



Role of Nutrition and Exercise After Brain Injury

***Information provided in this workshop is not to be considered medical advice. Consult your physician before beginning any physical exercise or nutritional program.**

Nutrition

- Smart food choices can play a significant role in your daily life
- Benefits of proper nutrition
 - Increased energy
 - Stable mood
 - Improved health
 - Improved dental health



Nutrition Self-Assessment

1. How many fruits & vegetables do you eat daily?	
2. How many glasses of water do you drink daily?	
3. Do you eat 3 meals a day?	
4. What types of snacks do you eat? And when?	
5. How many sweets do you drink and eat daily	
6. Do you take a daily multivitamin?	

Table Discussion

What areas of your diet do you struggle with?

What areas of your diet are you managing well? What would you like to change?

(10 minutes)



Healthy Eating

- Vegetables- the more colorful the better
- Fruit- choose raw fruit over juice or processed
- Protein- choose lean meat like chicken and eat fish
- Dairy- consume 1% or fat free milk
- Grains- whole grains



Portions



- Remember portion control is another key to keeping a healthy diet
- Restaurant portions are huge!
- Use a smaller plate
- Look at nutrition facts for serving size.

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I'M EATING
TWICE AS MANY
VEGETABLES
AS I USED TO!

TWO TIMES
NOTHING
IS STILL
NOTHING!



Brain Foods

- Berries : Improve cognitive processing
- Nuts: Memory
- Omega 3 Fatty Oils: Building blocks of brain tissue
- www.webmd.com



Top Healthy Foods under \$1.00



- Apples
- Bananas
- Baby Carrots
- Canned Beans
- Canned Tomatoes
- Oranges
- Pears
- Lentils
- Yogurt

Food Diary

- Write down everything you eat and drink
- Write down how you were feeling
 - Helps you understand what you have eaten and why
 - Helps cut down mindless eating
 - Keeps you accountable
 - Research shows keeping a food diary helps lose weight and keep it off

Food and Mood Journal

Date: _____ Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Glasses of Water: ● ● ● ● ● ● ●

Time	Place	Food/Beverage	How much ?	Mood Before	Mood After

What's Your Mood?

Exhausted, Angry, Sad, Frustrated, Stressed, Depressed, Overwhelmed, Anxious, Lonely, Jealous, Bored, Hopeful, Content, Thrilled, Happy, etc.

My day In review: _____

Behaviors that require my attention: _____

Notes: _____

Table Discussion

Write down everything you have eaten today in the Food Diary and discuss. Have you tried a food diary? What worked? What didn't?

(10 minutes)



Tips to Make It Stick

- Plan meals for the week
- Make a list before you go to grocery store
- Schedule meals in your planner or device-treat meals as an appointment
- Eat Healthy snacks
- Drink water and avoid high calorie drinks
- Share your goals with someone else to help keep you accountable

Resources

- Learn more about your current food consumption
 - Use Daily Food Diary
 - Use books or websites to quickly count calories of items eating
- Increase your knowledge of nutrition
 - **See a dietitian**-Registered Dietician-Find on website: www.eatrightcolorado.org/dietician.cfm
 - **Websites:** Webmd.com; www.myplate.gov

Resources, continued

- **Books:**

“Eat this, Not that” for ideas on what to eat at restaurants, drive-thru, or grocery store choices

Low Fat, Low Calorie, Low Glycemic Recipe Books at Library

- **Recipe websites** www.cookinglight.com;
www.TotalRecipeSearch.com

Exercise

Importance of Physical Activity

- Live Longer
- Endorphins
- Feel Better
- Sleep Better
- Stress Release
- Improve Memory



Changes After Brain Injury

Change After Brain Injury	Solutions to Try
Medications may cause weight gain or weight loss.	Talk to your doctor to find out ways to minimize effects.
Persons with brain injury can have decreased energy levels which impacts ability to sustain physical activity	Shorten activity time, but increase number of days you do activity, do it when you have the most energy.
Changes in mobility or chronic pain may impact person's ability to return to exercises and activities they did well prior to injury.	Adapt the exercise or find new ones to enjoy.

Exercise Self-Assessment

1. How often do you exercise weekly?	
2. How many minutes a day do you participate in physical activity?	
3. How much screen time (television, computer, video games) per day do you have?	

Table Discussion

What are your barriers to exercising? What exercises do you enjoy? What keeps you motivated?

(10 minutes)



The Next Step

- Start Small
- Abilities Change
 - Consider low impact exercise
- Creating motivation



Look at your Tip Card!

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Step 1: apply Miracle Cellulite Cream to problem areas. Step 2: run 10 miles a day.

Resources

- Recreation Locations
 - Parks and Recreation
 - YMCA
- Join Clubs-running, hiking, meetupgroups.com
- Silver Sneakers
- Learn more about exercise tips and specific exercises



Table Discussion

Use the next page to create a health goal.

Remember to make your goal SMART!

(Specific, Measurable, Attainable, Reasonable, Time Limited)

(15 minutes)



My Health Goal

Based on what you have learned today what do you want to implement into your life.

My Health Goal:

Who are you going to enlist for support?
