It’s A Love Story
The Marriage of Exercise and Diet

A Romance Novel
By
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Basic Info

• Building a healthy plate
• Cut back on foods high in solid fats, added sugars, and salt.
• Eat the right amount of calories for you
About Me

- ↓ obesity
- ↓ high blood pressure
- ↑ blood glucose levels
- ↓ blood lipid levels
- ↓ thrombotic potential
- ↓ cardiovascular disease
- ↓ metabolic syndrome
- ↓ all-cause mortality
- ↓ cancer mortality
Quick Facts
• Cardiovascular Fitness
• Muscular Strength & Endurance
• Flexibility
• Body Composition

Basic Info
• At least 150 minutes of moderate-intensity per week
  • 30-60 minutes of moderate-intensity 5 days /wk
  • 20-60 minutes of vigorous-intensity 3/wk
• 2-3 days of strength training with 2-4 sets of 8-12 repetitions.
• 2-3 days of flexibility training, 2-4 sets holding a static stretch for 10-30 seconds.
• 2-3 days of functional fitness training for ~20-30 minutes
About Me

- ↑ cardiovascular and respiratory function
- ↑ glucose tolerance
- ↓ high blood pressure
- ↓ blood lipid levels
- ↓ thrombotic potential
- ↓ obesity
- ↓ cardiovascular disease
- ↓ all-cause mortality
- ↓ all-cause morbidity
- ↓ anxiety and depression
- ↑ cognitive function
- ↑ quality of life (independent living)
The Marriage of Exercise and Diet
Cholesterol

↓ TC, LDL, TC:LDL Ratio, and TG

⇔ or ↑ HDL

THE BEST MARRIAGE:

Endurance Exercise (30-60 min/day) + Low fat diet (< 30% total fat) + Fish Oil (12 g/d)
Blood Pressure

↓ Systolic Blood Pressure
↓ ↔ Diastolic Blood Pressure

THE BEST MARRIAGE:
Aerobic Exercise (> 30 min; 4-5 days) + Resistance Training* (~2 days/wk) + Caloric Restriction (↓ by ~500-1000 Kcal/d) + high fiber + low sodium+ low alcohol intake, and maybe Vitamin D supplementation.
The best marriage:

Aerobic* exercise (>250 min/wk) + Resistance Training (2-3 sessions/wk) + Caloric Restriction (↓ by ~500-1000 Kcal/d) + casein protein supplementation
Blood Glucose

↓ Fasting blood glucose, fasting insulin

↑ insulin sensitivity, glucose tolerance (response)

THE BEST MARRIAGE:
Aerobic Exercise (45-60 min; 4-5 days) + Low-fat (< 30% total fat) + high fiber (~14 g/1000 Kcal)
Diet

- Cholesterol ↓ CVD
- Insulin Resistance ↓
- Stroke ↓
- PVD ↓

Exercise

- Blood Pressure ↓ CVD
- Aneurysm ↓
- Metabolic Syndrome ↓
- Memory ↓

- Weight ↓ Type 2 Diabetes
- Some Cancers ↓
- CVD ↓
- Quality of Life ↑

- Blood Glucose ↓ Type 2 Diabetes
- CVD ↓
“You Complete Me”

• Exercise may “compensate” for bad diet habits ... ... to a point.
  • Both moderate- and low-intensity effectively reduced postprandial plasma triglycerides.
  • Low physical activity during a period of high fructose intake augments fructose-induced postprandial lipidemia and inflammation while high PA minimizes these fructose-induced metabolic disturbances.

• Nutrition “encourages” good exercise habits...
  • Good nutrition enables you to do more physically.
...and they lived happily ever after.

Questions?
References

References are provided by request.