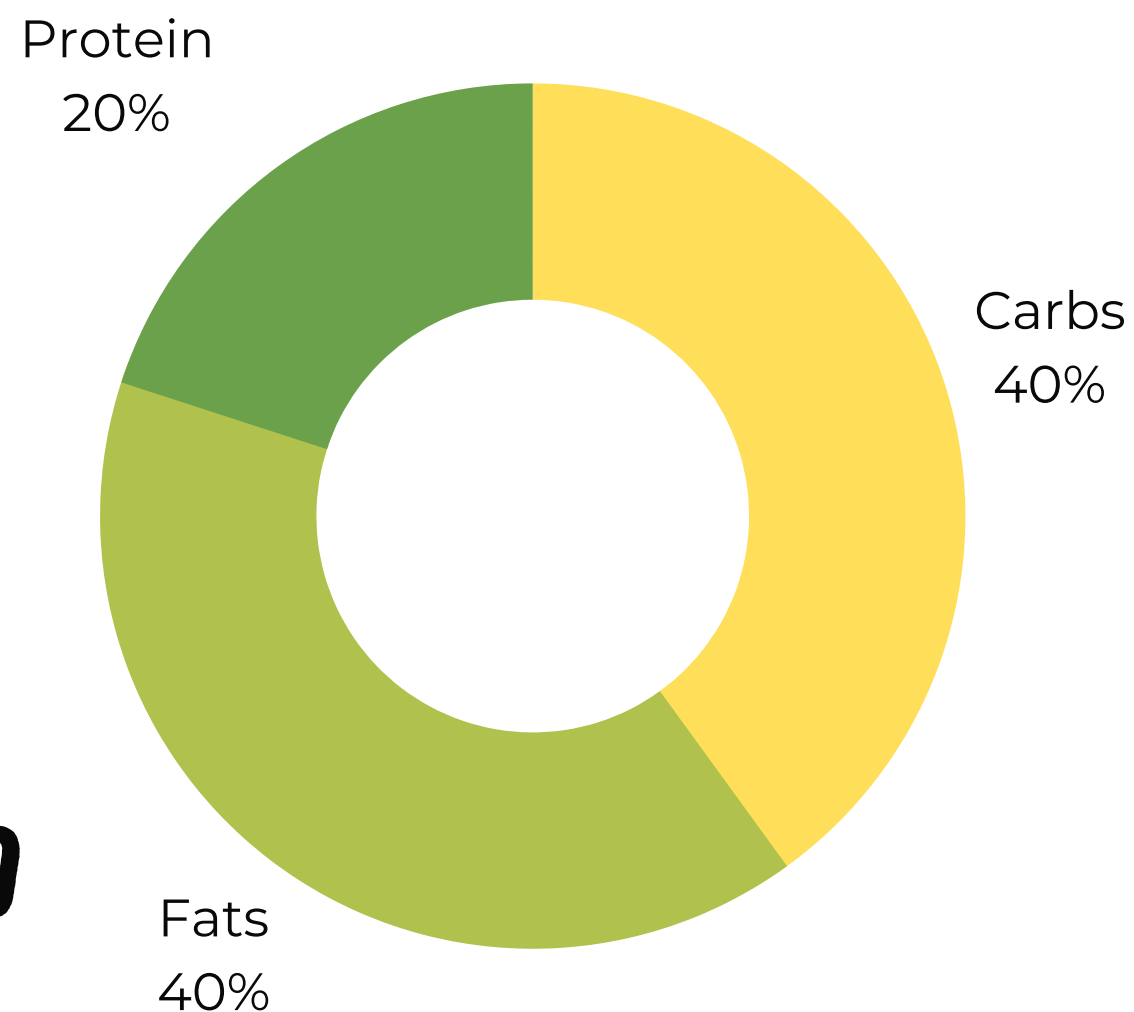


NUTRITION

WHAT ARE MACROS?

- ***CARBOHYDRATES***
- ***FATS***
- ***PROTEINS***
 - ***AIM FOR 20%***

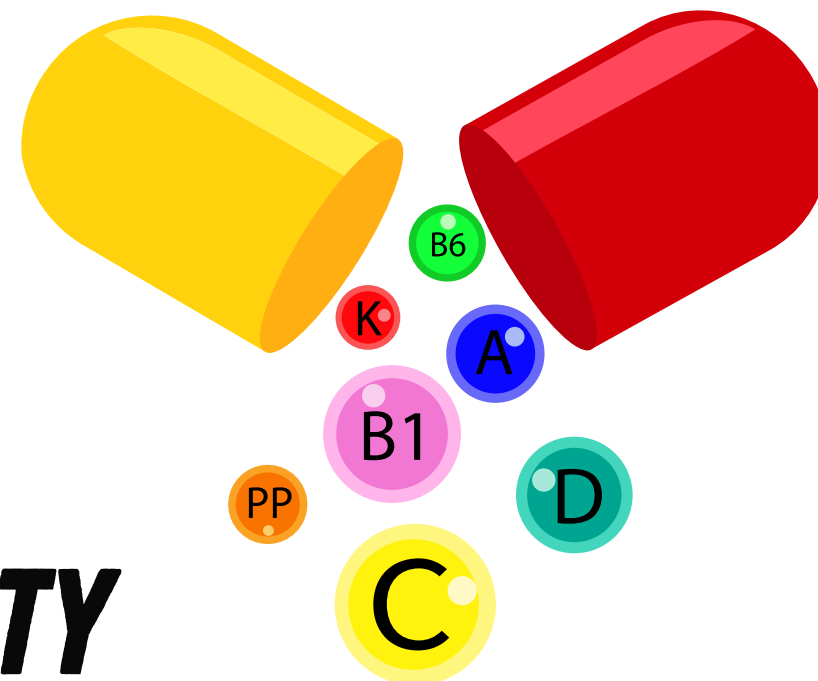
***CONSISTENCY IS KEY- 80/20
RULE***



NUTRITION

WHICH MICROS SHOULD I TAKE?

- ***MULTIVITAMINS- TAKE AT NIGHT!***
- ***FISH OILS- IMPROVES BRAIN AND HEART HEALTH***
- ***PROTEIN- VEGANS AND VEGETARIANS***
- ***CALCIUM- FOR BONE DENSITY***





EXERCISE

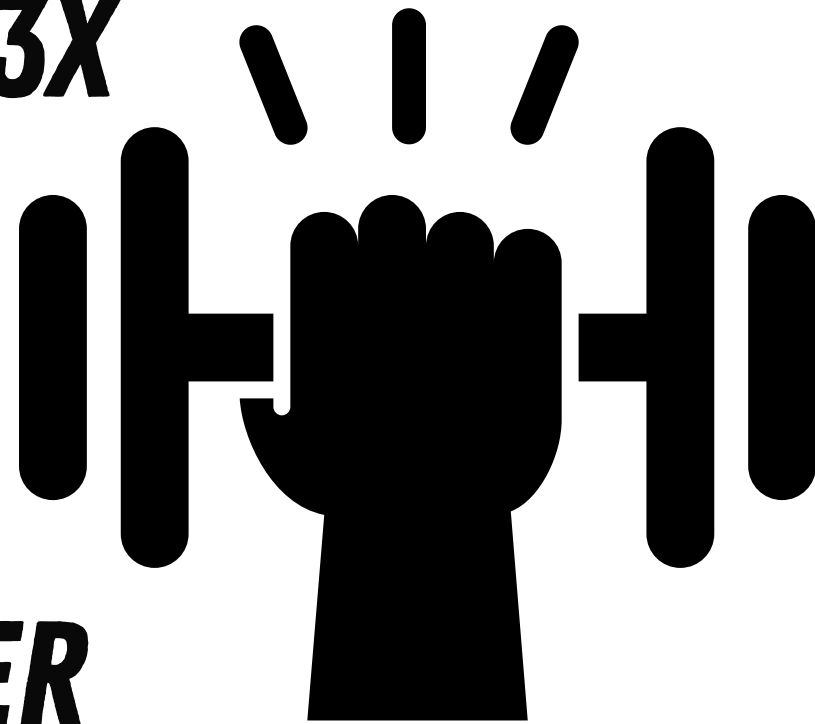
- ***REGULAR STRENGTH TRAINING***
- ***REGULAR CARDIOVASCULAR EXERCISE***
- ***EXERCISE PROGRAMMING***

***AREAS OF STRENGTH:
HIGH SCORES ON USING PROPER
BODY MECHANICS***

EXERCISE

STRENGTH AND CARDIOVASCULAR

- **ACSM GUIDELINES FOR STRENGTH TRAINING - 2-3X PER WEEK**
- **ACSM GUIDELINES FOR CARDIO TRAINING - 5X PER WEEK FOR 30 MINUTES**





ATTITUDE

- ***GOAL SETTING***
- ***WORK LIFE BALANCE***
- ***STRESS REDUCTION***

AREAS OF STRENGTH:

CLEAR PURPOSE AT WORK

&

PRESENT/CONTROL IN DAILY LIFE

ATTITUDE HABITS AND SCHEDULING

- ***8 WEEKS TO FORM A HABIT***
- ***JOIN FITNESS CLASSES FOR
COMMUNITY ASPECT, HEALTH
BENEFITS AND STRESS
REDUCTION***
- ***GOAL: TACO TUESDAY ONCE A
MONTH WITH COWORKERS***





TEAM

- ***ACKNOWLEDGEMENT FOR WORK***

***AREAS OF STRENGTH:
MAJORITY FEEL RESPECTED BY
THEIR PEERS AND
SUPERVISORS, KNOW THEIR
ROLE AS A TEAM MEMBER AND
CAN BE THEMSELVES AT WORK***

TEAM

GET EXCITED!

- **NEW YEAR NEW ME CHALLENGE**
 - **MULTIPLE CATEGORIES TO COMPETE FOR**
- **NEXT 2 VIDEOS WILL BE NUTRITION AND EXERCISE**



THANK YOU

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RE=WIRES