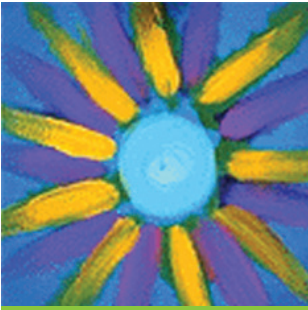


WellnessLetter



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New on the website: Recipes and blog from our Professional Chef, Debbie Gasbardi and more!

Center for
**Weight Management
& Wellness**

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Focusing on the Other One: Exercise

We all know that “one plus one equals two,” and similarly, “diet and exercise lead to healthy weight loss.” Yes, exercise is a fundamental part of the success equation. It is the other “one” in the equation. You may never have been one to exercise and may feel a lot of trepidation. Don’t. Keep in mind that exercise feels great. After you get used to it – after only one to two weeks – you won’t want to go through your day without it as you feel more mentally refreshed, more limber, more in control of your body and yourself. Guaranteed!

After your first week into the program, getting used to your new lifestyle, you should begin to exercise regularly, with low-intensity aerobics for only between 15 and 30 minutes a day.

Here’s our helpful exercise primer: Start your engines, on your mark, get set, go!

Start your engines!

The very first thing you need to help guarantee that you will continue this phase of your new healthy lifestyle is a positive attitude: you can do this and you will enjoy it! Another great benefit is the sense of accomplishment that nourishes your self confidence.

Before engaging in your workout/exercise routine, it helps greatly to stretch and take deep breaths. Stand tall, reach for the stars, fully extend your arms then bring them down, still taut, to your sides; repeat. Sit on the floor, spread your legs in a V and lean toward each foot; don’t bounce, as that can strain your back, just let yourself flow. You can almost feel the healing oxygen flood your muscles!

The role of diet actually works in tandem with exercise; they are synergistic. The combination of lean proteins, healthy carbohydrates and beneficial fats that we recommend serve as an effective foundation to your exercise program. The micronutrients, pharmaceutical-grade EPA/DHA oil, polyphenols and multivitamins have been shown in research to support a healthy metabolism.

When it comes to diet and your workouts – eat a serving of fruit from your food plan before you start your stretching, followed by low-impact workout; when you are done, enjoy a serving of protein. When exercising with weights or resistance training, we might suggest an additional serving of carbohydrates from your plan followed by one protein serving afterwards. And always remember to stay hydrated with clean fresh water.

On Your Mark!

Improving aerobic endurance to improve metabolic efficiency should be your primary goal in working out and reshaping your body.

You will burn more calories at a higher heart rate or intensity; however it will be a mixture of calories obtained from carbohydrates and fat. The percentage of carbs versus fat calories burned varies with each individual. In general, though, at the lower range of your target heart rate, the majority of calories burned will be from fat. When the intensity (and heart rate) begins to increase too much your body’s cellular responses will favor carbohydrate oxidation, minimizing fat use.

To ensure your body favors fat burning, simply exercise at a moderate pace for between 20 and 30 minutes; this will maintain your heart rate towards the lower end of your target heart range. You can accomplish this through engaging in a brisk walk, treadmill (3.0-4.0 mph with a 1-2% incline), elliptical machine, or bike, all which are considered low-impact aerobic exercise.

—continued

Meanwhile, you can determine your training and heart rate zone easily by visiting our website -- www.drverneweightloss.com and locating the Target Heart Rate Calculator.

Get Set!

A review of patients' activity logs shows that many are focusing on aerobic activity at a high heart rate, with little or no time devoted to stretching or weight training. As your aerobic endurance progresses – about the third or fourth week into your program -- you will want to start weight lifting or resistance training on an alternate day. Training with light weights or weight resistance (resistance bands) will increase your skeletal muscle mass, which will, at the very least, help to burn fat. After time, it also gives a healthy, toned and taut appearance.

Women should have no fear of looking like a muscular body builder. Women's bodies lack significant testosterone levels to “bulk up.” Instead, you will become lean and toned. Recall that muscle burns far more calories than the fat you're currently carrying around, which will result in your body becoming a calorie burning machine –even at rest! Both men and women benefit from lighter weights/resistance and repeating each move (aka repetitions) 12-15 times before taking a minute to re-hydrate and repeating the exercise up to three times. We recommend consulting with a personal trainer who will customize a workout plan for you.

Muscle is an active tissue that consumes calories. Stored fat, on the other hand, uses very little energy and doesn't help to burn your caloric consumptions—fat is just there. This is why incorporating strength training 2 or 3 times a week for 30-40 minutes can increase your metabolic rate by up to 15%. There are other important benefits of weight/resistance training: it can help reduce the pain of osteoarthritis, help control blood sugar levels, and increase bone density. An increase in bone density can reduce the risk of fractures. This is especially important in post-menopausal women who can lose bone mass at a rate of 1%-2% annually. There is some evidence that strength training may have positive effects on

Sound Bite

Not all supplements are created equal . . .

Purity, Safety & Quality is what we strive for in offering nutritional supplements. For your assurance, our high-potency supplements are custom made in triple certified facilities. An example, the long chain fatty acids(EPA & DHA) found in our Omega 3 from the Sea product are molecularly distilled, concentrated and ultra -purified to remove potentially harmful compounds such as mercury and lead- guaranteed! Omega-3 from the Sea from Old Ocean House Farms, LLC.

Sound Bite

Join Us!

In collaboration with The Body Architect, we have organized a Wonder stretch and movement class for our clients, both old and new! This is a wonderful opportunity to learn stretching exercises in a safe, clean environment with certified trainers. Thursdays 5:30-6:30pm & Saturdays 8:00-9:00. \$15.00/class. Contact The Body Architect to reserve your space and for directions! www.thebodyarchitect.com (207.774.2196)

brain health as it may produce a biochemical change in the brain. Weight/resistance training requires a warm-up routine that should include the aforementioned stretching and aerobic training (monitor that heart rate!). Generally, we recommend a warm-up routine consisting of stretching for 10 minutes followed by some light aerobic exercise for 10 minutes then lifting weights or using resistance bands for 30 minutes. An additional stretching for 10 minutes following your workouts with weights is ideal. You are less prone to hurting your-self when you incorporate some basic stretching exercises.

We emphasize stretching for several reasons. Have you ever noticed that dogs and cats stretch all the time? I have three dogs all of whom stretch and roll before leaving the bedroom in the morning. They know instinctively what is good for them: the best time to stretch is in the early morning, late at night and any opportunity in between. Therefore, before and after any aerobic or lifting weights you should indulge in the sheer power of stretching.

As we age, our muscles tighten and the range of motion in our joints becomes more limited. A regular stretching program can help lengthen and tone your muscles and thus improve daily quality of life. A regular routine of stretching can help minimize risk of torn tendons and general aches from exercise. Stretching also increases circulation of blood containing oxygen and vital nutrients to the various parts of the body, often leading to increased energy and decreased recovery time.

Stretching is optimized by deep breathing; using your diaphragm (that huge domed muscle underneath your ribcage). When you lie down, you naturally breathe with your diaphragm. Get to know this feeling and try to do it standing up. It takes a little time getting used to and then it can become second nature.

Go!

After a month or so, exercise will feel more natural as part of your lifestyle. You will see and feel the benefits, and mostly, you will feel encouraged to continue. After some time, you will enjoy the fluid, natural movement of a healthier and toned body that is on its way to being the best it can be!