



# SESSION HANDOUT

## Smart Sexy Nutrition

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## SESSION HANDOUT

### Presenter

Joy Smith

### Schedule

10 min: Intro & Overview  
20 min: Nutrition: Yesterday & Today  
25 min: Knowledge Is Power  
25 min: Seeking Solutions & A Healthy Attitude  
25 min: 3 Things You Can Add, Starting Now  
15 min: Q & A  
(Total: 2 hours)

### Session Objective

To empower you with a heightened awareness, knowledge and inspiration when it comes to nutrition today. Also, why it's so important, and tried and true tools and tricks for integration.

### History & Background

There was a time when humans, as a species, ate what was whole, pure, natural and given by the earth. Only in the past few decades has our quest for convenience reshaped our daily habits on a cultural level. But food as industry; food-for-profit and the popularization of "food-like products" does not come without unfortunate consequences for our health and vitality.

Never has a statement been more true, "You are what you eat".  
Yet each day is a new opportunity to recreate yourself; as what you eat literally "becomes you".  
You = smart, sexy, and healthy as you want to be.

### What You Know About Nutrition Will Empower You & That's Sexy

It can be fun to learn your way around nutrition and to hear the good news reinforced, even if you've heard it before. What we focus on expands, so dishing up these nutritional tidbits can be both delicious and satisfying.

Chew on this:

\*Organic fruits, and especially vegetables, have been proven to be more nutritious (than non-organic produce), free of toxic sprays and pesticides and can boost your overall health, energy level and immune system, by eating them in abundance.

\*Vegetables and some fruits have virtually no calories and can be eaten in unlimited quantities. This is great news for those looking to achieving an optimal intake of nutrients and fiber and of course, lose unwanted weight.

\* “Whole Food” is generally a term used to describe plant foods (vegetables, fruits, nuts, seeds, legumes) in their natural, unadulterated state. For example, eat an apple and its peel together for maximum benefit, as can only be achieved by sum and synergy of all the parts.

\*”Super Food” is a term used to describe foods that are nutrient-dense and are generally in their whole food form. Seek a diet rich in super foods (green tea, green leafy vegetables, berries etc)

\*Reduce or eliminate processed, nutritionally void, filler foods that damage health and hijack your hunger for the good stuff.

\*Hydrate, hydrate, hydrate! Even mild dehydration can inhibit normal body function and drain your energy. Roughly 9-13 cups of water daily, as a guide. Add more when exercising.

\*Eating to only 80% full allows for more efficient digestion.

\*Avoid eating protein and starch in combination for ease in digestion and to reduce gas and bloating.

### **It’s all about seeking solutions and a healthy add-it-tude**

Can’t see giving up the foods that you crave daily, so you give up before you even start?

\*Simply adding in the good stuff is a solid approach to reclaiming your health, preventing disease and to losing unnecessary weight.

\*Stay positive and focus on the foods you are adding in. They will likely reduce your hunger and cravings for unhealthy choices; eventually crowding them right off your plate. (Fad diets and food-avoidance can sometimes trigger desperate feelings of deprivation.)

\*Plan in advance, keep healthy food in the house and carry your food with you so you are less likely to ‘default’ to junky alternatives.

\*Bring food to share. Going to a party? Your healthy dish will be a huge hit! You are not the only one that cares about healthy eating; you’re just the most prepared.

### **Three Things You Can Add, Starting Today**

While this may be easy for you, this might be the minimum you can get a loved one to agree to.

1. Pre-measure and drink your water minimum daily. Drink 1/3 to 1/2 before eating.
2. One green juice or smoothie a day. Add as a snack or replace a meal.
3. Eat a salad a day. This will kick off your future love affair with vegetables.

“Let food be thy medicine and medicine be thy food” ~Hypocrates