

Class of 2014 starts off War College experience with tips on living longer, healthier

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On their first day in Bliss Hall, the members of the Army War College Class of 2014 learned valuable tips that will help them lead longer, healthier lives.

Two internationally-known experts who focus on motivating lifestyle and nutrition changes spoke to the class in an event sponsored by the Senior Leader Development & Resiliency Program Aug. 6.

“We want you to leverage this year to get the right balance in your life,” said **Dr. Thomas Williams**, SLDR director. “Your health, and the topics discussed here are a topic of strategic importance for leaders.”

Dr. Dean Ornish, president of the Preventive Medicine Research Institute, opened the symposium with a discussion about the power of personalized lifestyle changes.

“We tend to think of advances in health as a new medicine, or procedure, but it can be just as beneficial to make simple changes in your lifestyle,” said Ornish. “We need to address the underlying cause of the problems, like heart disease. “

Ornish recommended these tips to make simple lifestyle changes:

- Consume mostly plants, fruits, vegetables, whole grains, legumes and soy products in the natural forms
- Use meat as a flavoring or as a special occasion food
- Reduce the intake of fat, saturated fats, hydrogenated fats and trans fats
- Avoid processed foods with ingredients a 3rd grader can't pronounce
- Exercise is essential to improve your ability to fight off health problems. Make activity a regular part of your lifestyle.
- A glass of pomegranate juice every day can make a big difference in your health. It is packed with helpful antioxidants.
- Mental health affects physical health. People who manage stress well, focus on their relationships and take time to enjoy themselves live longer and happier lives.

Dr. Leslie Bonci, a nationally-recognized sports dietitian and Director of Sports Nutrition in the Department of Orthopedic Surgery and the Center for Sports Medicine at the University of Pittsburgh Medical Center, followed Ornish with a discussion on strategies to eat healthy and how to stay healthy. She also works with the Pittsburgh Steelers, Pittsburgh Penguins and other sports teams in the Pittsburgh area.

It is important to think about nutrition as a way to optimize the performance of the body. There are things we do wrong in this regard such as:

- Rushing through meals, making it more difficult to recognize when the body is sated.
- Going for the \$ value of a food item over the nutritional value.
- Not spending time in the kitchen preparing food, quick and easy does not mean better nutritional value.
- Short changing our bodies in regards to a balanced diet representing the appropriate portions from each of the food groups.

The ideal eating plan covers certain aspects:

- The type and amount of the food to be consumed
- The eating habits involved: how often, rate, consistency.
- The amount of physical activity in a day
- How and when you eat is as important as what is on the plate.
- Fluid is an equally important aspect of a diet.
- 11-16 8 oz. cups, or 90-125 oz. depending on the need is the recommended daily intake.
- Water, milk, juice, soup, coffee, tea are the best fluids to ingest.
- Men are recommended for 125 oz. Women 90 oz.
- All fluids are acceptable except for alcohol. Caffeine does not dehydrate the body, and for work outs water or sports drinks are the only drinks that will help the body regain lost fluids.
- Cut back on soda, fruit punch, alcohol and energy drinks.

Fat is an important part of a healthy diet and nutrition plan. Eliminating fat does not mark a healthier diet.

- Fat should comprise 20-35% of daily caloric intake.
- The type of fat used does matter.

When travelling look for the healthier option.

- Special requests are ok.
- Open faced sandwiches
- Dressing on the side
- Don't super size. Portion control is important.

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