

Core Issues

August Newsletter

With the summer end quickly approaching, school starting and hectic fall schedule picking up, we want to keep the spotlight on the **CORE ISSUES.**

After all the strenuous workouts and exercise, lets keep your Beach body all year long!!!



August Topics:

- Beach Body Recipes
- Resistance Training
- Packing on LBS
- Kids Sugar Intake
- Exercise of the Month



Breakfast



SUNRISE SANDWICH

1 tsp canola or olive oil,

1 egg

salt and black pepper to taste

2 oz smoked turkey breast

1 slice American, Cheddar, or pepper Jack cheese

1 thick slice tomato

1 whole-wheat English muffin, split and toasted

1 tbsp Guacamole or Wholly Guacamole

1. Heat the oil in a small nonstick skillet or saute pan over medium heat until hot. Add the egg and gently fry until the white is set but the yolk is still runny, about 5 minutes. Season with salt and pepper.

2. Place the turkey on a plate, top with the cheese, and microwave for 30 to 45 seconds, until the turkey is hot and the cheese is melted.

3. Place the tomato on the bottom half of the English muffin and season with salt and pepper. Top with the turkey and egg. Slather the guacamole on the top half of the muffin and crown the sandwich.

8 Office Habits that Pack on the Pounds

1. You Love Your Chair

A day in the life of many Americans usually involves nothing but sitting. A typical day for many living outside major cities includes: sitting in the driver's seat for the morning commute to work, sitting at a desk all day, sitting in meetings, sitting at lunch, sitting in the car again, sitting at dinner, and then sitting on the couch to watch television. That's a whole lot of sitting, especially when the pattern is repeated day after day, week after week and year after year. The sitting disease is becoming more prevalent, and it not only increases risk of weight gain, but also has been shown to increase risk of heart disease, diabetes and cancer. A 2010 study found that the time spent sitting each day is independently associated with total mortality, regardless of whether you exercise after work.

The key: Incorporate physical activity into your day as much as possible, in addition to engaging in exercise when you're off the clock. Track your steps with a pedometer, and aim for walking at least 10,000 steps a day. Also stop normalizing sitting all day, and look for opportunities to stand whenever possible, whether it's at your desk, on conference calls or at a high table at lunch. Get a standing desk, schedule 10-minute walk breaks – whatever it takes to move more and sit less.

2. You Count Your Calories Religiously – But Never Look at Ingredients

Many people make the mistake of only worrying about the caloric content of various food items, forgetting that the number and type of calories are both important. According to the basic physiology of human beings, when caloric intake exceeds caloric output, the human body will accumulate excessive body fat overtime. Maintaining calorie balance should be an overarching goal in your weight-loss journey – however, it shouldn't be the only consideration.

The key: Pay attention to the quality of the ingredients in your food. Choose foods with few ingredients on the Nutrition Facts label, and stay away from partially hydrogenated oils, added sugars and syrups, and white or enriched flour.

3. You Don't Eat Enough

Whether you don't eat enough throughout the day because you're extremely busy and stressed, or because you're intentionally trying to lose weight, under-consuming calories can actually lead to weight gain. When people don't consume enough calories, the body naturally adjusts by lowering your metabolism. Additionally, your body is unaware of whether you're living in the city or living in the forest with little access to food. Under-consuming calories leads the body to believe that it may be a long time before you have access to food again – and therefore it goes into survival mode, holding onto every last calorie that enters the body.

The key: Stop starving and start eating! Start the day with a healthy breakfast that's high in fiber and protein. Continue through the day with small yet frequent meals that keep your metabolism lit. Bring a cooler if you need to, in order to store healthy snacks.

4. You Eat Most of your Meals from a Menu

Eating out every day for lunch isn't only a way to socialize with coworkers or clients – it's convenient, too. The short-term benefit of convenience typically outweighs the long-term consequences of weight gain and heart disease associated with dining out. One study from 2012 found that women who go out to lunch at least once a week lost five pounds less than women who ate out frequently. Another study found that regular fast-food consumption can damage arteries, increasing risk of heart disease.

The key to dropping a jean size and living longer: Consume at least 90 percent of meals from your home. Make large portions for dinner and pack half for lunch the next day. If you have to go out to lunch daily for business reasons focus on restaurants that you know are predictable with healthy options.

5. Your Emotions Dictate your Diet

Often times the office can be a stressful environment – one that is conducive to unhealthy food choices that are used as an outlet to feel calmer, get more energy or feel happier. Studies show that stress-induced eating may be one explanation for the increased risk of weight gain associated with stress. Neurotransmitters are chemicals in the brain that affect our moods and emotional responses. These neurotransmitters, such as serotonin, norepinephrine and dopamine, can be affected by food, which leads us to believe that we need salt, fat and sugar.

The key: Choose foods that increase these “feel good” neurotransmitters but won't increase your risk of weight gain. Examples include spinach and lentils, omega-3 rich foods such as walnuts and salmon, 100-percent whole grains, lean protein like whey protein, and black tea.

6. You Skip Breakfast

Most people can never find enough time in the morning. In order to make it to work on time, adults often give up on the idea of sitting down for breakfast. Though it may not seem like it, the body has to work hard to keep all your organs functioning while you're sleeping. When you wake up, one of the best things you can do to refuel is make time for a healthy breakfast. Skipping breakfast not only increases risk of weight gain, but also influences energy levels, mood and cognitive function. One study found that eating a healthy breakfast every morning is associated with a lower daily caloric intake, weight loss and a decreased risk of obesity-related disease, and may lead to more stable blood glucose levels.

The key: Find breakfast options that are quick and healthy. Pack a bag of trail mix and a banana for the car, add fresh berries and walnuts to plain Greek yogurt, or enjoy a quick bowl of oatmeal before you fly out the door. Your body will benefit in so many ways from taking those extra few minutes to refuel in the morning.

7. You Skip Your Fruits and Veggies

Very few Americans meet the federal recommendation to eat five to nine servings of fruits and vegetables a day. Fruits and vegetables are often not even a consideration for most people when they're packing snacks for work. A diet void of fruits and vegetables substantially increases risk of weight gain, which is usually associated with an increased intake of empty calories. Fruits and vegetable provide high nutritional value for very few calories and are the secret to weight-loss success. One new study found that eating seven or more servings of fruits and vegetables a day decreased overall risk of all-cause death by 42 percent, compared to those eating less than one portion. Fresh vegetables had the strongest protective effect, with each daily portion reducing overall risk of death by 16 percent.

The key: Become more aware of the benefits of a diet rich in fruits and vegetables, and focus on increasing your consumption. Slowly increase your intake of fruits and vegetables – pack them for lunch and for snacks – and work toward seven servings a day.

8. You are Fooled by Organic Cookies

When your health-obsessed coworkers bring in cookies they promote as being “healthy,” “guilt-free,” “100-percent natural” and organic, you can’t help but indulge. Adults across the country are cashing into the organic market, as evidenced by sales of natural and organic foods reaching \$81.3 billion in 2012, a 13.5 percent jump from 2011. You and your coworkers aren't the only ones who believe eating organic cookies will somehow prevent weight gain. Researchers at Cornell University presented shoppers with two identical cookies but labeled one organic and the other regular. Even though the cookies were the exact same, the participants assumed the organic-labeled cookie was lower in calories and had a better nutritional value.

The key: Try to avoid cookies as much as possible, including regular, organic or even low-fat. Organic cookies are not any lower in calories and do not have a better nutritional value.

Last Remark:

You have the opportunity to improve your diet every single day. The key to making improvements is becoming aware of your weight-gain habits and changing for the better. These small changes will add up to big results.

Adapted from health.usnews.com

Training

Resistance Training and Aerobic Training for Individuals with Cardiac Disease

Main Goals:

- Improve muscular strength and endurance
- Decrease the amount of work the heart does
- Prevent and treat other diseases and conditions
- Increase ability to perform daily activities
- Improve self-confidence and maintained independence
- Slow declines in muscle strength and mass

What not to do:

- Push yourself too hard. Know your limitations.
- Grip any equipment too tightly while using it. This can cause an increase in blood pressure.
- Holding your breath.
- Avoid straining.

Aerobic Recommendations:

- ALWAYS warm up for at least 5-10 minutes before beginning your aerobic exercise. This can include static stretching, light intensity aerobic activities such as walking, or range of motion exercises.
- At least 3 days per week
- As tolerated, 1-10 minute bouts of exercise performed throughout the day with a goal of 20-60 minutes total.
- Only increase your duration by 1-5 minutes per exercise session.
- Different types of aerobic exercise equipment may include the following: recumbent bike (seated), elliptical, stair climber, and a treadmill.

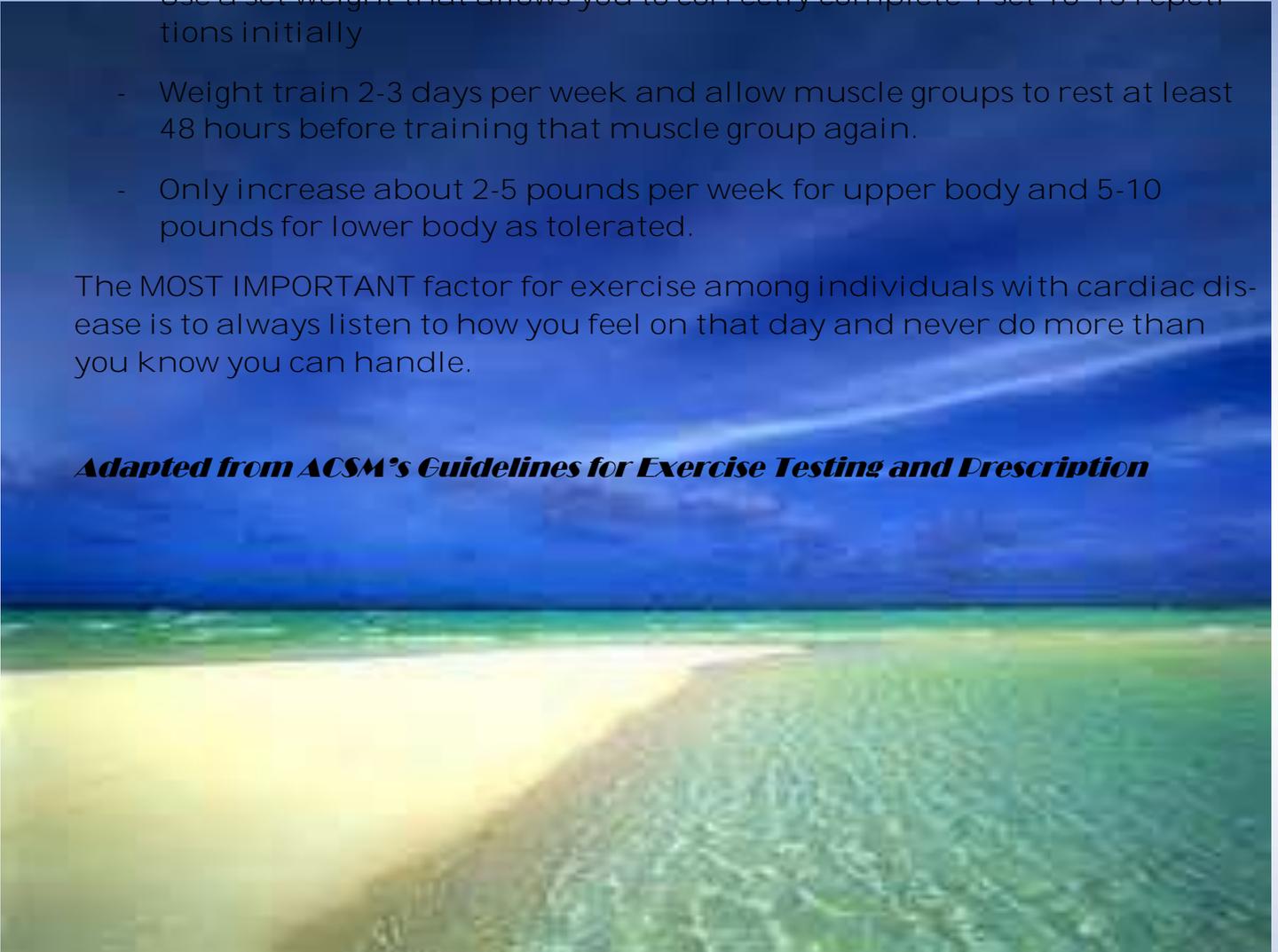
- The most important aspect of exercising with a cardiac condition is making sure you listen to your body at all times; Stop and rest if you feel dizzy, unusual shortness of breath, light-headed or if you have any sort of pain. If any of these symptoms persist, notify an exercise specialist.

Resistance Training Recommendations:

- Use slow and controlled movements to lift and lower weights
- Use a set weight that allows you to correctly complete 1 set 10-15 repetitions initially
- Weight train 2-3 days per week and allow muscle groups to rest at least 48 hours before training that muscle group again.
- Only increase about 2-5 pounds per week for upper body and 5-10 pounds for lower body as tolerated.

The MOST IMPORTANT factor for exercise among individuals with cardiac disease is to always listen to how you feel on that day and never do more than you know you can handle.

Adapted from ACSM's Guidelines for Exercise Testing and Prescription



Lunch Time



MUSHROOM STUFFED CABBAGE

ROLLS

For the Filling: 1 medium white onion, 1 clove garlic, minced 2 cups crimini mushrooms, cleaned and chopped 1/2 cup white wine 1/2 table-
spoon olive oil 1 tablespoon fresh rosemary and/or thyme Salt and pep-
per

For the Sauce: 1 cup plain tomato sauce, 1 clove garlic, minced 1/2 ta-
blespoon olive oil 1/2 cup white wine

For the Assembly: 1 small head cabbage (8-10 full leaves)

Adapted from: <http://greatist.com/health/mushroom-cabbage-rolls-healthy-recipe>

Cutting Back on Your Kids' Sugar Intake

Kids and sugar are synonymous, and we all know it's okay to indulge once in a while, but here are some ways to stay away from that sugar overload. Below are some smart ways you can curb the amount of sugar your child eats and drinks daily:

- 1. Do not keep junk food in the house.** If you buy soda, juice, and sugary snacks regularly and keep them in the house, they will get eaten. Instead, stock up on plenty of fresh fruits and vegetables as part of your daily healthy eating habits routine.
- 2. Read labels.** Just one 16-ounce bottle of an iced tea drink can contain more than 10 teaspoons of sugar, and just a half-cup of applesauce can have more than 6 tablespoons, according to Consumer Reports. One important way to keep tabs on how much sugar your family consumes is by reading labels carefully. Be sure to look at how much sugar is in each serving size to get an accurate picture of how much sugar you are ingesting.
- 3. Be aware of hidden sources of sugar.** Of course you can expect foods such as candy and soda to be chock full of sugar. But did you know that foods you wouldn't expect to have sugar such as pasta sauces and crackers can also contribute to your daily sugar intake? When reading labels, read everything, not just foods you think contain sugar.
- 4. Remember that sugar isn't just sugar.** Look for words such as "syrup" and words ending in "ose" such as "fructose" and "sucrose." Also, sweeteners such as agave and honey are still sugar, though some researchers believe that they are not as harmful as refined sugar. (The research is divided on this.)

5. **Set an example with actions, not just with words.** Are you plopping down at the dinner table with some soda while telling your child he has to drink milk? Do you sneak cookies and ice cream and then lament about how you broke your diet? Your kids are watching and listening, even when you may not think they are. If you want them to eat healthy foods and cut down on sugar, one of the most important things you can do is set a good example for your children to follow.
6. **Get their taste buds used to less sugar.** You know when you eat sweet treats and then have something that isn't sweetened, the less sweet foods taste much more bland than they would have if you hadn't consumed the sweet stuff first? That's because your taste buds adapt to the sweetness and the contrast between sweet and not sweet becomes that much more heightened. (Thus the old adage about not eating dessert first because it can spoil your appetite.)
7. **Never serve soda or undiluted juice at mealtime.** Replacing water or milk with sweetened beverages at mealtime can significantly cut down on the amount of sugar you and your family consume.
8. **Do not deny all sweets. One surefire way to make treats all the more tempting for kids is to ban it completely.** Allow your child to have one or two pieces of candy or cookies once in a while so that he isn't constantly looking for it. Often, children who have been forbidden to have any treats will try to sneak them at school or at friends' houses. The best way to keep sweets to a minimum is to teach your child how to have it in moderate amounts.
9. **Think healthy treats.** When including sweetness in kids' meals and snacks, be sure to reach for fruit. While fruit does contain sugar, it is also full of important nutrients. Plus, they contain fiber, which is important for good health.

Adapted from about.com

Snack!!!

Apple Sandwiches with Almond Butter and Granola



Serves: 1-2

Ingredients:

1 apple, cored and sliced into rings

Almond butter

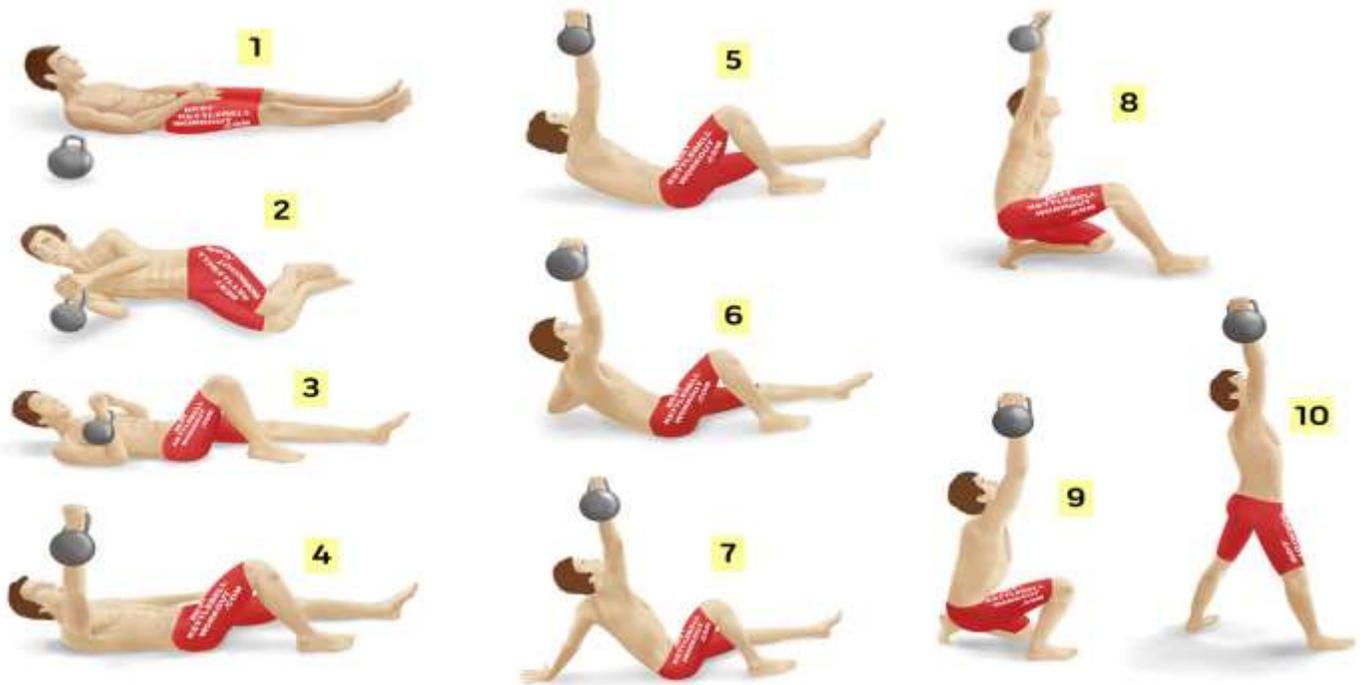
Granola

Instructions:

Generously spread almond butter on one apple slice. Sprinkle granola over almond butter and top with another apple slice. Repeat using remaining apple slices and almond butter.

Adapted from buzzfeed.com

Exercise of Month



Turkish Get-up

1. Lying on the floor, safely move the implement into a locked out position straight up with your right hand. Your shoulder should be tight in the socket. Your right leg will be cocked, your right foot alongside your left knee.
2. Pushing off your right foot, roll onto your left hip and up onto your left elbow.
3. Push up onto your left hand
4. Holding yourself up on your left hand and right foot, bring yourself up off the ground, and thread your left leg back to a kneeling position. You are now left knee on the floor, right foot on the floor, and implement locked out overhead in your right hand.

As stated, your arm should be locked out. You will be stronger in this position than in a flexed position, where the muscles would be doing all the work. This is a whole body exercise and particularly a shoulder developer, it is not meant to tire your arms out.

5. From the kneeling position take in a deep breath, tighten up, and lunge forward to a standing position.
6. Reverse the process to come back down to the floor.

Adapted from bodybuilding.com

Dinner



PESTO CHEESE PIZZA

What You'll Need: 1 package refrigerated whole-wheat pizza dough, 2 cups packed fresh basil leaves, 1/4 cup pine nuts, toasted, 1/4 cup grated Parmesan cheese, 3 tablespoons extra-virgin olive oil, 2 tablespoons water, 1 large clove garlic, quartered, 1/2 teaspoon salt, 1/2 teaspoon freshly ground pepper, 1/4 cup part-skim ricotta cheese, 1/4 cup shredded low-fat mozzarella cheese