

THE ROAD TO HEALTH & WELLNESS



News and advice courtesy of
ELITE
PERSONAL TRAINING AND
FITNESS SOLUTIONS

In every issue

- Dishing on Diet
- Health Tip of the month
- Research Shows....
- Did You Know?
- Medication & Food
- Exercise
- Yoga & Meditation

If you're on a diet - and it doesn't matter what kind - stop immediately! Diet plans have only a 5% success rate. Initially, dieters experience success. In fact, weight loss is often substantial. However, a staggering 95% of dieters will gain their weight back within one year. Why? The short answer is that dieting changes your body's composition, leaving you with increased body fat and a slower metabolism - exactly what you don't want! It's sad, but true. Dieting can actually make you fat and unhealthy.

Dishing on Diet with Dr. Dave

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All diet plans are similar. They fail for the same reasons. Diets direct you to eat strange combinations of proteins, fats and carbohydrates. They may recommend strange eating times and patterns as well. This way of eating may be effective in the short term, but it is not sustainable. Your weight loss will plateau. After your ninth or tenth different diet, you will experience guilt and frustration for "failing" once again. Eventually you might regain motivation, but you're doomed. The cycle will continue.

Sound familiar? In coming issues, I will teach you how to eat properly by developing safe, sound, scientific and sustainable eating patterns and examine eating behaviors and how people relate to food. We're here to help.

Next month: macronutrients - proteins, carbohydrates and fats

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.

Health Tip of the Month



Nuts and sleep

Billions are spent annually on medical costs related to sleep disorders. One in three Americans reports having difficulty sleeping.

To improve sleep, eat a few pistachios before bed. Pistachios are the most melatonin-rich food ever recorded. Eating a handful of pistachios is like getting a dose of melatonin without the morning hangover. The Sleep Foundation reports that walnuts and cashews are also effective.



Don't like nuts? Studies show similar results from kiwi, grapes or tart cherry juice!

Research Shows

Probiotics

The human body's largest population of microorganisms [bacteria, viruses, fungi] found in the intestines is collectively called the gut microbiota. The gut microbiota plays a major role in regulating appetite, allowing for proper food absorption, building a robust immunity, and regulating neurotransmitters that affect our mood and mental function.

Consuming probiotics creates favorable conditions in the gut to help it perform all its vital functions. Research shows that you can favorably alter the gut microbiota in as little as two or three days by taking probiotics.



Did You Know...

95% of serotonin [the "feel good" neurotransmitter] is produced in the gut, not the brain. Therefore, what we eat will significantly impact our emotions, mood and mental function!

Medication & Food

OTC Medication and Alcohol

Regular use of Tylenol (acetaminophen) to ward off a hangover may be putting you in danger. When combined with alcohol, you may be at an increased risk of liver toxicity. Risk increases with frequency of use.

Exercise

As stewards of good health, we will continue to stress the importance of exercise and its impact to your health.

Here's four good reasons to get started now:

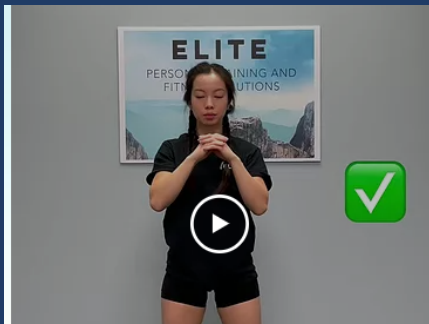
1. Exercise strengthens muscles.

The stronger your muscles are, the better your body is able to limit injury and perform activities of daily living.

2. Exercise strengthens bones

As we age, our bones weaken, becoming more susceptible to fracture. Exercise is the best intervention for bone strength and helping prevent osteoporosis.

Exercise of the week: Squats
visit our [website](#) for more



3. Exercise is the best strategy for weight loss.

Don't fall for a quick fix fad. Extreme dieting leads to a slower metabolism, an unhealthy relationship with food, and rarely changes behaviour long term.

4. Exercise builds lean muscle.

Exercise speeds up your metabolism so well that you burn calories, even at rest. How's that for motivation!

Yoga & Meditation



When the mind is stressed, our nervous and immune systems cannot function properly and you may experience illness and irritability.

Meditation and yogic breathing, aka ujjayi pranayama breathing, can relax the mind, helping relieve stress and anxiety.

Step 1- Sit or lay in a quiet space with the spine and neck straight. Add soft music if this helps you relax.

Step 2- Close your eyes. With lips sealed, take a slow, deep breath through the nose for 3 counts. Constrict the muscles in the back of the throat. If you have trouble with this, practice "fogging a mirror" or making a "haaaa" sound with your mouth open.

Step 3- Exhale through the nose with lips sealed and muscles constricted in back of the throat. If it helps, your breath should sound like Darth Vader.

Step 4- Repeat at least 10 cycles. Experience immediate effects from this short, soothing practice.

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