**Back to Basics Challenge**

Continuing education is a must in the fitness industry, new advancements in the Science of movement and health are ongoing and to be an excellent trainer you need to be up to date on the current climate in the industry. What the best exercise is…right?

However, at this year’s Can-Fit-Pro World Expo and Conference, Celebrity Trainer Harley Pasternak, our Key Note Speaker, got up on stage and talked about a new and dangerous trend of an over exercised, sedentary population, that is just as unhealthy as the overweight population.

He told us how he hired grad students to pour over the literature on longevity, chronic illness, weight management, and told his students he wanted to know what really keeps people healthy, lean and living a long life.

What he and his team game up with was not High Intensity Interval Training, spin classes, Crossfit etc, that keeps you lean and healthy, it’s the basics. We are missing the simplest acts of being a healthy human being. Of course this is a simplistic view and caveats must be considered, this is ‘food’ for thought though. So here is the question, are you meeting the basic needs of our human experience?

The challenge this session, reflect on the article written by Pasternak below. Use technology to help you become more conscientious of your behavior and modify when necessary. Each week, we will talk more in depth of the 5 basics, this week get your technology ready ie. Pedometer, food journal, screen time alarms etc. and we’re off to the races!

**1. Walk it off.**
"We are more sedentary now that we ever have been," says Pasternak. "The average American takes only 4,000 steps a day."

Pasternak says people should aim for 10,000 steps a day. Some simple ways to get in more steps include walking to get coffee rather than making it at home and walking around the block while making a phone call rather than sitting.

**2. Get your zzz's.**
Aim for at least seven hours of sleep a night.

"When we don't get enough sleep, we produce less ghrelin and leptin hormones – one of them helps us burn more fat, and one of them tells us when we're full," says Pasternak. "If we don't sleep enough, we burn less fat and we eat more because we're missing that satiety signal."

Pasternak also noted that when we are tired, we are less active the next day, which causes us to burn fewer calories. To ensure a good night's sleep, he recommends turning off your phone at night, using blackout curtains and blocking out ambient noise.

"Whatever you need to increase the quality of your sleep is really, really important," says Pasternak.

**3. Protein + fiber x5.**
Eat three meals and two snacks a day that are rich in protein and fiber. Meals should include protein portions the mass of your hand, unlimited non-tuber vegetables, a palmful of whole grains, legumes, high-fiber fruit or tuber vegetables, and a thumb-size portion of a healthy fat. Snacks should have two of the three categories (protein, fiber and fat) and be one-third the size of a meal.

Not sure what to eat?

"Just remember the letter 'S': salads, stir fries, scrambles, soups, smoothies and sushi," says Pasternak. "You can't go wrong with the letter 'S.' "

He also recommends logging what you eat to hold yourself accountable.

"People who keep track of their diets are 85 percent more successful than those who don't," says Pasternak.

**4. Resistance exercise.**
Pasternak recommends doing at least five minutes of resistance training daily, whether it's yoga, Pilates or weight training. Resistance exercises burn calories, boost metabolism, develop and protect bones, sharpen focus, manage pain, and can help you lose up to 40 percent more fat.

"Pick one exercise a day, a different exercise each day of the week for a different body part," says Pasternak. "You're setting yourself up for success because you don't need to go to the gym, you don't need any equipment, you don't need anything."

**5. Unplug.**
Unplug from technology for an hour a day.

"The blue light emanating from our cell phones, our tablets and our laptops is playing havoc on our brain chemicals: our serotonin, our melatonin," says Pasternak. "It's screwing up our sleep patterns, our happiness, our appetites, our carbohydrate cravings."

Pasternak adds that the constant pings and alerts are giving us adrenal burnout, which can cause thyroid and sleep issues.