



c/o Bahamas Insurance Association, Royal Palm Mall, Mackey Street, Nassau, The Bahamas  
Tel. (242) 394-6625

## Are You Beach Body Ready?

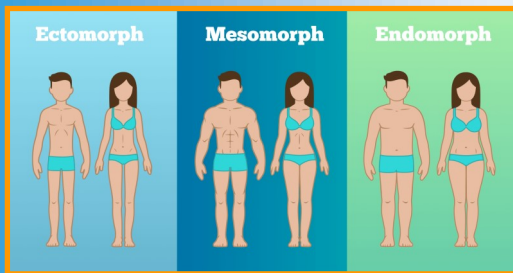


On 12th March, 2019, the IIB hosted its Lunch and Learn session on Healthy Living. Our speaker was Mr. Donovan Ingraham (pictured), a Nutritionist at Atlantic Medical.

The IIB also launched its three (3) month Healthy Living Weight Loss challenge.

The session was informative and fun. Attendees learnt that living healthy is a lifestyle and not a "right now". A healthy lifestyle is so important to your overall health and well-being. There are so many things that one can do to live healthy, but the main components are eating healthy and exercise. This combination is paramount to seeing healthy results.

First, it's important to know your body type so that you can train for the right body shape and weight. When you look at your naked body in the mirror, which body type do you see?



- ♦ **Ectomorphs** are typically skinny, small frame, have a lean muscle mass, don't gain weight easily, fast metabolism, small shoulders.

**Workout Type: Short and intense**

- ♦ **Mesomorphs** have an athletic and rectangular shape, defined muscle, naturally strong, gains muscles easier, broad shoulders.

**Workout Type: Cardio and weight training**

- ♦ **Endomorphs** have a soft and round body, gain fat very easily, find it hard to lose weight, slow metabolism and large shoulders.

**Workout Type: Cardio and weight training**

### Healthy Eating:

Mr. Ingraham stated that when eating healthy you should use a portion plate. Using the 25/25/50 rule, your plate should consist of high fiber sources with carbohydrates, lean protein sources and vegetables respectively. A healthy balanced diet keeps you fuller longer.

Mr. Ingraham heavily recommended that attendees only use raw vegetables as cooked vegetables can be stripped of their antioxidants. He also indicated that lean meat protein should be grilled or baked.

### Exercise:

You should exercise at least 3-4 times a week for at least thirty (30) minutes. Mr. Ingraham recommended engaging in a sport which can help you burn calories, beat stress and have fun all at the same time.

Check out some healthy living tips on page 2 of this newsletter.

**A special IIB thank you to Mr. Ingraham for his sharing of ideas and expertise.**

## This Issue

Are you Beach Body Ready.....1

IIB Events .....1

Healthy Living Tips.....2

### Special Events:

Easter Egg Hunt.....2

Game Night.....2

## IIB Events

### April:

- Easter Egg Hunt—Elizabeth Estates Children's Home **(UPCOMING (20th April)- See Flyer on page 2)**
- Lunch & Learn - "Crime, Safety & Insurance" **(held 16th April)**
- 1st Weigh-In for Weight Loss Challenge **(completed 16th April)**

### May:

- Lunch & Learn - "Budgeting"
- Insurance Weigh-In for Weight Loss Challenge
- Insurance Game Night

### June:

- Lunch & Learn - "What the Hurricane Season Means to the General Insurer"
- Final Weigh-In for Weight Loss Challenge

### July:

- Lunch & Learn - Pros & Cons of NHI

### August:

- Public Forum - "The Importance of Insurance - The Industry is NOT your enemy!"
- Games & Karaoke Night

### ABOUT US

The Insurance Institute of The Bahamas (IIB) is an organisation for persons working in the various sectors of the Insurance Industry in The Bahamas. We seek to promote education and continuous professional development by hosting seminars and bringing persons together for educational and informative talks. The Institute also focuses on building camaraderie through the coordination of social activities.

In addition, the IIB seeks to promote professionalism in the industry and encourages its members to adhere to the highest level of ethical standards.

## 12 Week Home Workout Plan



### Monday

- 20 squats
- 15 seconds plank
- 25 crunches
- 35 jumping jacks
- 15 lunges
- 25 seconds wall sit
- 10 sit-ups
- 10 butt kicks
- 5 push ups

### Wednesday

- 15 squats
- 40 seconds plank
- 30 crunches
- 50 jumping jacks
- 25 lunges
- 35 seconds wall sit
- 30 sit-ups
- 25 butt kicks

### Friday

- 25 squats
- 60 seconds plank
- 30 crunches
- 55 jumping jacks
- 60 lunges

### Tuesday

- 10 Squats
- 30 seconds plank
- 25 crunches
- 10 jumping jacks
- 25 lunges
- 45 seconds wall sit
- 35 sit-ups
- 25 butt kicks
- 10 pushups

### Thursday

- 35 squats
- 30 seconds plank
- 20 crunches
- 25 jumping jacks
- 15 lunges
- 60 seconds wall sits
- 55 sit-ups
- 35 butt kicks

## FOOD LIST

### PROTEIN

#### Meat

- ☐ Lean cuts of beef
- ☐ Lamb
- ☐ Lean pork (pork tenderloin)

#### Poultry

- ☐ Chicken breast
- ☐ Turkey breast
- ☐ Duck
- ☐ Eggs

#### Fish

- ☐ Cold
- ☐ Flounder
- ☐ Salmon (wild)
- ☐ Sardines
- ☐ Snapper
- ☐ Trout

#### Seafood

- ☐ Shrimp
- ☐ Mussels, clams, scallops
- ☐ Crab, lobster
- ☐ Calamari (not deep-fried)

#### Dairy

- ☐ Milk
- ☐ Yogurt
- ☐ Cottage cheese
- ☐ Kefir
- ☐ Whey protein

#### Plant-based proteins

- ☐ Lentils
- ☐ Beans
- ☐ Hummus
- ☐ Tofu, natto
- ☐ Vegetarian protein powders (e.g. hemp, brown rice, etc)

### VEGETABLES

- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Beans (green, yellow, French)
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Cabbage (any variety)
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Dark leafy greens (kale, collard greens)
- ☐ Leeks
- ☐ Mixed greens (arugula, etc)
- ☐ Mushrooms
- ☐ Onions
- ☐ Parsnips
- ☐ Spinach
- ☐ Spirulina
- ☐ Sprouts
- ☐ Tomatoes
- ☐ Turnips
- ☐ Zucchini
- ☐ Herbs (any variety)

#### High starch

- ☐ Artichoke
- ☐ Eggplant
- ☐ Pumpkin
- ☐ Sweet potato / yams
- ☐ Squash

### GRAINS

- ☐ Amaranth
- ☐ Buckwheat
- ☐ Barley
- ☐ Oats (steel-cut or oat groats)
- ☐ Quinoa
- ☐ Rice (brown, wild)
- ☐ Spelt
- ☐ Sprouted-grain breads

### FRUITS

- ☐ Apple (any variety)
- ☐ Berries (blueberries, strawberries, raspberries, etc.)
- ☐ Cherries
- ☐ Citrus (lemons, yuzu, limes)
- ☐ Pears (any variety)

#### Moderate/ high sugar

- ☐ Apricots (fresh)
- ☐ Grapefruit
- ☐ Kiwifruit
- ☐ Melon (honeydew, cantaloupe)
- ☐ Nectarine / peaches
- ☐ Oranges / tangerins
- ☐ Plums
- ☐ Pomegranates
- ☐ Bananas
- ☐ Grapes
- ☐ Tropicals (mangos, papayas)
- ☐ Pineapple
- ☐ Watermelon

### OILS/ FATS

#### Oils

- ☐ Extra-virgin olive oil
- ☐ Walnut oil
- ☐ Hemp seed oil
- ☐ Avocado seed oil
- ☐ Flax seed oil
- ☐ Extra-virgin coconut oil
- ☐ Grass-fed/organic butter
- ☐ Fresh avocado

#### Nuts / Seeds

- ☐ Natural nut butter
- ☐ Raw, unflavoured, unsalted nuts and seeds (any variety)
- ☐ Ground flax seeds
- ☐ Chia seeds
- ☐ Coconuts

## Special Events

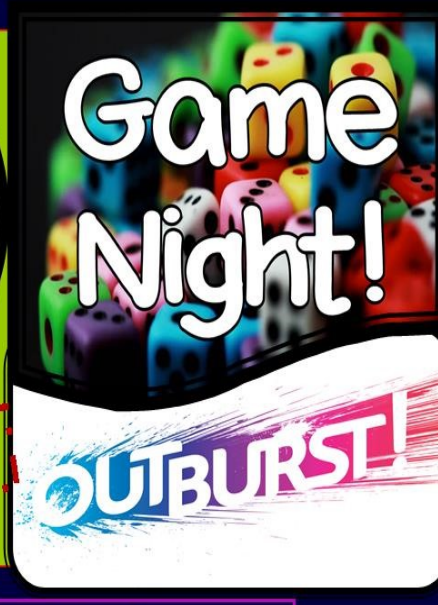


Saturday,  
20th April, 2019

Elizabeth Estates Children's Home  
10am-1pm

The IIB is accepting all monetary donations, children's clothing or toys for the children of the home (ages 12-19).

Please contact Krystle Saunders at 426-4645 or [krystsaunders@gmail.com](mailto:krystsaunders@gmail.com) if interested.



Further details to follow.