



ELITE
PERSONAL TRAINING & FITNESS SOLUTIONS

HEALTH TOPIC OF THE WEEK

1/8: Nutrition - Your Next Step

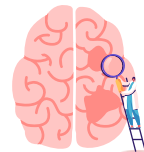
Perhaps you stumbled upon our website while looking to improve your health. Your intentions are good. You are sincere. You've been meaning to get around to shopping right, cooking healthier, eating better and carving out time for exercise.

Most likely, you are an existing EPT client, which means you have experienced the benefits of prescribed individualized exercise that is progressed and monitored by experts. Now it's time to take the next step.



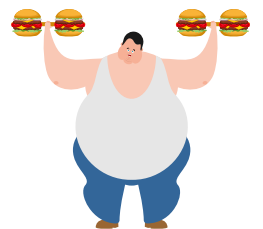
I hope the study I'm referencing will be the final push to contact us for an initial health consultation or to add nutritional counseling to your current personal training. It can make a world of difference. Proper exercise and good nutrition are like a cup and saucer. They go together. Many of our clients have made greater strides when they've improved their nutrition. Let us help.

Researchers from Israel, Germany, and the United States collaborated on a comprehensive research study in April 2023. Their diverse backgrounds included nutrition, internal medicine, diagnostic imaging, psychology, and cognitive science. Their research demonstrated that individuals who lost weight through improved nutrition and exercise also improved their brain age. Additional benefits that were measured were improved liver biomarkers, decreased liver fat and decreased overall body fat.



Overweight And Obesity

I'm quite certain that most of us understand that being overweight is unhealthy and that it is associated with a number of health problems. I'm also quite certain that most of us don't understand the sheer magnitude of that connection. Almost every undesirable health condition is caused or exacerbated by excessive body fat!



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.

Obesity is linked to:

- Increase risk of heart attack
- Increase risk of stroke
- Type 2 diabetes
- DNA damage
- Neurodegenerative processes
- Neuronal damage
- Gut microbiota damage
- Reduction of gray and white matter volume in the brain
- Cognitive impairment
- Anxiety
- Depression
- Cancer
- Accelerated aging

DESTRUCTIVE

CATASTROPHIC

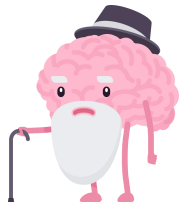
HORRIBLE!

BAD!

Brain Age and Body Composition

Aging is inevitable, but it doesn't have to be awful. We aren't without options. The good news is there are things we can do to give ourselves the best chance of living long, healthy lives.

Obesity and being overweight are linked with the brain aging faster than would normally be expected. Researchers capture this process by calculating a person's 'brain age' - how old their brain appears on detailed scans, regardless of chronological age. This approach also helps monitor how certain factors, such as lifestyle, can influence brain aging over time.



So, in simple terms, a person's brain can be "older" or "younger" than their chronological age. There is a powerful association between body weight and brain age.

Proper nutrition and exercise not only benefit our bodies but also our brains. Who doesn't want a healthier body, decreased anxiety and depression, improved memory and a longer and healthier life span? We all do!

Take Action

Now is the time to partner with EPT for both exercise and nutrition. Be on the lookout for our upcoming Elite Aging video series, where you can learn how to prevent disease and promote health. Meanwhile, take that next step. We are available for exercise consultations and nutrition counseling.



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References

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SCAN ME



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