



MAKING THE DIFFERENCE

**Tips that help you meet your health, wellness
and fitness goals by limiting common obstacles
and avoiding failure.**

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BIO FOR DANIEL MENCER
Lifestyle Fitness Coach and Personal Trainer



Bio & Philosophy

Dan Mencer is a Lifestyles Fitness Coach, certified by the National Exercise and Sports Trainers Association, and a personal trainer, certified by the National Academy of Sports Medicine (NASM). He holds additional certifications from NASM in Muscle Force and Activation Under Stable and Unstable Conditions; An Integrated Approach to Human Movement Science; Integrated Program Design, Optimum Performance Training for Weight Management; Integrated Strength Training, and Corrective Exercise for Knee Impairments. Additionally, Dan is certified in Fitness and Nutrition from Thomson Education. Passionate about fitness, Dan believes everyone can realize the benefits of a coaching and training program. It's a fact; the majority of people working with a personal trainer are not looking to become professional bodybuilders. Rather, they are looking to become confident in their body image and enhance their overall health. As a personal trainer, Dan strives to be the cornerstone in one's path toward physical, nutritional, emotional and even spiritual growth.

Education

B.S. Business Management

Certifications

Certified Personal Trainer, NASM, Lifestyles Fitness Coach, NESTA, Fitness and Nutrition Certified, Thomson University.

Fitness Goals

Weight Loss, Core Strength, Lean and Tone, Agility, Endurance, Circuit Training, Strength and Group Training

Specialties

Dan is committed to his clients and integrates exercise, diet and lifestyle to help them achieve their fitness and wellness goals. His specialties include working with individuals with neurological disorders such as Parkinson's and Autism, as well as children ages 8 and up and young adults. *You can create the real you and enjoy the journey!*

Clients

Dan is training or has trained SDPD officers, SD detectives, DA staff, individuals with Parkinson's and Autism, teachers, nurses, high school football players and a host of other clients all working to reach their individual goals.

Services

Life Style Fitness Coaching
One-on-one and group personal training
Online/distance training
Nutrition assistance
Special needs training

NUTRITION BASICS

WHAT'S A CALORIE?

Keep in mind these basic facts:

There are 4 calories in one gram of Protein

4 calories in one gram of Carbohydrates

7 calories in one gram of alcohol

9 calories in one of gram fat

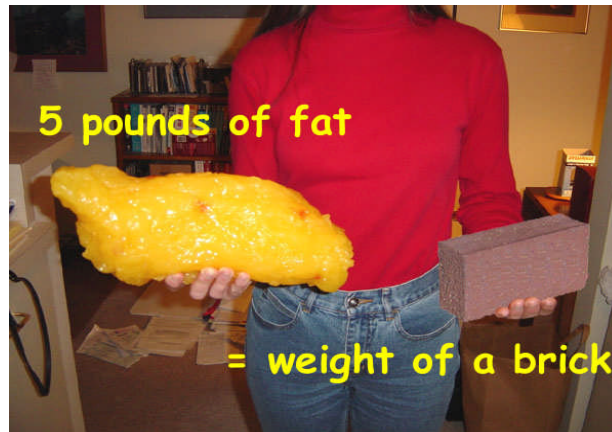
(Example: If you eat 10 grams of fat that would translate to 90 calories.)

To keep this as simple as possible - a calorie is a form of measurement of the energy needed to use food. Some foods take more energy than other foods. Think about it this way - if you set a two by four board on fire and also light a pile of cardboard on fire which will burn fastest and take the most energy to burn? The two by four will burn slowly, taking more time and energy to completely burn, and the cardboard will burn quickly, using much less energy. Well the same is true for eating a cookie or piece of lean meat - the cookie will be "burned" quickly, using about 10 percent or less of its caloric value. A 4 to 6 oz piece of lean meat will take much longer to metabolize and use about 35 percent of its calorie value. So to help lose weight you not only need to eat more often but eat the foods that will burn the most calories to digest. Foods like vegetables, lean meats and fruit. Avoid breads, sweets and fatty foods.

LOSING WEIGHT

To understand how to lose weight you have to understand the Law of Thermodynamics (LOT). Simply put, to lose weight you must burn off more calories than you take in.

A pound of fat is equal to 3,500 calories. So if you want to lose 3 pounds in one week you will need a calorie deficit of 10,500 calories. It is healthiest to lose only 2 or 3 pounds in one week.



www.blubberbuster.com/school/overweight_meaning.htm

HOW OFTEN SHOULD YOU EAT?

You need to eat 5 – 6 meals a day, not just three. This is how it works. You wake up and your metabolism is slow, your resting heart rate is probably somewhere between 58 – 80 and your body is relaxing, just surviving some might say, and barely burning calories. Then you eat breakfast and your metabolism spikes. You have energy, you're alert and ready to work or play and burning off more calories. But in a couple of hours your metabolism slows down and you start to feel a little sluggish, maybe even a little grumpy or sleepy. This is because your insulin level is low and you're burning fewer calories again. Then lunch and bam, you peak again only to have the cycle repeat. This happens over and over until you go to bed at night. Each time you eat, you're burning calories because your metabolism is high and your energy level is high. Between meals, however, energy is low and so is your metabolism. You don't need to take in more calories in your 5 to 6 meals. Rather, just spread your daily calories out over the day. In other words, eat smaller meals more frequently. This will keep your metabolism high and your energy level high and you will burn more calories. Combine this with a good exercise program and you'll be on your way to meeting your weight loss goal.

HOW MANY CALORIES DO WE NEED PER DAY?

The government has determined that the average person needs 2000 calories a day. The key word here is "average." It changes a little based on gender, age, current weight, height, and if you want to lose weight or bulk up. Regardless of your goals, men should not take in less than 1400 calories a

day and women 1200. It is also best to have your daily calories in 5 or 6 meals a day instead of two or three. Always follow your doctor's

instructions when it comes to your calorie and nutrition intake. There may be special circumstances that pertain to only you.

Below is a formula to use if you want to figure out on your own how many calories to take in to lose weight. You first must know your Basal Metabolic Rate (BMR); this tells you what you need to function.

Women:

$$655 + (4.3 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

Men:

$$66 + (6.3 \times \text{weight in pounds}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

Example:

$$66 + (6.3 \times 195) + (12.9 \times 71) - (6.8 \times 40)$$

$$66 + (1228.5) + (915.9) - (272)$$

$$66 + 2144.4 - 272$$

$$2210.4 - 272 = \underline{1938.4} \text{ Calories to function}$$

- If you are sedentary : BMR x 20 percent
- If you are lightly active: BMR x 30 percent
- If you are moderately active (You exercise most days a week.): BMR x 40 percent
- If you are very active (You exercise intensely on a daily basis or for prolonged periods.): BMR x 50 percent
- If you are extra active (You do hard labor or are in athletic training.): BMR x 60 percent

Add *this number* to your BMR.

Assuming this person is moderately active 40% will be calculated. $1938.4 \times 40\% = 775.36 + 1938.4 = \underline{2713.76}$ Calories to maintain current weight.

Cut back 500 calories a day and you will lose a pound a week. Cut back 500 calories and day and burn off 500 a day by exercising and you will lose 2 pounds a week and so on. Keep in mind a healthy goal is 3 pounds a week.

SUGAR AND SUGAR SUBSTITUTES

SUGAR

Not matter if it's white, brown or organic, sugar is a food to avoid. Not only does sugar promote tooth decay, provides empty calories and has no essential nutrients, but it also messes with your insulin level and turns to fat. There are different types of sugars:

Monosaccharide: the most basic form of sugar that can't be decomposed into simpler sugars

Disaccharide: a carbohydrate composed of two monosaccharides

Polysaccharide: chains of glucose molecules making up complex carbohydrates such as starches

Glucose: a monosaccharide and energy source for the body

Galactose: a monosaccharide that's readily absorbed in the digestive tract and converted into glycogen in the liver

Fructose: a monosaccharide commonly referred to as fruit sugar that can be used as a source of energy

Sucrose: a common term for table sugar (a disaccharide)

Lactose: a disaccharide that's found in milk and milk products

Maltose: a disaccharide that's found in malt and malt products such as beer and ale

OTHER NAMES FOR SUGAR FOUND IN FOOD

Additional names for sugar include Dextrose, Maltose, Syrup, Corn Sweetener, Sorghum Syrup, Sucrose, High Fructose Syrup, Honey, Sorbitol, Glucose, Mannitol, Molasses, Lactose, Fruit from Concentrate.



A teaspoon of sugar equals 5 grams of sugar. An average Coke or Pepsi has 43 grams of sugar or just short of 9 Teaspoons. Could you imagine scooping 9 teaspoons of sugar into a 12oz drink? Keep in mind the average daily allowance is approximately 45 grams. Always read those labels and pay close attention to the amount of sugar and try to stay as close to or under the daily allowance of 45 grams.

Here are examples of sugar content in some of the most popular drinks.

Jamba Juice OrangeA Peel - 54g = 11 tsp

Jamba Juice Aloha Pineapple - 64g = over 12 tsp

Jamba Lites Mango Mantra - 30g = 6 tsp

Starbucks Mocha Frap Lite Grande - 19g = over 3 tsp

Starbucks Grande Mocha Frap w/whip - 47g = over 9 tsp

ASPARTAME WARNING

Aspartame is the technical name for the brand names NutraSweet, Equal, Spoonful, and Equal-Measure. It was discovered by accident in 1965 when James Schlatter, a chemist of G.D. Searle Company, was testing an anti-ulcer drug. FDA approved this sweetener in 1981 for dry foods and in 1984 for carbonated beverages, although under much resistance from physicians. Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious, including seizures and death. A few of the 90 different documented symptoms listed in the report as being caused by aspartame include: Headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain. According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting aspartame: Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes. Aspartame is comprised of three chemicals: aspartic acid, phenylalanine, and methanol. The book "Prescription for Nutritional Healing," by James and Phyllis Balch, lists aspartame under the category of "chemical poison." Apparently it is also a neurotoxin. On a personal note, I had an issue with NutraSweet, which is Aspartame, when I used to drink Diet Pepsi. My mouth would break out in canker sores. So what does this all mean? READ YOUR LABELS. Don't buy it if it contains Aspartame. You will find it in most energy drinks, diets sodas and flavored waters. But remember you will also find it in many diet foods, energy and snack bars.

WHAT TO EAT

Here is a short list of healthy foods:

Protein Sources:

Boneless Skinless Chicken Breast/white meat
Boneless Skinless Turkey Breast/white meat
Filet Mignon
Turkey Burger
Sirloin Burger
Orange Roughy Fish
Tilapia
Salmon
Sea Bass
Tuna (low sodium)
Halibut
Haddock
Swordfish
Egg whites

All fruits and vegetables are okay if you are looking to maintain or lose weight.

Carbohydrates:

Oatmeal (plain)
Cream of Wheat
Salads- all veggies
Asparagus (raw)
Broccoli
Sweet potato
Red potato
Brown Rice
Corn Tortilla
Rice Cakes
Black Beans
Ezekiel Bread

Fats:

Peanut Butter (Natural/No sodium)

Almond Butter

Almonds

Avocado

Condiments:

Balsamic vinegar

Fat Free Dressings

Salsa

Mustard (most types)

Stevia

Splenda

Strive for no added sodium or sugars, working toward no more than 1200 mg sodium and 45grams sugar daily.

Here is a sample of how to fill out the log.

Date: _____ Current Weight: _____ Goal Weight: _____

Time	Meal Type	Food	Portion	Hunger	Energy	Mood	Where
8:00am	Breakfast	3 egg whites/toast/coffee	3eggs 2 toast	9	2	Ok	Kitchen
10:30am	Snack	Peanut butter/rice cakes	2	4	6	Good	Desk
Noon	Lunch	Turkey Sub, light dressing	6"	10	6	Good	PicnicTble
3:00pm	Snack	Crackers and juice	5	8	3	Edgy	Desk
6:30pm	Dinner	Boneless Chicken/Veggies	6oz	9	2	Listless	DiningRm

NOTE: Number scores are 0 – 10, 0 being not hungry or having no energy and 10 being very hungry or having high energy.

A Diet Checklist

Whether you've been on a (weight loss) program 15 weeks (or longer) or you're just starting out, reviewing your routine never hurts. Everyone has things they forget to do or just fall out of the habit of doing. Here are ten things you may want to consider:

1. One Day at a Time.

Are you starting each day by focusing on breakfast? Make sure the first meal you eat is a healthy meal and one that is on the meal plan. Many a diet has met an untimely end because a poor breakfast turned into a poor lunch, which turned into a poor dinner, which turned into a poor week ...

2. Supporting Friend.

Don't isolate yourself. Have a friend or family member help you by being supportive and helping you make sound decisions.

3. Goals and Rewards (This may be the most important item on this checklist)

Don't try and "Hug" the diet all at once. You work hard all day in your career or studies. You don't need to come home to another job trying to work the diet. So instead of trying to change your diet in one big swoop try doing it in increments and reward yourself for your successes. First, create a short term goal such as "I want to lose 3 pounds in two weeks" and pick out a reward like a DVD or CD for making that goal. Then continue on with another short term goal and new reward. Second, instead of completely changing your diet all at once - since this idea almost always leads to failure and an end to the diet - try and replace two bad foods with two good foods each week. You could try eliminating alcohol during the first week or reducing portion sizes of your meals. This will help you ease into your new diet and create new eating habits that will last without destroying your motivation. Again, reward yourself along the way. A note on the reward system: Never use food as a reward. That could easily turn into a slippery slope. Third, post your end goal (your goal weight for example), on the refrigerator or somewhere you will see it often and be reminded and motivated. Along with the goal, list the reward that goes with it. A big clothes shopping trip for example. The idea here is to make your diet fun - not a job - and create new life-long habits while doing it.

4. Forgive Failures.

No one, and I mean no one, ever goes through a diet without some sort of failure so don't think you're going to be the first. When you slip up, just pick up where you left off and make it your goal to stay on the diet longer without another failure. Eventually, the failures will be few and far between.

5. Four Pieces of Fruit.

Are you just eating muffins or cereal for breakfast? Add fruit because it will help fill you up and reduce your cravings.

6. Five (or more) Servings of Vegetables.

Eating all your vegetables can be challenging. It can be harder to get your daily servings of vegetables in than your fruit servings because vegetables take more time to prepare, and often are thought of as only dinner foods. One of the best ways to ensure you get all your vegetable is to plan ahead. Stock up on frozen and canned veggies, in case you forget to buy fresh ones. When preparing your meal, fix the vegetables first. That way there will be no temptation to just eat your entrée and leave the veggies in the fridge.

7. Eat Six Times A Day.

As stated earlier, eating 5 – 6 meals a day keeps the metabolism burning faster thus burning more calories.

8. Seven Days of Exercise

This may sound difficult but approach it like your diet. Start slow if need be. Walking every day is a good way to begin. Even if it's just for 10 minutes, get yourself in the habit of getting up and moving. You can add two or three days of free weights to help you build muscle and ultimately keep your metabolism running at a higher level.

9. Eight Glasses of Water a Day.

Drinking water can help you lose weight. Drinking water before and during your meals will help make you feel full and can help you from over eating. Also, many times we mistake thirst for hunger, leading to a snack when a glass of water is really what your body is craving. Here is a simple formula to determine how much water to drink; **Body Weight x .65. For example body weight 140 x .65 = 91 fluid ounces a day.** (NOTE: Sports drinks, Crystal Light, Ice Tea or other like drinks do not replace water but are in addition to your daily water intake)

10. Vary Your Workout.

To keep from getting bored add a variety of exercises to your workout program. You may want to hire a personal trainer or wellness professional to help you with your program. Our bodies become accustomed to exercises we do all the time and become more efficient, thus burning fewer calories while performing those exercises. Change it up to keep your metabolism cranking and your body building muscle.

NOTE: Journal. Try to journal your nutritional and exercise workout everyday. Take no more than 10 minutes to accomplish your daily journal entry. (See pages 10, 11 and 16 for journals and example of entries)

10 MUST HAVES FOR WORKING OUT

1. **Short and Long Term Goals:** Without goals you will not be able to maintain your motivation. You need short term goals in addition to your ultimate long term goals. The short term goals will keep you motivated.
2. **A Plan:** You must have a plan to follow. Rarely does anyone succeed on their own; there are many variables to deal with. You can hire a trainer or coach to help you along the way or to obtain a program you can follow on your own.
3. **Emotional Flexibility:** You must be emotionally flexible, able to forgive yourself when you make mistakes, when you take three steps forward and one step back. You must also be able and willing to recognize your accomplishments, your successes as you move toward your goal. Being emotionally flexible is not only a must for your health, wellness and fitness program, but it's a must for life also.
4. **Reward System:** As you move toward your long term goal you must have a reward system in place when reaching your short term goals. These rewards cannot be food. Rewards might be a night out, special purchase, trip, or pampering like spa trip, massage, etc..
5. **A Reason Outside Yourself:** A reason outside yourself like family, friends, spouse etc.
6. **A Reason from Within Yourself:** A reason from within yourself like wanting to be healthier, look better, want smaller clothes, lower blood pressure, etc.
7. **Commitment:** You must be committed to your goal no matter what happens, or how many times you may stumble. People around you may interfere but with commitment you'll stay on course.
8. **Have an Accountability Team:** You should have a team to help hold you accountable, a team to support you and help you meet you goals. The team can be made up of any combination of the following: friends, family, spouse, coach, trainer, co-worker, club or church group members.
9. **Enjoy Life:** If you don't enjoy life, or a least have the desire to enjoy life, there is no reason to improve and really no way you'll meet your final goal.
10. **Integrity:** You must have integrity. Be honest with yourself when you do stumble. Be able to share with your support team when you have doubts, fail, or lose motivation.

10 REASONS NOT TO WORK OUT

- 1. There's nothing wrong with paying more into your health insurance than your retirement fund, right?**
- 2. Cholesterol – what's that?**
- 3. You enjoy popping pills for high or low blood pressure.**
- 4. You're in love with your HMO representative.**
- 5. You're enjoying achy knees and joints.**
- 6. Wheezing is a cool noise.**
- 7. You don't really care to see your grandkids.**
- 8. You're looking forward to using needles for insulin.**
- 9. Carrying an oxygen tank will make you feel like a scuba diver.**
- 10. Thought of being naked in front of a group of people with sharp objects excites you (Bypass surgery).**

Weight Training Log

Name:
Starting Pulse:

Date:
Workout Duration:

Key: Legs Arms Chest Back Abdominals

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
LEGS							
ARMS							
CHEST							
BACK							
ABS							

Note: Per set, per relevant exercise, record the amount of weight lifted and then, after the “|”, record the number of repetitions you complete.