

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

Supplementation

Because this topic comes up so often, I'd like to respond to those who say there is no reason to take supplements. Their reason is simple - we just need to eat healthy. Easier said than done, especially in today's world.

Dishing on Diet with Dr. Dave

David Trumbore
PT, DPT, CSCI, CWT, CPI



Do you grow your own organic food? Do you faithfully exercise 2-3 times a week? Do you get good quality sleep? Do you avoid junk food? Do you have a stress-free life? Are you confident that your digestive system can perfectly digest, absorb and assimilate 100% of the nutrients in the food you eat?

If you can't answer yes to each question above, then say yes to supplements. It is indeed important to eat healthy [whatever that means]. Sadly, the number of Americans who actually eat "healthy" is quite small. Even if you eat healthy there are still excellent reasons for supplementation!

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.

The vitamin and mineral content of food tends to be greatly diminished by the time you buy it and eat it.

Consider this example: One average-sized ripe red tomato fresh from my garden provides me with 17 g of vitamin C. That tomato is far superior nutritionally to the hard pink and anemic-looking specimens found in grocery stores. Those tomatoes have been stored, shipped, and sometimes waxed to prevent shrinkage due to water loss. Worse yet, they were probably grown in commercial soil and treated with pesticides. The tomatoes sit in the store until I purchase them. Once home, I may not eat them for a few days. By then, the nutritional content is minimal.



The nutritional content and recommended daily allowance for food was established in 1943 and has never been updated!

Not only is this absurd, but it's also remiss. In many cases, the RDA (recommended daily allowance) is far lower than it should be. A perfect example is vitamin D. The recommendations are now 3 to 4 times greater than indicated by outdated reports.



Exercise depletes the body of key nutritional components.

Just as the body sweats out electrolytes and water, it also expels important vitamins and minerals such as Vitamin C, B6, Riboflavin, and Thiamine. Minerals and vitamins such as these play a key role in muscle strength and flexibility, bone density, and heart and lung health. If you are exercising, and you should be, your body will require increased nutrition.

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.

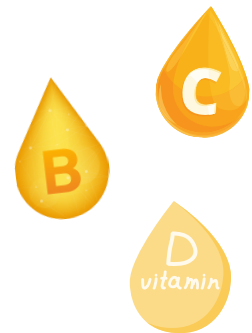
Our digestive system becomes less efficient with age.

As we age, our body make fewer digestive enzymes. This results in poor absorption of nutrition. Older adults have increased nutrient needs compared to younger adults. This is often due to less physical activity, changes in metabolism, or age-related loss of bone and muscle mass.



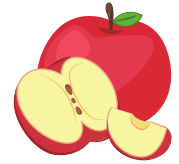
Last but not least, mental, emotional and physical stress deplete our immune system, thus increasing our nutritional needs.

During times of stress, your body is doing its best to maintain homeostasis or balance. It is trying to work efficiently while attempting to reduce the effects of stress. This means it uses greater quantities of specific nutrients to stay in balance. Key nutrients that may end up depleted by stress include magnesium, zinc, vitamins C & D, and the B vitamins.



Interested in supplements? After a thorough consultation, we can recommend appropriate supplements to maintain and improve your health. Please note that we do not sell supplements. We provide information and guidance only.

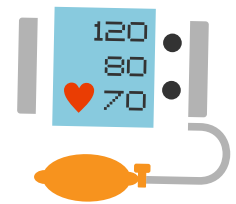
Health Tip of the Month



Everyone knows the saying, “an apple a day keeps the doctor away”. While eating an apple each day doesn’t guarantee that you will have perfect health and never need to see a doctor, there is a very good reason for this saying. Eating apples lowers your risk of type 2 diabetes. In one large study, eating an apple a day was linked to a 28% lower risk of type 2 diabetes, compared to not eating any apples. Even eating just a few apples per week had a similar effect.

Research Shows

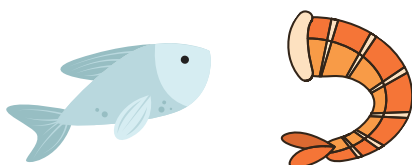
Recent studies show that high blood pressure is linked to a higher risk for dementia - a loss of cognitive function. The timing seems to matter. Evidence suggests that having uncontrolled high blood pressure during midlife (ages 44 to 66) creates a higher risk for dementia later in life.



The takeaway? It’s never too early to start thinking about your blood pressure and taking steps to address it.

Did You Know...

Fish is great for most of us. However, it is in the top eight most common food allergies. This includes shellfish and finned fish. Seafood allergies may develop suddenly in adulthood. They don’t tend to fade and can sometimes be serious. Unfortunately, if you get a seafood allergy, you’re probably stuck with it.



Medication & Food

Despite sauerkraut’s range of health benefits, it’s important to consider certain medication and intolerances. For example, if you have an MAOI prescription (covering depression, anxiety, Parkinson’s disease, and OCD), sauerkraut should be avoided.

Sauerkraut has a very high concentration of histamine, a major cause of food intolerance. Those who suffer from hay fever may find sauerkraut heightens their symptoms.

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



Exercise

Yoga & Meditation

Some individuals overlook kettlebells while exercising at the gym. However, kettlebells are versatile pieces of strength training equipment that can enable you to exercise your entire body.

Advantages of Kettlebell Exercises

Kettlebells offer the ultimate workout and most of the exercises mimic daily movements. The equipment's shape and weight resemble things we handle every day, so it helps overall strength. Give kettlebells a try during your next workout. Here are some exercises you can start with:

Kettlebell Swing

This exercise is great for increasing your heart rate and strengthening your posterior chain. When performing kettlebell swings, you need to engage your glutes and hamstrings. If you are new to kettlebells, begin with lighter weights to work on form. Once comfortable with the form, advance to heavier weights. (Check out our video library for a video demonstration).

Kettlebell Goblet Squat

Perform this compound movement to target your quads, glutes, and hamstrings. It exercises several joints and muscles simultaneously. (Check out our video library for a video demonstration).

Kettlebell Deadlift

Deadlifts are compound exercises that also engage multiple muscles and joints. This exercise will target your hamstrings, glutes, quads, traps, and lats when working out. (Check out our video library for a video demonstration).

Takeaway

Kettlebells are a versatile and valuable training tool for strengthening muscles and improving cardiovascular endurance and fitness. Elite's fitness trainers can work with you to create a training program that is safe, effective, and individualized to you.

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

As we age, our body changes. We begin to lose density in our bones and muscles. This is especially true for women after menopause. Without a physical exercise regime to counter these changes, our risk for fractures from falls increases.

In the United States, 28% of adults 65 + have reported falling. Fractures from falls are the most common injury. As muscles weaken and become tight, balance and coordination in the body declines.

Chair yoga allows those with mobility issues to practice yoga safely. Health benefits include improved mental clarity, balance, strength, flexibility, energy, and mood. Try these 8 chair yoga poses below.

<https://www.joannagraceyoga.com/post/yoga-for-60-home-chair-yoga-routine>



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