

OUTLINE:

- I. Intro (30 seconds)
 - A. Intro Music
- II. Welcome message (co-hosts, 1 minute)
 - A. Intro to this episode/ourselves
 - B. Description/breakdown of the content
- III. Discussion Point #1: Exercise
 - A. How does physical health relate to mental health?
 1. research/stories
 - B. What is the best use of gym time?
 1. research/stories
 - C. When is the best time to work out?
 1. research/stories
 - D. What are different gym lifestyles?
 1. research/stories
- IV. Discussion Point #2: Healthy Eating
 - A. Do diets work?
 1. research/stories
 - B. What is the best way to consistently eat healthy?
 1. research/stories
 - C.
- V. Wrap up (co-hosts, 1 minute)
 - A. Recap main points of program
 - B. Where you can find more information
- VI. Closing (30 seconds)
 - A. Outro music

SCRIPT:

Intro: music for 30 seconds

Sydney: Welcome to Yoga Mat Talk: educate yourself about various lifestyles, a podcast by Sydney Johnsen and Kirsten Andrews. Lay down on a yoga mat with us while we discuss important life matters.

Kirsten: Today we are discussing the two biggest factors to a healthy lifestyle: diet and exercise. Do you consider these factors in your daily life? Stayed tuned to learn about all the research Sydney and I dug up regarding these lifestyles.

-- music transition---

Sydney: so, let's get right into it. There are many different types of people when it comes to exercise.

Kirsten: Whether you go to the gym once a week or daily, you will definitely be able to see some sort of changes. Sydney and I go to the gym routinely and we are able to see the benefits. The Mayo Clinic recently published an article about the benefits of a consistent gym routine. Besides the obvious, it helps you maintain weight, it also improves mood and promotes better sleep.

Sydney: Yes, there are so many benefits! What do you think is the best use of workout time and when is the best time to workout Kirsten?

Kirsten: For me personally I always enjoy running first and then doing other things. I actually recently took a class at OrangeTheory and that's where I first learned about the new trend: interval training. According to the website Self, interval training is one of the best ways to lose weight. HIIT, high-intensity interval training is a cardio session built around short, high-intensity intervals. You basically go really hard on the treadmill for 5-10 minutes, and then take a break, and continue. At OrangeTheory we switched off between the treadmill and weights. Another interesting thing I learned through research, is that there is essentially no good time to workout. Some people prefer mornings and some prefer nights. For me personally, I workout whenever my schedule allows so the timing isn't very consistent. An article by Active explains that your body will adapt to whatever time you consistently workout, and then eventually perform better at that time. However, your muscles are most flexible in the afternoon, so that is something to consider.

Sydney: I have tried the HIIT workout method myself and it really does work. Personally, I do many different things for exercise. I joined a boxing gym last year and I have been swimming almost my whole life. I try to do a variety of workouts throughout my week to keep things interesting and to workout different parts of my body. A typical week for me would be about 1-2

days of swimming, 1-2 days of boxing, and a couple of days at the gym for weights and cardio. It is super important to workout different muscles in your body each day and also provide recovery. I try to give myself a day of rest as well and if I'm overloaded with school work I will take the day off for that.

Kirsten: One of the biggest benefits of consistent exercise is its relationship to our mental health. The act of exercising releases endorphins and serotonin, and according to Health Direct, these chemicals improve your mood and reduce loneliness and isolation. Regular exercise also reduces stress and symptoms of depression.

Sydney: Overall, exercising in any way can really improve mental health. So going to the gym is one type of healthy lifestyle, and so is committing yourself to eating healthy.

Kirsten: Yes, eating healthy is a popular New Year's Resolution! I feel best when I eat three meals throughout the day and lots of water. I usually don't eat snacks because I am busy or just don't really get hungry.

Sydney: As much as I would love to eat chocolate and pizza all day, I like to stick with three meals a day as well. I will sometimes switch up the amount of food I eat throughout the day based on my appetite. .

Kirsten: I think it is time to pose the daunting question: do diets work?

Sydney: Diets are so hard! People feel forced to completely eliminate food groups from their diets which can sometimes make them crave it even more. In my opinion, the best way to diet is to control how much of certain food groups you eat, such as sugar or carbs, but still obtain a happy medium. You can still eat healthier and feel healthier if you balance your daily diet by eating more healthy foods than unhealthy foods. Finding a healthy balance for your own body is super important. Everyone is different and can have their own version of what a healthy lifestyle means for them.

Kirsten: I never really diet, if anything I just make a goal to eat healthier. The new trending diet is Keto, which is a low-carb diet. Keto lacks carbs and instead is rich in proteins and fats. It includes lots of meat, eggs, cheese, fish, nuts, and vegetables. The science behind Keto is trying to release Ketones into the bloodstream. Cells use blood sugar, which comes from carbohydrates, as a main source of energy. Instead of breaking this down, when eating a low-carb diet cells start to break down stored fat into molecules called ketone bodies. Once your body reaches this process, called ketosis, cells will use ketone bodies to generate energy until carbohydrates are consumed again. According to an article published by Harvard Health, research shows Keto helps with initial weight loss but then that weight loss starts to plateau. If I were to use Keto I would definitely do it for the short term.

Sydney: I am always willing to try things like Keto, but keep in mind that sometimes these diets are not sustainable. Most of the time, one of the hardest parts, isn't finding out what you should put in your body but instead learning to consistently eat healthy. The trick is to find a healthy balance, but you don't have to eliminate things completely because it will just make you want them more. Some quick tricks that I use in order to maintain a healthy diet are eating vegetables and fruit for at least both lunch and dinner. I try to include protein in my meals as well. If I choose to have sugary or salty treat later, I will be more inclined to let myself enjoy it instead of worrying about the effect it will have. I know that I go to the gym everyday and consistently stay aware of the food choices I make.

---music transition---

Sydney: We hope you feel more inclined to design your own healthy routine! Thanks for listening!

Wrap up: outro music for 30 seconds

Annotated Bibliography

"7 Great Reasons Why Exercise Matters." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 11 May 2019,

www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389.

The Mayo Clinic, a non-profit academic medical center, produced an article summarizing how regular exercise benefits people. The article highlights 7 main points summed up as: weight, health conditions, mood, energy, sleep, intercourse, social ability. These reasons are consistent throughout sources and directly relate to the podcast content. It is interesting and helpful to know the benefits of a healthy and consistent lifestyle.

Campos, Marcelo. "Ketogenic Diet: Is the Ultimate Low-Carb Diet Good for You?" *Harvard Health Blog*, 30 July 2019,

www.health.harvard.edu/blog/ketogenic-diet-is-the-ultimate-low-carb-diet-good-for-you-2017072712089.

Harvard Medical School, a scholarly source, produced an article reviewing the new

Ketogenic diet trend. It describes the restrictions of the diet and if it is a healthy choice. It further explains that Keto does help you lose weight, but is not a long term solution. It describes how the diet controls your sugar levels but eventually you will plateau and possibly gain back the lost weight. This is a very important topic to cover in the podcast as it is the “hot topic” of healthy living.

“Exercise and Mental Health.” *Healthdirect*, Healthdirect Australia,

www.healthdirect.gov.au/exercise-and-mental-health.

An article by health direct produced by the Australian government details the connection between mental and physical health. It explains how brain chemicals are stimulated which in turn brightens your mood and gives you better memory. It also repeats some of the previous reasons as to why exercise is beneficial including helping with fighting diseases and improving sleep. The article also gives suggestions as to how much exercise is necessary, saying that 30 minutes of intensive movement is the most ideal.

Gold, Marissa. “What Exactly Is HIIT-And How Can You Tell If You're Actually Doing It?” *SELF*,

SELF, 2 Apr. 2018, www.self.com/story/what-is-high-intensity-interval-training-benefits.

The health publisher, *SELF*, released an article about a fitness trend called HIIT. HIIT stands for high intensity interval training. It is essentially doing certain rigorous exercises for 5-10 minutes, and then taking a short break and doing it again. This is said to be the most effective way to exercise and is implemented during many exercise classes. The article debunks some of the beliefs about working out and explains how HIIT is a very specific method.

Greatist.com. “When Is the Best Time to Exercise?” *ACTIVE.com*, Active.com, 17 Aug. 2015,

www.active.com/fitness/articles/when-is-the-best-time-to-exercise.

The health website, Active, published an article about the most ideal times to exercise. It explains that it is all up to personal preference and that the most useful time is a consistent one. If you can exercise at or around the same time everyday it is the best way to see results. However, it also discusses how you are most flexible and your muscles are most moddable during the afternoon because that is when your body temperature is the highest. This information is important because this is a frequently pondered question.

Lafage, Marie-Hélène, et al. "Ketodiet, Physiological Calcium Intake and Native Vitamin D Improve Renal Osteodystrophy." *Kidney International*, Elsevier, 18 Dec. 2015, www.sciencedirect.com/science/article/pii/S0085253815578368.

This published clinical study by Science Direct goes into detail about the science behind the Keto diet. The results of the study report that patients felt better about themselves but their weights remained stable. The study also reports other possible effects including changes/no changes in bone density, bone histomorphometry, and plasma concentrations. This source is useful because it is scholarly, trustworthy, and gives evidence of how Keto affects people.