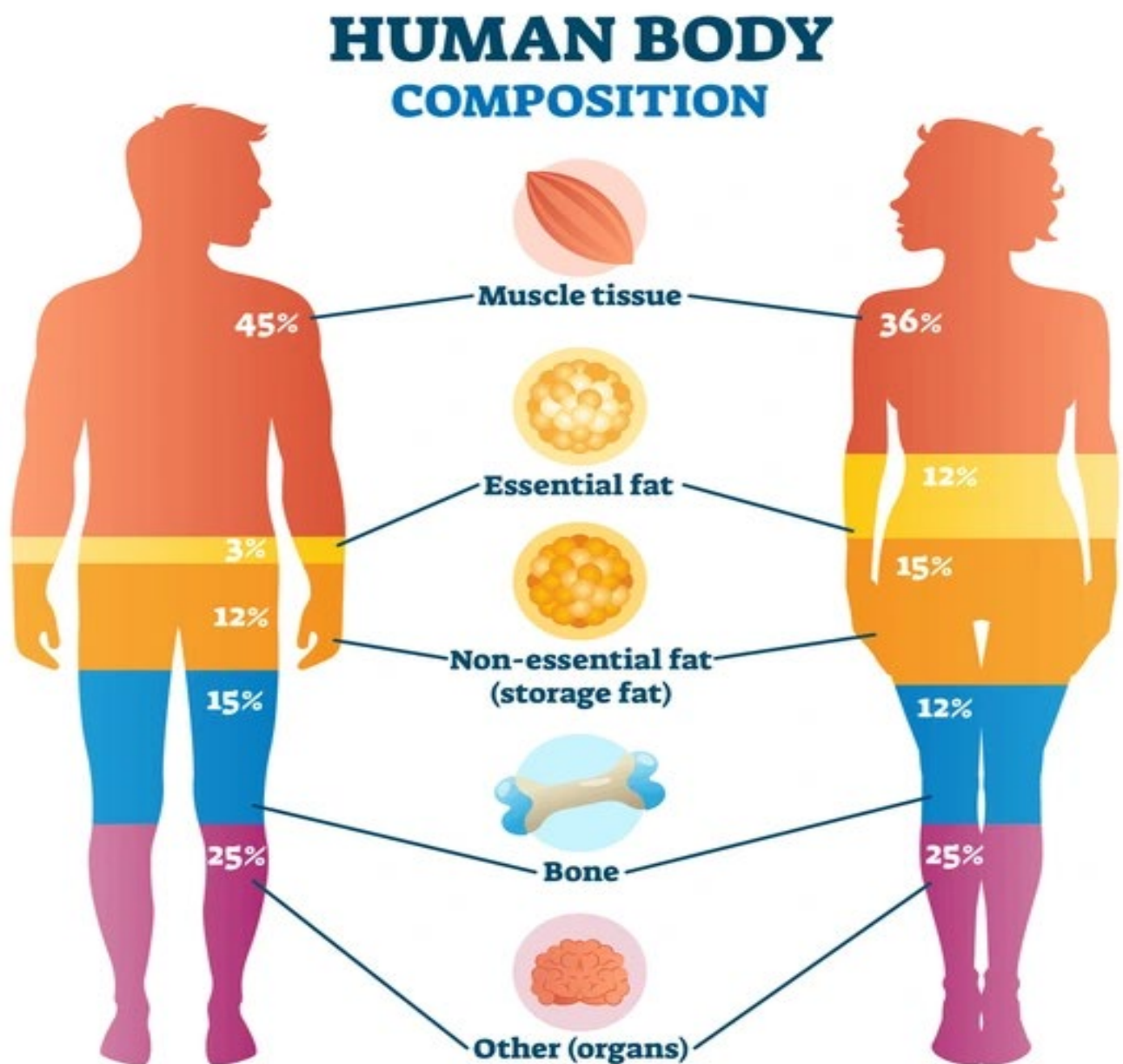


BODY COMPOSITION IMPROVEMENT GUIDE

*Everything You Need to Know to Improve Your Body Composition
Including Much More than Just Diet & Exercise Information*



BODY COMPOSITION FACT

A lot more than just Diet & Exercise goes into improving your body composition and without taking care of all that's involved, your success will be limited.

A Great Starting Point Includes Scheduling a Free Bod Pod Appt with the 55th MDG Human Performance Center at 402-294-5977

The Appt is free for all Military, Retirees, DoD Civilians, Contractors, and Spouses.

In addition to determining your body fat percentage, the assessment will also inform you of your lbs. of fat, lbs. of muscle, resting metabolic rate, estimated total energy expenditure based upon your activity level, and recommended caloric intake range to lose between 1-2 lbs. of fat per week.

The appt takes no longer than 20 minutes; however, additional time is provided for discussion.

For the assessment to be most accurate, you're encouraged not to eat, drink or exercise for 2-hours prior.

You will also need to be prepared to change down into minimal form fitting shorts, spandex shorts & sports bra or one-piece or two-piece swimsuit.

After Your Initial Assessment, Your Next Consideration is to Participate in



***Do You Have What It Takes
to Become a
BOD POD DOMINATOR?***



The challenge is to simply improve your body composition by 10% over 8 weeks.

(E.g. going from 30% down to 27% or from 20% down to 18%.)

There are no other obligations or requirements,
and all successful participants earn a Bod Pod Dominator T-Shirt.

HELPFUL INFORMATION

DOWNFALL OF THE WEIGHT SCALE: Unfortunately, many people let the weight scale dictate how they feel and they're unaware that their weight can easily fluctuate up to approximately 3 lbs. daily. This is especially problematic if the first time a person weighs-in, they're at the lower end of their fluctuation, and the next time they weigh in, the higher end. They could actually lose 2 lbs. between the weigh-ins, but the weight scale makes them believe they gained 1 lb. To avoid jumping to the wrong conclusion and possibly giving up out of discouragement, we encourage you to average your weight each week and compare the averages on a week-to-week basis. This methodology lets you truly see what is happening with your weight overtime and will provide you motivation to keep your efforts going. For your convenience, we've included a **"Weekly Average Weight Comparison Sheet"** and how to use it on the back of this improvement guide.

WHAT IS BODY COMPOSITION: Your body fat percentage from the Bod Pod appt is compartmentalized into either fat mass or fat-free mass. Fat mass is your actual lbs. of fat. Fat-free mass is everything else, including muscle, organs, bone, and fluid. When your Fat mass goes down, you've lost fat. When your Fat-free mass goes up, you've gained muscle. Knowing your body composition is a much better measure of your health risk compared to weight alone.

HOW TO IMPROVE YOUR BODY COMPOSITION: Your body composition is improved by decreasing your body fat or increasing your muscle and/or both. The four primary things affecting your body composition is your dietary habits, physical activity habits, sleep habits, and stress management habits. A sure-fire approach to improve your body composition is to focus your efforts on all four arenas. Please be aware that our 55th MDG Human Performance Center specializes in providing products, services, classes, and programs that address all four. We highly encourage you to visit our site for class dates, times, and details at:

<https://www.offutt.af.mil/Resources/Human-Performance-Center/>. You may also pick up one of our Flyers and follow us on Facebook at: 55 MDG.

DIETARY HABITS:

The typical American diet is way too high in sugar, salt, and fat, and too high in total calories. The primary reasons for this are our over-consumption of processed food, caloric dense rather than nutrient dense food, and sedentary lifestyle.

CONSIDER FIRST THE TOTAL NUMBER OF CALORIES YOU'RE EATING: If you're consistently eating more calories than what you're burning, you'll gain weight – typically as fat. This is known as being in “Caloric Surplus”. If on the other hand, you're consistently burning more calories than what you're eating, you'll lose weight. This is known as creating a “Caloric Deficit”. You may or may not lose weight following a “Named Diet”. Many “Named Diets” differ from each other in the approach and/or food preferences they advocate. When individuals successfully lose weight following a “Named Diet”, what they have in common with other individuals that successfully lose weight following a different “Named Diet”, is that they both experienced a significant period of time of being in “Caloric Deficit”. It wasn't necessarily the approach and/or food preferences of the “Named Diet” that specifically led to the success for each individual, but rather the “Caloric Deficit” that each individual created. The big differences to account for with all “Named Diets” is how comfortable you'll think you'll be attempting to follow it, could you follow it long term, and is it healthy. Unfortunately, many “Named Diets” are difficult to follow, can only be followed short-term, and are rather un-healthy. In our **“Strategies for Diet & Exercise Class”** we'll introduce you on how to become a **“Mindful Eater”**. Mindful Eating focuses on whole food rather than processed food, nutrient dense food rather than caloric dense food, healthier choices of the food we love, improving our tendencies and habits, and developing mindful eating skills to overcome mindless eating habits. In the class, we illustrate examples of how simple choices you make, repeated over time, can make a huge difference. Simple choices that don't make you give up food you enjoy, don't make you eat less, and don't leave you starved for energy. We'll also introduce you to Habit Formation skills that will help you repeat the choices until it becomes a habit. In short, we'll show you how to create a much healthier relationship with food for immediate short-term results and permanent long-term success. And for those that are bound and determined that they need to follow a “Named Diet”, we present in our class the top-rated “Named Diets” for health. After attending **“Strategies for Diet & Exercise Class”**, you'll have the option of participating in either of our two highly successful programs. They are our **“Soar into Health 4 Week Program”** or our **“Weight Loss Warrior 16-Week Support Program”**. Both programs are well explained during the class and all interested participants are provided a comprehensive program packet for the program of their choice.

CONSIDER NEXT THE AMOUNT OF PROCESSED FOODS YOU'RE EATING: Any food that's processed is usually frozen, canned, dried, baked, or pasteurized. Some foods are very minimally processed, such as whole carrots in a bag. The most highly processed foods; however, will contain a lot of extra sugar, salt, oil, and calories. These include food items such as candy, cookies, chips, cereals, ice cream, frozen pizza, and store-bought bacon, etc. The additives in these foods may increase their taste, texture, and shelf life but may also be dumping in you much more than the daily recommended amount of sugar, salt, fat, and increased calories. A step in a very healthy direction is for you to start including more whole foods in your diet. Whole foods are foods that are as

close to their natural form as possible, such as vegetables, fruits, whole grains, nuts, and legumes. These foods retain their fiber as well as a wide array of beneficial nutrients and phytochemicals that are often removed in processed foods. An example of selecting a “Whole” food rather than a “Processed” food is a grilled skinless chicken breast instead of chicken nuggets. Another good example would be fresh blueberries instead of a blueberry pop-tart. To obtain more information on the value of whole, plant-based foods and recipes, we encourage you to download a PDF of **“Food as Medicine Jumpstart”** from the American College of Lifestyle Medicine and/or obtain your free copy by attending our **“Strategies for Diet & Exercise Class”**.

PHYSICAL ACTIVITY HABITS:

Approximately 35% of American adults are completely inactive and 66% obese. The primary reasons for this include having sedentary jobs, easy access to an unlimited supply of non-physical activity stimuli (E.g. T.V., Netflix, Gaming) and acceptance of a new social norm for weighing more than our ancestors did.

CONSIDER FIRST YOUR TOTAL ENERGY EXPENDITURE (TEE): This comprises the total number of calories you burn throughout the entirety of the day, not just during your workout. Such as calories burned from standing rather than sitting, parking farther away, taking stairs instead of elevators, squeezing in short walks, taking up a hobby, and/or performing more chores inside or outside, etc. Calories you burn throughout the entirety of your day can easily become a much higher amount than the calories you burned only during your workout. In our **“Strategies for Diet & Exercise Class”** we’ll introduce you on how to become a **“Mindful Exerciser”**. Mindful Exercising focuses on all movement mattering, looking forward to doing it, enjoying it while you do it, flexible approaches, and concluding it was worthwhile. We’ll also provide you straight forward information on what and how much cardiovascular as well strength training exercise you should be doing.

CONSIDER NEXT THE AMOUNT OF CARDIOVASCULAR EXERCISE YOU PERFORM: The key is to start with just a bit more than what you’re used to, whatever amount that may be. Then, within a few weeks, meet the minimum weekly guideline of accumulating 150 minutes of moderate cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise or a combination of both. The good news to keep in mind is that it doesn’t matter how you accumulate it. For example, you might perform 30 minutes of exercise 5 times a week for 150 minutes and your twin might perform 50 minutes of exercise three times a week for 150 minutes. Guess what? Similar results! For this reason, we highly encourage you to create an exercise plan that you believe is most convenient for you. And, if you miss a planned workout, don’t conclude you’ve failed like many people do and throw in the towel. Rather, forgive yourself and be flexible. Remember, what matters most is not that you must do it three or five specific days each week, but rather at the end of the week that you’ve simply met the weekly goal. Whenever you miss a day of planned exercise, you haven’t failed. You can still make up for it later in the week. Please be aware that greater health benefits can also be obtained by going beyond the minimal guidelines mentioned above.

KEEP IN MIND THE VALUE OF CROSS-TRAINING: Pertaining to cardiovascular exercise, cross-training simply means using more than one piece of equipment or mode of activity. There’s nothing wrong with choosing one activity and sticking to it...except for the fact that “boring is as boring does” and it limits your results. Studies show individuals who cross-train have greater interest and compliance in performing their workouts and superior results in improving their body composition. Performing only one activity limits the amount of muscle you’re exercising in your body. Muscle and metabolism work together. The more muscle you exercise by cross-training, the more you stimulate your metabolism to achieve greater results in improving your body composition.

DON’T FORGET STRENGTH TRAINING: A myth about muscle is that it weighs more than fat. False! 5 lbs. of muscle and 5 lbs. of fat weigh the same. The difference is that the muscle takes up approx. 2/3rds less space than the fat. If you happen to gain 5 lbs. of muscle and lose 5 lbs. of fat, I’ll guarantee you, you’ve lost inches. A

myth about strength training is that if you do it, you're automatically going to gain weight. False! Consider the findings on strength training research gathered by Dr. Wayne Westcott, where he introduced the minimum guideline of strength training (20-25 minutes, 2-3 times a week) for eight weeks to sedentary individuals who did not change their diet, nor did they perform any cardiovascular exercise: Men on average gained 4 lbs. of muscle and lost 7 lbs. of fat and Women on average gained 2 lbs. of muscle and lost 4 lbs. of fat. Depending on the person's beginning weight, this amount of gain in muscle and loss in fat represents anywhere between a 2-4% improvement in their body composition...once again, from strength training alone. For your convenience, we've included a ***"Strength Training Routine Comparison Sheet"*** and how to follow it on the back of this handout.

SLEEP HABITS:

2/3rds of Americans are not getting the amount of sleep they need and its contributing to their accumulation of body fat. Sleep is not a lifestyle luxury and getting less of it then what you need comes with much more severe consequences than simply being tired and accumulating body fat.

CONSIDER FIRST WHAT TIME YOU CHOOSE TO GO TO BED EACH NIGHT: Almost every single one of us, has a biological need for around 8 hours of sleep a night. If you know you need to be awake by 6:00 am, your first priority should be going to bed at a time that allows you to be asleep by 10:00 p.m. Each night of poor sleep you experience distorts the balance of your hunger hormones, ghrelin & leptin. This leaves you at a chemical imbalance the next day and no matter how much will-power you have, you'll find yourself having an insatiable hunger for high sugar, high fat foods. In our must-watch ***"Sleep Is My Superpower"*** 37-minute video recorded class, we address not only the importance of your sleep but strategies to improve it and we unveil the nine biggest rocks you need to prioritize to optimize your sleep. You can access the video at <https://www.offutt.af.mil/Resources/Human-Performance-Center/> . After viewing ***"Sleep Is My Superpower"***, we highly encourage you to download and read the Participant Workbook that accompanies it. The workbook goes into further details not addressed in the video and has a special section for shift-work considerations. After taking in the Video and workbook, we encourage you to participate in our ***"14 Day Superpower Sleep Challenge"***. This challenge allows you on the honor system to simply put into practice information that is shared in the class and the workbook. Its participation sheet is on last page of the workbook.

STRESS MANAGEMENT HABITS:

Your perception of stress and your skill to manage it affects your thoughts, decisions, actions, hormones, and metabolism. Any steps you take to strengthen your resilience not only contributes to your mental, social, and emotional wellbeing but also your body composition improvement and overall physical health. In our ***"Thriving Life Workshop"*** we'll show you how to conquer stress, control emotions, and create motivation for inspired living and increased peace & happiness. After attending, you'll have the option of participating in our ***"Thriving Life 30-Day Enrichment Program"***. This program allows you on the honor system to dive deeper into the material that is shared in the class and put into practice healthy thinking skills and actions.

CONSIDER FIRST HOW YOU START EACH DAY: Words are very powerful in how they can instantaneously change your attitude and/or influence your decisions. Consider starting each day strong with a short inspirational read, such as The Daily Motivator by Ralph Martson, which can be found at www.greatday.com. or also brought up by the voice assist on your phone by simply saying into it "The Daily Motivator" or "Today's Daily Motivator".

CONSIDER SECOND THE SELF-TALK YOU PERFORM DURING EACH DAY: We highly encourage you to adopt

“Mantras” to use throughout the day, especially when you’re in the decisional making process of either doing something good for yourself or something you may regret later. For example, procrastinating exercise or eating un- healthy. “Mantras” are simply a small gathering of words, which when spoken, can influence your decisions. For example, “Just Do It!” or “Nope, Not Today!”

CONSIDER NEXT HOW YOU FINISH EACH DAY: Late in the evening, reflect upon what went well for you and answer the question: “Today, I’m Glad That?????”. For example, “Today, I’m glad that I got my exercise session in!” *...rather than procrastinate it yet again.* or “Today, I’m glad that I ate a healthy lunch!” *...rather than supersize the #7 at Burger King.* This practice not only helps you develop an attitude of gratitude that strengthens your psychological wellbeing but also improves your physical wellbeing.

IN CONCLUSION:

Remember, you are worth the time it takes to take care of yourself
and the better you take care of yourself the better you’re also taking care of others!
Improve your body composition...piece of cake... no pun intended!

YOU GOT THIS AND WE’RE HERE TO HELP.

We hope to see you in our other classes and programs,
and we look forward to celebrating with you the success you feel
when we re-measure your body composition improvement 8 weeks from your initial assessment.

About the Author:

Mr. Roger L. Nelson, MEL, BHC, HPD, WWS, EP, RT

Roger has over 40-years’ experience in the Health & Human Performance Industry. He has served the USAF as an Exercise Physiologist, Fitness Program Manager, MAJCOM Fitness Consultant, AF Health Promotion Board Member, and is currently the Human Performance Director for the Department of Defense USAF at Offutt AFB. Roger is also a certified Health Educator, Worksite Wellness Specialist, Resilience Trainer, Behavioral Health Coach, Military Exercise Leader, and Weight Management Program Facilitator.

Roger has delivered thousands of hours of training, consulting, teaching, coaching, and advising, to Senior Leadership, Medical Staff, Unit Fitness Program Managers, Unit PT Leaders, Unit Body Composition Managers, AD Members, Civil Service Employees, Contractors, as well as Spouses. He has been a featured presenter at the National level and has presented at numerous local events.

Roger’s resume includes receiving the U.S. Air Force Best Practice Award for his development of an Inspection Tool for the AF Fitness Program. Roger was also selected and served on the AF Global Strike Command “Warfit” team, which was instrumental in laying the groundwork for discontinuing the Cycle Ergometry Assessment and ushering in the 1.5 Mile Run, Push-ups, and Sit-ups.

Roger, along with his wife, Theresa, are co-founders of *Gratus*, a local company which specializes in providing performance strategies for business and people. Roger’s passionate commitment to wellbeing improvement has been shaped by his years as a certified professional, father of four, and grandfather of six. Roger’s primary joys are being a Christian, living on a lake, spending time with family and friends, traveling, listening to music & attending concerts, and watching and/or attending sporting events.

WEEKLY AVERAGE WEIGHT COMPARISON

Your weight can fluctuate several pounds daily and that's why if you're attempting to improve your body composition it's very important for you to compare your end of the week average weight calculations rather than compare a single day one week to a single day the next.

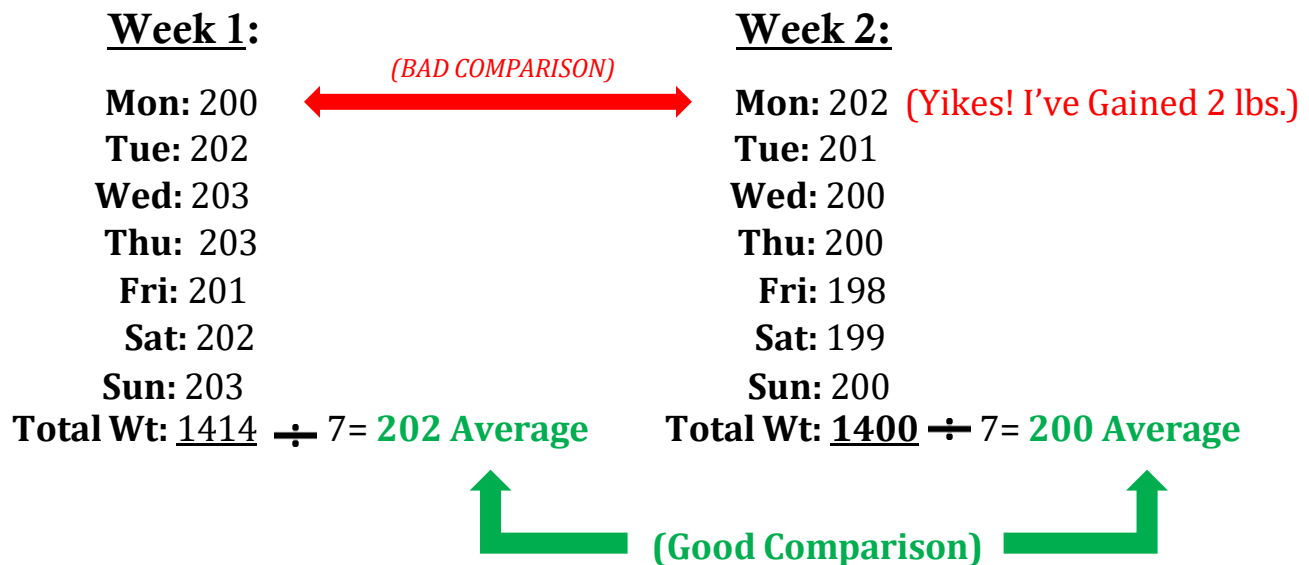
If you do the later, you may not see the proof that your efforts are paying off, become frustrated and quit. It's best if you weigh yourself on the same scale, under the same conditions, several times a week, and average your results. E.g., as soon as you wake up, go the bathroom, empty your bladder, then step on the scale.

The number of days you weigh yourself one week is the number you divide your total by. Keep in mind that long-term manageable weight loss occurs at a rate of approximately 1-2 lbs. per week and that the greater the amount of weight you lose each week above this, the greater the chance is that the additional weight lost is merely water and/or possibly muscle as well.

If your weekly average weight drops 1-2 lbs. from the week before you can trust that you ended the week being in "Caloric Deficit" and you can pat yourself on your back for a job well done.

If your weekly average weight stays the same, you ended the week being "Caloric Neutral".

If on the other hand, your weekly average weight goes up, you ended the week being in "Caloric Surplus" and may want to examine much more closely your dietary, exercise, sleeping, and stress management habits.



| Week 1: | |
|----------------|-----------------------|
| Mon | _____ |
| Tue | _____ |
| Wed | _____ |
| Thu | _____ |
| Fri | _____ |
| Sat | _____ |
| Sun | _____ |
| Total | _____ ÷ _____ = _____ |

| Week 2: | |
|----------------|-----------------------|
| Mon | _____ |
| Tue | _____ |
| Wed | _____ |
| Thu | _____ |
| Fri | _____ |
| Sat | _____ |
| Sun | _____ |
| Total | _____ ÷ _____ = _____ |

Week 3:

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

Total _____ ÷ _____ = _____**Week 4:**

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

Total _____ ÷ _____ = _____**Week 5:**

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

Total _____ ÷ _____ = _____**Week 6:**

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

Total _____ ÷ _____ = _____**Week 7:**

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

Total _____ ÷ _____ = _____**Week 8:**

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

Total _____ ÷ _____ = _____



24 Min Full Body Routine:

Workout 1 (2x = Mon & Fri) (3x = Mon, Wed, Fri)

Fly – Glute – Row – Leg Curl – Shoulder Press – Leg Extension – Biceps Curl
Calf Extension – Triceps Press – Abdominal – Back Extension

Workout 2

Chest Press - Leg Press – Pulldown - Hip Abduction - Lateral Raise - Hip Adduction - Rear Deltoid
Abdominal - Biceps Curl - Torso Rotation - Triceps Press

12 Min ½ Body Routine:

(2x = Mon, Tue, Wed, Thu)

(3x = Mon, Tue, Wed, Thu, Fri)

Workout 1

Fly
Glute
Row
Leg Curl
Shoulder Press

Workout 2

Leg Extension
Biceps Curl
Calf Extension
Triceps Press
Abdominal
Back Extension

Workout 3

Chest Press
Leg Press
Pulldown
Hip Abduction
Torso Rotation

Workout 4

Lateral Raise
Hip Adduction
Rear Deltoid
Abdominal
Biceps Curl
Triceps Press

6 Min 1/3 Body Routine:

(2x = M, T, W, T, F, S)

(3x = M, T, W, T, F, S, S)

Workout 1

Fly
Glute
Row

Workout 2

Leg Curl
Shoulder Press
Leg Extension
Bicep Curl

Workout 3

Calf Extension
Triceps Press
Abdominal
Back Extension

Workout 4

Chest Press
Leg Press
Torso Rotation

Workout 5

Pulldown
Hip Abduction
Lateral Raise
Hip Adduction

Workout 6

Rear Deltoid
Abdominal
Biceps Curl
Triceps Press

The primary goal is to strength train every major muscle group of the body 2-3 times per week.

Convenience is a huge factor in exercise compliance and laid out above are three different routines for you to consider.

To execute the 24 Min Full Body Routine 2x per week you may want to consider Mon & Fri and for 3x per week Mon, Wed, Fri.

To execute the 12 Minute ½ Body Routine 2x per week you may want to consider M, T, W, TH and 3x per week M, T, W, R, F.

To execute the 6 minute 1/3 body Routine 2x per week you may want to consider M, T, W, TH, F, S, and 3x per week M, T, W, R, F, S, S.

Follow the order of the exercises and perform one set of 8-12 repetitions, taking approximately two seconds to lift the weight up and four to lower it down.

Select an amount of weight that makes you reach full momentary muscular failure between 8-12 repetitions...
that is, that you cannot successfully perform another repetition.

To ensure you're not doing too much too soon, you may want to stay just a little bit shy of going to full momentary muscular failure for your first few workouts.

To also ensure you're not doing too much too soon, you may want to consider performing strength training only twice a week for the first two weeks
before venturing on to 3 days per week.