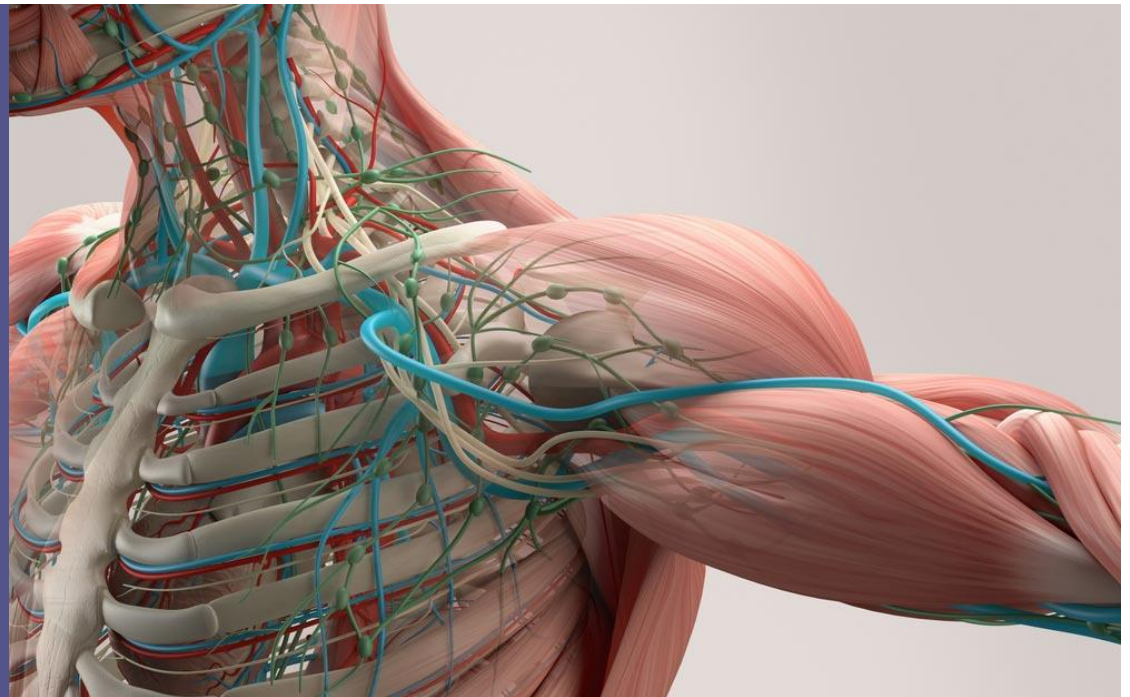
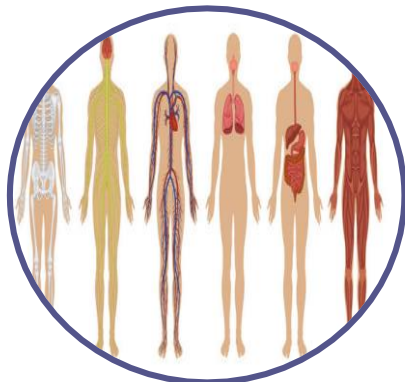
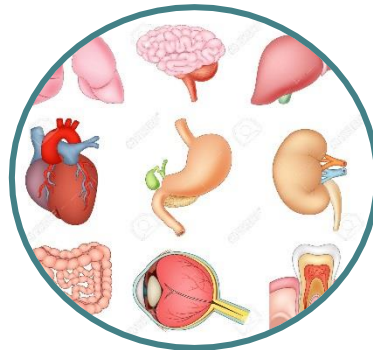
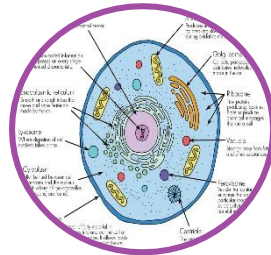
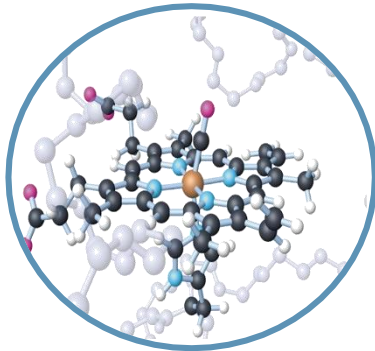


# ALL SYSTEMS GO

UNDERSTANDING THE HUMAN BODY



# LEVELS OF ORGANIZATION



Chemical Level

Cellular Level

Tissue Level

Organ Level

Body Systems

# MACRONUTRIENTS

## Protein

- Used for growth, maintenance and repair of cells



## Fats

- Monounsaturated
- Polyunsaturated
  - Olive Oil
  - Avocados



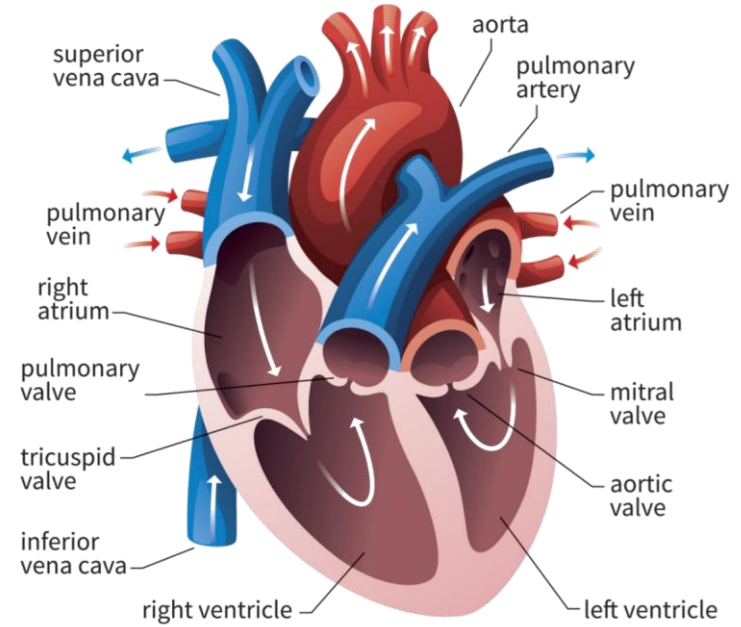
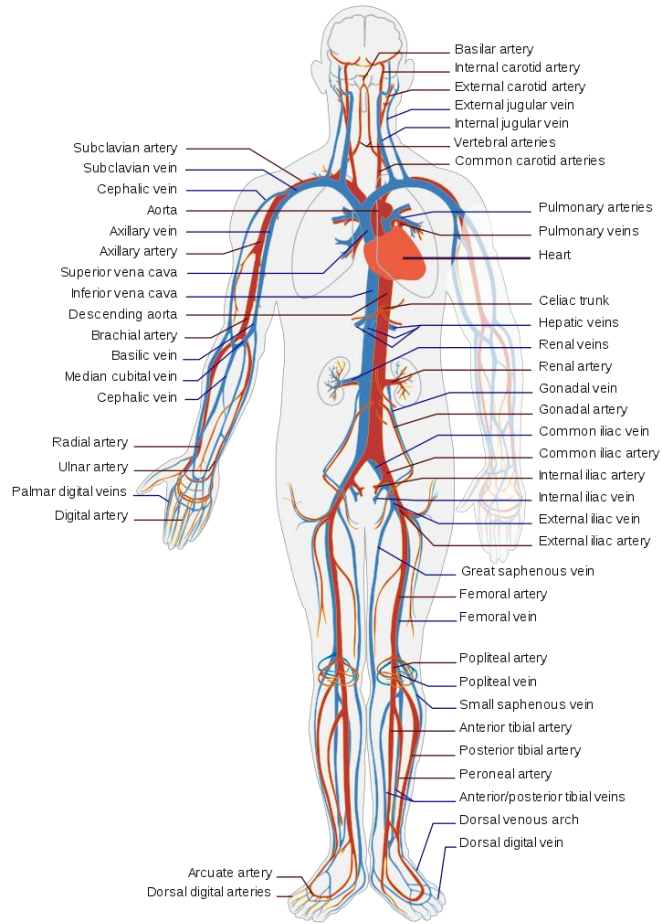
## Carbohydrates

- Primary fuel source
- Chains of sugar molecules
- Glycemic Index



# WATER

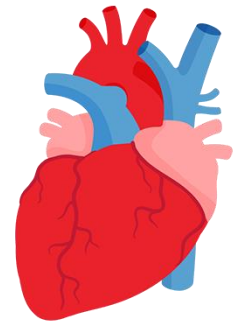
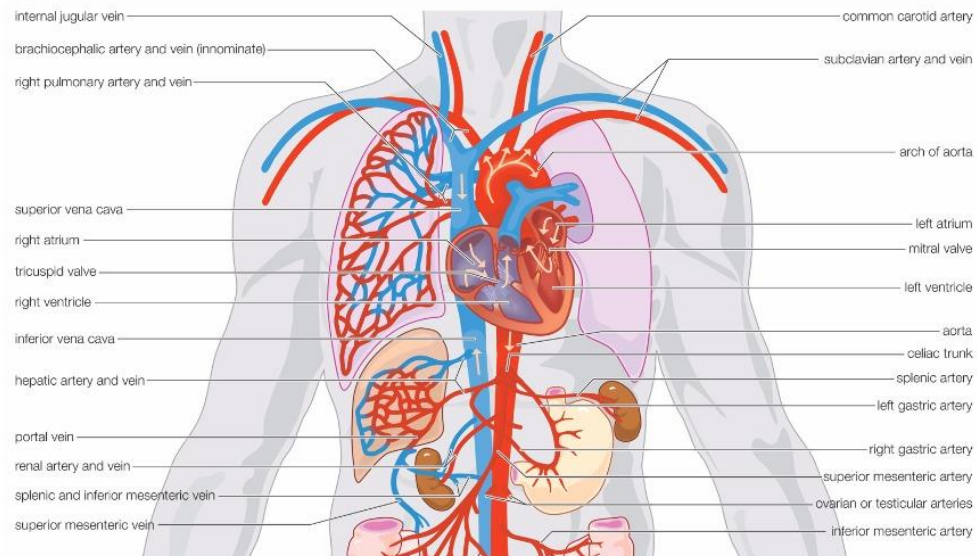
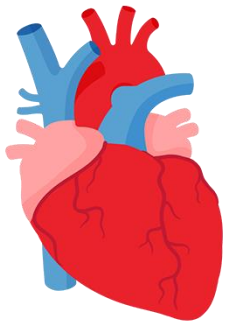




# CIRCULATORY SYSTEM

# THE CIRCULATORY SYSTEM

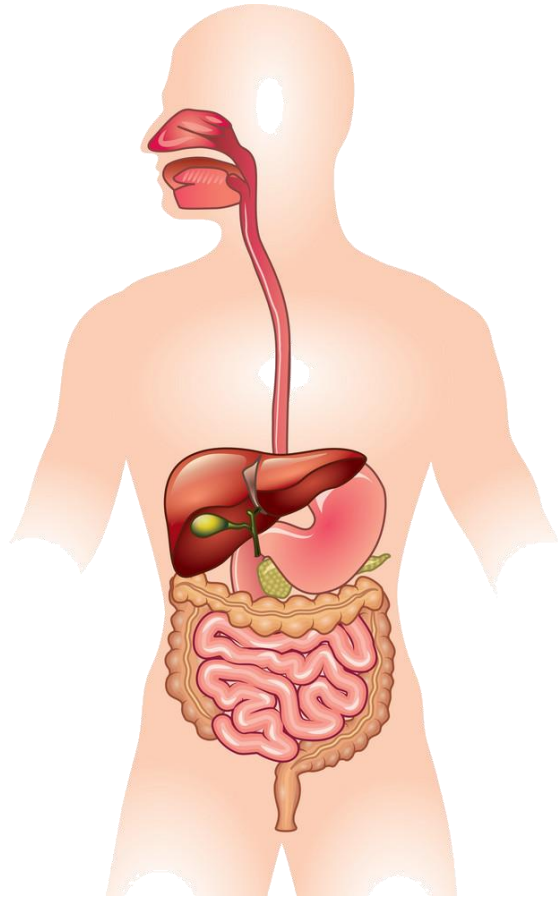
It transports nutrients, respiratory gases, and metabolic products throughout a living organism. The process of circulation includes the intake of metabolic materials, the conveyance of these materials throughout the organism, and the return of harmful by-products to the environment.



# HOW TO KEEP YOUR CIRCULATORY SYSTEM HEALTHY

- Exercise For 30 Minutes Or More 3-5 Days A Week To Improve Heart Health
- Quit Smoking & Tobacco Use
- Maintain A Healthy Weight





# DIGESTIVE SYSTEM



# THE DIGESTIVE SYSTEM



- Breaks down food and absorbs the nutrients into the blood stream
- The blood then carries the food to the cells where it is converted into energy

# HOW TO KEEP YOUR DIGESTIVE SYSTEM HEALTHY



**Eat A High Fiber Diet**



**Manage Stress**



**Incorporate Pro-biotics Into Your Diet**

# PROBIOTIC VS PREBIOTIC

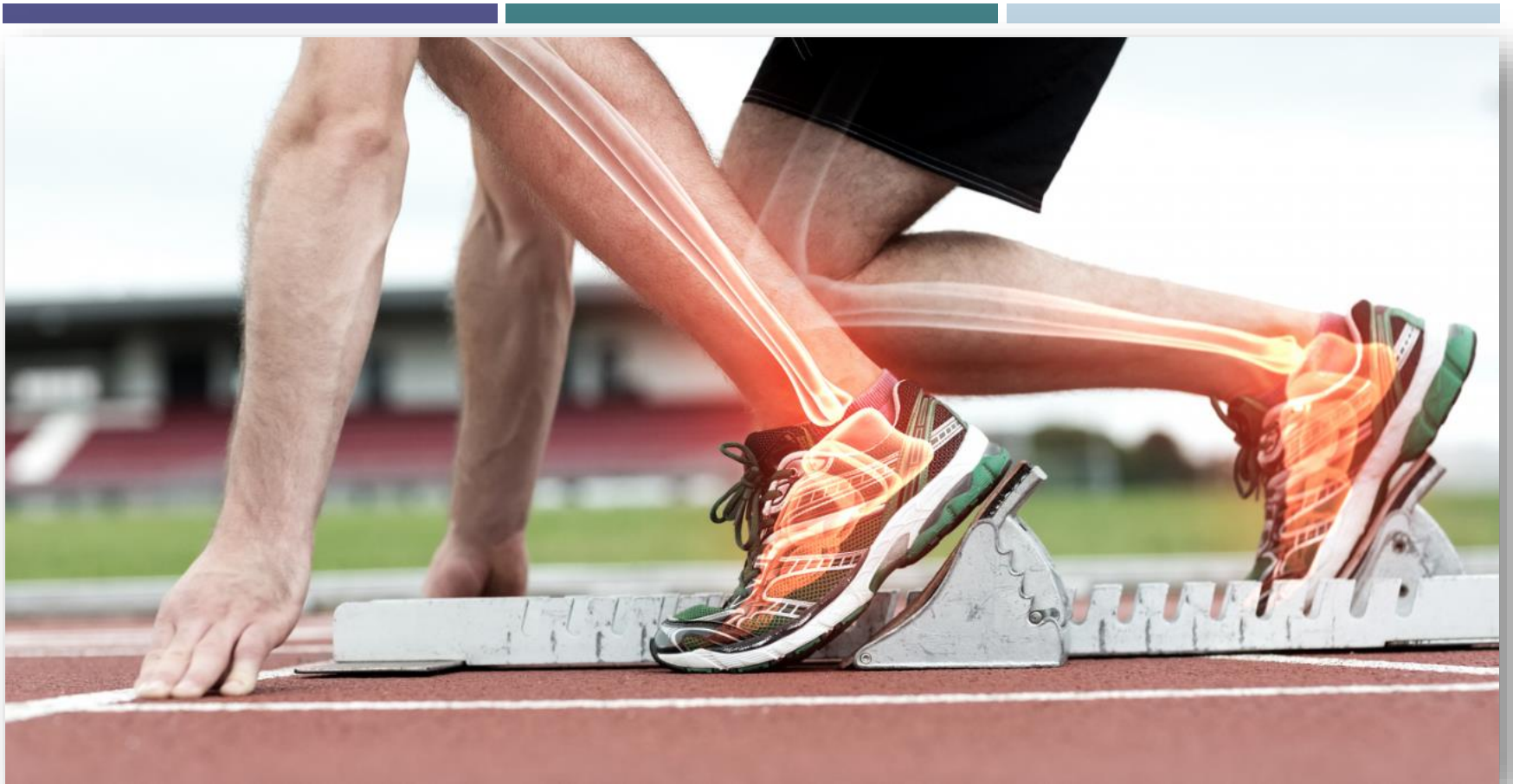
## PROBIOTIC

- Good Bacteria Found in Foods
- May Help
  - Treat Diarrhea
  - Prevent and Treat Yeast Infections & UTI's
  - Treat IBS



## PREBIOTIC

- Non-digestible carbohydrates that are food for probiotics
- Found in
  - Whole Grains
  - Bananas
  - Onions
  - Garlic
  - Honey



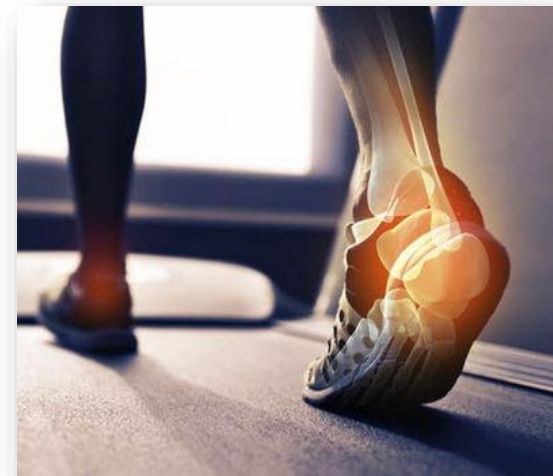
# SKELETAL SYSTEM

# THE SKELETAL SYSTEM

- Provides Support & Protection for the Body

- Provides Levers for Movement

- Bone Marrow Produces Red Blood Cells Which Carry Oxygen, White Blood Cells, & Platelets



# HOW TO KEEP THE SKELETAL SYSTEM HEALTHY

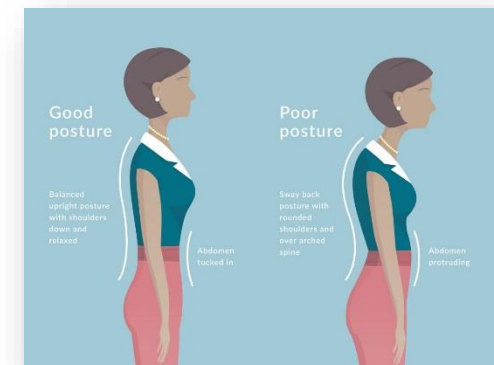
Feed Bone  
Growth

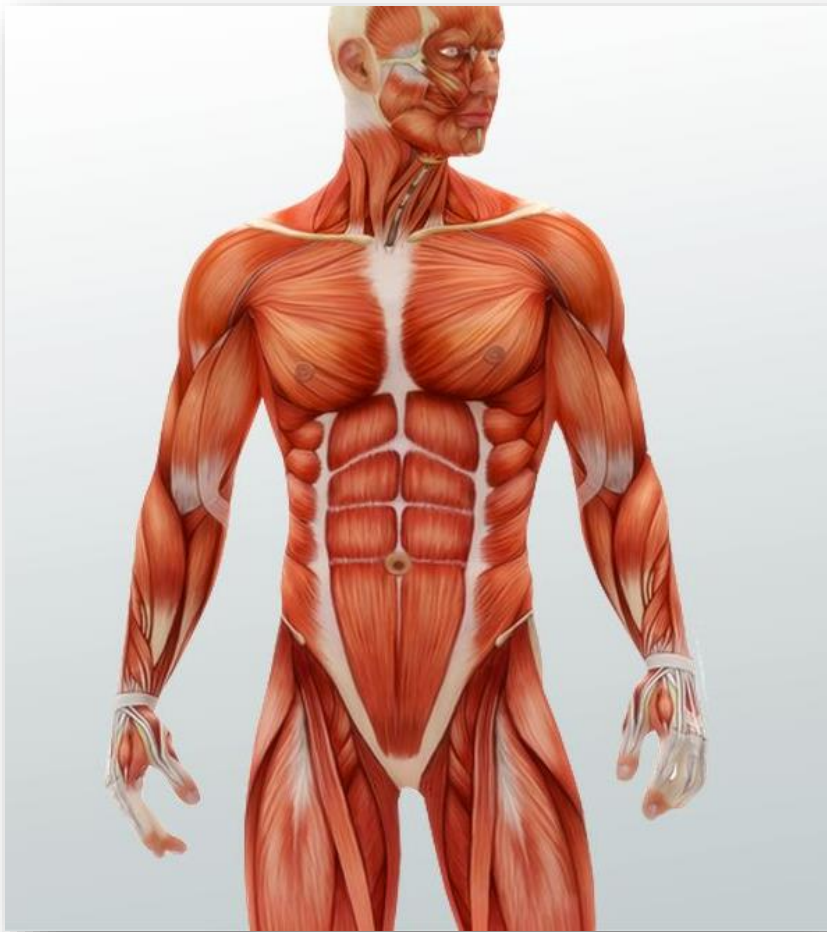


Do Weight  
Bearing Exercises  
3x a Week



Practice Good  
Posture



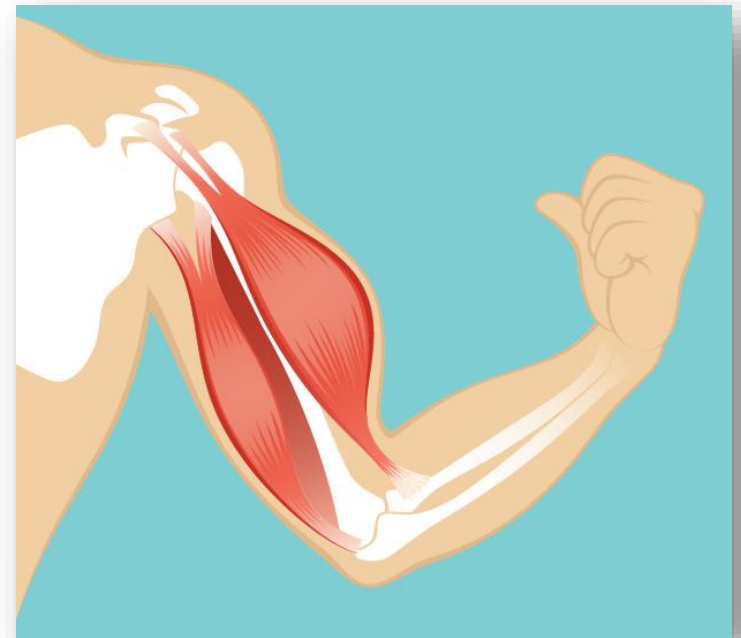
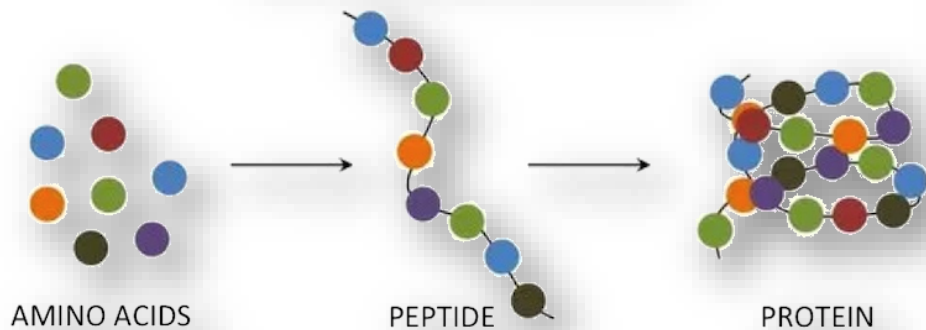


# MUSCULAR SYSTEM

# THE MUSCULAR SYSTEM

- Provides Mobility & Strength For The Body
- Amino Acids are stored within muscle cells

HOW YOUR BODY USES AMINO ACIDS  
AS BUILDING BLOCKS





# TIPS TO KEEP THE MUSCULAR SYSTEM HEALTHY



- Maintain a Healthy Diet Rich in Carbohydrates & Muscle Building Protein
- Build Up Muscle Strength to Avoid Atrophy
- Increase Your Endurance During a Workout to Maintain a Healthy Muscular System



# QUESTIONS?

