

# THE ROAD TO HEALTH & WELLNESS



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

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Last month's issue "dissed" diet plans. Why? Because they have such a high rate of failure. Worse yet, they are destructive in nature. All diet plans fail in the end because they're not safe, scientific, or sustainable.

Let's begin the journey to healthy eating with a look at macronutrients [proteins, fats, and carbohydrates]. Today's focus is proteins. You may recall from way back in science class that proteins are made up of smaller units called amino acids. Nonessential amino acids can be made in the body, but essential amino acids [there are nine of them] cannot be made. They can ONLY be obtained by eating the right food. That's why what you eat is so important.

Proteins are vital in controlling blood sugar, serving as a fuel source, and building, maintaining, and repairing muscle. How much protein should you eat each day? There's no specific answer. Protein needs vary depending on age, gender, medical status, activity levels and goals.

## Good Sources of Protein

Lean meats	Dairy products
Poultry	Nuts and seeds
Fish and seafood	Legumes and beans
Eggs	

## Dishing on Diet with Dr. Dave

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

## Health Tip of the Month



### Humble but Mighty Oatmeal

Eating oatmeal for breakfast will have a huge impact on your health. Oatmeal is high in fiber. If you replace what you're currently eating for breakfast with oatmeal, you can expect the following:

- Weight loss and maintenance
- Decreased risk for type II diabetes
- Lower risk for developing heart disease
- Healthier gut bacteria
- Reduced risk of colon, rectal and breast cancer
- Regular healthy bowel movements



## Research Shows

Research from UCLA [and many other studies] reveal that the biggest predictor of future weight gain is participation in diet plans! The only "diet that works" is learning how to relate to food and how to make consistently better food choices.

## Did You Know...

*Exercises can target specific muscles to strengthen them but cannot "spot reduce" specific areas of fat. Rather, exercise and proper nutrition will result in loss of overall body fat. So, while you can't choose where your body loses fat, you can choose where you want to tone and strengthen muscles.*

## Medication & Food

Dairy products bind to many antibiotics and interfere with the absorption in the bloodstream. Therefore, antibiotics should not be taken alongside of milk, yogurt, or cheese. Avoid eating that bowl of yogurt, ice cream or glass of milk at least two hours before and six hours after taking your antibiotics.

## Exercise

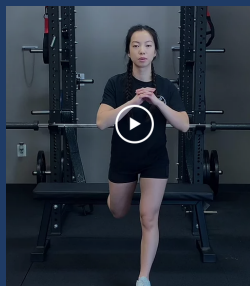
### Why Exercise is So Important

Exercise improves sleep rhythms. Exercise lets your body know when to release melatonin, a hormone that controls the sleep-wake cycle. Do you suffer from insomnia? Use exercise as a form of intervention. Physical activity increases body temperature. This has a relaxing effect on the mind. With a better sleep, you will be more alert and able to concentrate longer the next day.

### Exercise promotes gut health.

The gut requires the proper absorption of nutrients from food to produce energy. Our gut regulates appetite, allowing our brain to tell us when we're hungry. Exercise helps the gut function properly and helps keep sickness at bay. Regular exercise, and in turn good gut health, benefit both male and female fertility. Ovulation problems in women are reduced. In men, testosterone levels, sperm production, and sperm motility are increased.

Exercise decreases feelings of stress and anxiety. It increases brain sensitivity to serotonin, which can help relieve depression. Exercise also increases levels of endorphins, producing positive feelings and reducing the perception of pain.



Exercise of the week:  
Rear foot split squat

When it comes to mood, it appears the intensity of your workout doesn't matter. A massive study by Yale and Oxford Universities gathered data on 1.2 million Americans. It found active people reported 1.5 fewer days of poor mental health every month.

## Yoga & Meditation



### How does Yogic Breathing Heal the Body?

Yogic breathing tones the vagus nerve through its soothing vibrations on the throat

Just like we tone a muscle at the gym, we can breathe and tone our Vagus nerve! The Vagus Nerve serves as a connector from the brain to the heart, lungs and is activated during stress! This causes fatigue and burnout since there is only so much energy our body has in its reserves. A simple daily breathing and meditation practice can reset the mind and body and allow our energy levels to rise higher than ever before! Higher energy and boosted immune system can have you feeling better than ever. For more info on yogic breathing check out [JoannaGraceYoga.com](https://www.JoannaGraceYoga.com) for free YouTube videos.

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