

SB WELLNESS GROUP MONTHLY NEWSLETTER



JULY 2009



Overcome the Plateau...Rev Your Engine!

We all want weight loss or changes in our physique, and we want it fast! When you are working out and the scale isn't changing, it can be terribly discouraging. Weight loss and body fat loss are tricky and no one plan is proven to work for everyone. But there are some common habits we may have that can slow down even the best weight loss plan. Try these 4 tips in getting over your plateau and getting your metabolism into gear!

1. **Build some extra muscle.** More muscle equals more calories burned! By the age of 25, we can lose one-half to one pound of muscle each year if we are not doing something to keep it. And weight loss can slow it down even more. In a University of Colorado Health Sciences study, losing a pound a week for 12 weeks lowered

metabolism by 165 calories a day. This is because it is very hard to lose weight without losing some muscle, which is your body's calorie-burning machine. You can counteract this effect by keeping your muscle mass through resistance training. Try sticking to a weight training program that consists of lifting weights three times a week for 20-30 minutes. Regular strength training can increase your resting metabolic rate by up to 8%.

2. **Change up your routine.** The more comfortable you become with your exercise class, weight training program, or dvd the less effective it will be. To continue to see results the body needs new challenges. Change up your exercises, try a new class, do a different type of cardio. Try adding or changing one weight



training exercise each week. Change your repetitions as well. Try doing one or two sets of 20 instead of 3 sets of 10. Also, be sure to get your heart rate up each time you exercise. It is easy to get stuck walking at the same pace for awhile. Watching TV or reading a magazine while exercising can lower your workout intensity and the amount of calories burned.

Continued on page 2



More Steps to Better Health

For many, our day consists of going from the bed to the car to the desk to the couch and then to bed again. Technology and convenience in our society today, give us fewer and fewer reasons to move. We simply aren't burning the calories we need to in our everyday lives. Start

making the effort to move more and get more steps in your day. Try wearing a pedometer and track the steps you are getting now. Set a goal to get 50 to 100 more steps each week. On average, individuals with sedentary jobs and lifestyles get around 2000 to 4000 steps in their day. To reach the recommended 30-60 minutes of

activity for good health, you would need to reach the equivalent of at least 10,000 steps each day. Most people can achieve this in one 30-60 minute exercise session. Start stepping it up for better health and weight loss. **If you are having trouble getting activity in your day try some of the tips on page 3.**

Inside this issue:

Overcoming the Plateau Continued	2
Wheel of Wellness Tip	2
Wellness Tip of the Month	2
Fireworks Safety	3
Muscle Group of the Month	3
Tips to Get More Steps in Your Day	3
Recipe of the Month	4
Hunger Scale	4

Quote of the Month:

"If you are seeking creative ideas, go out walking. Angels whisper to a man when he goes for a walk."

~Raymond Inmon

OVERCOME YOUR PLATEAU

Pay attention to where your heart rate is when doing cardiovascular exercise and try to stay between 60-80% of your maximum heart rate. To estimate this, subtract your age from 220. Then multiply your total by 0.6 and by 0.8 to find your range.



3. **Break Up Your Meals.** Eat five to six small meals instead of three larger meals. Spreading

calories throughout the day keeps blood sugar levels even and controls the release of insulin which causes the body to store more calories as fat. Rev up your metabolism by constantly fueling your engine. Every time you eat your metabolism has to speed up to digest food. Keep healthy snacks and portioned smaller meals with you throughout the day to help stick to your plan.

4. **Control appetite-stimulating hormones.** Many men and

women compensate for their workouts by eating more calories. Exercise can trigger the release of ghrelin, an appetite-stimulating hormone meant to protect the body from losing weight too fast. To better control this, try eating a light snack 20-30 minutes before you workout and eat a healthy balanced meal or snack 15-30 minutes after a workout. Drink plenty of water throughout the day and limit high calorie or high sugar fluid calories as well!



Wheel of Wellness

Intellectual Health

Typically people think of intellectual health as academic knowledge, but in fact, it also entails creativity, general knowledge, and common sense. Intellectual wellness is defined as the utilization of human resources and learning resources to expand knowledge and improve skills. Those who are intellectually healthy are open to new ideas, seek out new challenges, and think critically.

Our thoughts and decision making are influenced by our intellectual health. As with all other dimensions of health, intellectual health also requires a balance.

Maintaining proper nutritional habits and exercising are essential components to our energy levels and willingness to develop into healthy individuals. We hold the key to the limits of our own development.

Tips for Good Intellectual Health

- Learn to trust your ability to make good decisions.
- Challenge yourself to see more than one side of an issue.
- Seek out new knowledge through reading, research, or continued education classes, seminars, workshops.
- Recognize and value learning as a life-long process.
- Be a creative and resourceful person.
- Don't believe all you read or see on TV, instead, think critically about it.



Wellness Tip of the Month

Whole Fruit Vs. Juice

While 100% fruit juice is a better option than soft drinks, it may not be best in assisting you in reaching your 2-3 servings of fruit a day. For protection of your health and for meeting your nutritional needs, most experts agree that fresh or frozen fruit is better than juice.

Fresh fruit contains bioactive compounds, like phytochemicals and live enzymes. These are the powerful antioxidants that we should strive to get more of in our diet for protection against disease and anti-aging. Studies show that juices generally retain less than 50% of the bioactive compounds found in fruit and in some cases, it's as low as 20%.

Once you start to process a fruit, losses are inevitable. Greater loss of enzymes and antioxidants occur during storage. Much fewer compounds are lost when the fruit is quickly frozen. So stick to the whole fruit, fresh or frozen, whenever possible!



Fireworks Safety

4th of July, fireworks, food, and fun... it's a holiday Americans should all enjoy! But without proper caution, the fireworks can quickly take the fun out of the festivities. **According to the U.S. Consumer Product Safety Commission, more than 9,000 fireworks-related injuries occur each year.** And nearly one-third of injuries to the eyes from fireworks result in permanent vision loss or blindness. The best way to protect your family is to leave it to the professional and view public firework displays. In many areas,

lighting fireworks is not legal. So if you do decide to perform your own 4th of July light show, be sure to check with your local police department first. Then be sure to follow these **firework safety tips**:

- Don't let kids play with fireworks of any kind. Even sparklers can reach 1800 degrees F (hot enough to melt gold).
- Always view fireworks from at least 500 feet away.
- Only buy legal fireworks and never try to make your own fireworks.
- Use them away from the house or in an open field. Always have a bucket of water or a hose close by in case of an accident.
- Never throw or point fireworks in the direction of others.
- Soak all fireworks in a bucket of water before throwing them in the trash can.



Exercise Group of the Month

Abdominal Muscles

(Muscles of the stomach and core area.)

Abdominal Exercise Guidelines

Perform several (3-5) abdominal exercises 3-5 times a week.

Start with exercises and repetitions that are comfortable for your fitness level and as you improve increase the number of repetitions. *Remember to always check with your doctor before starting a new exercise program.*

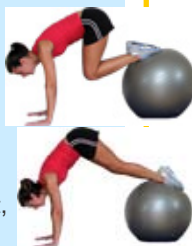


Beginner/ Intermediate– Ball Crunches

Lie with the ball resting under the mid/lower back and place hands behind the head or across the chest. Contract your abs to lift your torso off the ball, pulling the bottom of your ribcage down toward your hips. As you curl up, keep the ball stable.

Advanced– Ball Knee Tucks

Get into a pushup position with the ball under the shins/ankles (easier) or the tops of the feet (harder). Bend the knees and roll the ball in towards the chest, contracting the abs. For the harder version, keep the legs straight, contract the abs and pull the ball in a pike position until toes are on the ball.



Tips to Get More Steps in Your Day

- Walk to get your mail, don't drive by your mailbox.
- Use the bathroom on a different floor or in a different department each time at work.
- Get up at each commercial break and do an errand around the house or just march in place.
- Instead of meeting a friend for lunch, meet at the park or in your neighborhood for a walk.
- Pack your lunch. Take 15-minutes for a walk and 15-minutes for your lunch.
- Go out dancing or try a new sport like golf, team volleyball or softball.
- Leave a pair of walking shoes at work so you can walk on breaks or days you get lucky with traffic and get into the office early.
- Ban the drive through. Always get out and walk in.
- While the kids are at sports practices or afternoon activities, get a walking session in rather than sitting.
- Make it a family habit to do at least 10 minutes of activity together each day.

Walking Steps Equivalents

- 1 mile = 2100 average steps.
- 1 block = 200 average steps
- 10 minutes of walking = 1200 steps on average
- Bicycling or swimming = 150 steps for each minute.
- Weight lifting = 100 steps per minute
- Roller-skating = 200 steps per minute



SBWELLNESS GROUP

JUNE 2009

www.SBWellness.com
 8733 Siegen Lane #370
 Baton Rouge, LA 70810

Phone: 225-445-5814
 E-mail:
shellybeall@sbwellness.com



Recipe of the Month

Sugar-Free BBQ Sauce

Ingredients:

- 1 onion finely chopped
- 1 tablespoon water
- 1 can of chopped tomatoes
- 1 tablespoon of tomato purée
- 3 tablespoons of cider vinegar
- 1 teaspoon of tamarind puree

A pinch each of:

- chili powder
- cinnamon
- Paprika
- Salt and pepper to taste

Put the onions in a non stick pan with a tablespoon of water and cook very gently for an hour or two until the onion starts to brown (not burn). This caramelizes the onion in it's own natural sugars and creates the sweetness when added to the tomato barbecue sauce. As for the rest of it, just throw all the ingredients in a saucepan and warm through.



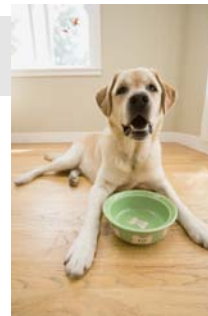
Hunger Scale

Having trouble controlling your portions? Do you eat even when you are not hungry? You may be eating for reasons other than true physical hunger if you answered yes to these questions!

Learn to tune into your body's signals for true hunger and satiety. You can use the hunger scale to learn to recognize physical cues that let you know when there is a physical need for nourishment.

"One" is so hungry that you would eat anything or everything in sight (an empty, hallow feeling). "Ten" is so stuffed that you are uncomfortable and have trouble moving around. "Five" is comfortable. If you start eating at five or above on the hunger scale, you are probably eating from mind, not body hunger. If you start eating at two or three, you are probably

eating from true physical hunger. It was Miss Piggy from the Muppets that said "Never eat anything at one sitting that you can't lift". This hunger scale can really raise your hunger awareness – or fullness awareness!



10	Stuffed to the point of feeling sick (Thanksgiving full!)
9	Very uncomfortable, tired
8	Uncomfortably full
7	Feel you have eaten just a little bit too much
6	Comfortable, satisfied [stop eating]
5	Just noticing the first signs of hunger [slow down, if eating]
4	Hungry, ready to eat [Eat at this point]
3	Very hungry
2	Extremely hungry, irritable
1	Starving, can't concentrate, dizzy