

THE ROAD TO HEALTH & WELLNESS



News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS
SOLUTIONS

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What are Trans Fats?

Learning how to eat properly and make sustainable food choices involves knowing what to eat, but also what NOT to eat. This month's topic is trans fat. We've been told to avoid it - and with excellent reason. Trans fat is probably the worst substance you can eat.

The Mayo Clinic calls trans fat "double trouble for heart health". That's because trans fat increases bad cholesterol and lowers good cholesterol.

Trans fat does not occur naturally in food. It is synthetic. Trans fat occurs when vegetable oils are chemically altered to stay solid at room temperature. This gives them a longer shelf life.

Trans fat is used in commercial baked goods, most fried foods, foods that are packed and processed, snacks, and junk food.

Trans fat has no health benefit whatsoever. Zero. Unfortunately, trans fat succeeds in improving the taste and texture of foods that should be on our seldom-to practically never eat list!

Dishing on Diet with Dr. Dave

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PT, DPT, CSCI, CWT, CPI



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.

Read labels carefully. Trans fat can fly under the radar as partially hydrogenated oil, but it's the same thing. Also, marketers are crafty. It is legal to state that a tiny portion "contains no trans fat", but who eats a minuscule portion when it comes to snacks, junk food, or desserts?

FYI, manufacturers can label their products free of trans fat if there are fewer than .5 grams per serving. Ah, but what constitutes a serving? Hmm. Going overboard with those trans-fat-free cookies can quickly add up to harmful amounts.

Trans fat is worse than regular fat. Far worse. In addition to the risks to heart health, trans fats may:

- damage the inner lining of your blood vessels
- increase inflammation, especially if you're overweight
- drive insulin resistance and type 2 diabetes

Run from trans fat as far and as fast as you can!

Avoid These High Trans Fat Foods:

- Baked goods, such as cakes, cookies, and pies
- Microwave popcorn.
- Frozen pizza
- Refrigerated dough, such as biscuits and rolls
- Fried foods, including French fries, doughnuts, and fried chicken
- Nondairy coffee creamer
- Margarine/ butter



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



A variety of medical disorders are linked to poor dental hygiene. Be meticulous about brushing, flossing and rinsing. If you haven't done so recently, schedule a checkup and cleaning. Poor dental hygiene can have unexpected health consequences. These include increased risk for pregnancy complications, dementia, osteoporosis, diabetes, heart disease, and rheumatoid arthritis.

Research Shows

More than half of adult Americans have a vitamin D deficiency. Symptoms of low vitamin D levels may include hair loss, excessive sweating, depression, anxiety, decreased sexual desire and function, musculoskeletal aches and inner ear problems. Ask your doctor to test your levels and supplement accordingly.

Did You Know...

Diet regimens that are higher in protein are more effective in losing and maintaining weight loss than other types of diets.



Medication & Food

Many people take ginseng for overall health. Ginseng has also been used to strengthen the immune system and ward off stress and disease. However, be careful if you take ginseng while taking Coumadin [warfarin.] Ginseng can lessen the effectiveness of Coumadin. Ginseng also increases the likelihood of internal bleeding when used with other blood thinners such as heparin, aspirin, naproxen or ibuprofen. Ginseng may cause headaches, sleep problems, hyperactivity and nervousness with a certain class of antidepressants called MAO inhibitors. Common drugs in this category are Marplan, Nardil and Parnate. MAO inhibitors are also used to treat bipolar disorder, anxiety, social phobia, and Parkinson's. Whatever the diagnosis, be wary of using ginseng with an MAO inhibitor.

Training Time

This issue explores training frequency and exercise timing. We know people are busy with work, kids, and other factors that keep them busy and make it difficult to find time for exercise.

How often should you exercise? What time of the day is best to maintain health, wellness, and performance? There's all kinds of conflicting research, but the answer is, it depends.

First, ask yourself, is exercise a priority? If not, it should be. You need to take care of yourself first before you can take care of others. Examine your schedule and block out certain times of the week to commit to exercise and to taking care of your well-being.

Exercising twice a week is a good start. Ideally, three times a week is better. This allows you to space it out and have rest days in between.

After deciding on training frequency, consider what time of day is best for you. There is no "one-sizes first all" answer. Timing varies from person to person. Exercise is meant to be sustainable, effective, and enjoyable. Picking a convenient time when you can train and enjoy exercise is the best way to make it part of your lifestyle.

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

Yoga and Weight Loss

CDC statistics for 2017-2018 reveal that 42.4% of American adults are obese. The national adult obesity rate has increased by 26% since 2008. The pandemic has made it even more challenging to lose weight.

Despite the wealth of diets and information available, it is very difficult for most people to lose the weight and keep it off. There are many reasons for this. One often overlooked aspect is mental health. It can be a game-changer in the success or failure of a diet program.

Overeating is an unhealthy behavior that is often triggered by stress, depression or anxiety. These negative emotions cause an imbalance in our stress hormone (cortisol). Elevated cortisol makes it difficult to control hunger. More cravings occur, leading to a never-ending cycle of failed diets.

Yoga meditation significantly improves mindfulness and focuses attention. The physical aspect of practice builds muscle and burns major calories. It is an excellent tool to decrease emotional eating, binge drinking and other forms of self-sabotage. The better we feel mentally, the greater our chance for success with weight loss. Don't stay caught in the cycle of yo-yo dieting. Try something new. Through the mental and physical practice of yoga you can create the healthy, energetic life you've always imagined! For more info or a class schedule, please contact Joanna at joannagraceyoga@gmail.com.

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