

canfitpro

Using Mother Nature to Improve Your Health.

Fit Calgary 2018
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My Story



11 years of personal training at World Health.

6 years of nutrition coaching.

Nutrition Director IFH

Presenting and educating for 6 years.

Online coach.

Sponsored athlete.

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The focus of this presentation is not to convince you to move to the forest, grow your own food, avoid technology and modern day comforts.

The point is help you understand the importance of the natural environment in making sure you and your clients are getting what they need in order to function optimally.



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One intensive study of 280 participants in Japan found that along with decreasing stress hormone concentrations by more than 15%, a walk in the forest lowered participants' average pulse by almost 4% and blood pressure by just over 2%.

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In another Japanese study they found that students sent into the forest for two nights had lower levels of cortisol — a hormone often used as a marker for stress — than those who spent that time in a city.

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A Chinese study showed a decrease in systemic inflammation.

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Preliminary studies have shown a potential in the bodies ability to increase anti-cancer proteins.

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Nearby green space seems to be especially important for residents of urban environments, according to a Dutch study of 250,782 people, which found a strong positive connection between green space and health.

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Does this surprise you?

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There are many studies pointing to the same conclusion:
<https://www.businessinsider.com/why-spending-more-time-outside-is-healthy-2017-7>

The forest is our natural environment.

It provided us shelter, food, and clean air for centuries.

As a result there is a draw for it.

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Nature

For most of our history humans we have spent the majority of the time outside breathing fresh air and getting regular direct sunlight.

The body sleeps much better in cool environments as room temperature was uncommon for most of our history.

Only in the past century have we been exposed to artificial light and only recently an influx of blue light which was only seen during the day through sun light. (Why is this a problem?)



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Nature

Nature has always provided us with food in the perfect form that has sustained us and kept us naturally thin before industrialization.

Soil was rich and full of nutrition. Food was not referred to as organic. It was referred to as food.

Organs and fatty meats have always been a nourishing blessing carrying the highest nutrient density in times when food was scarce. Especially in the winter.



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Nature

Fresh greens grow on the ground from the beginning spring into fall. This food source not only contained energy rich nutrients but phyto-chemicals which help detoxify the body.

Water flowed from mountains collecting minerals along the way and being uninterrupted by farm irrigation or the disposal of waste.

Fruits grew seasonally and they were not as sweet as modern day fruit.



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Nature

Less automation exist. People were naturally active with physically demanding jobs. Less mental stimulation which didn't drain glucose as much as a physically demanding lifestyle. This resulted in better fat burning.

Health Experts Recommend Standing Up At Desk, Leaving Office, Never Coming Back



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Average Day for Someone in a Big Canadian City.

Wake up with artificial lights in a warm house eat mostly processed carbs for breakfast and enter there vehicle in a heated garage.

Average commute time of 26 minutes each way.

Satisfy a caffeine addiction.

Park underground and take an elevator to their office.

Work on a computer most of the day doing mentally demanding task.

Eat a lunch of mostly processed food, high in sugar to satisfy the need of glucose by the brain.

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Average Day for Someone in a Big Canadian City.

Return home still having access to work emails.

Look at screens most of the night.

Less than a 1 in 2 chance this person will exercise.

Potentially drink alcohol.

May eat out or cook something easy as energy levels are low.

Go to bed stressed and too overstimulated not hitting all adequate sleep cycles.

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How do you think this individuals health is going to progress over the years?



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If someone starts to live more of the life our bodies are designed for will this snowball into a healthier and happier life?

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One Habit Change May Make the Difference.

At minimum:

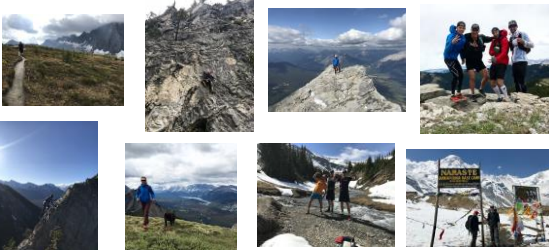
Go for walk each day. At lunch, before work, in the evening. If you need a motivated there's no better solution than a furry friend. This is the best form of mindfulness.

Even better try to plan a mountain escape once a week to get away to experience complete silence. There are many groups on meet up as well as course offer through numerous organizations if you don't know where to get started.

Once you get the ball rolling, you won't want to stop.

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Some 2018 Adventures (Finding Your Why)



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Sunshine

Vitamin D supplementation is important regardless in Canada regardless if you go outside or not.

Reduction in blue light.

How much Vitamin D should one take?

Vitamin D is important for?

Does skin shade play a role?



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Seven horizontal lines for writing notes.

Fresh Air

Keep windows open when possible.

Try to get outside when you can.

Dress warm in the winter and brave the cold.

Try adding some breathing routines to your day if you spend a lot of time inside to improve oxygen flow. 5 in, hold for 5, 5 out, hold for 5 x10.



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Seven horizontal lines for writing notes.

Sleep

Dark room.

Cool temperature.

Quiet environment.

Similar sleep and wake time.

Ideal sleep is 7-9 hours uninterrupted.



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Seven horizontal lines for writing notes.

Diet

Paleo? Ancestral? Blood type? Keto?

What is wrong with modern day food?

Try consuming more organic food and meats from animals in the wild or who have been fed their natural diet.

Limit chemical exposure when you can.

Occasionally chemical and toxin exposure will not kill you. *Homeotic stress.*



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Goal

Reduction in Cortisol.

Better sleep.

Improved mood.

More energy.

More calm less erratic behaviour.

Improved immune function.

Saving money if you don't buy too much gear.



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What Can You Do in Your Gym?



Host part of your workout outside.

Try to encourage as much outdoor light as possible. Mirrors can help reflect more light.

If it is a small gym use an air purifier.

Keep windows open.

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What Clients Can Do At Home



Plants!

Lighter colours and open the blinds first thing in the morning.

Make the house as dark as possible before bed.

Remove screens from bed rooms.

Use night shift on your phone the hours leading up to bed.

Create a garden outside.

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Thank You!
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