



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

9/20 - Hot Dogs

It's a no-brainer - hot dogs are bad for you.

In fact, scientists estimate each hot dog you eat takes 36 minutes off your life.

This health tip is NOT telling you to NEVER eat hot dogs, but rather how to enjoy them! Yes, you read that correctly. It's OK to eat hot dogs occasionally. The key word is OCCASIONALLY. Clients are often surprised that I recommend eating something unhealthy occasionally

Occasional treats make healthy heating sustainable.

Improving your health and wellness is not simply learning what foods to avoid and which foods to eat. A list of "bad" foods creates an adversarial relationship with food. Remember, food is intended to bring health. It is also intended to be enjoyed. Part of learning how to improve your health and wellness is eating in healthy, sustainable ways.

For example we all know smoking is terrible. However, if I were to smoke a single cigarette once every few months, there would be no ill effects on my health. Our bodies are designed to filter out small quantities of impurities, toxins, and other unhealthy elements. But, if I smoked every day, there would definitely be consequences and my health would suffer. The same is true of eating something like a hot dog [or other unhealthy food). Regular, frequent consumption will cause significant weight gain and all the health risks that come with it. But an occasional indulgence should be enjoyed and even looked forward to on an occasional basis



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.

Elite Personal Training and Fitness Solutions | 215-947-2099 | 1800 Byberry Rd # 703 Huntingdon Valley, PA 19006

It's a no-brainer; hot dogs are bad for you. BUT, the occasional indulgence is ok - just plan for it and enjoy!

Enjoy your Hot Dogs!

Best Preparation Method

If you are going to indulge in a hot dog or two, pick a reputable brand known for great flavor and quality ingredients.

The best way to prepare a hot dog is hands-down using the grill. The grill provides the best flavor. Your hot dogs will be smoky on the outside and hot and juicy on the inside.

[Are you drooling yet? Read on...](#)

Make sure to use medium heat. Why? Too high a heat will char the outside but potentially leave the inside ice-cold. Low heat will cause the dogs to take too long to heat and won't give you a crispy crust.

Grill Tips for Delicious Results

- Place hot dogs over medium heat. Keep half the grill unheated.
- Keep turning to get grill marks. Watch carefully. When the hot dogs begin to expand, they're done.
- Roll hot dogs over to the unheated part of the grill. Place the buns where the hot dogs were. The buns should take about a minute to heat.
- Immediately place hot dogs in the buns so any juices soak into the bread.

Enjoy Sauerkraut?

Sauerkraut is high in probiotics, so feel free to really load it on. A generous portion may remove some of that junk food guilt



David Trumbore
PT, DPT, CSCI, CWT, CPI

Take-Home Message

Eating healthy most of the time is the right route, but there's nothing wrong with an occasional treat. What's the take-away message? Enjoy a hot dog or two occasionally. Just don't go "whole hog" and overdo it!

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