

My Hobby

Fitness and Nutrition

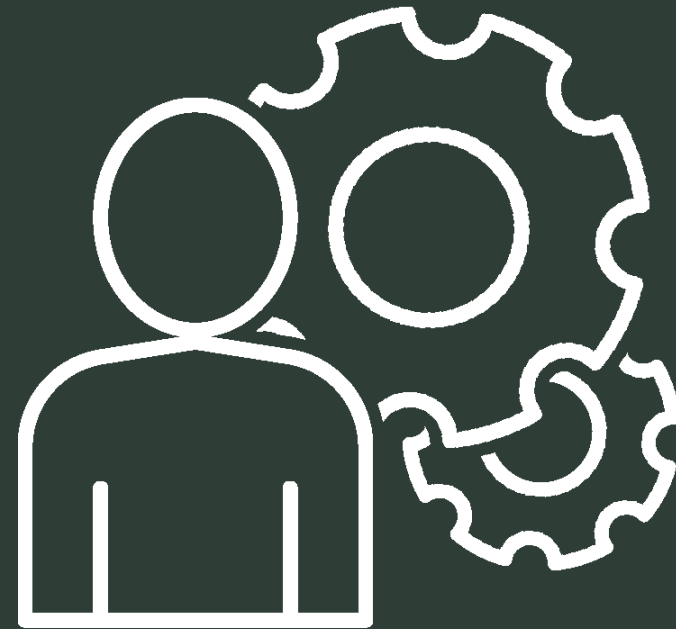
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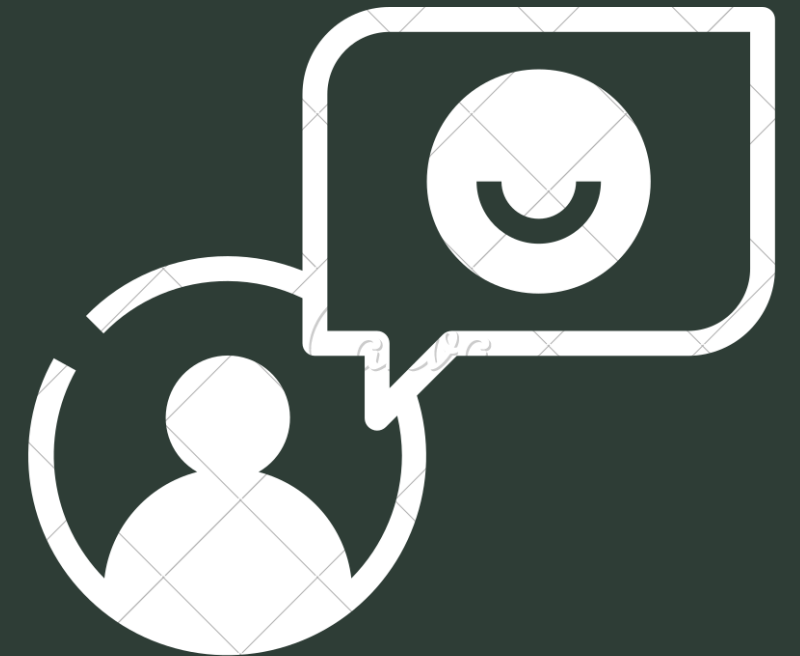
INTRO – MY CRITERIA FOR A HOBBY



Provides growth



Separate from work but
helps you perform at
work by refreshing your
mind



Makes life more enjoyable

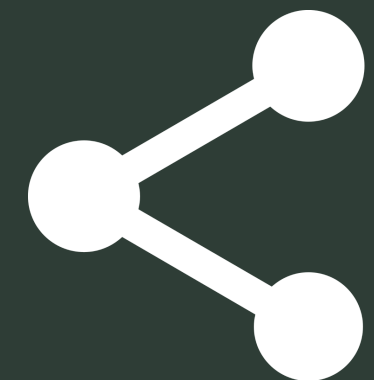
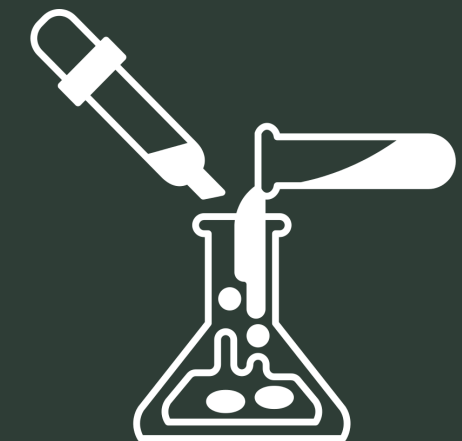
INTRO CONTINUED – MOTIVATION

- 1.To build immunity and confidence - Growth
- 2.To improve performance - Mind refreshed for work
- 3.Stable relationship with food - Makes life enjoyable



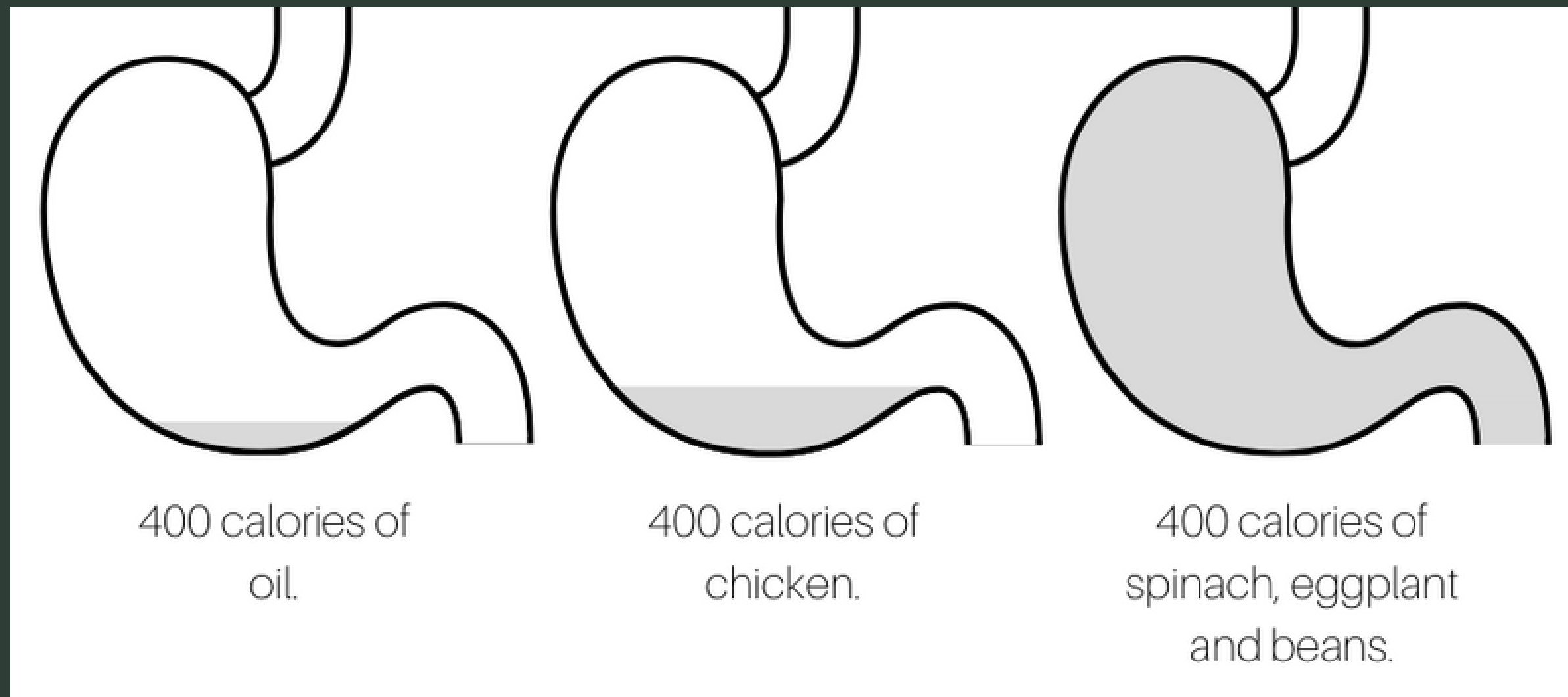
FITNESS AND NUTRITION – WHAT I DO

- Research
 - What kind of food to eat for a given purpose
 - Learn to filter out misleading information
- Experiment
 - Change my diet and nutrition and fitness routine based on my findings
 - Analyze the difference
- Share
 - Give tips to friends and family



FITNESS AND NUTRITION – FACTS AND TIPS

- Healthy food is not always good for weightloss.
 - Pick food that is low in calories for weight loss
 - Try to maximize volume



FITNESS AND NUTRITION – FACTS AND TIPS

- Don't avoid (unsaturated) fat to reduce body fat, avoid sugar instead.
 - 25-35% of calories should come from Fat
 - Target 25% to lose weight as fat has a low thermic effect
 - Avoid high GI foods (sugar and processed carbs instead)
- Eat 2g of protein per kg of body weight
 - Reason - Thermic effect of food:
 - Fat provides 9 calories per gram. Its TEF is 0-5%
 - Carbohydrate provides 4 calories per gram. Its TEF is 5-15%
 - Protein provides 4 calories per gram. Its TEF is 20-30%
- Take your Vitamins
- Drink 3 Litres or more of water every day
- Diets fail but lifestyles don't
 - Make sure everything you do is sustainable
 - Treat yourself occasionally and find alternatives where needed
- Key - Consistency

SUMMARY

- Criteria for an ideal hobby -> Motivation
- What I do - Research, Experiment and share
- Tips
 - Have lots of protein and water
 - Have the required amount of Fats
 - Get 7-8 hours of sleep
 - Take vitamins





Thank
you

