

Webinar Will Begin Momentarily

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Professional Education Series

Support. Inform. Educate. Empower.

Performance Nutrition for Active Adults: Fueling Work and Fitness

TODAY'S AGENDA:

- Introduction & Housekeeping
- Speaker Introduction
- Presentation
- Q&A
- Closing



WEBINAR HOST:

Keith Hine, MS, RD

VP of Healthcare, Sports & Professional Education
Orgain, LLC



WEBINAR PRESENTER:

Kelly R. Jones MS, RD, CSSD, LDN

Board Certified Specialist in Sports Dietetics
Owner, Kelly Jones Nutrition, LLC

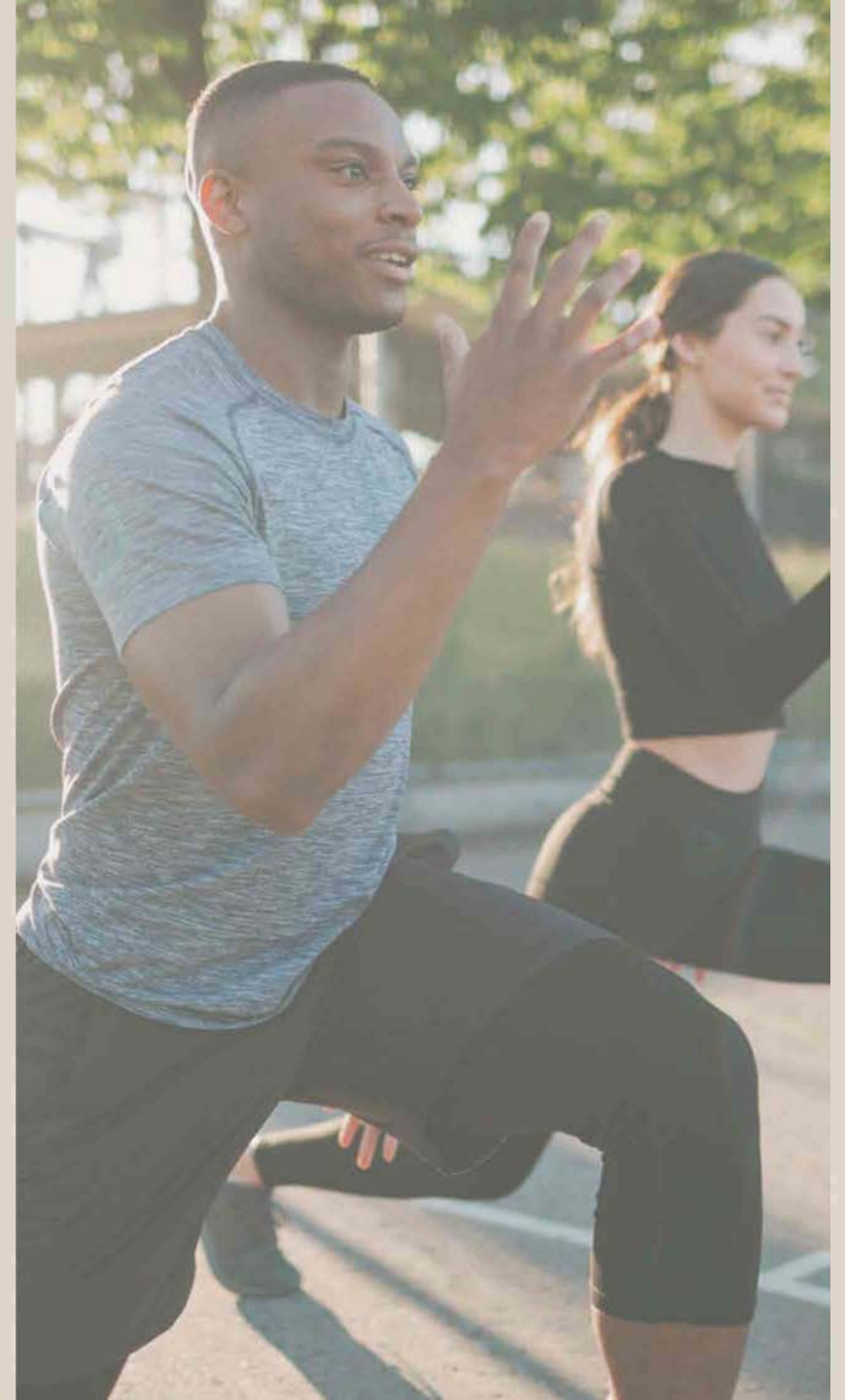
OBJECTIVES



- Identify nutrient needs as well as barriers to adequate nutrition to support consistent moderate to vigorous physical activity. (CDR PI: 8.3.7 + 9.6.9)
- Understand the importance of supplement safety, especially for individuals participating in sports under governing bodies that administer drug tests, those at risk of drug-nutrient interactions, and those with specific medical conditions. (CDR PI 8.3.6)
- Apply motivational interviewing skills to provide practical and personalized recommendations to clients to support fitness goals. (CDR PI 10.2.10 + 10.3.1)

Adults who prioritize fitness may benefit from:

- Improved long term health outcomes
- Higher levels of happiness
- Less depressive and anxious symptoms
- Increased energy levels and productivity
- Better engagement in daily tasks
- Higher levels of confidence
- Increased motivation



WHICH ADULTS SHOULD CONSIDER

"performance" nutrition?

- Individuals training for endurance races
- Those engaging in heavy weight training
- Group exercise regulars
- Exercise newbies who are adapting to fitness
- ***Anyone who wants to enhance fitness, health and work performance!***



Nutrition as a missing link: barriers for active professionals

- Time
- Stress
- Inaccurate information
- Dieting pressure
- All or nothing mentality



Risks of inadequate nutrition:

Health

- erratic eating patterns + overeating
- poor immune function
- declined gastrointestinal health
- psychological disturbances
- poor metabolic health
- endocrine and reproductive disturbances
- bone health impairment
- declined cardiovascular function

Performance

- delayed recovery time
- poor training response
- decreased endurance + strength
- impaired judgement + coordination
- decreased concentration
- irritability, anxiety, depression
- poor nutrient stores + energy
- increased injury risk
- impaired social + work relationships

Performance Nutrition Basics for the

body and mind

essential

Energy Nutrients to Support Activity

Carbohydrates

- The most efficient energy for the central nervous system and muscles.
 - especially for those reaching high intensity + long duration
- Optimize hydration and use of protein for recovery.
- Support digestion, microbiome health, and immune function.
- Should be eaten consistently throughout the day at each meal and snack
 - Choose easily digestible options close to activity



essential

Energy Nutrients to Support Activity

Protein

- Preferred use for structure and metabolism
 - Supports energy metabolism, immune system function, hormone production, etc
- Most satiating macronutrient, helps sustain energy levels
- 1.4 - 2.0 grams per kilogram / .6 - 0.9 g/lb
 - Eat in moderate amounts, 3-4 hours apart!
 - .12-.19 g/lb each time
- Pre-workout protein?
 - May benefit those with muscle growth goals, along with carbs
 - Liquid forms, such as supplements are best



essential

Energy Nutrients to Support Activity

Fats

- Provide energy at rest, low intensity and long duration activity
- Influence brain function, inflammatory responses, heart health, mental health, joint mobility, recovery from exercise.
- Eat at each meal and snack, reducing intake before exercise
- Client tip: Emphasize abundance
 - *Choose more from plants & fish*



HYDRATION:

- 2% fluid loss may decrease energy metabolism and cognition up to 5%
- Needs dramatically vary person to person
 - half of weight in ounces a good *start*
- Prevent thirst, check pee color, eat *enough* carbs and sodium

What “counts”?

- Water, seltzer, juices, sports nutrition products
- 6-12 ounces of coffee
- Tea
- High fluid fruits and veggies



Micronutrients to Consider

Iron

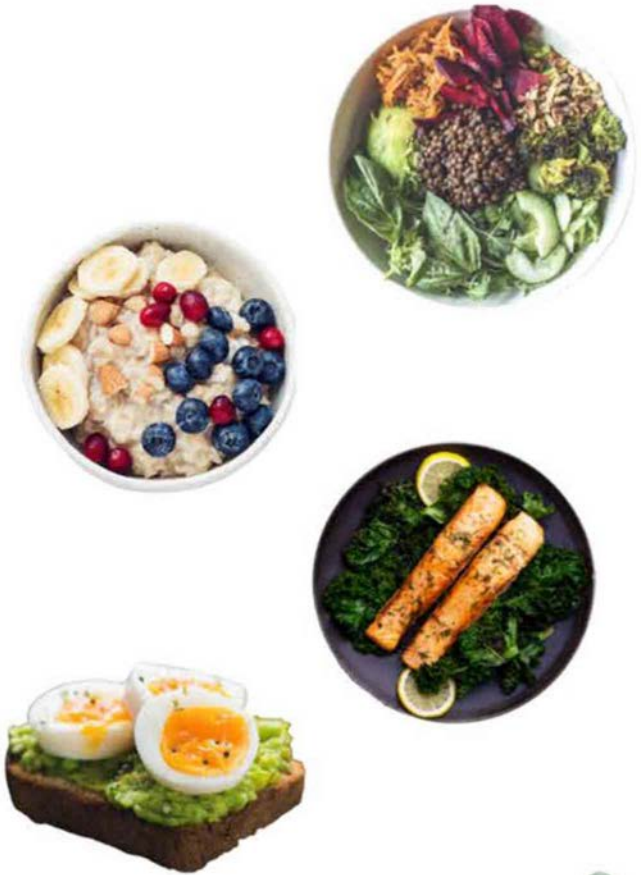
- Deficiency + inadequacy most common in women and those with high activity
- Absorption may be best in the morning and after exercise
- Pairing non-heme iron with vitamin C enhances absorption

Vitamin D

- Impacts muscle function, bone health, antioxidant + immune systems, hormone health, more
- Optimal blood levels above 50nmol/L for most people

Omega - 3's

- Impact muscle recovery, heart health, brain health, immune function etc.
- Plant forms such as walnuts, chia/flax seeds not enough, include algae if vegan or allergic to fish



PHYTOCHEMICALS + FUNCTIONAL INGREDIENTS

- **Pytochemical Antioxidants**

- Goal: Focus on whole plant foods from a variety of food groups + of varied colors

- **Caffeine**

- Reduced perceived exertion
- Improved cognition, concentration, muscular strength and power

- **Creatine**

- May benefit muscular power, endurance, recovery, mental health, cognition

- **Collagen**

- Evidence supporting joint benefits is growing



PRE-WORKOUT NUTRITION GOALS

- Adequate energy from carbohydrate via foods + beverage
- Adequate food and nutrients to prevent hunger
 - Easily digested, high quality carbs
 - Low - moderate protein, fiber and fat
- Avoid gastrointestinal distress
- Adequate fluids (and electrolytes)

Often not possible to ingest enough for activities lasting over an hour



POST-WORKOUT NUTRITION GOALS

- Eat within 30 min - 2 hours after exercise
- Ingest adequate carbohydrate
 - Maintain blood sugar and replenish glycogen
 - Waiting 2 hrs may limit replenishment up to 50%
- Consume adequate quality protein
 - Optimize muscle protein synthesis (MPS)
 - Aim for .12-.19 g/lb each time (often 15-30 grams) within 2 hours



Plant-Based Patterns for Performance

An eating pattern made up of mostly plants

- Rich in vegetables, fruits, whole grains & starches, legumes, nuts and seeds

Benefits

- Many plant foods support cardio-respiratory health
- Prebiotics and antioxidants are able to “feed” the microbiome
- Compounds are delivered to support nitric oxide production
- Antioxidants are protective for stress of exhaustive exercise + cognition

Concerns

- Quality Protein?
- Iron?
- Bone health?
- B12 and Vitamin D?



Foods *vs.* Supplements

- Food products are more strictly regulated than supplements in the United States.
- They have “nutrition facts panels” on their labels, showing that they are regulated as foods.
- Supplements are not as well regulated for purity, potency, safety or effectiveness of claims.
- For any clients and patients, be most mindful of sports and protein supplements.

Nutrition Facts	
About 18 servings per container	
Serving size	2 Scoops (49g)
Amount per serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Erythritol 5g	
Protein 21g	30%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 6mg	35%
Potassium 230mg	4%
Vitamin C 24mg	25%
Vitamin K 32mcg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUPPLEMENT FACTS		
Serving Size: One Scoop (30.2 g)		
Servings Per Container: 30		
One Scoop (30.2 g) Contains:		%DV
Calories	100	
Total Fat	1 g	1%*
Saturated Fat	0.5 g	3%*
Cholesterol	10 mg	3%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	2 g	**
Includes 1 g Added Sugars		2%*
Protein	21 g	42%*
Calcium	94 mg	7%
Iron	1 mg	6%
Sodium	105 mg	5%
Potassium	200 mg	4%
Whey Protein Isolate	25 g	**
Proprietary Blend	30 mg	
Bromelain		**
Papain		**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Science in *practice.*

RECOMMENDATIONS FOR CLIENTS SHOULD BE

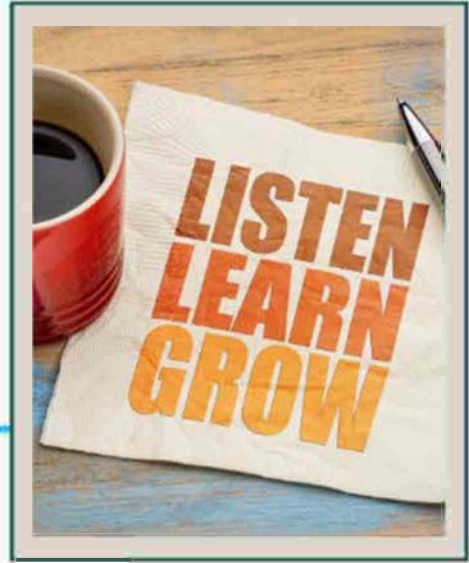
individualized

- Use comprehensive client intake forms
 - consider diet, health and fitness history
 - where do they shop or dine and who prepares food?
 - do they skip certain meals more often or avoid certain foods?
 - what cultural foods are important to them?
- Log food + fitness in advance of session
 - Include time, place, hunger, fullness, energy and other symptoms



INDIVIDUALIZED SUPPORT THROUGH

motivational interviewing



Motivational interviewing (MI):

- Is collaborative and intention-based, exploring person's reasons for change with compassion
- Strengthens personal motivation and commitment through partnership vs. prescription
- Uses evocative language to emphasize positive attitudes and changes

To start incorporating MI, ask more questions and listen more

- Close sessions with collaborative *action planning*
- Touch base between sessions if you're able

DAILY PATTERNS TO SUPPORT ACTIVITY

- Start the day with adequate energy
 - A *balanced* morning meal energizes the body and may reduce cortisol spikes
 - Eat a small snack before intense or long duration morning movement
- *Schedule* lunch and a snack break
 - Tune into hunger cues: headaches, easily distracted, low energy, irritability
 - Keep the brain energized and stress low
 - Fuel to enjoy fitness and reduce chances of overeating later
 - Snacks should include: carb + protein, carb + fat, or all 3!
- Stack habits: pair water with other normal daily tasks



TIME NUTRIENT INTAKE FOR TRAINING

- Pre-workout snacks

- 5-15 minutes: Dates, honey, hydroboost
- Up to 1 hour: banana + PB, energy bites
- Over an hour: Oats w/ nuts + fruit, waffle w/ yogurt

- Post-workout refuel

- Veggie omelet and avocado sourdough toast
- Buffalo chicken or tempeh veg wrap with apple
- Liquid Nutrition: RTD or smoothie

- Evening snacking

- Greek yogurt
- Smoothie bowl



Building balanced meals and snacks

in real life

Easy breakfast combos:

- Hi protein cereal with milk + banana
- Pre-made egg muffins w/ toast
- Protein waffles, PB, frozen berries
- Microwave oats + protein + dried fruit
- Drinkable yogurt + apple
- Protein smoothie with fruit and oats

Easy lunch and dinner combos:

- Veggie scramble with baby potatoes
- Sandwich with raw veg and fruit
- PB banana sandwich and edamame
- Tuna pita or naan pizza
- Black beans + cheese + spinach in tortilla w/ salsa
- Quinoa pouch + canned salmon + frozen veg + sauce
- Rotisserie chicken tacos w/ peppers & guac
- Salad kit with protein + starch
- Legume pasta with veggies from frozen

Sample Goal + Plan #1

Goals: Improve afternoon energy for training sessions and prevent late night overeating

Action Plan:

1. Start eating breakfast, including protein and carbs
2. Check in with hunger mid-afternoon

To follow through with this I will:

3. Prep egg muffins after breakfast Sunday + protein oats Wednesday night
4. Add afternoon snack check-ins to my calendar
5. Stock my desk drawer with pre-workout snacks once a month

Sample Goal + Plan #2

Goals: Enhance energy for workday and reduce stress in the evening (AM exerciser)

Action Plan:

1. Add a small pre-workout morning snack
2. Include more protein with breakfast
3. Plan 3 dinners for the week

To follow through with this I will:

4. Keep dried fruit and honey near coffee maker
5. Buy hard boiled eggs each week + set up protein powder subscription
6. Plan 3 weekly meals with spouse after breakfast on Saturday

QUESTIONS?

Contact:

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