

## Sustainability notes

Sustainable diets are those diets with low environmental impacts that contribute to food and nutrition security and to healthy lives for present and future generations.

### Non environmental definition

The ability to be sustained, supported, upheld, or confirmed.

How long? Forever

What makes a diet and lifestyle sustainable?

Flexible - needs to fit all environments and situations

Minimally restrictive - Restrictions on foods or variables are only needed if the evidence says so. That evidence is body weight, body composition, blood markers, feelings. Yes, feelings get a bad wrap but they are nature's way of giving us tools to navigate an environment. While they are often wrong, writing them off wholesale is a mistake. Better to think of them as 50:50.

Objective - We need to measure to be accurate. We can't intuitively diet unfortunately.

It has to work - Plan and simple.

Sustainability eliminates a bunch of diet and exercise advice right away because they don't pass a simple test: "Do I see myself eating and working out this way in 5 - 10 years? If the answer is yes, keep doing whatever you have been doing. If the answer is no, discard and move onto something more realistic.

How it looks in practice...

Daily steps 10 k

Daily workout time 1 hour

Daily sleep 7 hours

Daily calories 2 - 4 k

Daily macros 33% each

Tertiary Time:

Eating and drinking - 1 hour

Bathing - 30 minutes

Preparing, cooking, cleaning food - 1 hour

Grocery shopping - 1 hour weekly

I like to communicate to people the time investment in preparation outside of just the execution. A lot of adult time consists of a bunch of maintenance activities. We maintain our bodies with exercise and nutrition. We maintain our lawns, homes, marriages, families, cars, etc. When you get bored and pursue something new in your eating and exercise you're in trouble. They should be figured out and like most everything else in adult life, maintained. People don't change their

financial strategy 3 to 4 times per year. But that's exactly what the average American does with diets.

Sustainable workouts fall at 5-7 out of 10 on the difficulty scale.

To make workouts enjoyable and thus much more likely to be sustained you can't beat yourself down daily or leave your body crippled for days. Workouts need to get your heart rate up, challenge your muscles, tendons, ligaments, and bones and then get you out of there. This is done in a way that leads you to be most likely to come back again the next day. In this manner, over the course of a year 300-400 hour of exercise can be stacked up. After that, multiple years. A good exercise program should be able to be done for years without injury or illness.

Combining sustainable nutrition and fitness into a lifestyle that is healthy promoting and actually enjoyable takes a good amount of time. But the end result is well worth it. For one you can avoid the 3-4 diet per year trap most of your neighbors will fall into. Second, you can look and feel the best you possibly can for as long as possible. That is what fitness and nutrition are all about afterall. Sustainability is the foundation of a healthy lifestyle.