**Eric Weiss**

**CAPSTONE PRESENTATION.**

Thesis:

Research Question:

Big 3 to health:

Eat well

Train hard

Sleep a lot

1. Nutrition

* What should a good eating plan (not diet) look like?
* Different types of diets…
* I created my own based on a zone diet
* Theses are the guideline for my test subjects

- I tracked their blood alkalinity

•Blood Alkalinity (research required, how do I measure this)

* This is what I did…
* My devised eating plan based on what my research
* Explain procedure for nutrition over the last 8 weeks [split into 4 week segments]
* My results for everyone:
* INSERT CONCLUSION
* When should you eat a lot, when should you eat little?
* No need to diet, simply apply discipline
* My tips for you if you want to eat healthier
* PSA

1. Resistance Training, Flexibility and Cardiovascular Conditioning

-What should a good training plan look like? What Criteria did I have when I finding a training program?

-Elaborate on my own training program based on research

**RT**

• Power lifts: Magnitude of weight? (Squat, Dead lift and Bench)

**CC**

• Resting Heart Rate (measured by…)

**FLX**

• Sit and reach test

* This is what I started with…This is what I finished with… in every aspect (RT,CC,FLX)
* Test subjects start and finish
* INSERT CONCLUSION
* My Tip for you if you want to train
* For athletes:
* Training PSA

Conclude