



DIET SUMMARY

- **EAT BREAKFAST-**
WITHOUT IT YOUR BMR LOWERS BY 10%
- **2/3 OF CALORIES BY 3PM**
MORE CALORIES AND NUTRIENTS DURING YOUR WORKING AND WAKING HOURS
- **BALANCE MEALS AND SNACKS**
USE SLOWER DIGESTING PROTEIN/FAT/FIBER FOOD WITH CARBS TO ADD STAYING POWER (SATIETY)
- **PORTION CONTROL**
TAKE TIME TO MEASURE AND CHECK CALORIES OF YOUR USUAL FOODS
- **MINIMIZE LIQUID CALORIES**
LIQUID DOES NOT SIGNAL THE BODY'S FULLNESS MECHANISM
- **EAT WHEN HUNGRY; STOP WHEN FULL**
BE MINDFUL OF WHEN AND WHY YOU ARE EATING

FAT LOSS PART 3

When Karl and I first opened the Fitness Clinic in 1996, things were very different... we were all 12 years younger, we had a fuchsia and blue color scheme, I only had one child and Karl was the perpetual bachelor. Oh yes, we also thought that the only things that mattered when it came to fat loss were calories in and calories out. The first two newsletters dealt with those components of fat loss and I hope you will find some new information in this newsletter concerning the stress/obesity connection.
ARTICLE INSIDE.

Lisa Richardson MA, RD

EXERCISE SUMMARY

FOR **HEALTH** IMPROVEMENT (IMPROVED BLOOD SUGAR, CHOLESTEROL, OR PRESSURE) 20 MINUTES 3X/WEEK WILL MAKE A DIFFERENCE ; IN FACT, THOSE WHO NEVER EXERCISE AND START DOING THE MINIMUM GET THE MOST IMPROVEMENT.

FOR **FITNESS** IMPROVEMENTS (HOW YOU COMPARE ON STANDARDIZED FITNESS TESTS WITH OTHERS OF YOUR GENDER AND AGE CATEGORIES) YOU NEED 30-40 MINUTES 5X/WEEK, WITH TWO OF THOSE SESSIONS HAVING 20 MINUTES STRENGTH WORK.

AND FOR **AESTHETIC** CHANGES YOU NEED TO EXERCISE 45-60 MINUTES MOST DAYS WITH 2-3 DEDICATED 20 MINUTE STRENGTH SESSIONS. WITHOUT GETTING TOO OVERWHELMED WITH THE MINUTES OR THE STYLE, JUST REMEMBER THAT **ANYTHING** IS BETTER THAN DOING **NOTHING!** AND THAT THE LOW LEVEL DAILY ACTIVITY CAN REALLY ADD UP OVER TIME.

WHEN BUSY TIMES HIT, TRY REDUCING EXERCISE TIME, AND INCREASING EXERCISE INTENSITY: FOR EXAMPLE:
1. 5-10 MINUTES JUMPROPE VS. 1 HOUR TREADMILL WORK.
2. WHEN OUT OF TOWN: 15 MINUTES SQUATS, LUNGES, PUSH UPS AND ABS, WHILE WATCHING YOUR FAVORITE NEW EPISODE OF "GREY'S ANATOMY!"

WHILE KEEPING A CONSISTENT, MINIMAL SCHEDULE YOU WILL AT LEAST MAINTAIN YOUR FITNESS LEVEL AND BE READY FOR THE NEXT IMPROVEMENT PHASE!





How Does Stress Affect Weight Loss?



The more that is learned about the complexities of the interactions within the human body, the more we realize that there may be other influences at work when it comes to obesity besides the often heard mantra of “calories in /calories out”. Obviously, calories and activity play important roles in the puzzle that is obesity (see summary charts from the previous two newsletters) but two other forces; namely, stress and sleep are emerging as key contributors to adiposity.

This newsletter will focus on stress and its relationship to weight, and except where otherwise cited, the information has been gleaned from several recent continuing education seminars given by the Institute of Natural Resources (INR) and most notably Dr. Nikita B. Katz MD, PhD.



The stress response occurs between the brain and the visceral organs as a natural response to demands placed on the body. The stress response prepares the body for:

- Real threatening emergencies such as outrunning an assailant or preparing for injury or infection.
- What you think are threats or emergencies such as newsletter deadlines, rude drivers or your favorite coffee shop being closed at 5:30AM (just when you were looking forward to that first and most important shot of caffeine).

The stress response regulates the four F’s of behavior: FRIGHT, FLIGHT, FIGHT, and “SEX” and creates states of fear, anxiety, vigilance, activation, arousal and mobilization by:

- Increasing heart rate
- Increasing blood pressure
- Increasing blood sugar and insulin

Short term stress elevates adrenaline, cortisol, and cytokinines to prepare for a stressor and then decreases those substances once the stressful event has passed.

Unfortunately, severe, unpredictable, chronic stress sensitizes the brain and overworks the portions of the brain responsible for stress response. Remember, that most of this stress is caused by THINKING about threats rather than actual life threatening events.

Chronically elevated adrenaline, cortisol, and cytokinines :

- Accelerate atherosclerotic plaques
- Increase the likelihood of high blood pressure
- Increase abdominal obesity
- Increase insulin resistance and type 2 diabetes
- Decrease immune response
- Decrease CCK, the hormone which lets you know you are full
- Increases hunger

Signs of a stressed out body include:

- Systolic Blood Pressure over 148
- Diastolic Blood Pressure over 83
- Waist to Hip Ratio greater than .94 (remember, your hips should be wider than your waist, and your waist is measured 1” above your belly button)
- Total Cholesterol/HDL Ratio greater than 5.9
- HDL less than 46

Basically, if you repeatedly turn on the stress response, your body will be damaged. If you can’t turn off the stress response for prolonged periods of time, your body will be damaged and you will increase your risk of chronic disease as well as weaken defenses to disease. **CHRONIC STRESS WAS FOUND TO BE 6X MORE LIKELY TO CONTRIBUTE TO HEART DISEASE AND CANCER THAN HIGH CHOLESTEROL AND SMOKING.**

Here’s the spot where you take a deep cleansing breath as we prepare to enumerate some simple and effective ways of reducing daily stress.

- Get Restorative rest 7-8 hours of sleep for most people. More about sleep in the next newsletter
- Exercise regularly and be active throughout the day, but not too close to bedtime
- Choose smaller more frequent feedings rather than a few giant meals
- Balance protein, fat, and carbohydrate as each component has a special function when it comes to balancing brain chemistry
- Minimize caffeine (less than 200 mg/day) alcohol (1 drink or less) and stimulants
- Include plenty of fresh fruits and vegetables
- Take short breaks when working or studying
- Get some bright sunlight each day
- Touch (pets, massage) Hear (music) Smell (aromatherapy)
- Relax, unwind, meditate
- Make sure your diet includes Omega 3’s (cold water fatty fish)

Massage At The Clinic



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