



F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

September 2023



7 Ways to Protect Your Brain

The human brain is the most complex structure in the universe. Your brain contains roughly 100 billion neurons, 100 trillion neural connections (synapses), 100 thousand miles of myelin-covered nerve fibers, and can send information across synapses at roughly 268 miles per hour. Given the complexity and importance of your brain, it is imperative to make sure you are protecting it!

- **Light** -- the eyes are the only part of the brain outside of the head. Viewing natural light helps regulate hormones and circadian rhythm.
- **Healthy Fats** -- Your brain is made of cholesterol and fat. Consuming healthy fats from fish, avocado, olive oil, and nuts will provide the raw fatty acid building blocks it needs to thrive.

- **Sleep** -- During sleep your neurons shrink by over 60% in size to allow for fluid to circulate and to clear toxins.
- **Meditation** -- Increases activity of the corpus callosum, the part of the brain that connects the left and right hemisphere.
- **Hydration** -- Your brain is over 70% water, thus consuming an adequate amount water helps to hydrate brain cells and reduce inflammation.
- **Learning** -- Increases neural connections and improves myelination in the brain, which protects neural circuitry.
- **Exercise** -- Increases blood flow and BDNF in the brain, both of which improve the growth of new neuronal connections.
 - Brain derived neurotrophic factor aka "BDNF" is a key molecule involved in neural plasticity related to learning and memory. It promotes the creation and maturation of new brain cells and synapses. It is known as the "miracle gro" for your brain. Experimental research has shown that even 6 minutes of moderate to vigorous intensity exercise per day is enough to stimulate BDNF. Want a better brain? Exercise your body!

BALANCE + MOBILITY GROUP FITNESS CLASS

When: Every Tues./Thur. 7:30-8:30 & 11:30-12:30

Where: Royal Palm Ballroom

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

NEW TIMES

Starting Oct. 3!



*See last page for October's printable class calendar!


Monthly Motivation >>>

"DETACHMENT IS POWER – RELEASE ANYTHING THAT DOES NOT BRING YOU PEACE."

Trying to lose that stubborn belly fat?

Here are 7 things you must know:

1. Cardio is great for lung health, heart health, decreasing heart rate, decreasing blood pressure, and delaying age-related cognitive decay. But, it is not great for fat loss. If you wish to lose weight, and keep it off, do resistance training. It's the passive income for fat loss.
2. Leg workouts add the most metabolically active muscle tissue to your body. Train legs twice per week. The more muscle you have, the more calories you burn simply by existing.
3. Eating 80% whole foods is optimal. This is how you get to enjoy life, to eat that chocolate cake while on vacation or out with friends, and still maintain a lean physique.
4. You cannot outwork a bad diet. An hour's worth of running can be undone by one minute of junk food. Exercise is a friend to your fat loss journey, but it does not give you a hall pass to eat without restraint.
5. Sometimes hunger is a false flag. When hunger strikes, you should reach for water before you ever reach for a snack. 9 times out of 10, you'll get the satiation you desire without the calories.
6. Sunlight can be very beneficial for our mood and mental health. Get more sunlight each day, especially when the sun is at a low solar angle -- during the morning or late afternoon/evening. Natural sunlight helps us stay alert, promotes vitamin D production, and boosts serotonin levels. This increased level of serotonin has shown to improve sleep quality at night.
7. Fad diets are not sustainable. You'll lose weight, then mess up and regain it -- and this cycle will continue. Go through enough cycles of this and you'll lose hope, not weight. Constant discouragement makes it much easier to give up on your own health.



**IF IT DOESN'T
CHALLENGE YOU.
IT DOESN'T
CHANGE YOU**



Ingredients

- 4 Tbsp ghee divided
- 1.5 lbs boneless skinless chicken breast strips (or thighs)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- Sea salt and black pepper
- 1 large onion thinly sliced
- 8 oz mushrooms sliced
- 3 cloves garlic minced
- 2 Tablespoons arrowroot flour or tapioca
- 2 cups chicken stock or bone broth
- 3/4 cup coconut cream canned, unsweetened
- 2 teaspoons fresh lemon juice
- Sea salt and black pepper to taste
- Minced parsley for garnish

Instructions:


1. In a large deep skillet, melt 2 tablespoons of the ghee over medium-high heat.
2. Season the chicken all over with the garlic and onion powder, paprika, and salt and pepper. Add the chicken to the skillet and cook for 5 minutes to brown, then flip and cook on the other side until browned, 4-5 minutes. Remove chicken from the pan to a plate and set aside.
3. Lower the heat to medium and the remaining 2 tablespoons of ghee to the skillet. Once it has melted, add the onions and sauté for about 3-4 minutes, until soft and fragrant. Add the mushrooms and sauté for an additional 5-7 minutes, stirring occasionally, or until the mushrooms and onions are soft. Stir in the garlic and sauté 1 minute, stirring occasionally. Add in the arrowroot or tapioca and stir, cooking for 30 seconds.
4. Pour the broth in slowly while stirring well to combine. Bring to a simmer, stirring, and simmer for about 3 minutes. While the gravy simmers, in a small bowl whisk together the coconut cream and lemon juice. Add this mixture to the skillet and stir to combine. Taste and season with salt and pepper to preference, add the chicken back to the skillet and cook another 1-2 minutes to heat through.
5. Garnish with parsley, and serve over sautéed cauliflower rice or mashed potatoes. You can also serve over any roasted veggies you like. Enjoy!



Did You Know...?

- ***The human body does not know the difference between a bowl of oatmeal and a glazed donut.*** Grains are starch. Starch is a long string of glucose (sugar) molecules. As soon as starch touches our saliva, enzymes break that starch down into glucose. Whether it's a donut or a bowl of oatmeal, your body breaks it down the same way.
- ***Frozen vegetables and fruits have greater nutrient density than raw vegetables since they are frozen right at the time of picking.*** Frozen vegetables and fruits have a greater shelf life in the freezer than will raw veggies and fruits in the refrigerator. In addition, vegetables and fruits at the grocery store typically (unless local) lose much nutrient density due to many factors including: being picked before ripe, trucked across the country, then sitting in the grocery store and eventually in your fridge.
- ***A teaspoon of honey (local & raw is best) and 1/4 teaspoon of cinnamon may help knock out a cold within a day or two.*** Take twice a day for 3 days for best results. Both honey and cinnamon are antiviral, antibacterial, and antifungal. Also gives support for bladder/kidney infections, reduces sugar levels and blood pressure, and acts as a pain reliever for arthritis. Add to hot tea with a squeeze of lemon.
- ***Reframing a negative view of aging can lengthen lifespan.*** A Yale study found that those with more positive perceptions of aging lived 7.5 years longer than those with less positive perceptions. Add in daily gratitude, laughter, helping others, and yes, smiling more.



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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www.fit.health

Our Services:



F.I.T. Health + Wellness

Pain Management | Rehabilitation

Jumpstart Your Health
... with one of our new wellness packages!

PERSONAL TRAINING (30 MIN.)*	PRICE
1 Session	\$30/session
5 Sessions	\$28/session
10 Sessions	\$26/session

PERSONAL TRAINING (60 MIN.)	PRICE
1 Session	\$50/session
5 Sessions	\$48/session
10 Sessions	\$46/session

PHYSICAL THERAPY (60 MIN.)	PRICE
1 Session	\$65/session
3 Sessions	\$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.



CONTACT US:
 Damian & Meghann
 (317) 440-2286
 E-mail: info@fit.health
 Website: www.fit.health

— MAKE YOUR HEALTH A PRIORITY —

In Season: Balance + Mobility Class Schedule

Location: Royal Palm Ballroom, Cost: \$5

OCTOBER 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Balance + Mobility Class 7:30-8:30 11:30-12:30	4	5 Balance + Mobility Class 7:30-8:30 11:30-12:30	6	7
8	9 Columbus Day	10* Balance + Mobility Class 7:30-8:30 11:30-12:30	11	12 Balance + Mobility Class 7:30-8:30 11:30-12:30	13	14
15	16	17* Balance + Mobility Class 7:30-8:30	18	19 Balance + Mobility Class 7:30-8:30 11:30-12:30	20	21
22	23	24 Balance + Mobility Class 7:30-8:30 11:30-12:30	25	26 Balance + Mobility Class 7:30-8:30 11:30-12:30	27	28
29	30	31 Halloween Balance + Mobility Class 7:30-8:30 11:30-12:30 🎃 (Dress Up!)	1	2	3	4

*Coffee & Conversation 2nd Tuesday – 7:30-8:30 class will have limited space in Royal Palm Room [ONLY](#)

*Garden Club Meeting 3rd Tuesday – early class [ONLY](#)



For a PRINTABLE version, download
and print the attached class calendar.