



# Small Changes Big Results 2.0: Staying Healthy In Today's Business World

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This session will educate attendees on core nutritional principles including how to balance carbohydrates, and how to decipher food labels to reduce unhealthy sugars and starches. Hear multiple options for weight loss including the “Small Changes” plan and others like the 8/16 plan. Learn a new exercise routine that you can maintain no matter how busy you are. Other topics include, how to train your body to perform what you want it to do, and how to set your mind in the right direction. This is a must attend class for anyone who is looking to have more energy, lose weight, and live longer!

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# Small Changes 2.0

CONTROL YOUR LIFE

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## Life- Who is in control?



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## Review Previous Sessions

- ▶ "Small Changes" -water, walking, 5 small meals
- ▶ "Full Potential" -Set your mind
- ▶ "Life Results" - Control your urges

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## Small Changes 2.0 Overview

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- ▶ What you can control in your life
- ▶ Core Nutrition
- ▶ Weight loss ideas
- ▶ Exercise "ROUTINE"
- ▶ Personal pep talk
- ▶ Discussion

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## Things You Control

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- What and how much you eat
- How long you sleep
- How much you exercise
- Your mental outlook
- Your image of myself
- What you spend your time on

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## Things You Don't Control

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- Traffic
- People you work with
- How people perceive you
- Your body type
- Genetics
- The World

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# Carbohydrates

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From Chapter 23

- ▶ **Sugar** is a simple carbohydrate because it only consists of one sugar molecule (glucose, fructose, and galactose) or two sugar molecules (sucrose, maltose, and lactose). Simple carbohydrates are a great source of energy because of their simple molecular structure, often leading to a rapid rise in blood sugar (glucose) levels. Sugars occur naturally in fruits, vegetables, milk, and milk products.
- ▶ **Starch** is a complex carbohydrate because it consists of multiple sugar molecules. So really, there are only two types of carbohydrates because starch is just a long chain of sugars. Naturally, then, starch has a similar effect on blood glucose levels as simple sugars. Starch occurs naturally in vegetables, grains, and legumes.
- ▶ **Fiber** is also a complex carbohydrate, but as opposed to sugar and starch, it can't be digested by humans. Instead, it passes through the intestines and is excreted in the form of feces. Fiber doesn't provide any energy/calories and slows down the absorption of sugar/starch. The two main types of fiber are soluble and insoluble. Fiber occurs naturally in fruits, vegetables, grains, and legumes.

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# The Power of Protein

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From Chapter 23

- ▶ It's easy to understand the excitement. Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.
- ▶ Along with fat and carbohydrates, protein is a "macronutrient," meaning that the body needs relatively large amounts of it. Vitamins and minerals, which are needed in only small quantities, are called "micronutrients." But unlike fat and carbohydrates, the body does not store protein, and therefore has no reservoir to draw on when it needs a new supply.
- ▶ WebMD

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# Fat

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From Chapter 23

- ▶ Fat are an essential part of our diet and is important for good health. There are different types of fats, with some fats being healthier than others. To help make sure you stay healthy, it is important to eat unsaturated fats in small amounts as part of a balanced diet.
- ▶ When eaten in large amounts, all fats, including healthy fats, can contribute to weight gain. Fat is higher in energy (kilojoules) than any other nutrient and so eating less fat overall is likely to help with weight loss.
- ▶ Eating less saturated and trans fats may help lower your risk of heart disease. When buying products check the labels and choose the varieties that are lower in saturated and trans fats and higher in poly and monounsaturated fats.

Eatforhealth.gov

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## Weight Loss

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The 16/8 intermittent fasting plan.....

- ▶ Eat for a 8 hour period and fast for 16 hours
- ▶ Drink water during fasting period
- ▶ Exercise 3 times per week for 20 minutes per week
- ▶ Sleep for 8 hours per night

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## Exercise Routine

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- ▶ Key word is **"routine"**
- ▶ Treat exercise as optional and it wont happen
- ▶ Schedule it into your life
- ▶ Be prepared before you exercise
- ▶ Stick to the **"routine"**
- ▶ Find a buddy to go with you

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## Ideas

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- ▶ Karate, boxing or fight fit classes
- ▶ Yoga, Jazzercise and dance
- ▶ Gym membership
- ▶ Treadmill, stationary bike or elliptical machine
- ▶ Walk or jog at school or park
- ▶ Bicycle

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# I don't have time

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- ▶ Take Sunday off
- ▶ 16 x 6 = 96 hours awake per week
- ▶ -40 hours for work
- ▶ -15 hours eating
- ▶ -1 hour for expelling
- ▶ 40 hours left to do housework, family and exercise
- ▶ 3 times per week for 20 minutes is only 1 hour

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# The Cold Hard Truth

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People sometimes blame carbohydrates and fats for various health issues. This is preposterous. These two nutrients are vital sources of energy for our body! Carbohydrates and fats are not inherently unhealthy. The main cause behind many of these problems is overconsumption without doing anything to convert the glucose and fatty acids into energy. To make those conversions, the body responds to stimuli. For example, if you work out, the body takes note of this and starts turning those calories into the energy you need to complete your workout. Without any use, the calories become the deposits of fat or the elevated levels of sugar in the blood that we associate with being unhealthy.

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# Do I Need To Prioritize

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To me all things that I invest my time in are important. I don't have to put the good things in my life in a numerical order. What I do is invest time in the important things in my life and reduce the time I spend on less important things.

Example: I give family, work, health and close friends the majority of my focus. I left behind people and tasks that don't match my goals and visions. I spend less time with extra activities that frustrate or monopolize my time.

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# Pep Talk

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# Three Little Words

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Focus.....Moment.....Relax

Smile....Energy....Persistence

Train.....Fast.....Visualize

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# Everyone Needs A Guru

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If you are having trouble meeting your goals, find someone who has successfully done it and copy them!

Who do you look to for direction or advice? If you are having trouble ask yourself what would my Guru do.

Do you have a plan as to where you are going in life? Your business is successful because you have a plan.

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10 HABITS OF ALL SUCCESSFUL PEOPLE.

1. THEY SET GOALS.
2. THEY TAKE RESPONSIBILITY FOR THEIR LIFE.
3. THEY HAVE GREAT SELF DISCIPLINE.
4. THEY ARE OBSESSED WITH SELF-DEVELOPMENT.
5. THEY READ. A LOT!
6. THEY MANAGE THEIR TIME WELL.
7. THEY TAKE RISKS!
8. THEY KEEP GOING WHEN THEY SUFFER SETBACKS.
9. THEY FIND A WAY TO WIN
10. THEY DO WHAT THEY LOVE



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Discussion?

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- ▶ Thanks!
- ▶ Rich Sedgwick
- ▶ R and D Cross Inc.



@life\_results

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