



# F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

July 2023



## 4 Unhealthy Behaviors Diet Culture Has Normalized

1. Eating 1200 kcal to lose weight -- It is a myth that women need to eat 1200 kcal and men need to eat 1600 kcal to lose weight. These are not enough calories for adults. Plus, every person has different nutritional needs and every body naturally gravitates to the weight range it feels comfortable in. *Generalization of caloric needs is harmful* and usually leads to obsession over counting calories.

2. Weighing yourself every day -- The number you see on the scale is not only determined by fat and muscle weight, but also numerous variables like water retention, bathroom habits, salt intake, etc. The number on the scale will fluctuate a lot and that is completely normal. *Short term fluctuations are not an indication of weight gain or loss.* Do not upset yourself for no reason!

3. Tracking calories/macros religiously -- When counting calories, instead of thinking "what does my body need right now?", you might depend on a "health" app to tell you what to eat. Rather than think, "What am I craving?", you look at how many calories you are allowed to eat. Counting calories detaches you from your body. *Rather than count calories, count chemicals in your food* -- if you cannot pronounce the ingredients, put it back on the shelf.

4. Cutting out food groups -- Cutting out food groups leads to inflexibility around eating and requires categorization of "allowed" and "forbidden" foods. *Categorization gives food moral value, creates rigid diet rules and foods to fear*, making it easy to feel guilty over eating what you deem "forbidden". A well-rounded diet of carbs, proteins, fats, fruits, and vegetables is best. Avoid the gimmicky slogans of zero carb, nonfat, low fat, or sugar free -- often those "diet foods" are packed with other chemicals and preservatives that increase your inflammatory response, leading to chronic disease.



### 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 >>>

"ALLOW YOURSELF TO BE A  
BEGINNER. NO ONE STARTS  
OUT BEING EXCELLENT."



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## 6 Tips for Staying on Track Without Counting Calories

The importance of "energy deficit" -- to lose weight, you must create a caloric deficit by consuming fewer calories than you burn. This can be achieved through a reduction in caloric intake, an increase in physical activity, or both. Follow these 6 steps to stay on track and achieve your goals.

### Use smaller plates

- Fill the plate half full of vegetables. Fill one quarter with roughly one palm size serving of protein (chicken, beef, or fish). Fill the remainder of the plate with a good source of complex carbs (brown rice or potato). Add a thumb size source of good fats such as olive oil, coconut oil, ghee, nuts, or avocado.

### Eat more protein

- Protein helps build muscle, which burns more calories than fat even at rest. This can increase your metabolism and aid in weight management, especially when combined with strength training.

### Choose high volume foods with less calories and more fiber

- Choosing foods with a low energy density, such as vegetables, salads, and some fruits can help you feel more satisfied with fewer calories.

### Make the bulk of your food choices from whole food sources

- Focus on the quality of food in your diet. Whole foods, unprocessed grains, dairy, fruits, vegetables, meat, seafood, and nuts are better than ultra processed foods.

### Sleep and stress are known to affect hormone function

- Too little sleep disrupts the hunger hormone ghrelin and the satiety hormone leptin, making you feel hungrier and less able to switch off your desire for food. Aim for 7-9 hours of sleep/night.

### Increase NEAT and resistance training

- NEAT (non-exercise activity thermogenesis) includes all the physical activity performed in your everyday life that isn't intentional exercise. If you are looking to lose weight without counting calories, move more! Resistance training is considered to be an effective way to lose fat and improve muscle tone. This also increases blood flow, which is vital to supplying nutrients and oxygen for improved muscle, bone, and mental health.



Nutrition is not low fat. It's not low calorie. It's not being hungry and feeling deprived. It's nourishing your body with real, whole foods so that you are consistently satisfied and energised to live life to the fullest.

# Featured Recipe

## Balsamic Rosemary Steak Kabobs



### Ingredients

- 8 new potatoes (baby Yukon Gold)
- 14-16 ounce rib eye steak
- 8 button mushrooms
- 1/3 cup extra virgin olive oil
- 1/3 cup balsamic vinegar
- 2 tablespoons fresh rosemary, chopped
- 3 garlic cloves, minced
- 1 1/2 teaspoons salt
- 1/2 teaspoon fresh ground black pepper
- 4 metal or wood skewers



### Instructions

- Cut the steak into 16 equal pieces if using a thin cut and 8 equal pieces if using a thick cut. Season with 1/2 teaspoon salt and 1/2 teaspoon pepper. Place the steak and mushrooms in a large bowl. Add the olive oil, vinegar, rosemary, and garlic, and stir until the steak and mushrooms are well coated. Cover with plastic wrap and refrigerate at least 30 minutes to 2 hours.
- Place the potatoes in a large saucepan and add enough water to cover by 1 inch. Bring the water to a boil and cook potatoes until just barely fork-tender, about 5-7 minutes. Drain and set aside.
- Add a piece of steak, a potato, another piece of steak, and a mushroom to a skewer. Then add another piece of steak, a potato, another piece of steak, and a mushroom again. Repeat with remaining 3 skewers and ingredients.
- Heat a grill to medium-high and lightly oil the grate. Add the kabobs and grill about 5-6 minutes on both sides, flipping every 3 minutes. Sprinkle kabobs with remaining 1 teaspoon of salt and serve immediately.

### NOTES

- If using wood skewers, soak them in warm water for at least 30 minutes before using so they don't burn on the grill.
- Clean the mushrooms before they go in the marinade by wiping any dirt away with a damp paper towel.

<https://lovegrowswild.com/2014/10/balsamic-rosemary-steak-kabobs/>

### OUR SERVICES

**NEW!**

### PRICE

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



"HEALTH IS LIKE MONEY. WE NEVER HAVE A TRUE IDEA OF ITS VALUE UNTIL WE LOSE IT."

## Did You Know...?


### *Healthy fats are essential for good health.*

When incorporating fats into your diet, it is important to distinguish between healing fats and toxic fats. Healing fats are nutritious fats that are anti-inflammatory and provide the body with energy and building blocks for various tissues. Toxic fats are highly inflammatory and can contribute to a series of health problems. Learning which fats to avoid and what healthy fats to include in your diet may be one of the most important dietary strategies you implement into your life.

Healthy Fats -- Healthy fats can be found in many sources. Healing, non-animal fats are in avocados and avocado oil, nuts and nut butters, coconut, coconut milk, coconut oil, as well as olives and olive oil. Healing animal fats are found in grass-fed butter (ghee), grass-fed dairy and meats, and organic, pasture-raised chicken and egg yolks. Incorporating healing fats into your diet helps to provide building blocks for cell membranes and hormones. They also function as carriers for important fat-soluble vitamins such as vitamins A, D, E, and K and aid in the absorption of minerals.

Toxic Fats -- The most common sources of unhealthy fats are man-made saturated fats and highly processed unsaturated fats. Man-made fats such as hydrogenated oils which are trans fats are extremely harmful. Polyunsaturated processed oils such as vegetable oil, canola oil, PAM, soybean oil, corn oil, etc. oxidize easily and are never healthy. Ironically, these are the types of fats that are often in processed foods like margarine and marketed as "heart-healthy" alternatives. These fats are not only highly inflammatory, but also offer zero benefits to the human body.



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

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