K.C Kranz: I really hope that some of the myths and facts that we went through have helped given them tools to start incorporating today.

Liesel Reinhart: Welcome to the Magic Mountie podcast. This is a podcast that's dedicated to helping faculty and other college employees as they try and navigate the challenging fabric of serving students especially at Mt. San Antonio College. But everyone's welcome.

Christina Barsi: Welcome back to the Magic Mountie podcast. I'm Christina Barsi and today's episode is all about finding ways to get healthy, stay healthy, and make it a priority. One fact that was super interesting that you'll hear more about from K.C Kranz, our Wellness presenter, is that sitting is the new smoking! It has similar longterm health effects. Fascinating right? And maybe just a little scary. So hopefully you can stand up while you listen to this episode as K.C Kranz kicks it off with her presentation from CPD Day about Healthy Habits.

K.C Kranz: Let me give you an official welcome. My name is K.C. Welcome to the Healthy Habits presentation. Hoping to inspire you and give you ideas to move more, eat well, sleep better and stress less. I would also like you to think of three action steps that you can start implementing today or this weekend. Something that resonates with you during this presentation that you think, "I want to start doing that," or, "That's one of my weak links. I'm going to work on that."

K.C Kranz: Alright. Everybody ready to get started? What is the best time of day to work out? The correct answer is anytime. Any time that you'll be consistent with working out and it may be at different times during the week. During your work week, it might be on your lunch break. It might be after work. It might be first thing in the morning. On the weekend, it might be after you've slept in a little bit longer and you go to an 11 o'clock yoga class, whatever it may be. But the correct answer is any time that you'll do it.

K.C Kranz: Lack of sleep can lead to increased productivity at work, a better mood, weight gain, better food choices. The correct answer is weight gain for several reasons. With lack of sleep on a consistent basis, our hormones are out of whack, cortisol levels are increased -- that's our stress hormone -- and that can lead us into gaining weight especially around our torso area even if you're exercising most days of the week and eating a balanced diet. So you'll hear in this presentation, sleep is really the foundation of our wellness.

K.C Kranz: How many calories are stored in a pound of fat? 3500. So we're looking at ... When people want to lose weight, we encourage them to get their body fat measured to see the quality of the mass and how it's changing. It's really easy to drop weight quickly, to lose two or three pounds in a day, to gain two or three pounds in a day. But it's not truly body fat. Our weight fluctuates with water, with hydration, dehydration, with the amount of food we've eaten throughout the day. So a pound of fat is 3500 calories and losing one pound of fat per week is considered a safe amount of weight or fat to lose in a week.

K.C Kranz: Skipping breakfast can lead to more energy, overeating later in the day, better food choices, none of the above. Skipping breakfast and really skipping meals in general can lead to overeating later in the day. Breakfast is one of the most important meals of the day. It breaks the fast from the night before and it helps set up our good intentions for the day. It's our first opportunity to get fueled with healthy food for the day and to get our blood sugars stable and to give us energy for the day.

K.C Kranz: In order to burn more fat you should exercise on an empty stomach. True or false? The answer is false yes. It takes gas to make your car go and it takes fuel to prepare your body for exercise. And the more intense the exercise, the more you need that fuel. And most of us want to get a good workout and to feel good during our workout. And by having something to eat before that exercise session, you're fueling your body to work well and to run well during that exercise as well as recover from that exercise session.

K.C Kranz: You should exercise at a low intensity for a long duration to burn the most calories. So the correct answer is false. To burn the most calories, high intensity exercise burns the most calories. Low intensity, long duration is great and it's appropriate for most of us. High intensity exercise does burn the most amount of calories at the end of the day in a shorter amount of time. So once we've built that good foundation of our fitness level, we can start incorporating some of that high intensity exercise and get more bang for our buck and burn more calories in a shorter amount of time.

K.C Kranz: Weight loss of five to ten pounds per week is healthy and safe to achieve. False, yes. Again getting back to that one pound of fat stores 3500 calories, if I want to lose one pound of fat in a week, then I'm going to have a deficit of about 500 calories a day. Ideally achieved by me eating a little bit less, maybe 200 calories less a day. And expending 200 to 300 more through my movement and exercise. Anything faster than two pounds a week is likely to be water and muscle.

K.C Kranz: How much fiber in grams should adults consume each day? 28 to 35 grams. 25 for women and about 38 for men. And I should follow that up with how many of us are getting that recommended amount of fiber per day? Best sources of fiber are whole grains, fibrous fruits and vegetables. Things that we need to incorporate in our day to get that recommended amount of fiber.

K.C Kranz: How many hours of sleep should an adult get each night? And how many of us are getting that 7 to 9 hours of sleep. That's what we want to strive for.

K.C Kranz: A sedentary lifestyle can be just as deadly as smoking cigarettes. True or false? The answer is true. Sitting is the new smoking. That's the new tagline. It's linked to more than 35 diseases, chronic diseases that will kill you and it's outnumbering smoking by a large amount. So a common theme in this presentation is going to be not just exercise and intentional exercise, but sitting less and moving a little bit more throughout the day. And that could just go from a sitting position up to a standing position frequently throughout your day.

K.C Kranz: A sedentary lifestyle increases your risk of heart disease, obesity, type 2 diabetes, certain cancers, orthopedic problems.

K.C Kranz: Warning signs of stress include headaches, problems sleeping, muscle tension.

K.C Kranz: Where's the Mt. SAC Wellness Center located? Yes, the Wellness Center is located I believe 27A right next door to the pool.

K.C Kranz: How much does it cost to join the Mt. SAC Employee Wellness Program? It used to be $75 a year a few years back. About seven years ago, it was $75 a year. It's great that it's now free to all employees.

K.C Kranz: Last one. The benefits of regular exercise include preserving muscle mass, reducing your risk of disease, increased energy and the list just goes on and on and on. So we're going to talk about ways to incorporate exercise and movement into your day.

K.C Kranz: Alright. So building healthy habits. Moving more, eating well, sleeping better, stressing less. We're going to visit each of these topics by going through some common myths and discussing the facts. And going into a little bit more deeper conversation as to why we want to incorporate these healthy lifestyles into our lifestyles, healthy lifestyle habits I should say.

K.C Kranz: We touched on this a little bit with the breakfast question but skipping meals is a good way to lose weight. A lot of people think, "I'm just going to eat less," and they start cutting out meals to try to get to their desired weight. And it can be costly. Skipping meals can increase your cravings, decrease your ability to control your appetite, lead to overeating later in the day. And if done long enough, slow down your metabolic rate, the rate at which you burn calories. So your body will start to panic over time and be accustomed to you not feeding it regularly. And it will start to conserve energy, mainly storing fat in order to survive until the next meal that you're going to feed. So people that don't eat until 12 o'clock noon and then don't eat again until later at night, 8 o'clock at night, that's where we start to see all these symptoms coming to play in their life. Not feeling well. Decreased energy. Eating a whole lot of food when they do eat because they feel kind of out of control with what they're craving. And then storing body fat and also increasing the risk of disease.

K.C Kranz: So there's many different ways to eat and there's not one right way for everyone but something to consider -- and my friend who's a registered dietician -- calls it eating like cows, grazing all day. I like to call it, the three for three rule. All three macro nutrients every three to four hours. So a carbohydrate, a protein and a fat every three to four hours. This helps to maintain your blood sugar. It helps to decrease hunger, keeps you in a fed state. Each of those times is an opportunity to consume nutritious foods so a fruit, a vegetable, a protein. And it helps prevent mood swings and binging later in the day. So your breakfast might look like eggs with fruit. Your eggs provide the protein and the fat. Fruit provide the carbohydrates and it's pretty close to the earth as far as being unprocessed foods.

K.C Kranz: Your mid morning snack might look like the orange string cheese and almonds. Dinner or lunch might look like the picture down below, your salmon, some rice, some broccoli. And you just find your healthy carbohydrates, your protein and your fat and you combine them throughout the day. Some people might have a mid morning snack and they might just have an orange which is great. It's a whole food. It comes from the earth. It's nutritious. But about 30 minutes later after having an orange, you're likely going to be pretty hungry. It's maybe 100 calories, maybe a 120 calories and you might a dip in your energy levels. But if you were to have that fruit with a protein and a fat, it's going to keep you satiated and satisfied longer and help maintain your blood sugar stay level until your next time that you eat, lunch time. But it's not rocket science. Certainly you're not deprived of food. It's just balanced eating with whole food throughout the day.

K.C Kranz: So eating that way takes some preparation. We like to call it food prep, prepping for the week. Some people do it one day on the weekend. Some people do it every couple of days. But here's a guide on how to achieve that food prep and get it down to a science, get it down to a habit, I like to say. Look ahead at the week. See what days are your busiest weeks. When are you going to need quick meals. Make a menu. Could be your lunches, your dinners, your snacks, your breakfasts. Shop for the ingredients. Cook maybe one or two days during the week. On Sundays you've got all your food in the house, you're going to start cooking. It takes the same amount of time to cook five chicken breasts that it does one. You're going to chop all your vegetables. You're going to rinse and wash your fruit and baggie them up, get them ready to go, and you're going to store them conveniently. You want to do this on the day when you have a little bit more time. So maybe shopping is on Saturday and meal prep is on Sunday or whatever day works for you.

K.C Kranz: I like to do this a couple times a week. I'm somebody who doesn't like to eat something that I've prepped on Sunday, on Friday. It's just not appealing to me. So I food prep every three days or so. I'll make a big pot meal and have enough for lunches for the next three days. Pack my oatmeal in the morning. Pack my nuts and my fruit.

K.C Kranz: There's great apps. I'm sure there's many but I found these two apps that had great ratings. MealBoard that will help you plan your meals, organize your recipes, your shopping list and how you're going to portion out those foods. And also LaLa Lunchbox for your kids for meal planning.

K.C Kranz: Alright. Moving on to the next myth. Exercising one hour a day cancels out the negative effects of being sedentary the rest of the day. Long term effects of sitting are not reversible through exercise or other good habits. So the big message here that's screaming at us is we need to move more. We need to get out of that seated sedentary position. You think about commuting. You think about sitting at your desk if that's what your job looks like. Sitting to eat. Commuting home and then sitting home at night watching TV and eating. That's a lot of sitting. Again sitting is associated with increased risks for over 35 chronic diseases.

K.C Kranz: Benefits of sitting less are never ending. Reduces your risk of disease, increases blood flow to the brain, gives you more energy during the day, you burn more calories standing, boost your metabolism, your posture, your mood.

K.C Kranz: 20 tips to move more at work, some fun ideas. Sit on an exercise ball. Use a sit/stand desk. I really feel like the college is going in the direction of everybody having standing tables and standing desks hopefully. Stand up or pace while you talk on the phone. Move your trash can on the other side of the room, not to play basketball but to get up and throw things away.

K.C Kranz: Avoid the eating lunch at your desk. Speak to somebody instead of emailing or calling them. Take the stairs. Take movement breaks every hour. Spend half of your lunch walking because if you've done your food prep and you brought your food to work, you have a little bit more time to squeeze in a walk or a quick little trip over to the Wellness Center to get in three to five exercises.

K.C Kranz: Stand during long meetings. Exercise at your desk. And if it's appropriate, you can organize walking meetings if that works for the group that you're going to be meeting with, usually a smaller group. Exercises you can do at your desk but really just going from that seated position to standing makes a big difference.

K.C Kranz: Some ideas? You'd have to get permission to bring in a treadmill desk into your office. I was given an abrupt no but I had to ask. Sitting on an exercise ball. They have chairs with exercise balls. This is the chair I have in my office. You're always welcome ... Well, check with your manager to have just a big exercise ball to sit on. Stay closer to the wall just in case you roll off. And then sit to stand desks that are becoming more common on campus.

K.C Kranz: Also fun things you can get on Amazon. A FitDeck stack of cards. And every hour you can pick a card that will show you an exercise or movement to do. They have yoga. Yoga at your desk as well. Just some ideas.

K.C Kranz: Phone apps. Again there are a ton out there. I use the stand-up app and I've programmed to remind me every hour to stand up, Monday through Friday from 8 to 4 o'clock so I get a nice little buzz on my phone reminding me to stand up. And sometimes it literally is just going from a seated to a standing position and then sitting back down. Office yoga. One minute desk workout.

K.C Kranz: And then ideas for sitting less at home because again from eating to sitting in front of the TV to being on the computer, there's a lot of sitting that's going on at home as well, especially with technology. So take a family walk before or after dinner. Walk your dog daily. After reading a certain amount of pages in a book, get up and walk around, watch TV standing, move around during commercials, wash your car by hand, play with your kids, get a pedometer and aim for 10000 steps a day. You guys heard me talk this morning about our Across the USA walking physical activity challenge that we're going to start in September and we're asking everybody to walk 8000 steps a day. You have an idea of what to aim for.

K.C Kranz: Another myth that's still alive and well out there. You should cut out carbohydrates to lose weight. The fact is carbohydrate restriction, especially longterm, can be very costly down to an increased risk of disease, decreased thyroid output, increased cortisol levels which is your stress hormone, and in the long run actually increased body fat. Carbohydrates are the number one fuel source for the brain and your muscles. And what we want to do instead of cutting out carbohydrates is to choose the healthier carbohydrates. Whole grains, high fiber, unprocessed carbohydrates, brown rice, quinoa, whole grain breads, oats, legumes, vegetables and fruit. And then limit our intake of the highly processed carbohydrates.

K.C Kranz: Calorie counting is important for weight loss. You've heard that right? Because calories in versus calories out. So I'm going to track every calorie that I'm taking in Monday through Friday. But then when I go to Cheesecake Factory on Saturday, I'm not going to write that down because I don't know what's in that stuff and I don't want to record it. Calorie counts can be very imprecise. The FDA allows companies to use up to five different methods to estimate calories. And they can have up to a 20% inaccuracy rate. So your 150 calories might be 130, 180. Don't really know. And calorie counting tends to de-emphasize the quality of our food and emphasize the quantity. So let's say you've decided that you're going to take in 1500 calories a day and you're going to take that all in with 100 calorie packs of Oreos. You see the problem there. And calorie counting can really just start to drive you crazy. It's really not necessary.

K.C Kranz: So instead, the goal is to focus more on quality of your food. Eating whole, minimally processed nutrient rich foods. And if the food has a label, the fewer the ingredients, the better. If I pick up a piece of fruit or a bell pepper, it's not going to have a food label. But if you are eating packaged foods, look at that nutrition label and instead of looking at carbs, protein and fat, look at the ingredients first. The less ingredients, the better. Looking at some of the foods I brought in. Apple chips. Ingredients, apples and cinnamon, two ingredients. Quinoa. Quinoa, organic quinoa, organic red quinoa, sea salt and that's it. Brown rice. Brown rice and water, two ingredients. Even chips if you need a snack food. Potatoes, coconut oil and sea salt. If I were to compare this to a bag of Hot Cheetos, you would be amazed.

K.C Kranz: And we look at the quality of an apple and some almonds. Two, maybe three ingredients if the almonds are salted. Even with that Fiber One bar being 140 calories, if that apple and almonds is 200, 250 calories, I would still want you to have the apple and almonds even with the extra calories. Your body will process it differently. It will appreciate it more. And it will keep you satisfied better than the Frank and Food bar.

K.C Kranz: Instead of counting calories, what you can do is get more familiar with portion sizes and portion control and you can use your hand because we always have it with us and it's proportionate to our body. A source of protein being the palm size of your hand. Vegetables being a closed fist. Carbohydrates, a serving of carbohydrates being the cup of your hand. And a serving of fat being the thumb, the size of the thumb.

K.C Kranz: So men and women, usually it's a two to one ratio. Men usually have two servings of each and women have one. This would roughly give men anywhere from 2300 to 3000 calories a day. And women about 1200 to 1500 calories a day. You want to seek nutrition advice from a registered dietician. Eatright.org is the American Dietetic Association's website. You can log on there, put in your zip code and find a qualified registered dietician in your area. And you can even find one that specializes in type 2 diabetes, various topics. I did this for my dad when I was in college when he was diagnosed with type 2 diabetes.

K.C Kranz: American College of Sports Medicine and the American Heart Association have physical activity guidelines. Basically 30 minutes moderate exercise most days of the week. And that's just to reduce your risk of disease and to maintain your weight. That moderate intensity is defined as an intensity where I'm a little bit out of my comfort zone but I'm able to maintain a conversation with the person next to me. Or, 20 to 25 minutes of vigorously intense exercise three days a week. That's defined as an intensity where I'm not able to nor would I want to talk to you during that exercise. So my heart rate's above 75% of my max.

K.C Kranz: In order to find time to exercise, we have to schedule it just like all of our responsibilities. You all have access to the Wellness Center. It's free. It's on campus. Got great hours. We have a lot of equipment and good classes for you to try out. We have two main exercise rooms. A group exercise room and a cardio circuit training room that has all of our equipment and a functional training area. The rest of the facility in the back is where we do all of our fitness testing. And that's what really sets us apart from your typical gym. We do advanced fitness testing such as hydrostatic weighing, VO2 max testing, resting metabolic testing and full baseline fitness testing.

K.C Kranz: As part of the Mt. SAC Employee Wellness Program, you have access to all that testing. We highly recommend that before you start an exercise program or set up a time to meet with a trainer, that you sign up for a baseline fitness assessment where we're going to measure all the components of fitness from resting heart rate and height and weight to aerobic fitness, muscular strength and endurance, body composition, lung function, grip strength, a little bit of everything.

K.C Kranz: So usually the order to follow is come in and register, fill out the paperwork, mention that you would like to do a baseline fitness assessment and we'll give you a different amount of paperwork for that. You'll set up an appointment at a later date to come in for your testing. You'll do the testing. At the end of that appointment, you set up another appointment to go over your results. You're going to have a nice computer printout with your scores and how you rank compared to men and women in your age group. Then you'll sit with that trainer and discuss a plan, a plan of action for exercise whether it's going to be using the Wellness Center, using a gym at home whatever it may be. And we go from there. And then if you'd like to continue to meet with a trainer, you can set up appointments to do that.

K.C Kranz: You're too busy to exercise and eat right. How many of us fall into that category? A perceived lack of time is the number one excuse/reason of not exercising and eating well. What we really need to do if it's important to us and it's a priority, is we have to make time for it. Ask yourself why. Why is this important to me? Is it to reduce your risk of disease? Is it to fit better in your clothes and just to look better? What's the reason that's going to give you the motivation to make these changes?

Liesel Reinhart: Hey thanks so much for joining us for the Magic Mountie podcast. We love your likes, we love your shares, and we love your comments. So please engage with our community download from wherever you love to get your podcasts, iTunes, Google, Rate My Professor. We're there and we want you to be back with us next week. Remember any opinions that are expressed in this podcast do not necessarily represent Mt. San Antonio College or any of its agents.

Liesel Reinhart: We'll see you next time.