



A STEP ABOVE

Personal Training Concepts



Dreams Have No Limitations!



Why Dieting Does not Work!

This article is intended for the individuals with no medical problems who are looking for extreme ways to aid weight loss such as the use of diuretics, laxatives, appetite suppressants, restricting caloric intakes and continually trying "Fad Diets."

Jinjer's Thoughts

Guess What? If you are one of these people struggling with any of these, here is the answer.....THERE IS NO QUICK FIX! Regardless of the type of diet, just cutting back on foods higher in fat and sugar, down sizing food portions, will demonstrate over a short period of time, a significant difference in weight loss. If you don't believe me I challenge you to try it. However, the bad news is long term dieting has shown to influence more weight gain and contribute highly to eating disorders. Studies have shown that anyone who diets will lose 5 to 10% of their weight in a short time. However, long term dieters tend to gain back more weight and be heavier than when they had first started.

When we hear the word "diet" how does that make us feel? Come on..... look at the word, the first three letters of the word are "D I E!" "YIKES!" Just the sound of the word creates a negative feeling within us and sends a negative message. Immediately our focus is turned on ourselves causing a flux of emotions such as either thinking we are too skinny, fat, not good enough or pretty, handsome or cute enough creating a negative self image. A viscous cycle that does not seem to end. Dieting becomes a set of "man made" rules that we become controlled by. When you tell someone you are going to start a diet you are immediately thinking about the foods you are going to give up that you enjoy. Therefore, all day long you are thinking how

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hungry you are, feeling like you could binge to fix that craving and decide to start fresh again tomorrow. Diets set us up for failure, period!

We tend to overeat for several reasons. Food can be considered a drug for some due eating out of out of boredom, depression, anger, stress, feeling good etc. Studies have shown that when we restrict our bodies either by counting calories, skipping meals, or with certain foods in order to lose weight, our bodies will crave large amounts of foods higher in fats, sugars, and carbohydrates. Furthermore when skipping meals it has been found that people tend to eat more in a single setting and will store more fat than those who eat smaller "mini meals" throughout the day keeping the body fueled for energy. This way the body does not think it is starving and typically will not crave those foods.

Personally, I feel that God did not intend for us to be miserable as humans but to think differently about our health, lifestyle and eating behaviors. One health tip according to Dr. Ben Lerner, U.S. Olympic team physician in 1996, Body By God, discusses the body's need for balance, eating healthier, making smarter food choices and exercising daily all as a part of lifestyle change. In addition he states that focusing on eating only "FOODS BY GOD" all natural and reducing the FOODS BY MAN (anything processed) can pave the way to a healthier lifestyle. Furthermore, other key points to eating healthier are: Frequency, Moderation and Timing. (FMT). Therefore, mini meals through out the day (frequently) allow the body to have a steady supply of energy and one does not feel starved. Moderation; via incorporating healthier options into one's daily diet and not feeling guilty for and occasional small splurge. Timing; in general the body's metabolism generally slows down at night and is not as active. One might not want to eat larger meals in the evening verses during the day. In closing one of our clients said when growing up she was always told, "Eat Breakfast like a king, lunch like a prince and dinner like a pauper."

I Am So Tired!

Have you been feeling rundown? Has your get up and go got up and went? Do you wake up feeling as tired as you were when you went to bed? If so, you may be suffering from adrenal fatigue. Adrenal fatigue is a very common problem today in our society. It seems we are under constant stressors (both good and bad ones) that can affect how our adrenal glands function. We have two adrenal glands that sit on top of the kidneys. The adrenals secrete hormones to help us handle stress. When the adrenals become fatigued, we are not able to effectively handle our stress well, our energy decreases and we can be mentally foggy and depleted.

Certain behaviors and substances put more stress on the adrenals. Too much alcohol, caffeine, white sugar, white flour and processed foods can overwhelm the adrenals. Caffeine and sugars stimulate your adrenals which gives you a short burst of energy followed by a big energy crash. This makes you want

to have another coffee (or tea or sweet or soda) and the cycle continues until your adrenals are so worn out those short term stimulants don't do anything for you. A long term stressful situation, such as a sick family member can also contribute. The good news is that you can rebuild your adrenals and feel better. One of the most important things you can do to rebuild your adrenals is to change your diet. You need to eliminate caffeine, alcohol, soda, and processed foods from your diet. It is also important to eat plenty of vegetables (especially fresh...perfect for this time of year) and stick to lean meats. Fresh fruit is good, in moderation. If you can grow your own garden or have access to organic, all the better. You can also benefit from digestive enzymes, which help break down and assimilate nutrients.

Daily moderate exercise is very important for your adrenals. Exercise will also help you handle your stress. Proper sleep is the key, as well. Going to bed a little earlier will give your body more

time for repair, which happens while you sleep. Don't exercise within a few hours of bed time, as this may interfere with sound sleep.

TO INCREASE ENERGY/WELL BEING:

- Moderate daily exercise.
- Eat whole foods daily
- Eliminate caffeine, alcohol, sugar, processed foods, fast foods
- Get enough sleep
- Take some quiet time for yourself everyday- peace and quiet have real healing powers

- By Dr Wendy Willis, Chiropractor



Health & Nutrition

Fat Free Shrimp Dip

Patricia Crvich
(Serves 12)

Per serving: 57.3 Calories; .08g fat; 3.2 carbs; 8.3proten; 0 fiber

8 oz. fat free cream cheese
1 can baby shrimp
1 tablespoon horseradish
1 tablespoon cocktail sauce
To taste add Dill weed and black pepper

Rinse and drain shrimp, mix with other ingredients. Serve with whole grain crackers, baked pitas, tortillas or multigrain Crostini. You can layer this by mixing the cream cheese, horseradish, dill weed and black pepper and put into a pie plate or desired serving dish, layer next with thin layer of cocktail sauce and top with baby shrimp.



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Group Exercise Classes:

Boot Camp: Class Time 6:30-7:30 PM, Tuesday & Thursday nights
Wytheville

Boot Camp: Class Time 6:30-7:30 PM, Tuesday & Thursday nights in the town of Rural Retreat, located at the Pentecostal Holiness Church on Parsonage Avenue.

A variety of personal training programs are also offered, please call for additional information.

A personal trainer is not a luxury. It's a preventative investment for optimal health and wellness.