

In this issue:

- WELCOME!
- Six Simple Strategies to Get the Most Out of Your Metabolism
- Did you know? Physical Activity Guidelines
- Preventing Diabetes
- Nutrition Tips
- Exercise Tips

Welcome!

I would like to personally welcome everyone to the first edition of the Positive Change 4U newsletter! Regardless of how you arrived at this website, by taking the time to read the information available and plugging in to the programs contained within, you are taking the first steps to making a positive change in your lifestyle. Similar the entire PC4U website, this newsletter is intended to help you achieve your health goals through featured articles written by fitness, medical and lifestyle experts, useful health and nutritional tips, delicious recipes that are fun and easy to make, and uplifting testimonials that are guaranteed to inspire. I am *so excited* to be able to bring you this information and to be a part of the beginning of a **POSITIVE and LASTING CHANGE for YOU!** PLEASE ENJOY!!

Lisa Moser

Featured Article

Six Simple Strategies to Get the Most Out of Your Metabolism

Written by Dan Falkenberg, BA, ACE-CPT, NASM-PES
Thursday, 30 April 2009 21:41

So you want to raise that metabolism, huh? I don't blame you; an increased metabolism means increased calorie burn and faster weight loss. Here are 6 simple strategies to get that metabolism up there:

1. **Exercise:** This is one of those that makes you say, "Duh!" Exercise requires energy, energy being calories. Increased energy equals increased calories used. Also, as a result of exercise, your overall energy levels will go up, and your body will be rejuvenated to process calories more efficiently. This means less excess fat storage.
2. **Anaerobic training:** Aerobic training is one thing (walking and jogging), but anaerobic is an entirely different animal. Anaerobic training (sprints, jumping jacks, etc.) utilizes a concept that stimulates increased oxygen consumption by the body ... even after you're done working out. What does this mean? It means that even after working out, your body is still using up excess oxygen, meaning more energy is used for the respiration process. More energy used equals more calories burned.
3. **Resistance training:** Just like anaerobic training, excess oxygen is being used after completing resistance training. Again, increased oxygen consumption equals increased metabolism equals increased calorie burn and fat loss. Plus, after resistance training, your metabolism is raised because your muscles have to repair themselves. On top of that, studies have shown that resistance training creates a longer, healthier life, more so than any other type of exercise, so it's a must.
4. **Eating less but more frequently:** Excess calories means increased fat storage, which means our bodies get weighed down. By eating smaller, more frequent meals, our bodies are given just enough fuel to keep the fire burning brightly (our metabolism). If you throw a lot of wood on a campfire in the morning, and then wait until the evening to throw more on it, the fire will dwindle during midday. If you eat a big meal in the morning but wait till the evening to eat again, your body's metabolism will slow during the day.
5. **Multivitamins:** By taking a multivitamin everyday, you help maintain the health of your muscles. Healthy muscles equal a higher metabolism and more calories burned.
6. **Laughing:** Studies have shown that laughing increases calorie burn ... enough said.

By following these simple strategies, you can help your body achieve that extra bit of calorie burn that it may need.

Did you know?

Physical Activity Guidelines

How often should you be working out to stay healthy? According to the 2008 Physical Activity Guidelines for Americans, adults need to do two types of physical activity each week to improve health - aerobic and muscle-strengthening. Children and adolescents should do 60 minutes or more of physical activity each day.

Here are a few ways to get moving in your day without a formal exercise class.

- While watching your favorite TV shows, do jumping-jacks or leg lifts during commercial breaks.
- Take a few laps around the soccer or baseball field while your children are at practice.
- Keep hand-held weights near the kitchen so you can do a few reps while the water is boiling or the microwave is running.
- Park in the farthest parking space at the grocery store or mall so you can get a few extra steps in.
- Take a brisk walk around your workplace on lunch breaks.

PREVENTING DIABETES

85-90% of the carbohydrates that we are presently consuming in the US are either highly processed or high glycemic. That's one of the reasons we are facing the obesity and diabetes epidemic. Here are simple steps to prevent Type 2 diabetes:

- 1. Be active!** A modest exercise program improves insulin sensitivity, which leads to decreased risk of diabetes.
- 2. Keep your weight in check.** Being at a healthy weight is the best thing you can do to lower your risk of diabetes.
- 3. Eat 5-6 small low-glycemic meals** throughout the day.
- 4. Choose healthy fats** - canola oil and olive oil are great choices, as are the fats in avocados, nuts, and seeds.

Nutrition Tips

You should know the first tip.....drink your water, but how much do we need? Half of your body weight in ounces! Ex: 110 lbs = 55 oz of water per day. We also put together additional tips to make sure your body has enough energy to make it through your day:

1. Eat a low-glycemic breakfast within one hour of waking up to properly fuel your body.
2. Freeze grapes for the summer. It's like a nutritious popsicle!
3. Choose whole foods such as raw fruits and vegetables over processed foods that come in bags or boxes.

EXERCISE TIPS

- Take advantage of the nice weather and walk outside.
- Warm up by walking slow for 5 minutes. Pick up the pace for 20-40 min. cool down by walking slow for your last 5 minutes.



Did You Know?

Rest is important! According to Shape Magazine, the National Cancer Society found that active women who got LESS than 7 hours of sleep per night had a 47% greater chance of developing cancer than their equally active peers who got 8 hours of sleep per night.