

THE ROAD TO HEALTH & WELLNESS



News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS
SOLUTIONS

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You Don't Want to Lose Weight

If you are overweight, your goal should not be weight loss. Yes, this is a hook to grab your attention. However, it is also sound metabolic and physiological advice. Read on to learn why.



Many clients who come to EPT list weight loss as a goal. Here is a typical conversation:

Client: I want to lose weight.

Dr. Dave: No, you don't.

Client: Yes, I do. Weight loss is one of my main goals.

Dr. Dave: Losing weight may be one of your goals, but you don't want to do that.

Client: [looking confused] I don't understand. I came here for help to lose weight.



David Trumbore
PT, DPT, CSCI, CWT, CPI, CFNP



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.

FAT



Dr. Dave: I'm just doing a little bit of verbal semantics to make a point. What you would want is fat loss – not weight loss. You certainly don't want to lose blood and brain volume, bone density or lean muscle mass! You simply want to lose body fat. However, we all tend to use the vernacular, and "losing weight" is common lingo. **In reality, what we need to do is much more difficult and far more important, namely losing fat while maintaining, (or even growing), lean muscle mass.**

I often tell clients that weight loss is easy in principle. Simply have someone lock you in a room without food but enough water to survive for several weeks. You will lose 20 to 30 pounds. But because of significant caloric restriction and rapid weight loss, you will have lost not only body fat but significant amounts of lean muscle mass. Granted this is an extreme example, but it highlights why rapid weight loss is a problem. Another problem is sustainability. It's sad, but true. Hard-core dieters will become fatter and healthier in the long run due to gaining their weight back.

Weight loss requires a calorie deficit. You must consume fewer calories than what your body is using. As noted, weight loss causes your body to draw from fat and also lean muscle mass as sources for the calories/energy it needs. So, while dieting also fails in the long run due to its lack of sustainability, it also produces undesirable effects because the weight loss is actually loss of fat and muscle.

Besides proper nutrition and supplementation, the primary way to prevent loss of lean muscle mass while trying to "lose weight" is to be engaged in properly prescribed and monitored resistive (also called resistance) training. Ironically, most people associate doing "cardio" and eating less with weight loss, when they should really be thinking of resistive exercise.



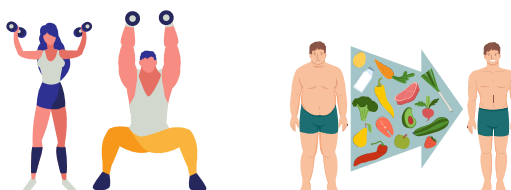
Research shows that resistance exercises during a caloric deficit diet can maintain, and in some cases, improve muscle mass [something that everybody wants]. In fact, numerous studies indicate that a combination of resistance exercises and a higher protein diet can significantly improve body composition outcomes while on caloric restricted diets.

For example, In a 4-week study in untrained overweight young men who reduced their energy intake by 40%, a high-protein diet (2.4 g/kg/d) and a resistance exercise intervention increased lean muscle mass by 1.2 kg, on average.

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.

Losing body fat while maintaining or increasing muscle mass is complex. This article is simply an overview. Nutrition and supplementation issues must be addressed. Resistance exercise programs must be safe, sound, scientific and sustainable. When all these components are in place, great results are achievable. We know this for a fact, and so do our satisfied clients.

Scientific and slow is the way to go. Let EPT help you!



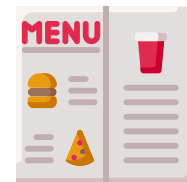
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Research Shows

Did you know there is preliminary evidence that connects the number of meals regularly eaten away from home and the risk of dying from heart disease and cancer?

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Everyone enjoys eating out, and many restaurants provide high-quality foods. But, as a rule, most meals eaten away from home tend to be higher in calories, fat and sodium and lower in fruits, vegetables, whole grains, dietary fiber and protective substances like antioxidants. Dining out frequently has been associated with an increased risk of obesity, diabetes, and other chronic diseases.

Little is known about the connection between the frequency of eating out and the risk of dying. However, a recent study reported in the Journal of the Academy of Nutrition and Dietetics provided some initial evidence that for people who ate out twice a day, as compared to those who ate out once a week, the former group had a greater risk of dying from heart disease and cancer. This association needs further study, but it does suggest that meals away from home are less beneficial to your health.

Source: Association Between Frequency of Eating Away-From-Home Meals and Risk of All-Cause and Cause-Specific Mortality - PubMed nih.gov

Did You Know...

Color-coded bread tags indicate the date the bread was baked and packaged. It helps staff keep track of what was baked when, so they can rotate out older loaves as needed. Most grocery stores follow the schedule below:

- Monday Blue
- Tuesday Green
- Thursday Red
- Friday White
- Saturday Yellow



Wondering where Wednesday and Sunday are? Most bread bakeries take a production break on those days. Now that you know that the color-coded tags actually mean something, how can you remember which color means which day? Luckily there is an easy way to remember the schedule. The colors correspond to weekdays in alphabetical order: Blue (Monday), Green (Tuesday), Red (Thursday), White (Friday), then Yellow (Saturday). For example, if it's Tuesday, you'll want to look for a loaf of bread with a blue or green tag.

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Food For Thought: Cold Cuts - Convenient or Concerning?

Introduction

Cold cuts, also known as deli meat, lunch meat, or sandwich meat, are processed meat products. Their origin dates back to ancient history, when meats were cured and salted for preservation. As grocery sales attest, cold cuts remain vastly popular with today's consumers.

Convenient?

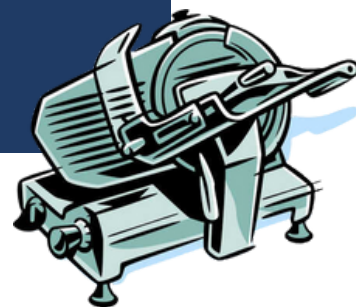
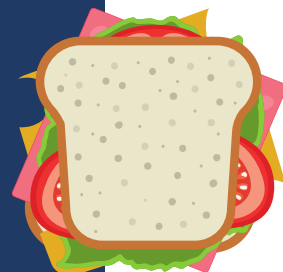
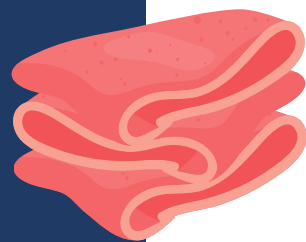
Yes. The main appeals of lunch meat are their taste and convenience. They are easily available wherever you shop. Quick service restaurants and convenience stores offer delicious sandwich options. Sandwiches are easy to eat and can include healthier ingredients like veggies and whole grain breads. When you purchase lunch meat, it is flavorful and easy to use. It seems like an effortless way to add protein to your diet, right?

Concerning

Yes. Cold cuts are an ultra-processed food. While it is ok to have them occasionally, scrutiny is necessary when consuming these products. Most of us know that nitrates and nitrites negatively impact our health by increasing the risk of cancer. Manufacturers are now making products without these ingredients.

Nitrates and nitrites are not the only problem. Poultry and "healthier" options are also loaded with questionable ingredients. They can contain anything from sugar, salt and preservatives to milk protein. Why? Reasons include keeping their manufactured shape, making it easier to slice meat thinly on a machine and reducing bacteria.

Lunch meats are gelatinous products, meaning they have a very high water content. Bacteria can easily proliferate if these products are mishandled. Flavors, sugars and salts make lunch meats addictively tasty and calorie dense, just like any other junk food.



To Be Continued on The Next Page...

Key Takeaways

- Choose better options like lean whole muscle protein. If you are looking for convenience, try cooking lean chicken or turkey ahead and freezing it to use for meals or sandwiches.
- Read labels! Next time you go to the deli, look at the label. You will be surprised. There are better options, but you must do your research. Organic products might be better, but still make sure to look at the label. Be aware that while better options will have a much shorter ingredient list, they still contain salt. Salt is necessary for preservation of high moisture products. See our August 29, 2022 health topic on salt to understand the dangers of high sodium diets and processed foods.
- Contact EPT! Talk to us about sustainable nutrition. We are here to help you move to healthier eating habits.

CONTACT
US

EPT Recipes...

EPT RECIPES

SRIRACHA SLAW

INGREDIENTS




• 1t Honey	• 4oz Coleslaw mix, shredded
• 3T Apple cider vinegar	• 2 Scallions, thinly sliced
• 3T Chicken broth	• Salt & pepper to taste
• 1T Sriracha	• 1/2 Lime
• 1/2t Garlic powder	• 1/4t Korean chili flakes (optional*)
• 1/2t Ginger, grated	• 1/2t Toasted sesame seeds

DIRECTIONS

- In a glass microwave safe bowl: mix honey, vinegar, broth, sriracha, garlic powder, ginger and coleslaw mix. Microwave for 60-90 seconds.
- Remove and add scallions, salt, pepper, the juice from 1/2 a lime, chili flakes*. Mix to combine.
- Recommended to make the night before or let sit at least 30 minutes for flavors to meld. Garnish with sesame seeds and enjoy.

FUN FACTS & TIPS

- All the best dishes are layers of flavor! For more umami burst, try adding a few drops of fish sauce, soy sauce or liquid aminos.
- Use as a side dish or try on top of delicious pulled pork or chicken.
- Apple cider vinegar is a great ingredient which helps mitigate blood sugar spikes. Try taking as a supplement as well.
- If you are shy about heat, try less sriracha and no chili flakes. You can always add more. If you more regularly consume spicy / hot food, you will adapt and increase your threshold over time.



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