

**MCNER and NOVAfit! present:**

**Fuel Your Day Nutrition Series**

**Session 2.**

**Mindful Movement & Breathwork**

**10.25.24**

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**Welcome! We will begin at 12pm.**

# Presenter Introduction

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Registered Dietitian Nutritionist  
MacDonald Center for Nutrition Education & Research  
Villanova University  
M. Louise Fitzpatrick College of Nursing

# Chat and Q&A and Recording

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The chat box will remain open.

Please submit question via the Q&A box. Questions will be answered at the end of the presentation. Remaining questions can be sent to [katie.dorazio@villanova.edu](mailto:katie.dorazio@villanova.edu).

This presentation is being recorded.

# MCNER Virtual Programming Code of Conduct

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MCNER is committed to providing a safe, productive, and welcoming environment for all participants in our learning community.

MCNER has zero-tolerance for any form of discrimination, harassment, or disrespectful behavior. All participants are expected to behave with common courtesy and civility; conduct themselves in a professional, ethical, and respectful manner; and avoid engaging in or facilitating any discriminatory or harassing behavior.

# ***Fuel Your Day Nutrition Series***

## **SESSION 2**

### **Mindful Movement & Breathwork**

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**Let's Dive In!**



# Agenda

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Sedentary Activity & Associated Health Risks

Movement Recommendation

Forms of Movement & Associated Benefits

Merging Movement With Mindfulness: Breathing Techniques

Application: Let's Move with Breath!

# Pop Quiz:

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What percent of the waking part of the day is spent doing sedentary activities?

- A. 20%
- B. 40%
- C. 60%
- D. 80%

# Factors Promoting Sedentary Lifestyle

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# Health Risks Associated with Sedentary Lifestyle

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Type 2 Diabetes

Heart Disease

Cancer

Cognitive Decline

Anxiety and Depression

# Movement Recommendation

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Move more frequently throughout the day. Sit Less.

Weekly minimum: 150 minutes moderate intensity aerobic activity (or 75 minutes vigorous exercise).

Incorporate strength training 2-3x/week.

# Categories of Movement

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Aerobic Exercise

Strength Training

Stretching

Balance/Stability

# Incorporating Mindfulness

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***Connecting breath to movement will optimize its physical and mental benefits.***

**physical:** oxygenation, improved muscle awareness and function, regulation of heart rate for exertion and endurance, deeper core activation

**mental:** mental clarity and concentration, reduction of anxiety and “noise”, feeling more grounded/present/in control

# Breathing Techniques

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## EQUAL BREATHING

- 4 count inhale, 4 count exhale (nasal breathing)

## BOX BREATHING

- Inhale for 4, hold 4, exhale for 4, hold 4

## COHERENT BREATHING

- Equal breathing but to a 6 count  
(goal of 5 full breath cycles per minute)

## THREE-PART BREATH

- Tactile connection (palm to belly, palm to low ribs, palm to chest)

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Let's Move with Breath!





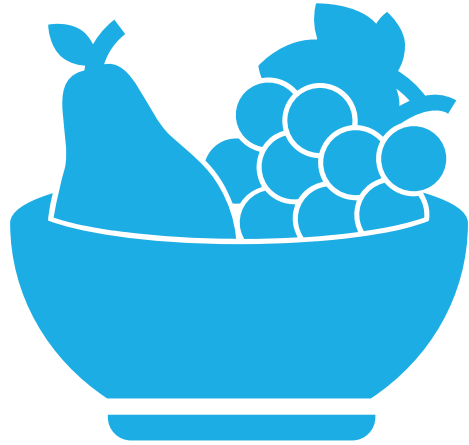
Catherine D'Orazio MBA, RDN, LDN, RYT  
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Ashley Mayes, MS, RDN, LDN, CDCES  
ashley.mayes@villanova.edu

# Schedule a nutrition counseling session with a MCNER dietitian





## Register now for our final fall 2024 *Fuel Your Day* sessions

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November 21<sup>st</sup> from 12-12:30pm

### **FROM AISLE TO TABLE: NAVIGATING PROCESSED FOODS FOR HEALTH**

Presented by Ashley Mayes,  
MS, RDN, LDN, CDCES

**NOVA** *fit!*



VILLANOVA UNIVERSITY  
M. LOUISE FITZPATRICK COLLEGE OF NURSING

MacDonald  
CENTER FOR NUTRITION EDUCATION AND RESEARCH



JOIN US FOR THE FIRST INAUGURAL

**VILLANOVA**

**5K** 

**SUNDAY, NOVEMBER 10TH**  
**9 A.M. START TIME**  
VILLANOVA UNIVERSITY



**REGISTER NOW**

 **NOVAfit!**



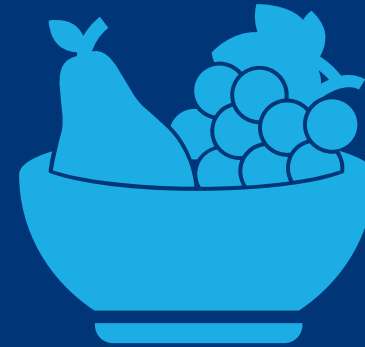
**Questions?**

**Patrick Valentine, MHP**  
**Employee Health and Wellbeing Specialist**

**[patrick.valentine@villanova.edu](mailto:patrick.valentine@villanova.edu)**

**<https://runsignup.com/Race/PA/Villanova/NOVAfitK>**

# Q&A



Katie D'Orazio MBA, RDN, LDN  
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Additional concerns or questions, please email MCNER Director  
Rebecca Shenkman, MPH, RDN, LDN  
[rebecca.shenkman@villanova.edu](mailto:rebecca.shenkman@villanova.edu)

**NOVA**fit!