

THE ROAD TO HEALTH & WELLNESS



News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS
SOLUTIONS

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Dishing on Diet with Dr. Dave

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Micronutrients

Macronutrients Versus Micronutrients

Macronutrients are the nutrients your body needs in larger amounts. As discussed previously, the three macronutrients are carbohydrates, protein, and fat. These provide your body with calories (units of energy).

Micronutrients are the nutrients your body needs in smaller amounts. These are commonly referred to as vitamins and minerals. Macronutrients contain micronutrients [vitamins and minerals] but not vice versa. This doesn't mean micronutrients are not important. They are! In fact, micronutrients are such a complex topic that it could take several newsletters to cover them in depth.

Here's What You Should Know About Micronutrients

Think of nutrients as a house. Macronutrients are the foundation and structure. Micronutrients are the smaller aspects like plumbing, electricity, ventilation, heating and air conditioning. Each one is a small but essential part of your well-kept house. If one area is malfunctioning, you still have a house, but now you have a house with big problems! Vitamin or mineral deficiency can cause physiologic and metabolic problems. For example, deficiency in vitamin D weakens bones and leads to osteoporosis. Deficiency in the B vitamins results in anemia.

Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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Micronutrients Supplementation

Some people believe there is no need for vitamin or mineral supplementation. Living right and eating well should cover all bases. In theory, this is true. However, we are talking about the real world. If you ate perfectly every day, slept soundly for eight hours, had no environmental, mental, physical, or emotional stress and had a perfect digestive system that could absorb and metabolize everything perfectly, then you could skip vitamin and mineral supplementation.

Significant micronutrient deficiencies can arise from unbalanced eating as well as unbalanced emotions. Obviously, eating healthy and avoiding stress are important. Unfortunately, lofty goals are often hard to achieve.

Action Step

Do yourself a favor. Take a supplement that includes all the micronutrients in one tablet.

Need suggestions as to brands or dosages? Elite Personal Training can advise.

We do not sell vitamins or supplements. We provide recommendations based on:

- Current scientific research.
- Our professional training in pharmacology and physiology
- Consultation with independent consumer labs that test nutraceutical products

Our newsletters present overviews of highly complex topics. For more in-depth discussion of vitamins, minerals, supplements, weight loss or ANY health-related topic, please contact our office.

Health Tip of the Month



Try sniffing some citrus fruits. The smell of vitamin C-packed fruits has been shown to boost energy and alertness. Studies have also revealed that lemon scents reduce stress.

Research Shows

Cognitive decline in diseases like dementia and Alzheimer's disease has been correlated to sugary snack consumption. However, research shows it is less about having regular sugary snacks and more about what you eat or don't eat with those sugary snacks.

Sugary snacks are unhealthy for many reasons but particularly because they have a high glycemic index. This causes a rapid rise and subsequent drop in blood sugar. These spikes and drops damage neurons in the brain, leading to cognitive impairment.

High glycemic index sugary snacks, when eaten with other food, (particularly protein and fiber) have a much slower rise in blood sugar. This means less damage to the brain. Practically speaking, eating a donut after a meal is a better food choice and less damaging than snacking midday on a donut by itself.

Did You Know...

If you are trying to get pregnant but are having infertility issues, routine exercise can improve chances of conception. Regular exercise, besides improving health in general, improves sperm production and motility and helps to regulate ovulation.

Medication & Food

Flagyl (metronidazole) is an antibiotic used to treat bacterial infections of the vagina, stomach, liver, skin, joints, brain and spinal cord, lungs, heart, or bloodstream. Flagyl is also used to treat sexually transmitted diseases.

Do not – this bears repeating, **do not** – drink any alcohol while on it. Flagyl interferes with alcohol metabolism and will result in severe vomiting. Furthermore, you must wait a minimum of three days after discontinuing Flagyl use before having your next glass of wine.

Exercise

Yoga & Meditation

Resistive Training Equipment

As noted in the previous newsletter, cardio and resistive training are both important. However, resistive training provides more benefit. This issue reviews typical equipment associated with resistive training: machines, resistance bands, and free weights.

Most commercial gyms and training studios offer a variety of machines that are relatively easy to use. Working through systems of levers and pulleys, exercise machines are designed to work muscles on a fixed plane. This allows you to efficiently target specific muscle groups. Machines are great because the load and range of motion are controlled. Machines are less likely to cause injuries. They are a good choice for beginners.

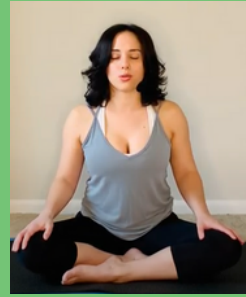
Resistance bands are the perfect tool to use anywhere. They are compact, so you can take them with you wherever you go. Bands vary in size, length, and tension. Level of resistance depends on which muscle groups you want to target. Resistance bands allow you to train at high intensity with good muscle stimulation. There is less force on the joints, which reduces the chance of injury.

Free weights tend to be used by more advanced individuals. Free weights strengthen prime mover muscles (the muscles supplying the primary force driving the action). They also strengthen stabilizer muscles (the muscles that stabilize the joints in your body).

Free weights supervision is recommended if individuals do not yet have the skills or strength to perform sets on their own. Using good form is a must to prevent injuries.

For best results, incorporate all 3 types of resistive equipment into your training routine.

[Click this link to view our library of weekly exercises!](#)



Yoga and Injuries

Yoga is an increasingly popular healing modality for many types of medical issues and musculoskeletal injuries in the aging population, and for good reason. Increasing strength, mobility and flexibility makes you feel better all around. However, it's also becoming more common to get injured in yoga class!

The Orthopedic Journal of Sports Medicine conducted a study from 2001-2014 showing students aged 65 and older had a much higher risk for yoga-related injuries than younger age groups.

Yoga can be a very physical practice. Without proper guidance, students may use improper form, thus creating new injuries or performing movements that worsen their injuries.

Choosing the correct style of yoga and choosing the right instructor are vital to benefit from yoga. There are several styles of yoga. Some are vigorous and physically challenging. Others are gentle and relaxing. Both are great. Just make sure the style is right for YOU. Also, easy does it. Students should not push themselves.

For further info, check out www.joannagraceyoga.com. Joanna is a highly trained certified yoga instructor. She is knowledgeable in anatomy and can provide appropriate modifications if needed.

If you won't invest time, energy and money on wellness,
You will soon spend **MORE** time, energy and money on illness.