



MPB | Leadership Accelerated

# Self-care & Energy Management

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# Health in the workplace

**70%** Of Americans 20 and older are overweight

**38%** are obese

Average number of daily calories people consume has increased dramatically

# Health in the workplace



Much of this added intake comes at work, where perpetual grazing and hours of sedentary activity are the norm.



Obesity is associated with increased absenteeism and reduced productivity.



Obesity results in \$1,429 higher annual health premium per the CDC.

# Benefits of Wellness & Nutrition for You

- ✓ Higher productivity 
- ✓ Set example 
- ✓ Improved sense of wellbeing 
- ✓ Improved health 
- ✓ Increased stamina and longevity 

# Benefits of Wellness & Nutrition for Your Employees

✓ Higher productivity



✓ Higher Engagement



✓ Improved health



✓ Greater Loyalty



# Employee Nutrition is Important

Healthy employees provide companies with a wide array of benefits. They tend to be...

- ✓ **More productive**
- ✓ **Less stressed**
- ✓ **Take fewer sick days**

A key factor in employee health is nutrition- which is why you your employees to eat well.

# Nutrition and Calorie Intake

| Gender | Age   | Sedentary <sup>b</sup> | Moderately Active <sup>c</sup> | Active <sup>d</sup> |
|--------|-------|------------------------|--------------------------------|---------------------|
| Child  | 2-3   | 1,000                  | 1,000-1,400                    | 1,000-1,400         |
| Female | 4-8   | 1,200                  | 1,400-1,600                    | 1,400-1,800         |
|        | 9-13  | 1,600                  | 1,600-2,00                     | 1,800-2,200         |
|        | 14-18 | 1,800                  | 2,000                          | 2,400               |
|        | 19-30 | 2,000                  | 2,000-2,200                    | 2,400               |
|        | 31-50 | 1,800                  | 2,000                          | 2,200               |
|        | 51+   | 1,600                  | 1,800                          | 2,000-2,200         |
| Male   | 4-8   | 1,400                  | 1,400-1,600                    | 1,600-2,000         |
|        | 9-13  | 1,800                  | 1,800-2,200                    | 2,000-2,600         |
|        | 14-18 | 2,200                  | 2,400-2,800                    | 2,800-3,200         |
|        | 19-30 | 2,400                  | 2,600-2,800                    | 3,000               |
|        | 31-50 | 2,200                  | 2,400-2,600                    | 2,800-3,000         |
|        | 50+   | 2,000                  | 2,200-2,400                    | 2,400-2,800         |

<sup>b</sup>**Sedentary** means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

<sup>c</sup>**Moderately active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3-4 mph, in addition to the light physical activity associated with typical day-to-day life.

<sup>d</sup>**Active** means a lifestyle that includes physical activity equivalent to walking more than 3 mi./day at 3-4 mph, in addition to the light physical activity associated with typical day-to-day life.



Here are some examples of how many calories different people burn in an hour of walking:

### Calories Burned in 1 Hour of Walking

| Weight   | 3.5 mph /<br>17:09 pace | 4.0 mph /<br>15:00 pace | 4.5 mph /<br>13:20 pace |
|----------|-------------------------|-------------------------|-------------------------|
| 125 lbs. | 240                     | 298                     | 356                     |
| 155 lbs. | 270                     | 334                     | 400                     |
| 185 lbs. | 300                     | 372                     | 444                     |
| 215 lbs. | 412                     | 432                     | 516                     |
| 245 lbs. | 469                     | 492                     | 588                     |
| 285 lbs. | 527                     | 552                     | 660                     |
| 305 lbs. | 584                     | 613                     | 723                     |

Source: [U.S. Department of Health & Human Services](#)



All drinks listed are for GRANDE drinks without substitutions. If you order exactly from the menu, this is what each item will be, but making changes & substitutions will change the nutrition facts.



### Vanilla Sweet Cream Cold Brew

110 Calories  
5g Fat  
14g Carbs  
1g Protein



### Cold Brew With Milk

35 Calories  
1.5g Fat  
3g Carbs  
2g Protein



### Salted Caramel Cream Cold Brew

220 Calories  
13g Fat  
24g Carbs  
2g Protein



### Vanilla Sweet Cream Nitro

70 Calories  
5g Fat  
4g Carbs  
1g Protein



### Iced Coffee With Milk

110 Calories  
1.5g Fat  
23g Carbs  
2g Protein



### Iced Shaken Espresso

100 Calories  
2g Fat  
17g Carbs  
4g Protein



### Vanilla Oatmilk Shaken Espresso

140 Calories  
4.5g Fat  
23g Carbs  
2g Protein



### Iced Flat White

150 Calories  
8g Fat  
13g Carbs  
8g Protein



### Honey Almondm Flat White

140 Calories  
3.5g Fat  
27g Carbs  
2g Protein



### Iced Caffè Latte

130 Calories  
4.5g Fat  
13g Carbs  
8g Protein



### Pumpkin Spice Latte

370 Calories  
16g Fat  
47g Carbs  
11g Protein



### Caramel Macchiato

250 Calories  
7g Fat  
37g Carbs  
10g Protein



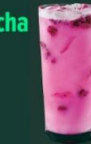
### Iced Caffè Mocha

350 Calories  
17g Fat  
38g Carbs  
10g Protein



### Iced White Choc. Mocha

420 Calories  
20g Fat  
49g Carbs  
11g Protein



### Refreshers

130 Calories  
3g Fat  
26g Carbs  
1g Protein



### Iced Matcha Latte

200 Calories  
5g Fat  
29g Carbs  
9g Protein



### Coffee Frappuccino

230 Calories  
3g Fat  
46g Carbs  
3g Protein



### Pumpkin Spice Frappuccino

420 Calories  
15g Fat  
66g Carbs  
6g Protein



# Nutrition: Calories in a Big Mac, Large Fry, and Large Coke



## Nutrition Facts

Serving Size 1 Big Mac, 1 large French fries, 1 Large Coke (1,269g)

### Amount Per Serving

Calories 1,360      Calories from Fat 520

### % Daily Value \*

**Total Fat** 58g      **89%**

Saturated Fat 12g      **58%**

Trans Fat 1.5g

**Cholesterol** 80mg      **26%**

**Sodium** 1,380mg      **57%**

**Total Carbohydrate** 190g      **63%**

Dietary Fiber 10g      **40%**

Sugars 95g

**Protein** 32g

Vitamin A 8%      Vitamin C 20%

Calcium 30%      Iron 30%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

|               |           |         |         |
|---------------|-----------|---------|---------|
|               | Calories: | 2,000   | 2,500   |
| Total Fat     | Less than | 65g     | 80g     |
| Sat Fat       | Less than | 20g     | 25g     |
| Cholesterol   | Less than | 300mg   | 300mg   |
| Sodium        | Less than | 2,400mg | 2,400mg |
| Total Carb    |           | 300g    | 375g    |
| Dietary Fiber |           | 25g     | 30g     |

# Diet & Nutrition



**Quarter Pounder, Large Fries,  
Coke 1320 Calories**



**Turkey sandwich, 2 apples, &  
Water 510 Calories**

Making good choices will result in weight loss and healthier habits

# Nutrition: Positive Options

- Unsalted mixed nuts
  - Greek yogurt and berries
  - Apple slices with peanut butter
  - Cottage cheese with berries
  - Cucumber with hummus
  - A piece of fruit
  - Hard boiled eggs
  - Carrots with fat free ranch
  - Protein shake
  - Lean meats; chicken, beef, fish, turkey
- 
- Consider using a meal service during busy season



# Nutrition: Popular Snacks with High Calorie Count

- Soda
- Ice cream
- Pizza
- Cookies and doughnuts
- French fries
- Potato chips
- Candy



# Nutrition: Fast-Food Restaurants that Serve Healthy Foods



Healthy options: grilled chicken nuggets, grilled market salad, and multi-grain breakfast oatmeal.

# Nutrition: Fast-Food Restaurants that Serve Healthy Foods

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Healthy options: Several healthy salads made with chicken, vegetables and fruit

# Nutrition: Fast-Food Restaurants that Serve Healthy Foods



Healthy options: Steak, fish, seafood, salads, various appetizers

# Nutrition: Fast-Food Restaurants that Serve Healthy Foods



Healthy options: Whole-grain bread, plus plenty of vegetables

# Nutrition: Fast-Food Restaurants that Serve Healthy Foods



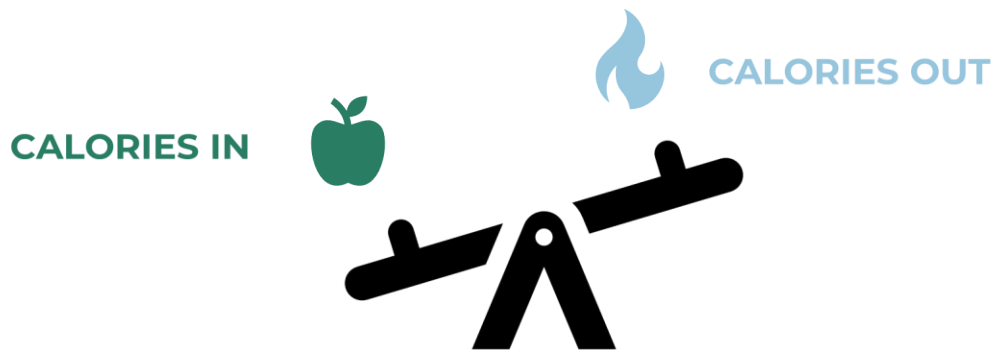
Healthy options: Variety of healthy soups and salads

# **Diet & Nutrition**

**Everyone knows what the right choices are...**

**...cultivate the discipline to make those choices.**

# Nutrition: The Bottom Line



**People gain weight because they eat more calories than they burn.**

It should be noted that no single food on this list will make you fat if you enjoy it occasionally as part of a [balanced diet](#). However regular and excessive consumption of these foods will likely make you gain weight over time

# **Nutrition Tips to Help You Lose Weight**

**Don't Skip Breakfast**

**Eat regular meals**

**Eat plenty of fruits and Vegetables**

**Get more active**

**Drink plenty of water**

**Eat high fiber foods**

**Read food Labels**

**Use a smaller plate**

**Do not ban foods**

**Do not stock junk foods**

**Cut down on alcohol**

**Plan your meals**



# Exercise Methods



**Aerobic**



**Anaerobic**

# Exercise Styles

The best training offers a combination of the BIG 3 major components:

- Cardio
- Strength
- Flexibility



# Exercise Styles

- Yoga
- Running
- Weight Training
- Spinning
- Boot Camp
- CrossFit

All offer great things, but many are short sighted

# Exercise Frequency

| Style                                                                                         | Min. Frequency | Min. Duration |
|-----------------------------------------------------------------------------------------------|----------------|---------------|
| Cardio       | 3x/week        | 20 minutes    |
| Strength     | 2x/week        | 45 minutes    |
| Flexibility  | 1x/week        | 30 minutes    |

# Mindfulness

**Mindfulness creates a space within, a quiet shift in focus and attention that helps the mind and body rest and reset. This allows us to respond to ourselves and our lives rather than reacting instantly, which in turn soothes the entire range of unpleasant anxiety symptoms.**



# Benefits of Mindfulness in the Workplace

- A reduction in job stress
- Decreased feelings of anxiety and depression
- Increased focus and ability to drown out distraction
- Increased self-awareness and regulation of emotions
- Improved body satisfaction

**Mindfulness really does promote physical, emotional and mental wellbeing, allowing for **increased productivity**.**

# Having a Mindful Approach on Social Media

- 70% of adults and 81% of teens use social media
- Short bursts of dopamine boost a temporary sense of self esteem as people post and read content with the hopes of receiving likes and comments
- The unpredictable outcomes make people keep checking back over and over again creating addictive tendencies, it's been compared to gambling on a slot machine
- FOMO or fear of missing out also creates the addiction to social media and other people's platforms by comparing themselves to the other person
- All of this is unproductive in the workplace/life and creates a whole slew of negative side effects:

1. Low self esteem
2. Depression/anxiety
3. Misinformation/delusion
4. Online predators/ bully's



# Internal Wellness/Stress Reduction

- Most misunderstood part of wellness
- Involves the greatest amount of patience
- Contradictory to Western Culture and corporate beliefs
- Cannot process the same way as business
- No left brain (logic, strategic thinking) involved
- All right brain (creative, instinctual, feeling)

**\*Goes against the very grain of how we are taught to think and process information**

# Internal Wellness/Stress Reduction

**“Doing nothing is everything”**



**What does that mean?**

# Internal Wellness/Stress Reduction

Importance of breath...

- Deeply and slowly
- Returns us to the “energy of life”
- Finding our center
- Discovering balance
- Finding clarity and internal order
- Total stress reduction and anxiety management



# How to Practice Mindfulness



Take a seat. Find a place that feels calm and quiet.



Set a time limit 5-10 min works to begin.



Notice your body



Feel your breath



Notice when your mind has wandered



Be kind to your wandering mind



# How to Practice Mindfulness



# Thank You



## CONTACT

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