## HEIDI PA

Owner of Anytime Fitness Lake Oswego Mrs. Oregon Premiere 2017

# CHOOSING YOUR SHAPE TO BE IN AFTER 40 

...shape? Round is a Shape...


Esthetics and Appearance, the visual "shape"


## Different Male Body Types

Presented by Real Men Real Style


Rectangle Triangle RMRS


Oval
Trapezoid


Inverted Triangle


## CHOOSING <br> YOUR SHAPE TO BE IN AFTER 40

## CHOOSE / CHOOSING

Select someone or something as being the best or most appropriate of 2 or more alternatives.

Decide on a course of action, typically after rejecting alternatives.

## TRANSTHEORETICAL MODEL FOR BEHAVIORAL CHANGE

> Pre-contemplation: Not intending on taking action, or unaware that their behavior is problematic

- Contemplation: Begin to realize that their behavior is problematic and is considering the pros and cons of the continued actions.
- Preparation: Intend on making changes and may take small steps to behavioral change.
- Action: Modifying problem behavior by acquiring new healthy behaviors.
> Maintenance: Sustain action for 6 months to prevent relapse.



# We Cannot Become What We Want 

 by Remaining What We AreMax Depree


## MOTIVATION

the reason or reasons one has for acting or behaving in a particular way. the general desire or willingness of someone to do something.


Some motivation required.

## You don't have to be

 great to start, but you have to start to be great.$$
\begin{aligned}
& \text { Your body hears } \\
& \text { everything your } \\
& \text { mind says. } \\
& \text { stay positive. } \\
& \text { pteshean clan }
\end{aligned}
$$



If positive motivation doesn't speak loudly to you...

## 80\% OF PREMATURE HEART DISEASE AND STROKES ARE PREVENTABLE

> In 2016 over 800,000 adults aged 35-64 years

- In 2016 more than 1,000 adults died from Heart Attack, Stroke, other preventable events
- Risk Factors that missed on a daily bases:
- 9 Million not taking aspirin as recommended
> 39 Million not taking Statin (Cholesterol lowering meds)
> 40 Million with uncontrolled Blood Pressure
> 54 Million are smokers
- 71 Million are physically INACTIVE


## HOW MUCH EXERCISE IS RECOMMENDED?

> Moderate Intensity Aerobic Workout Totaling 2 Hours and 30 Minutes every week Plus 2 or more days of Strength Training large muscle groups.
> Vigorous Intensity Aerobic Workout Totaling 1 Hour and 15 Minutes every week Plus 2 or more days of Strength Training large muscle groups.

Weight (pounds)
$\begin{array}{lllllllllllllllllllllllllllll}100 & 105 & 110 & 115 & 120 & 125 & 130 & 135 & 140 & 145 & 150 & 155 & 160 & 165 & 170 & 175 & 180 & 185 & 190 & 195 & 200 & 205 & 210 & 215 & 220 & 225 & 230 & 235 & 240 \\ 245 & 250\end{array}$

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 | 4'2' | 28 | 30 | 31 | 32 | 34 | 35 | 37 | 38 | 39 | 41 |  |  | 4. |  |  |  | , | 52 |  | 5 |  |  |  |  | 62 | 6. |  |  |  |  |  |  |
| 51 | 4'3" | 27 | 28 | 30 | 31 | 32 | 34 | 35 | 36 | 38 | 39 | 41 | 42 | 43 | 45 |  | 47 | 4. | 50 | 5 | 53 | 54 |  | 5 |  |  |  | 62 |  |  |  |  | E |
| 52 | 4'4" | 26 | 27 | 29 | 30 | 31 | 32 | 34 | 35 | 36 | 38 | 39 | 40 | 42 | 43 | 44 | 45 | 47 | 48 | 4 | 51 | 5. | 5 | 5 |  | 5 |  | 6 |  | 6. | 6 |  | X |
| 53 | 4'5" | 25 | 26 | 28 | 29 | 30 | 31 | 33 | 34 | 35 | 36 | 38 | 39 |  | 41 | 43 | 44 | 4. | 4 | 48 | 49 | 5 | 3 | 5. | 5 | 5. |  |  |  |  |  |  | T |
| 54 | 4'6" | 24 | 25 | 27 | 28 | 29 | 30 | 31 | 33 | 34 | 35 | 36 | 37 | 39 | 40 | 41 | 42 | 43 | 45 | 46 | 47 | 4 | 4. | 5 | 52 | 5 | 5 | 5 | 5 | 5 |  |  | R |
| 55 | 4'7" | 23 | 24 | 26 | 27 | 28 | 29 | 30 | 31 | 33 | 34 | 35 | 36 | 37 | 38 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 48 | 4. | 5 | 5 | 5. | 53 | 5 | 5 | 5 |  | E |
| 56 | 4'8" | 22 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 4 | 41 | 4. | 44 | 4. | 4 | 41 | 4 |  |  | 52 | 5 | 5 |  |  | M |
| 57 | 4'9' | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 34 | 35 | 36 | 37 | 38 | 39 |  | 41 | 42 | 43 | 4 | 45 | 4 |  | 4. | 50 | 5 | 52 | 5 |  | E |
| 58 | 4'10" | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 4. | 4 | 4 | 48 | 4 | 5 | 5 |  | L |
| 59 | 4'11" | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 4 | 4 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |  |  | Y |
| 60 | 5'0" | 20 | 21 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 4 | 41 | 42 | 4 | 4 | 4. | 4 | 47 |  |  |  |
| 61 | 5'1" | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 4 | 4 | 42 | 4. | 43 | 4 | 45 |  |  | 0 |
| 62 | 5'2' | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 37 | 38 | 39 |  | 4 | 42 | 43 | 44 |  |  | B |
| 63 | 5'3" | 18 | 19 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 35 | 36 | 37 | 38 | 39 | 40 | 4 | 42 | 4 | 4 |  | E |
| 64 | 5'4' | 17 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 39 | 4 | 4 | 4 |  | S |
| 65 | 5'5" | 17 | 17 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 32 | 32 | 33 | 34 | 35 | 36 | 37 | 37 | 38 | 39 | 40 |  |  | E |
| 66 | 5'6" | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 31 | 32 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 40 |  |  |
| 67 | 5'7" | 16 | 16 | 17 | 18 | 19 | 20 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 31 | 32 | 33 | 34 | 34 | 35 | 36 | 37 | 38 | 38 | 39 |  |
| 68 | 5'8" | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 36 | 36 | 37 |  |  |
| 69 | 5'9" | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | 34 | 35 | 35 | 36 | 37 |  |
| 70 | 5'10" | 14 | 15 | 16 | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 29 | 30 | 31 | 32 | 32 | 33 | 34 | 34 | 35 |  | 0 |
| 71 | 5'11" | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 28 | 29 | 29 | 30 | 31 | 31 | 32 | 33 | 33 | 34 |  | B |
| 72 | $6^{\prime} 0^{\prime \prime}$ | 14 | 14 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 31 | 31 | 32 | 33 | 33 | 34 | E |
| 73 | 6'1" | 13 | 14 | 15 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | S |
| 74 | 6'2' | 13 | 13 | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 31 |  | E |
| 75 | 6'3" | 12 | 13 | 14 | 14 | 15 | 16 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 22 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 27 | 28 | 29 | 29 | 30 | 31 | 31 |  |
| 76 | 6'4" | 12 | 13 | 13 | 14 | 15 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 27 | 28 | 29 | 29 | 30 | 30 |  |
| 77 | $6^{\prime \prime}{ }^{\prime \prime}$ | 12 | 12 | 13 | 14 | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 30 |  |

Underweight
Normal
Overweight

## 2011-2014 NON-INSTITUTIONALIZED ADULTS WITH OBESITY

> Men aged 65-74, 36.2\%
> Men older than 75, 26.8\%

- Women aged 65-74, 40.7\%
> Women older than $75,30.5 \%$


## OVERWEIGHT AND OBESITY

> (2013-2014) Adults over age 20 with Obesity (BMI of 30 or greater): $37.9 \%$
> (2013-2014) Adults over age 20 Overweight (BMI of 25-29) including Obesity (BMI of 30 or greater): $\mathbf{7 0 . 7 \%}$

## CHOOSING <br> YOUR SHAPE TO BE IN AFTER 40

