

City of Mesquite Fitness

NEWSLETTER FEB. 2015

Common weight loss mistakes

Starving Yourself. When you flat out don't eat, your body and mind have a tough time controlling your appetite. Your brain runs on glucose, and you need it for healthy brain function. This doesn't mean you should eat loads of sugar. Spread your meals throughout the day (and don't skip breakfast!), so you get a good balance of calories. It will be easier to control your blood-glucose levels, and the chances of binge eating will be way down. Also, eat slowly to ensure the hormones that tell the brain to stop eating have a chance to do their job.

Drinking Calories. The carbs and calories in alcohol are more staggering than you realize. You could be exercising like crazy, but when you drink too much, you are getting too many calories. Try not to drink your calories. The same is true of regular soda drinks. Look for low-carb wines (if you must) and drink more water.

Eating In Front Of The TV. Where does your mind go when you watch TV? If you are watching something you enjoy, you are probably hooked on the storyline (or "reality"), so you will start eating mindlessly.

Checking The Scale Every Day. Weight fluctuates. You could have retained water or you could have too much salt in your system, etc. If you obsess over a number, you are going to get discouraged and possibly fall back into bad eating habits. As you gain muscle from exercise, you may actually gain a little weight or stay around the same. Focus on how your clothes fit and how you feel and look.

Eating What Your Friends Eat. Peer pressure can be tough, but it's a common weight loss mistake to eat like they eat when you are with them and undo a lot of hard work.

Not Getting Enough Sleep. You can't forget about your body's basic needs. More rest means more energy and better food choices.

Not Training Hard Enough. A very important weight loss mistake comes from doing the same workouts at the same level for weeks and weeks. If you need direction, ask a personal trainer. You have to challenge yourself. You don't have to run a marathon, but your heart rate must get high enough to stress the body a little. Mix up your workouts with various kinds of exercise. Use interval settings on bikes and ellipticals, and try switching up heavy lifting days with lighter resistance days.

Eating Too Much. How can this be a weight loss mistake? You'd be surprised. Certain diets tell you to avoid carbs, but you can't go binge eating on bacon and steak and think you are "on a diet". Get a food journal. Write down everything you eat for a week. Don't try to be sneaky or clever, just write it down. Review it after a week, or better yet, let a personal trainer look at it to give you an unbiased report. The results might shock you.

Bird Dog

Place a mat on the floor and come on to all fours with your hands and knees on the ground. Your hands should be directly under your shoulders (fingers facing forward) and your knees should be underneath your hips. Keep a straight line from the top of the head to the hips and engage your core as you extend the opposite arm and leg simultaneously. Place your hand and knee back on the ground and repeat the extension movement on the same side. To protect the lower back, don't allow the arms and legs to extend up past hip height. Always keep your core engaged and your spine in a neutral position. Once you have completed one side, move to the other side, keeping your movements as controlled and fluid as possible.

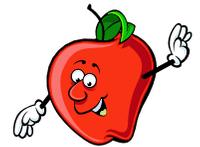
Advanced: Continue with the same movement, but abduct the arm and leg (moving it away from the midline of the body) while trying to remain balanced.



Mesquite
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This newsletter contains health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. The use of any information provided in this newsletter is solely at your own risk.

Healthy Heart Month



Healthy Foods on a budget

By including these items in your snacks and meals, you will save money and boost your health.

- 1. Bananas.** Bananas are high in vitamin B6, fiber and vitamin C. Their high potassium content helps protect against heart disease and decreases cramps. Because of their peel, bananas are low in pesticides and easy to grab-and-go.
- 2. Eggs.** While egg yolks do contain cholesterol, they are high in protein and omega-3 fatty acids, which are important in heart disease prevention and brain development. Eggs are inexpensive, easy to prepare and versatile.
- 3. Black beans.** An excellent source of protein, omega-3 fatty-acids, iron and fiber, black beans also contain several antioxidants that help protect from heart disease, cancer and age-related memory loss. For optimal flavor and cost, buy dried black beans and simmer with onion and garlic until the beans are soft.
- 4. Chicken breasts, bought in bulk.** Boneless, skinless chicken breast is loaded with protein and low in calories. For a quick dinner, defrost a chicken breast the night before, season it with a little bit of pepper or herbs, and bake or grill it.
- 5. Oatmeal.** Very high in fiber, oatmeal helps to remove bad cholesterol from the blood stream and to clean out the GI tract for anyone suffering from constipation. Optimize your health (and save money) by choosing plain, steel-cut oatmeal for the highest fiber and lowest sugar content.
- 6. Carrots.** Easy to prepare and eat, and packed with vitamins A, C and K, folate and fiber, carrots are a great addition to any meal or snack.
- 7. Canned tuna.** Eating water-packed tuna is a low-calorie way to get lean protein, omega-3 fatty acids, B vitamins, selenium and vitamin D. It also helps reach the recommended minimum of two servings per week of fish.
- 8. Canned diced tomatoes.** Canned tomatoes have all of the benefits of raw tomatoes, and have a more active form of the antioxidant lycopene. Diced tomatoes sautéed with a little olive oil, garlic and onions make a delicious, healthy pasta sauce.
- 9. Sweet potatoes.** A sweet potato contains twice the recommended daily amount of vitamin A, almost half of the recommended daily amount of vitamin C and, if you eat the skin, more fiber than oatmeal.
- 10. Water.** The cheapest and best beverage is water. Spruce it up by adding sliced fresh oranges, lemons, or cucumbers to your water pitcher.

Choosing carbohydrates for a heart healthy lifestyle

We already know that when it comes to carbs, quality counts. Each time you eat you have an opportunity to choose something that benefits your immediate and long term health. Aim to choose well at least most of the time. The follow tips can help:

- Choose minimally packaged and processed foods.
- Snack smart, for example choose a few whole grain crackers and cheese rather than chips.
- Choose fruit, which has more fiber and fewer calories and sugar than fruit juice.
- Plan meals in advance (you can usually expect to make poor food choices when you are starving).
- Read labels carefully. When you are eating packaged carbs (like cereal or crackers) be sure whole grain is the first ingredient listed.
- Explore different grains as an alternative to potatoes. Examples include wheat berries, quinoa, and bulgur.
- Try steel cut oatmeal with fruit for breakfast or a whole grain bar instead of doughnuts. Whole wheat bagels with peanut butter are also a good choice.



There is nothing wrong with choosing chips or doughnuts and the like on occasion. The key with these kinds of carbs is moderation. With some planning and research, it is possible to eat for health *and* enjoyment. If your carb intake is a little too heavy with choices you'd like to change; begin by exploring. For example, if you don't like bulgur maybe you will like brown rice. Among the benefits of whole grains are steady blood sugar levels and reduced likelihood of colorectal cancer and heart disease. Additionally, according to the Harvard School of Public Health, regularly consuming whole grains reduces your chances of premature death from non-cardiac, non-cancer causes as well. Carbohydrates on the whole are not harmful, but some carb choices can be. Choose well so that your intake of carbohydrates supports your overall health goals.

 **Heart Walk Feb. 13** 
Walk starts at the Mesquite Recreation Center 9:00 A.M.