

THE ROAD TO HEALTH & WELLNESS



News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS
SOLUTIONS

In this issue

- Sitting Disease
- Health Topic of the Month
- Did You Know?
- Research Shows....
- Food For Thought

Sitting Disease By The Numbers



If you are reading this article, you're probably sitting. It's something we all do far too often, and it's really bad for us. So bad that I will devote several newsletter issues to the harmful effects of sitting disease. Let's begin by looking at some disturbing numbers:

- 36% of adults in the U.S. do not engage in any physical activity in their free time.

(<https://www.sciencedaily.com/releases/2015/08/150826093015.htm>- Science Daily)

- Average American adults spend 55% of their waking time sitting.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3527832/>- American Time Use Survey)

- Women who were inactive and sat sedentary were 94% more likely to die during the time period studied than those who were physically active and sat less than 3 hours a day.

(<https://academic.oup.com/aje/article/172/4/419/85345>- American Cancer Society)



David Trumbore
PT, DPT, CSCI, CWT, CPI



SCAN ME

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.

These are just a few examples of the prevalence of sitting disease. This disease is as sinister as it is common. Research continues to validate the ill effects of prolonged sitting. The less sitting or lying down you do during the day, the better your chances of living a healthy life.



If you stand or move around during the day, you have a lower risk of early death than if you sit at a desk. If you live a sedentary lifestyle, you have a higher chance of being overweight, developing type 2 diabetes or heart disease. You are also more likely to experience depression and anxiety.



If you are an office worker, you may have the greatest risk for sitting disease. A survey of 2,000 office workers found that they spend nearly 1,700 hours a year sitting in front of a computer screen. On average, office workers spend 6.5 hours sitting in their workstation. This doesn't include time spent sitting in the car, sitting at the dinner table or sitting on the sofa in the evening.

In the same survey, 37% of the office workers said they experienced headaches, which they attributed to excessive screen time. If you're doing too much sitting, get moving. Need some helpful suggestions? Reach out to EPT. Corrective exercises will be prescribed after a thorough evaluation.



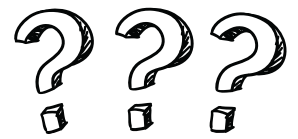
Health Topic of the Month

In October 2022, physicians and scientists met for four days in San Antonio, Texas to present findings on combating biological aging. Americans are living longer. In 1980, the total number of Americans aged 100 years or older was 32,000. In the year 2020 it was 92,000. Why such a jump? It's clear that human beings are being pieced together through medicine. However, the data reflects numbers, not quality of life. Want to live long AND enjoy life? Research consistently demonstrates that aging can be slowed through proper nutrition, supplementation and exercise.

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.

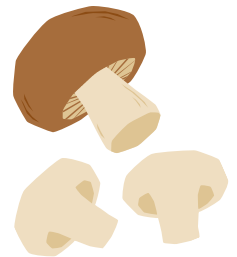
Did You Know...

What do you think is the most significant barrier to advances in longevity and lifesaving progress? Look no further than the FDA! In the last decade, the cost of FDA approval has more than doubled. Unfortunately, the rate at which new technologies are approved has stagnated. Several keynote speakers at the San Antonio conference complained of excess FDA regulation and bureaucratic red tape. They urged attendees to petition the FDA to eliminate unnecessary barriers to research on health and wellness.



Research Shows

Human studies have found a strong association between mushroom consumption and lower risk of chronic diseases and premature death. Research has also identified the amino acid that is responsible for these health-promoting effects. However, this amino acid is not produced in the body. L-erogthioneine must be obtained through diet. For those who don't ingest lots of mushrooms, L-erogthioneine supplementation is a good way to obtain their benefits.



Food For Thought: Processed Probiotics Foods

Our December newsletter discussed picking diverse, high-quality probiotics. Did you know you can also get probiotics from fermented foods? Common examples are yogurt, kefir, sauerkraut, and kombucha. These probiotic foods can be great additions to a healthy diet, but consider the processing.



To Be Continued On The Next Page...

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.

Food For Thought: Processed Probiotic Foods

WATCH OUT FOR:

Added ingredients

- Yogurt, kombucha and kefir are formulated to cover the fermented taste and to be stable for long periods of time in the grocery store. Flavored dairy products often contain a "fruit prep" slurry of processed sugars, starches, flavors and stabilizers. This layer is either left alone (think fruit on the bottom of your yogurt) or blended into a drinkable product. Kombucha beverages may contain added natural sugars, artificial sweeteners or both.



Heat-treated products

- Heat-treated products don't contain probiotics. Think about why we cook food in the first place. Cooking kills microbes, making food safe to eat. The food industry has a responsibility for quality control. That's one reason why so much processing occurs.
- Pasteurization kills probiotics. Sauerkraut is a good example. Do not buy sauerkraut in a can or jar. There's no health value. Head to the refrigerated section and look for sauerkraut in a pouch. The label should say 'raw', 'live', or 'probiotic'. It should not have sugar or vinegar listed as ingredients.



Probiotic strains

- The more probiotic strains the better. Yogurt is not very diverse. It is typically made with one or two strains- Lactobacillus bulgaricus or Streptococcus thermophilus. These bacteria start the lactic acid fermentation process, which curdles the milk proteins and gives yogurt its thick, creamy texture. You'd have to eat a huge amount of yogurt to get enough probiotics. It's important to supplement with other sources of beneficial bacteria.
- Kefir is drinkable. It is a better dietary probiotic option than yogurt. Kefir has three times the number of probiotics as yogurt. It has 12 active probiotic strains and 15 to 20 billion colony-forming units (CFUs). Yogurt contains one to five active probiotic strains and only six billion CFUs. Flavored kefir may contain added sugar and artificial flavors.



Be mindful of what you purchase. Check the labels. Need help making healthy choices? The Elite staff are all Certified Nutrition Professionals. Give us a call with your questions and concerns.

Contributed by Lynette Jernigan B.S., ASCS, CFS, NASM-CPT & BCS, CFNP, CIMHP