

# THE ROAD TO HEALTH & WELLNESS



News and advice courtesy of  
**ELITE**  
PERSONAL TRAINING  
AND FITNESS SOLUTIONS

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Last month we started our journey of understanding macronutrients by looking at proteins. This month we will focus on carbohydrates.

## What are Carbohydrates?

Carbohydrates are sugar molecules that are broken down into glucose, which is the main source of energy for your body's cells, tissues and organs. Glucose can be immediately used or stored in the liver and muscles for later use.

## Dishing on Diet with Dr. Dave

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## What are the Different Types of Carbohydrates?

- **Sugars**- Known as simple carbohydrates. The most basic carbohydrate occurring naturally in fruits, vegetables and milk. They can also be added, such as the sugar in candy, desserts, soda and processed foods.
- **Starches** -These are complex carbohydrates. They are made up of lots of simple sugars strung together. Your body needs to break starches down into simple sugars for energy. Typical starches would be pasta, bread, potatoes, and corn.
- **Fiber** - A complex carbohydrate that cannot break down in the body. Consuming fiber keeps you feeling full and helps avoid overeating. Fiber reduces fat and carbohydrate absorption, lowers cholesterol, regulates blood sugar and promotes regularity. Fiber is found in fruits, vegetables, nuts, seeds, and beans.

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](http://Eliteptf.com) for more information and to schedule your evaluation.

## What Types of Carbohydrates Should I Eat?

You do need to eat some carbohydrates to give your body energy. But it's important to eat the right kinds of carbohydrates for your health. In general, strive to consume foods with fiber and whole grains.

### Good Choices

- Grains, such as bread, noodles, pasta, crackers, cereals, and rice
- Fruits, such as apples, bananas, berries, mangos, melons, and oranges
- Dairy products, such as milk and yogurt
- Legumes, such as dried beans, lentils, and peas

### Not-So-Great Choices

- Starchy vegetables, such as potatoes, or corn

### Terrible Choices

- Snack foods and sweets, such as cakes, cookies, candy, and other desserts
- Juices, regular sodas, fruit drinks, sports drinks, and energy drinks that contain sugar

## How Many Carbohydrates Should I Eat?

There is no one-size-fits-all amount of carbohydrates that people should eat. The more important issue is getting your calories, and in particular your carbohydrates, from good healthy foods rather than processed food.

In general, a good, healthy, sustainable diet is all about the following ratio: carbohydrates 40%, proteins 30%, fats 30%. These ratios can be tweaked a little bit if you're trying to lose weight, add muscle or train at high levels.

## What Kind of Carbohydrate Diet Should I Follow?

None. Diets are temporary plans that use strange concoctions of macronutrients. They may even tell you when you should and shouldn't eat. Instead, choose to eat healthy in a sustainable way and enjoy a cheat date once in a while.

## Health Tip of the Month



Most everyone knows that vitamin D is good for total body health, including our bones and teeth, muscles, immune function, fertility, and mood, to name a few. But not all forms of vitamin D are created equal.

Vitamin D3 is more effective and more easily absorbed than vitamin D2. Nutritionists and health media reporters talk about Vitamin D3 and D2 as equally suitable options. They are not. D3 is gold, so that's what you should take.

## Research Shows

Maintaining a weight loss as little as 5% of your current body weight begins the process of reducing metabolic diseases such as high blood pressure, high cholesterol and lipids, diabetes, sleep apnea, and coronary artery disease.

## Did You Know...

*Hot dogs are really bad for you. Well, of course, you knew that – but perhaps you didn't know just how bad. Scientists have calculated that our life span is reduced by 36 minutes for each hotdog we eat.*

## Medication & Food

Calcium channel blockers [prescribed to control blood pressure] and statins [prescribed to lower cholesterol] are known to interact unfavorably with grapefruit juice. Grapefruit contains a compound that inhibits CYP3A4, a common drug-metabolizing enzyme. Drinking grapefruit juice or eating the fruit will result in these drugs accumulating in your system, which can be dangerous.



# Exercise

# Yoga & Meditation

Why Exercise is So Important  
continuation from August 2021

Exercise improves insulin sensitivity – and that’s a great thing!

Many studies have shown that any type of physical activity has the potential to make our natural insulin work better. Combine aerobic activity such as brisk walking, swimming, or cycling with resistance or weight training to optimize calories and glucose burned per session. Physical activity can lower your blood sugar up to 24 hours after your workout.

Being more sensitive to insulin regulates blood sugar using the body’s natural defenses. Poor eating habits and lack of exercise may result in reduced sensitivity, a condition known as Insulin Resistance. Insulin resistance when left untreated can result in Type 2 Diabetes.

We want our bodies to be sensitive to insulin, and exercise is key. Exercising results in better transportation of glucose to nerve, brain, and muscle tissue.

Exercise  
of the week:  
Single Leg Row



## Can Yoga Help My Chronic Pain? Yes!

It’s no surprise that more and more doctors are recommending yoga to their patients to help with mental and physical health, including chronic pain. Yoga postures challenge the muscles, increase strength, and improve flexibility.

Most practitioners notice their aches and pains diminish after only a few sessions. For example, JAMA (The Journal of the American Medical Association) published a yoga study that was conducted on 42 people with carpal tunnel syndrome (pain, tingling, and numbness in the hand) over an 8-week period. Patients who practiced yoga 2 x a week for 8 weeks had decreased symptoms compared to just splinting and rest.

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