

*The Five **ACTs** of Healthy Active Aging*

ACT 2 Nutrition

Every great Broadway performance is a progression of precisely executed acts, each building on the previous action, and your centre stage is no exception. What are **ACTs**? To change or create a new habit we need to **ACT**:

Acknowledge the current circumstance to understand the reward, harm or expense.

Change mindset to realize the benefit of replacing old habits with healthier alternatives.

Transform by making small incremental modifications leading to major change and benefit.

*The Five **ACTs** of Healthy Active Aging* are: 1) Sleep, 2) Nutrition, 3) Exercise, 4) Social Relationships and 5) Mindfulness

In this tutorial we'll apply the **ACTion!** guidelines strategy to **ACT 2 Nutrition**

ACT 2 Nutrition

Acknowledge: Take a critical look at the food in your kitchen. What percentage is processed and what percentage is whole, real, natural ingredient food? ____%

How we fuel our body determines how well our body works. Science continues to evolve at breakneck speed revealing the critical role of proper nutrition for active aging, chronic disease prevention, and both physical and mental health.

Inflammation is the underlying cause of all major chronic disease, and we are discovering that poor nutrition is the major cause of inflammation. So, instead of treating only the symptoms of the disease with drugs, we can also effectively address the root cause of the disease with better food choices.

Paleo, low carb, keto, vegan, what's the right choice? It's so confusing and there are stubborn opinions on all sides, so how do you decide? Before you go on the next fad diet, ask yourself, "Is this something I can do forever?" If it isn't, it will fail. 95% of people who lose weight on a diet gain it all back and usually add additional weight. Even worse, while you may lose some fat on the diet, in many cases you also lose a significant amount of muscle. The result is you may weigh less on the scale but end up with less muscle and a greater body fat percentage, in other words a smaller but fatter and weaker version of you!

The **ACTion! Centre Stage** plan is different. While there are countless diet plans to choose from, our plan is not to diet for 30, 60 or 90 days, but to work towards developing food choice habits that are sustainable for the rest of our lives.

Change mindset: Today over 60% of the food consumed is heavily processed, and very low quality. There are several problems with highly processed foods:

- They are stripped of most nutrients and fiber.
- They are highly palatable but not satiating, meaning they are manufactured to cause us to eat more while sabotaging our body's ability to determine that we are full. These foods are made to be addictive.

- Most contain excessive amounts of added sugar. In fact, on average most North Americans consume over 20 teaspoons of added sugar each day! This is not including sugar in cookies, candy etc., but only sugar that is added to processed food like bread for example.

- Processed food contains many ingredients that contribute to inflammation, diabetes, cardiac disease and even cancer.

Simply reducing or eliminating processed food will improve health, increase energy and improve body composition. In fact, studies have shown that when people were unrestricted in their food consumption, ie, “eat as much as you want”, they ate 600 calories less per day if they consumed whole natural food, compared to processed food. They also reported more energy and a more positive sense of well being.

Considering all the complications, adverse effects, chronic disease and inflammation that poor quality, processed foods are responsible for, ask yourself why would I put that in my body?

Transform: To properly fuel our bodies, realize that we need to limit the amount of low quality, high sugar, starchy, calorie dense items.

So, what should you eat and what should you avoid? Look at the ingredients and aim to limit any food like substances that contain ingredients that aren't food. Ideally eat a diet of single ingredient food. If it's made in nature, eat it, if it's made in a factory avoid it!

Here are a few more *ACTions!* To get you started:

- 1) Try preparing two or three meals each week that contain only real, natural food ingredients, and gradually increase the number of meals each week, until most meals are prepared this way.
- 2) Protein is the most satiating macro nutrient, meaning that a meal that is rich in protein will keep you feeling full much longer. For example, two large baked chicken breasts will contain less calories than an average sized muffin from a local coffee shop! Prioritize protein and look to gradually increase protein intake and educate yourself on what foods contain good quality protein. Acknowledge how much protein is in your diet, and gradually aim to increase until you reach an average of 1 gram of protein per pound of ideal body weight.

Our **CENTRE STAGE NUTRITION** program offers a personalized strategy catering to individual tastes and food sensitivities to develop long term healthy, nutritious and delicious eating habits. If you'd like to chat about any of our personalized coaching programs, you can book a free private consultation [HERE](#)

ACTion! Centre Stage Finale

A great play, script or movie must have precise pacing and it can't be hurried. It takes time to develop the characters and plot and establish the hero. Your journey to better health and happiness is the same. Celebrate consistent, small, incremental changes to your routine and habits, becoming healthier and happier with each victory. Remember, “*It's never too late to improve your health and live your passion!*”

We hope you find this **ACTion! Centre Stage** component rewarding and successful.

If you'd like to chat about any of our personalized coaching programs, you can book a free private consultation [HERE](#)

For more tips, coaching support and programs check out the following links:

Live Centre Stage website: <https://LiveCentreStage.com>

Live Centre Stage Facebook Group: <https://www.facebook.com/groups/livecentrestage>

Live Centre Stage YouTube Channel: <https://www.youtube.com/@livecentrestage>

Live Centre Stage Programs: <https://LiveCentreStage.com/programs>