

THE ROAD TO HEALTH & WELLNESS



News and advice courtesy of
ELITE
PERSONAL TRAINING AND
FITNESS SOLUTIONS

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In previous issues, we explored two macronutrients - proteins and carbohydrates. This month we discuss the final macronutrient - fats. Fats are often deemed unhealthy and dangerous. That's not entirely accurate. Your body needs fats. Fats help to build cells, provide energy, warm the body, and facilitate vitamin absorption.

So, What's The "Skinny" On Fats?

- **Terrible Fats**

Trans fats do not occur in food naturally. They are created to make processed foods like pastries and snacks have a pleasant taste or texture. Trans fats lower good cholesterol, raise bad cholesterol, and create food addictions. Consumption of trans fat causes plaque to build up in your arteries. Plaque is a primary cause of heart attacks. Plaque in the arteries can also break off and travel to your brain, leading to strokes. No amount of trans fat consumption is healthy.

- **Bad Fats (When consumed in excess)**

Saturated fats are solid at room temperature. Examples include butter, margarine, whole milk, dairy products, red meat, & skin on poultry. Try to keep saturated fats to less than 10% of your daily caloric intake.

Dishing on Diet with Dr. Dave

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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.

• **Good Fats (Unsaturated)**

- Monounsaturated fats have oils that are liquid at room temperature but start to harden when chilled.
- Polyunsaturated fats stay liquid at room temperature as well as in the refrigerator. Polyunsaturated fats include omega-3 and omega-6 fats. The body needs these essential fatty acids for brain function and cell growth. However, our bodies do not make essential fatty acids. You can only get them from food.
- Polyunsaturated fats are divided into two types:
 1. **Omega-3 fatty acids** can help lower blood pressure, slow plaque buildup, reduce triglycerides, and reduce the risk of developing arrhythmia (irregular heartbeat).
 - **Good Sources:**
 - Fish (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, & sardines) Nuts (such as walnuts)
 - Oils (such as flaxseed oil, soybean oil, & canola oil) Seeds (such as flaxseed & chia seeds)
 2. **Omega-6 fatty acids** can help control blood sugar, thus reducing the risk for diabetes.
 - **Good Sources:**
 - Nuts (such as almonds & cashews) & peanut butter Seeds (such as hemp, sunflower & pumpkin)
 - Oils (such as safflower, corn & soybean) Tofu (made from dried soybeans)
 - Meat, poultry, fish & eggs

Note: Americans consume far more omega-6 fats than omega-3 fats, on average 10 times more! The best ratio is 4:1, with omega-3 in the lead. Yet an astonishing 80% of Americans are low in omega-3, thus endangering their cardiovascular health. Bringing these two fatty acids into better balance is critical. This is easily achieved by adding flax oil to your diet or by taking a good quality omega-3 supplement.

• **Dietary and Health Implications**

- Eating unhealthy fats can result in weight gain, high cholesterol levels, high blood pressure and heart disease.
- Overdoing omega-6 has been linked to increased inflammation, so go easy.
- Minimize excessive red meat, butter, margarine and obvious unhealthy snacks like pretzels, potato chips, ice cream etc.
- A little bit of unhealthy fat is ok occasionally, but definitely make it the exception, not the norm.

• **Healthy Tips**

- Add flaxseed oil to your diet
- Add avocado to salads and sandwiches
- Replace butter and solid fats with olive oil or canola oil
- Healthy fats should comprise about 30% of our diet
- Eat nuts instead of cookies for a snack. Just keep the portion small since nuts are high in calories
- If possible, eat fatty fish twice a week
 - ·Can't stand fish? Definitely consider an omega-3 supplement

Our newsletters present overviews of highly complex topics. For more in-depth discussion of vitamins, minerals, supplements, weight loss or ANY health-related topic, please contact our office.

Health Tip of the Month



If you're trying to make healthy food choices consider watermelon. Watermelon is fat-free. It has very little sodium and contains no fat. Watermelon has lots of Vitamin A, B6 and C as well as other phytonutrients and antioxidants. Two cups of this delicious fruit contain only 80 calories and is a great way to load up on nutrients without bloating. Plus, a major bonus – it tastes delicious.

Research Shows

Statin medications are prescribed to lower cholesterol levels. Most people know that statins can cause muscle pain and weakness. There is now enough research data to suggest statins can cause diabetes. Just another example of why it is always best to lower cholesterol levels through exercise and proper nutrition!

Did You Know...

That under normal circumstances, as you age you will lose significant amount of your muscle mass. This devastating process is called sarcopenia and is a result of muscle cells dying. Once muscle cells die, they can never be revived. Beginning as early as the 4th decade of life, muscle mass and strength decline in a linear fashion, with up to 50% of mass being lost by the 8th decade of life.

However – there is great news! Regular resistive strength training can prevent or significantly slow down this process.

Medication & Food

If you have been diagnosed with hypothyroidism (an underactive thyroid), you are probably taking Synthroid (levothyroxine) to restore your levels. There's a reason that the label instructs you to take this first thing in the morning with a 30- to 60-minute buffer before consuming any food; There are about a dozen different dosages your doctor can prescribe. That's because the dosage has to be just right for your thyroid to function correctly. Food can block absorption of the drug in your small intestine, effectively lowering your dose in a way that will affect your thyroid. Unfortunately, yes, this includes coffee, too.



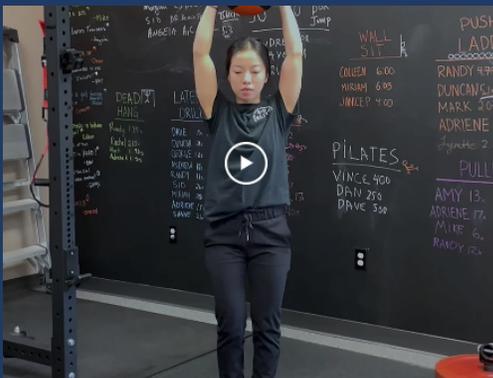
Exercise

Yoga & Meditation

Exercise Slows Cognitive Decline

Dementia is a general term used for a decline in mental ability severe enough to impact daily life. Alzheimer's disease is one of the most common types of dementia. Sadly, someone in the United States develops this disease every 65 seconds. Exercise can combat cognitive impairments by improving blood flow. How does this happen? Exercise sends your heart racing. This pumps blood around your body and increases oxygen to your brain. Aging, combined with oxidative stress and inflammation, can cause changes in the brain that result in cognitive impairments. To combat these problems, regular physical activity is especially important for older adults. If you have older loved ones, or if you are approaching those "senior years" yourself, please get regular exercise. It's good for your body AND your mind, and it's never too late to do something great!

Exercise of the week: Lunge and Chop



Is Stress Making You Sick?



Yoga for Insomnia

What is one of most common reasons people practice meditation and yoga? Two words: Stress Reduction!

Chronic stress plays a role in tumor development as well as many other diseases. Our mental and physical health are more important now than ever before. We are stressed by so many factors: hectic schedules, financial obligations, strained relationships - to name just a few. Our personal issues can become overwhelming. The media compounds our stress by flooding us with fear-inducing headlines. It's no wonder we are anxious and fearful.

What happens to our body when our minds are in a fearful state? To counterbalance stress, our body produces a molecular cascading event. We are flooded with high levels of cortisol. The cortisol cascade jeopardizes multiple systems of the body. It creates the perfect environment for illnesses, including cancer, to grow. It also reduces our ability to fight viruses and bacteria.

A 2021 study from Brain Behavior Journal found links between chronic stress and its impact on the body. The signaling of complex molecules during stressful events causes a specific reaction that is called "sickness behavior". That is truly an accurate description. High levels of cortisol imbalance the immune system, endocrine system and nervous system. In short, a stressed mind can produce a sick body.

Meditation and yoga are highly effective tools to reduce stress and boost our natural immune system. Check out JoannaGraceYoga.com for information about practicing yoga and meditation.

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