

THE ROAD TO HEALTH & WELLNESS



News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS
SOLUTIONS

In every issue

- Dishing on Diet
- Health Tip of the month
- Research Shows....
- Did You Know?
- Medication & Food
- Exercise
- Yoga & Meditation

Eating Problems

A good portion (pun intended!) of healthy eating involves learning what to eat and what to avoid. However, there is another very important aspect - how we relate to food.

Dishing on Diet with Dr. Dave

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Eating Problems Versus Eating Disorders

Only a small percentage of people have true eating disorders. The vast majority have eating problems. So, what's the difference? An eating disorder is a medical diagnosis. Common examples are binge eating disorder, anorexia, and bulimia. Extreme and abnormal eating patterns significantly harm the body. An eating problem is an unhealthy behavior related to food.

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.

Attitudes Towards Food

Healthy attitudes toward food include eating for good health and eating for enjoyment. Of course, it's never good to overindulge on a regular basis, but neither is it necessary to completely abstain from "treats". The key is to eat in a sustainable and balanced way.

Unhealthy attitudes manifest themselves in various ways. Some people severely undereat in order to lose weight. Others overeat or use junk food as an immediate, pleasurable relief from pain, disappointment, and stress. This differs from healthy eating, where people eat appropriate portions of nutritious foods that they enjoy. They do so for health and wellness, not stress reduction.



Food Addictions

Addictive behaviors are destructive because they are so repetitive. There are negative consequences, yet the behavior persists. That's addiction. Smokers know nicotine is harmful. They continue to smoke because they're addicted. Drug users know their behavior is risky - perhaps even life-threatening, but they can't stop. In a similar fashion, food addicts can devour four donuts and wash them down with a liter of Coke despite knowing that their behavior is unhealthy. Here's the harsh reality: Junk food fans can easily become addicted (mentally AND physically) to sugar and fatty foods.

Summary

Many of us relate to food in unhealthy ways. Behaviors that drive unhealthy eating can lead to food addictions. Proper eating is like exercise. Both require behavioral change. We can choose to exercise in order to improve our health or we can opt to be unhealthy and sedentary. It's the same with nutrition. We can make choices to either eat healthy or not. These decisions will have vastly different outcomes.



Action Steps

Behavioral change starts with an honest assessment of what needs changing. The next step? Let us help you move forward with professional help and accountability.

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



Bifidobacterium is one of the many good bacteria in your gut. Research recently identified that low levels of this bacteria lead to sugar and carb cravings. Adding this specific probiotic to your supplement program has been shown to decrease sugar and “bad” carbohydrate intake by 24 percent.

Research Shows

Approximately 1 in 6 individuals exposed to Covid-19 is diagnosed with “long Covid-19”. They are referred to as long-haulers. Scientists have struggled to identify reasons why some individuals experience long-term symptoms from Covid-19 infections.

Recent research shows that “long-haulers” have gut dysbiosis in common. Dysbiosis occurs when the bacteria in your gastrointestinal (GI) tract — which includes your stomach and intestines — become unbalanced. The result? Bad bacteria now outweigh the good. The causes? Unhealthy diets that are high in sugar and processed foods. Another great reason to supplement with a high-quality probiotic!

Did You Know...

We’ve all heard the saying that laughter is good medicine. Is this true from a physiological standpoint? Indeed it is. Laughing releases endorphins and other feel-good hormones (e.g., dopamine and serotonin) and suppresses stress hormones (e.g., cortisol). Laughter helps to improve mood, reduce pain and stress, lower blood pressure, and support a stronger immune system. So slap your knee and let loose with a big belly laugh. It will do your body good.

Medication & Food

ACE inhibitors are a class of cardiac medications used to lower blood pressure and treat heart failure. They open up blood vessels so that blood flows more efficiently.

People taking ACE inhibitors should avoid eating large amounts of foods high in potassium, such as bananas. Other high- potassium foods include potatoes, avocados, beets, tomatoes and tomato sauce, as well as salt substitutes.

Exercise

This issue explores exercise selection and timing, with a focus on beginners. Many beginners are unsure which exercises to do and when to do them. Is it better to work the whole body at once or split your exercise across the week? This depends on clients and their goals.

We recommend a full-body approach for beginners as well as for those who are very busy. Full-body exercise provides the most value for time and effort. Beginners often experience DOMS (delayed onset muscle soreness). Muscle soreness usually occurs in the beginning weeks of exercise. It usually kicks in 24-48 hours after a training session. With a full-body workout, soreness is spread out rather than located in one specific area. Don't worry, DOMS doesn't last forever. If you're consistent with training, your muscles will adapt and your body will get stronger.

A full-body workout includes the following movements: squat, hinge, vertical push, vertical pull, horizontal push, horizontal pull, rotation, plank, and lunge. Choose one exercise from each of these categories and you will complete a full-body workout.

Once you're consistent with training and comfortable with your form you can then start splitting your exercises. This allow you to achieve performance-specific goals and to target specific muscle groups. Remember that rest days are just as important as training days. In order to become stronger, your muscles need time to recover. Rest days depend on how many days a week you train and the intensity level of each session. Have one rest day after a light-intensity session and one- two rest days following a moderate to high-intensity session.

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

Yoga & Meditation

Yoga Twists for GI Health

Does constipation have you in a bind? If so, you're not alone.

Constipation is common among all ages and populations in the United States. About 16 out of 100 adults experience constipation. It's worse for seniors. Approximately 33 out of 100 adults age 60 and older have problems with constipation. Causes include low dietary fiber and certain medications or medical conditions. If you're feeling sluggish and have no contributing health problems, try yoga.

Certain poses like Marichyasana and other twisting poses work the abdominal cavity and stimulate the colon to eliminate waste. Additionally, the calming effects of yoga help turn off the "fight and flight" nervous system that is activated during stress. Yoga activates the "rest and digest" nervous system instead. So, next time you're feeling sluggish or bloated, try a short yoga sequence. You should notice relief from your symptoms.

If you're looking for a natural and effective way to relieve constipation, yoga can help. Curious about yoga? [Click this link to find poses that address a wide variety of conditions.](#)

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