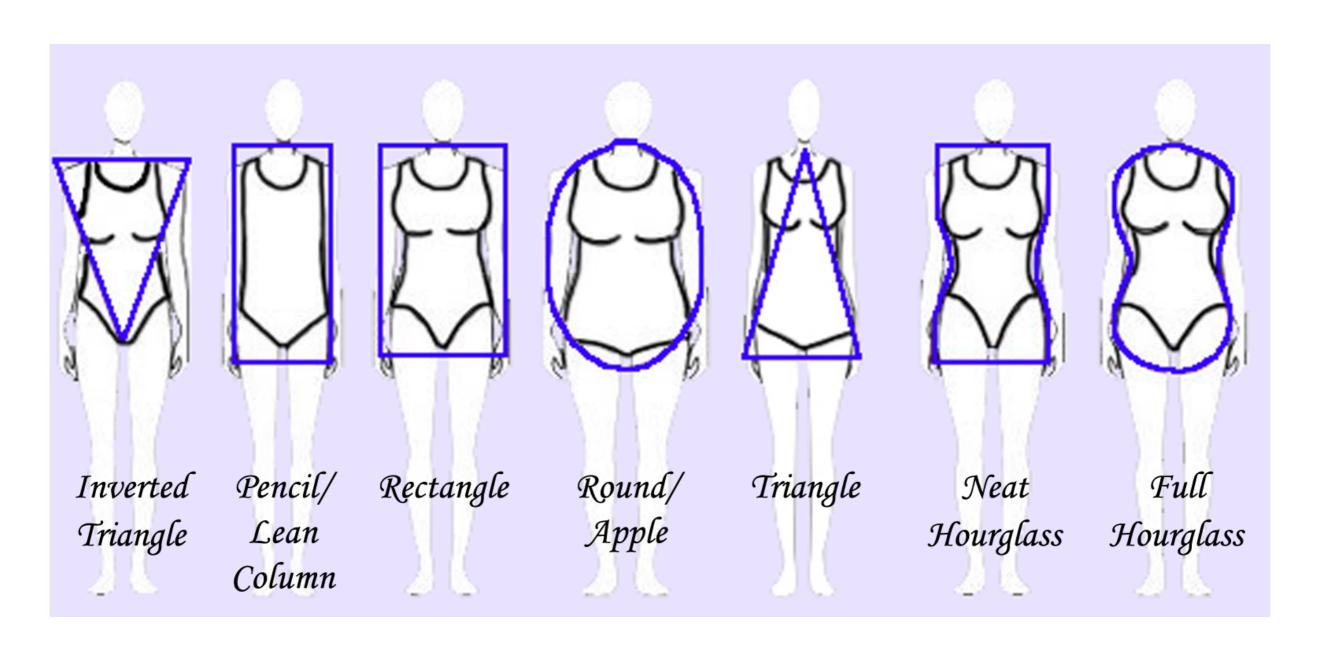
HEIDI PA

Owner of Anytime Fitness Lake Oswego Mrs. Oregon Premiere 2017

CHOOSING YOUR SHAPE TO BE IN AFTER 40

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



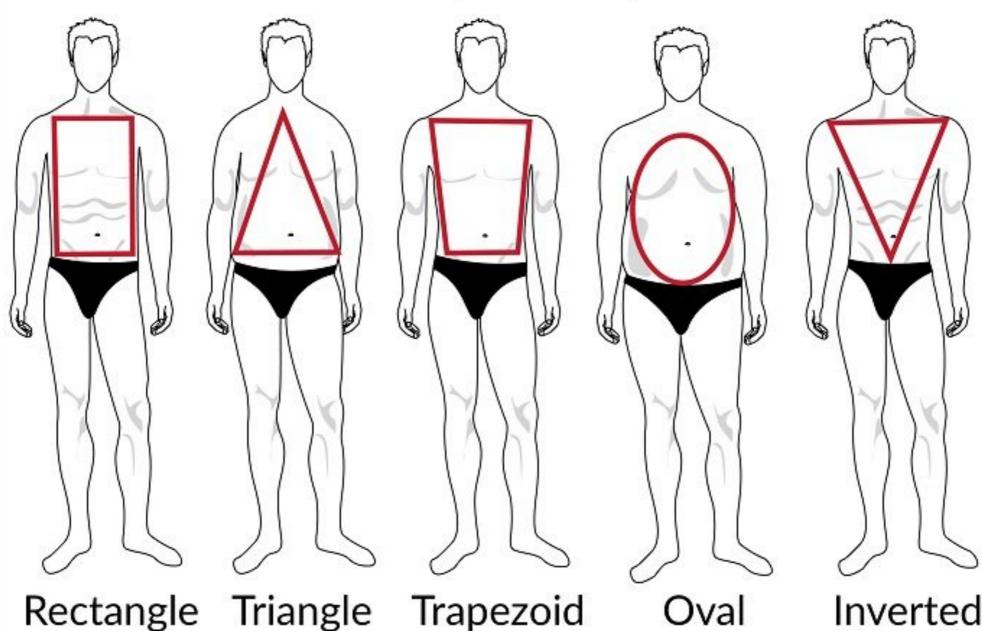
Esthetics and Appearance, the visual "shape"

Physical
Condition
and
Performance
... the state of
Being in
Shape



Different Male Body Types

Presented by Real Men Real Style



Trapezoid

Oval

Inverted Triangle

Real Men Real Style







CHOOSING YOUR SHAPE TO BE IN AFTER 40

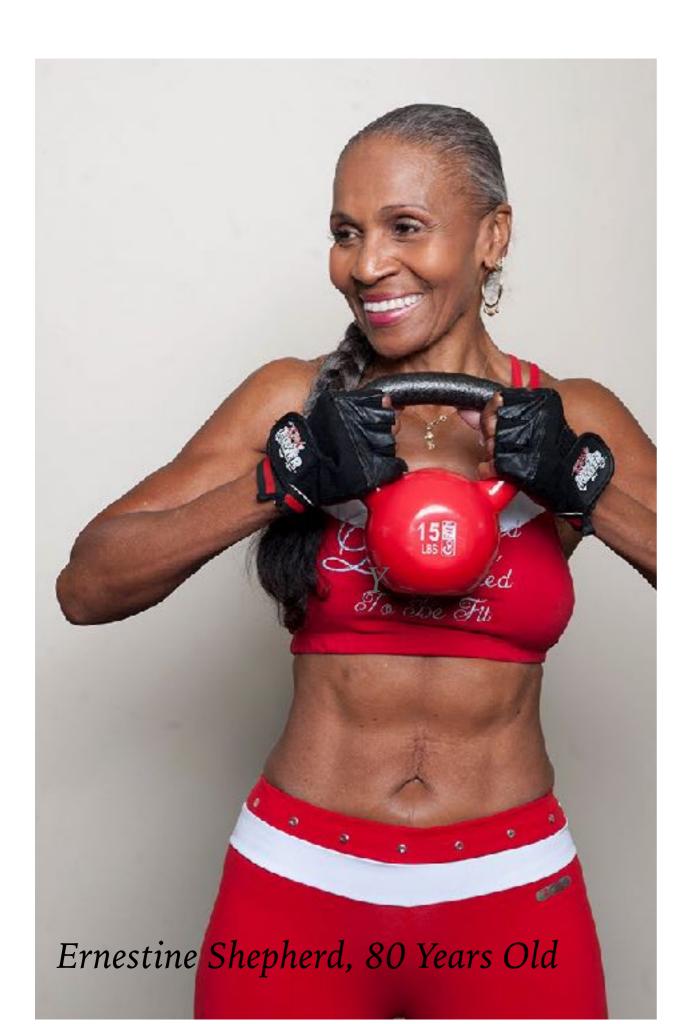
CHOOSE / CHOOSING

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.

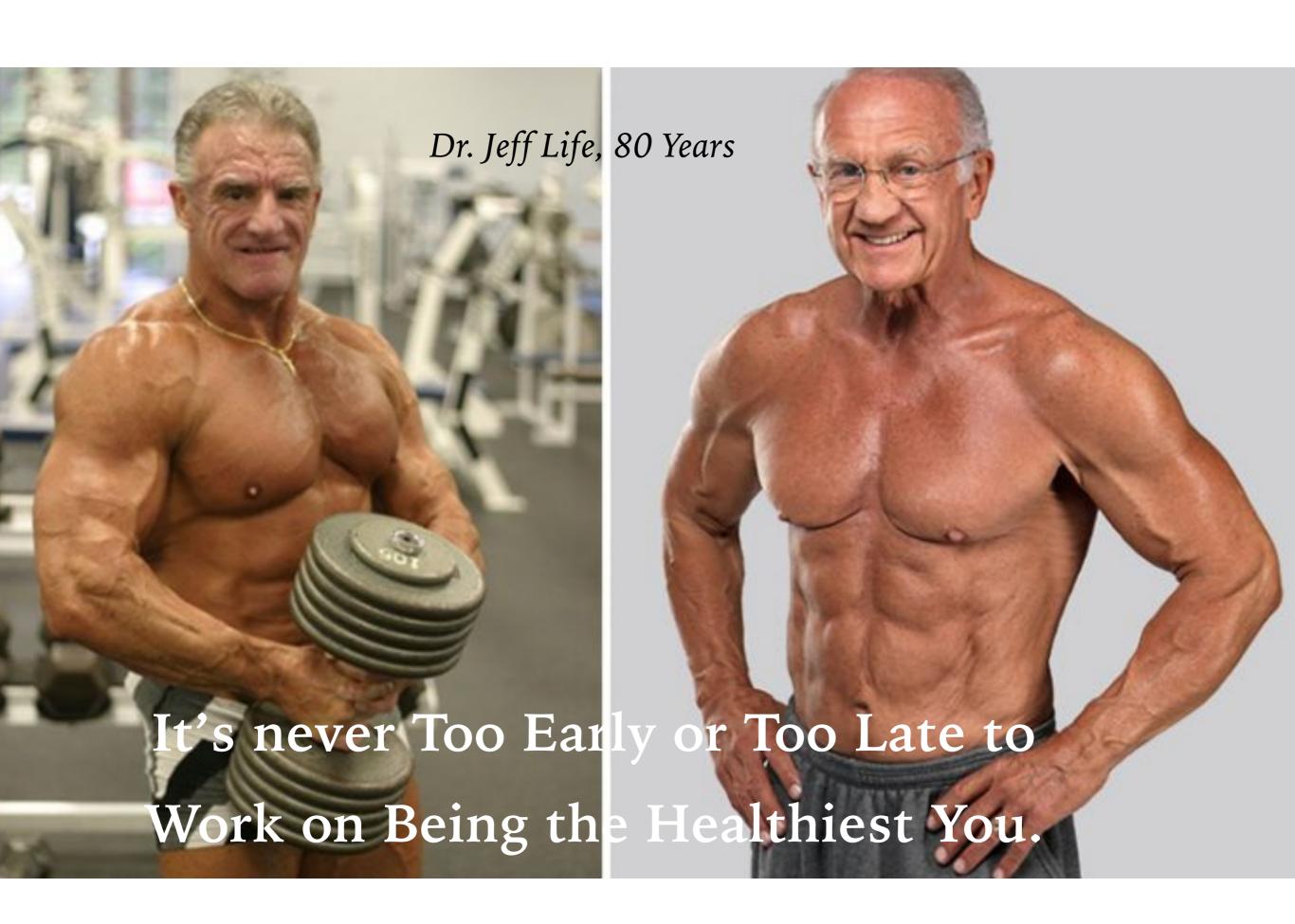
TRANSTHEORETICAL MODEL FOR BEHAVIORAL CHANGE

- ➤ <u>Pre-contemplation</u>: Not intending on taking action, or *unaware* that their behavior is problematic
- ➤ <u>Contemplation:</u> Begin to realize that their behavior is problematic and is *considering* the pros and cons of the continued actions.
- ➤ <u>Preparation:</u> *Intend* on making changes and may take small steps to behavioral change.
- ➤ <u>Action:</u> Modifying problem behavior by acquiring new healthy *behaviors*.
- ➤ <u>Maintenance</u>: *Sustain* action for 6 months to prevent relapse.



We Cannot Become What We Want by Remaining What We Are

Max Depree



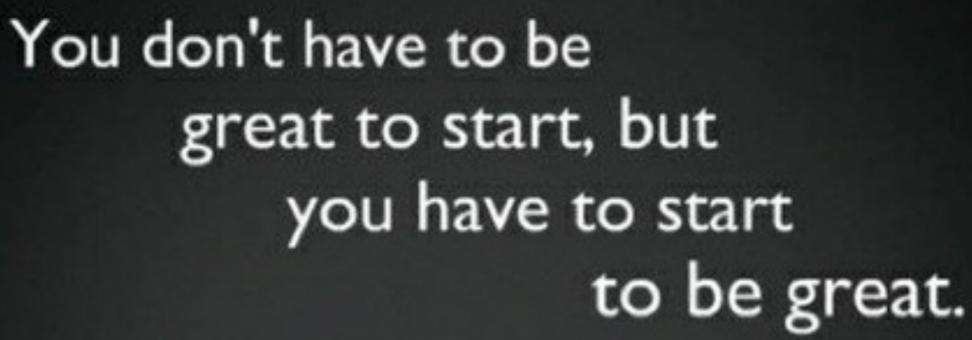
MOTIVATION

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



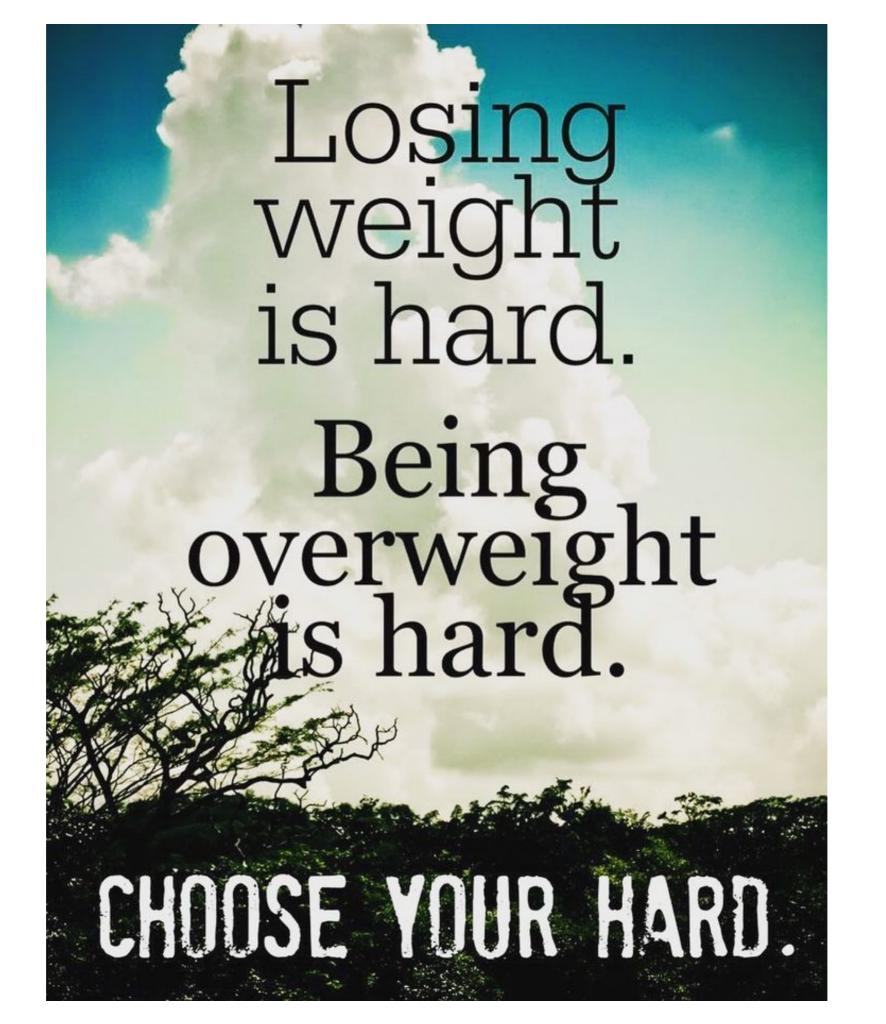
EXERCISE

Some motivation required.





Your body hears everything your mind Says. Stay positive. He+She EAT CLEAN





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.

leight (inches) 60 4'2" 61 4'3" 62 4'4" 63 4'5" 64 4'6" 65 4'7" 66 4'8" 67 4'9" 2	28 27 26 25 24 23 22 22 21 20	30 28 27 26 25 24 24 23 22	110 31 30 29 28 27 26 25 24 23	32 31 30 29 28 27 26 25	34 32 31 30 29 28 27	35 34 32 31 30 29 28	37 35 34 33 31 30 29	38 36 35 34 33 31	39 38 36 35 34 33	39 38 36 35	150 42 41 39 38 36	44 42 40 39 37	45 43 42 40	46 45 43	48 46 44	49 47 45	180 51 49 47	52 50	190 53 51	195 55 53	56 54	205 58 55	59 57	215 60 58	62 59	63 61 58	65 62 60	235 66 64 61	67 65 62	69 66 64	70 68 E 65 X
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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): 70.7%

CHOOSING YOUR SHAPE TO BE IN AFTER 40