

THE ROAD TO HEALTH & WELLNESS



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News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS
SOLUTIONS

Introduction

Living a sedentary lifestyle endangers your health. There's a good reason for saying that "sitting is the new smoking". You might be shocked to learn that physical inactivity is the second highest cause of cancer behind smoking! Sitting disease may sound like a somewhat silly term. It's not. It's serious. So serious that we are devoting a mini-series to the harmful effects of sitting too much.

How sedentary are we?

Physical inactivity contributes to over three million preventable deaths worldwide each year. That's 6% of all deaths! Physical inactivity is the fourth leading cause of death due to non-communicable diseases.



How does a sedentary lifestyle affect your body?

Humans are built to stand upright and to move about. Your heart and cardiovascular system work more effectively that way. Your bowel also functions more efficiently when you are upright. This is why it's common for people who are bedridden in hospitals to experience problems with moving their bowels. Movement and exercise are vital to literally every physiological function.



David Trumbore
PT, DPT, CSCI, CWT, CPI



SCAN ME

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.

Parts of the Body Affected by Prolonged Sitting

- **Stiff neck and shoulders**

Do you hunch over a computer keyboard for hours at a time? No wonder your neck is painful and your shoulders are stiff.



- **Legs and gluteal muscles (butt muscles)**

Sitting for long periods leads to weakening and wasting away of the large leg and gluteal muscles. These muscles are important for walking and stabilizing. When these muscles are weak, you're more likely to experience low back pain and injure yourself while exercising.



- **Hips and back**

Just like your legs and gluteal muscles, your hips and back will not support you as well if you sit for long periods. Sitting causes your hip flexor and hamstring muscles to shorten, which can lead to problems with your hip joints.

Sitting for long periods can also cause problems with your back, especially if you consistently sit with poor posture or don't use an ergonomically designed chair or workstation. Prolonged sitting in poor posture significantly increases your risk for bulging discs in the spine and degenerative disc disease [arthritis of the spine].



Conditions Associated with Prolonged Sitting

Weight gain & metabolic syndrome

Moving your muscles helps your body digest the fats and sugars you eat. If you spend lots of time sitting, you will burn less calories and your digestion won't be as efficient. Therefore, you'll retain those fats and sugars as fat in your body.

Diabetes

Research shows that people who spend more time sitting have a 112% higher risk of diabetes.



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Anxiety and depression

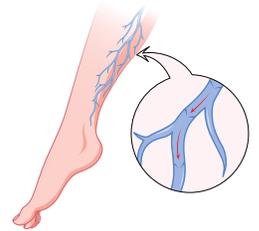
We don't understand the links between sitting and mental health as well as we do the links between sitting and physical health yet, but we do know that the risk of both anxiety and depression is higher in people who sit more. Physical activity is helpful in mitigating both anxiety and depression.

Cancer

Emerging studies suggest the dangers of sitting include increasing your chances of developing certain types of cancer, such as lung, uterine and colon cancers. The reasons behind this are not fully understood.

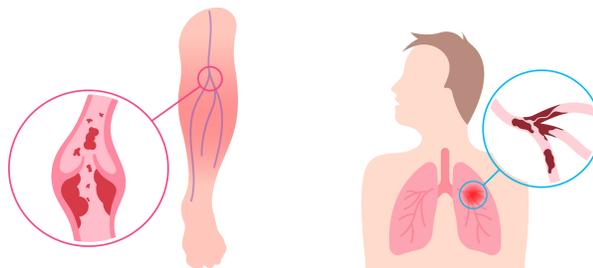
Varicose veins

Sitting for long periods can lead to varicose veins or spider veins (a smaller version of varicose veins). This is because sitting causes blood to pool in your legs.



Deep vein thrombosis

Sitting for too long can cause deep vein thrombosis (DVT). Deep vein thrombosis is a blood clot that forms in the veins of your leg. DVT is serious. If part of a blood clot in the leg vein breaks off and travels, it can cut off the blood flow to other parts of the body, including your lungs, resulting in a pulmonary embolism. Now you have a medical emergency that can lead to major complications or even death.



The Bottom Line

When you are physically active your overall energy levels and endurance improve and your bones maintain strength. EPT has the knowledge and resources to help you stay strong, healthy, and active. Ward off sitting disease. Give us a call for an evaluation and corrective exercises.



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Health Topic of the Month



Everyone knows that excessive sugar consumption is bad. However, it's probably worse than you think. Added sugar is common in soft drinks, cereal, yogurt, condiments, bread, sports drinks, coleslaw, baked beans, applesauce, flavored lattes and even so-called nutrition bars. If it's not whole food, chances are good that what you're eating has added sugar and plenty of it. We should limit our added sugar intake to approximately 30 g per day. To put this in perspective, if you start your day with a glass of orange juice, a bagel and a cup of coffee with one teaspoon of sugar, you will have consumed 42 g of added sugar in just one meal.



When sugar [glucose] is consumed it causes your pancreas to secrete insulin to transport the sugar into cells and to lower the blood sugar level. This eventually leads to diabetes due to insulin resistance and the pancreas losing its ability to make sufficient insulin.

When there are elevated levels of sugar in the blood, the excess sugar is either stored as fat or binds to proteins and fats in an abnormal way forming a new toxic compound. These new cellular poisons are called "advanced glycation end products" (AGEs). AGEs are linked to faster aging and cardiovascular disorders. They also hijack your genes to create inflammation cells, which in turn create a host of other chronic conditions.

Did You Know...

AGEs are not just caused by excessive sugar consumption. They are also created when foods are cooked at high temperatures. Think frying, grilling, broiling and roasting. That wonderful fiery charbroiled piece of meat from your grill is loaded with these destructive compounds. This doesn't mean you should never enjoy a juicy grilled steak, but keep high temperature flame broiled cooking to a minimum. Safer ways of food preparation include boiling, stewing, steaming and poaching.



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Research Shows

Human studies show that benfotiamine [bioavailable form of vitamin B1] can reduce the damaging effect of AGEs by reducing inflammation and oxidative stress. This means that benfotiamine can reduce the incidence and symptoms of premature aging, muscle wasting, heart disease and diabetes. EPT suggests supplementing with benfotiamine in daily doses of 250-1000 mg to help reduce glycation damage. Those with higher blood sugar levels or unhealthy dietary practices should consider the higher dose range.



Food For Thought: Probiotic and Fermented Foods

If you follow our publications, you'll find frequent coverage of probiotics. Why? It's because these live microorganisms are linked to numerous health benefits. What's the connection between probiotics and fermentation? Probiotics exist before fermentation begins, but the process of fermentation allows them to multiply. Let's look at the connection/ distinction between probiotic and fermented foods.

Are probiotic foods and fermented foods synonymous?

No. Both fermented and probiotic foods are made with microorganisms. However, not all fermented foods are probiotics, and not all probiotics are fermented. Only probiotic foods have enough live organisms to deliver a proven health benefit when used in adequate amounts. A fermented food is simply a food that has undergone a fermentation process.

What is fermentation?

Fermentation is a process in which food is altered through controlled microbial growth and enzymatic action. It is one of our earliest methods of food preservation. These chemical changes to foods create specific sensory characteristics. Think of alcohol, cheese, buttermilk, pickles, kimchi, sauerkraut, miso, tempeh, kefir, kombucha, soy sauce, hot sauce and bread.



To Be Continued On The Next Page...

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Food For Thought: Probiotic and Fermented Foods

Do all fermented foods contain probiotics?

No. In many foods, the fermentation process stops due to chemical changes causing inhibition of the microorganisms. In bread, yeast fermentation creates leavening, flavor, and texture, and then is killed when bread is baked.



Live microbial presence in cheeses varies. Some soft cheeses like chevre contain live microbes, but others like cottage cheese are heated to stop the fermentation process, so the microbes are inactivated. In contrast, cheddar and most other hard cheeses do contain live microbes. Long-aged cheeses, like Parmesan, contain fewer live microbes because many of them die from lack of water, concentrated salt levels and long storage times.



In beverages such as beer and wine, yeasts ferment sugar resulting in the production of ethanol (aka grain or drinking alcohol). The rising ethanol level then kills the microorganisms that produced it. While most beer and wine products contain no live microbes, it is possible to find “cloudy” microbrewery beers that are not filtered or heated. These will contain live yeasts and bacteria.



Summary

Probiotics and certain fermented foods bolster the gut microbiome, creating a healthier mix of microbes and strengthening the walls of the intestines to keep them from leaking. To learn more about the gut microbiota and why it's essential for health, ask us about Sustainable Nutrition counseling! Avoid marketing gimmicks. EPT provides unbiased primary- source information to help you make healthy nutrition choices.



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