

January 2021

Nutrition K.I.S.S.



Happy New Year to everyone. January is the month many begin following New Year resolutions, and many of these will likely concern diet, nutrition and/or weight loss. I'd like to offer one of my health talks (no strings attached), if you are seeking guidance on doing that.

Over the years, I've presented many health talks on a wide variety of nutrition topics. But the talk that seemed to generate the most positive feedback is one

entitled "*Nutrition K.I.S.S.*" It explains basic nutrition physiology in layman's terms – and how to keep your diet stupidly simple (K.I.S.S.) yet still ensure you are getting optimal nutrition.

In 2019, I decided to film myself giving that presentation and I posted it on Facebook. But the full talk was 60 minutes long, so I edited it to 20 minutes. Well, I'm not good at filming and in addition, my editing was very amateurish (I filmed and edited it on my iPad). It looks like I have a twitching disorder, due to all the cropping I did! But I wanted to make the video shorter so that people would be more likely to watch it if it was only 20 minutes long.

Anyway, enough apologies for the poor video quality. I decided to post that same video a second time because I feel it offers interesting information – and I'm too lazy to record the whole thing again. If you haven't watched it yet (or saw me present it live) consider doing so if you'd like to improve your diet. Watch it here:

https://www.youtube.com/watch?fbclid=IwAR2hJCGqHUv0U28gjeoOPV4JLLDdW84INyb7upx2ReZMcrsV6NHZ_6ZYy7M&v=2Tm9IfTcwbU&feature=youtu.be

By the way, there is a printable handout shown just below the video, or access it here: https://docs.wixstatic.com/ugd/d30a77_5bba302700394799b9be57e52ad73f9c.pdf?fbclid=IwAR3q-2NaaLZ9Q2CXZDSmm8-SxwzHvMffZk0sdJc7HpdiXhQ4J3n3M_8hVJ4

Because the filming is so amateurish, I've only posted it privately on YouTube. However, feel free to share the YouTube link with others who may want some simple direction on improving their diets.

Enjoy. And I wish you the best of health in 2021 and on!

Eve Lees has been active in the health & fitness industry since 1979. Now retired, she was a Freelance Health Writer for several publications and gave speaking presentations to business and private groups on various health topics. <https://www.artnews-healthnews.com/health-writing>

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