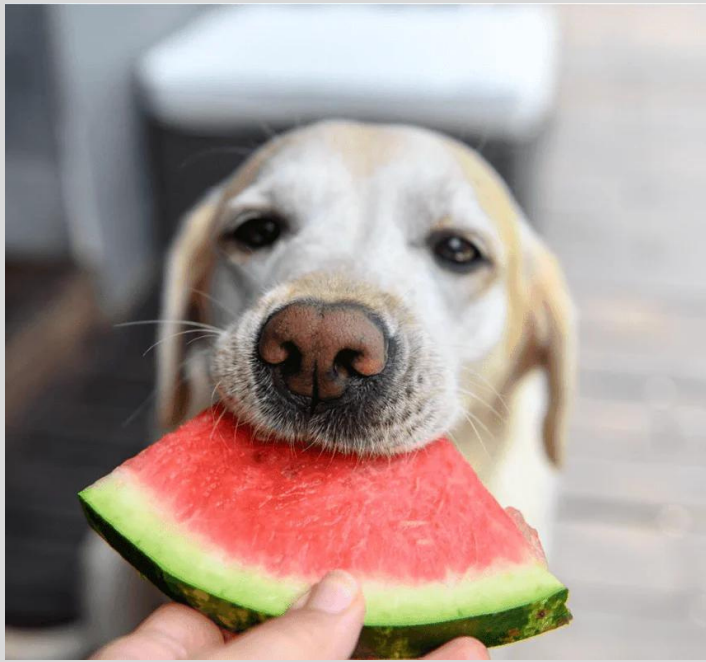


F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

August 2023



What the Fruit?!

Eat donuts and pancakes and no one bats an eye. Eat a mango and everyone starts whining about how much sugar they have. Since there is a lot of fear mongering about fruit on the internet, let's set the record straight →

When we eat foods that naturally contain sugar, there are several steps the body has to take to digest and extract it.

These steps allow nutrients to be absorbed later in the digestive tract causing a stabilized increase of sugar in the bloodstream. However, when you eat foods that contain refined sugars (i.e. cupcakes and cookies) there is a little mechanical digestion that occurs to separate the sugar from the rest of the ingredients. The sugar passes through our stomach faster and causes a bigger spike in blood sugar.

There is a massive difference in the sugar you get from fruit versus the sugar from processed foods. **Think about it, have you seen one person get fat from eating too much fruit?** Don't be afraid of eating fruit -- remember, everything in moderation.

So what fruits are best? Try some of these nutrient-packed top picks:

- **Kiwis** -- they have double the vitamin C as oranges and they're packed with vitamins E & K. A single kiwi has as much potassium as a medium-sized banana, plus has high fiber content, improving digestion.
- **Lemons** -- Pucker up, lemons are your new healthy fruit friend. Lemons are an excellent choice for boosting health and immunity. Start your day with this vitamin C-rich juice that won't impact your blood sugar. Known as a cleansing fruit, lemon reduces inflammation and supplies many benefits, including to stimulate digestion.
- **Dates** -- High in fiber, just a few dates, typically served dried, can help you feel fuller longer, making them a great snack that also packs in potassium, calcium, magnesium, selenium, and more minerals.
- **Watermelon** -- considered "nature's electrolyte drink". The vitamin lineup is impressive for watermelon, with carotenoids and lycopene, excellent for ocular, heart, and men's health, as well as cancer prevention.



BALANCE + MOBILITY GROUP FITNESS CLASS



When: Every Tues./Thur. 10:30-11:30

Where: Royal Palm Ballroom

Cost: \$5 - payable by cash, check,
or Venmo at time of class

Monthly
Motivation


"IF YOU WANT TO BE TAKEN
SERIOUSLY, BE CONSISTENT."



www.fit.health

20 Things To Know If You Want To Lose Body Fat

1. Alcohol destroys your fat loss.
2. Nutrition > training -- it's easier to not eat 500 calories than to burn 500 calories from working out. (Ex: eat a piece of cake or take a 5-mile walk?)
3. Eat high protein foods and volume meals -- this will help you feel full longer.
4. Prioritize sleep -- fat loss gets harder when you are sleep deprived.
5. Prioritize weight lifting -- more muscle means more calories burned.
6. Don't underestimate liquid calories -- replace sugary drinks with water if you want to lose body fat.
7. Stay hydrated -- drink 3-4L of water/day.
8. Walk daily -- aim for a 15 minute walk first thing in the morning and again in the evening after dinner.
9. Find activities that burn calories that are fun -- playing tennis, going for a swim, or line dancing.
10. Don't train lower weights and higher reps -- lift heavy weights with good form.
11. Prepare (or plan) your meals and snacks in advance to avoid impulsive, unhealthy food choices.
12. Avoid late night snacking.
13. Find healthy alternatives for your favorite foods -- this will make your healthy diet sustainable.
14. Eat slower -- this will help you to avoid overeating, and it's beneficial to your digestion.
15. Learn to say "no" with confidence to peer pressure.
16. Stay patient and consistent, good things take time. Don't quit because you're not seeing results overnight.
17. Search for accountability -- for motivation, consistency, and keeping you on track.
18. Learn how to manage your emotions without food, alcohol, or drugs.
19. Avoid crash diets -- you'll lose muscle mass, slow down your metabolism, and it's not sustainable.
20. Cravings? Drink water, brush your teeth, or chew gum.



**IN TWO WEEKS,
YOU'LL FEEL IT.
IN FOUR WEEKS,
YOU'LL SEE IT.
IN EIGHT WEEKS,
YOU'LL HEAR IT.**

Featured Recipe

Fresh Pina Colada Frozen Mocktail



Ingredients

- 8 ounces frozen pineapple
- 2/3 cup coconut milk
- 1/3 cup coconut water

Instructions

- Add all ingredients to a blender and blend until completely smooth. If the mixture is too thick, add a splash or two of extra coconut water to thin and finish blending. Serve immediately.

Note: Coconut milk and water can usually be found in the international foods aisle of your grocery store and sometimes even in the aisle with baking ingredients. Look for full-fat canned coconut milk or coconut cream.

It's hot in SWFL! Here are a few tasty ideas to jazz up your water routine:



OUR SERVICES

PRICE

Personal Training (30-min. session)	\$30
Personal Training (60-min. session)	\$50
Rehab Therapy (60-min. session)	\$65

SAVE MONEY with one of our **NEW** wellness packages!
(see last page for more details)



"IF IT DOESN'T CHALLENGE YOU,
IT WON'T CHANGE YOU."

Did You Know...?

- **Apple cider vinegar (ACV) can alleviate indigestion.** Rather than reach for the bottle of Tums, add a couple of tablespoons of ACV to a small glass of water and drink before or after meals to aid in digestion. The acetic acid in the vinegar enhances digestive juice production, helping to break down fats. Look for raw, unfiltered ACV with the "mother" for optimal health benefits.
- **There are MANY different names for sugar** -- Now that we know how harmful sugar is to our health, food manufacturers try to disguise it by using other names. Here's just a few common sugars you'll find disguised on the ingredient label:
 - Agave nectar
 - Cane juice
 - Coconut palm sugar
 - (High Fructose) Corn Syrup
 - Dextrose/Maltose/Sucralose
 - Fruit Juice
 - Malt Syrup
 - Maltodextrin
 - Molasses
 - Guar Gum
- **One can of soda a day can increase your chance of getting Type 2 Diabetes by 22%.** Drink water!
- **An hour a day of moderate intensity exercise can reduce the risk of developing Type 2 Diabetes by 74%.** Keep moving!



recommendations & referrals are the core of our businesses and always greatly appreciated!

THE VILLAGE WATCH
— Home Watch | Handyman Services —

www.thevillagewatch.com



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F.I.T. Health + Wellness

Pain Management | Rehabilitation

Jumpstart Your Health

... with one of our new wellness packages!

PERSONAL TRAINING (30 MIN.)*

1 Session

5 Sessions

10 Sessions

PRICE

\$30/session

\$28/session

\$26/session

PERSONAL TRAINING (60 MIN.)

1 Session

5 Sessions

10 Sessions

PRICE

\$50/session

\$48/session

\$46/session

PHYSICAL THERAPY (60 MIN.)

1 Session

3 Sessions

PRICE

\$65/session

\$60/session

*** Some personal training clients may require a 60 min. integrated evaluation to assess movement capabilities PRIOR to beginning their exercise program **(\$50)**

Getting Started:

- Schedule your 60 min. initial consultation -- FREE!
- From there, we can recommend a program above that addresses your specific needs & fitness goals.



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MAKE YOUR HEALTH A PRIORITY