



F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

May 2023

Fitness Myths That Are Complete Lies

Myth: Cardio exercise is the most effective way to lose weight

Cardiovascular exercise is vital to strengthening your heart muscle and improving cardiac efficiency, but typically burns minimal calories. A general estimate for calories burned in a one-mile walk or run is approximately 100-120 calories. Cardiovascular exercise is like day trading for quick profits (burning calories), whereas lifting weights is an investment for long-term passive income (increased metabolically active tissue). It is much easier to eat 500 calories than burn them walking or running. An effective weight loss program is based upon the combination of a high protein diet, strength training, and a slight caloric deficit. Cardiovascular exercise is primarily incorporated as a complement to the program for heart health benefits.



Myth: You cannot gain muscle after the age of 50

Due to a decrease in the production of various hormones, it may be more challenging to add a substantial amount of muscle the older you are, but anyone can build muscle with a consistent resistance training program and high protein diet. Male or female, 8 or 80, we all need strength training in our lives for injury and disease prevention, as well as enhanced metabolic and mental health.

www.fit.health


Myth: You need workout equipment to get fit

Although there are many sport specific gyms that require expensive equipment and memberships, the average person can accomplish all of their fitness goals with just pushups, pullups, and walking. The primary factor for success becomes consistency and progressive overload. 80-100 years ago, we walked an average 23.5k steps per day, and now we walk 3.5k steps per day – walk more.



Learn about more fitness myths at: <https://www.fit.health/blog>

NEW VILLAGE WALK GROUP FITNESS CLASS!

 Focusing on Balance + Mobility -- Starting May 11!

When: Every Tues./Thur. at 10:30

Where: Royal Palm Room

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

Monthly Motivation:

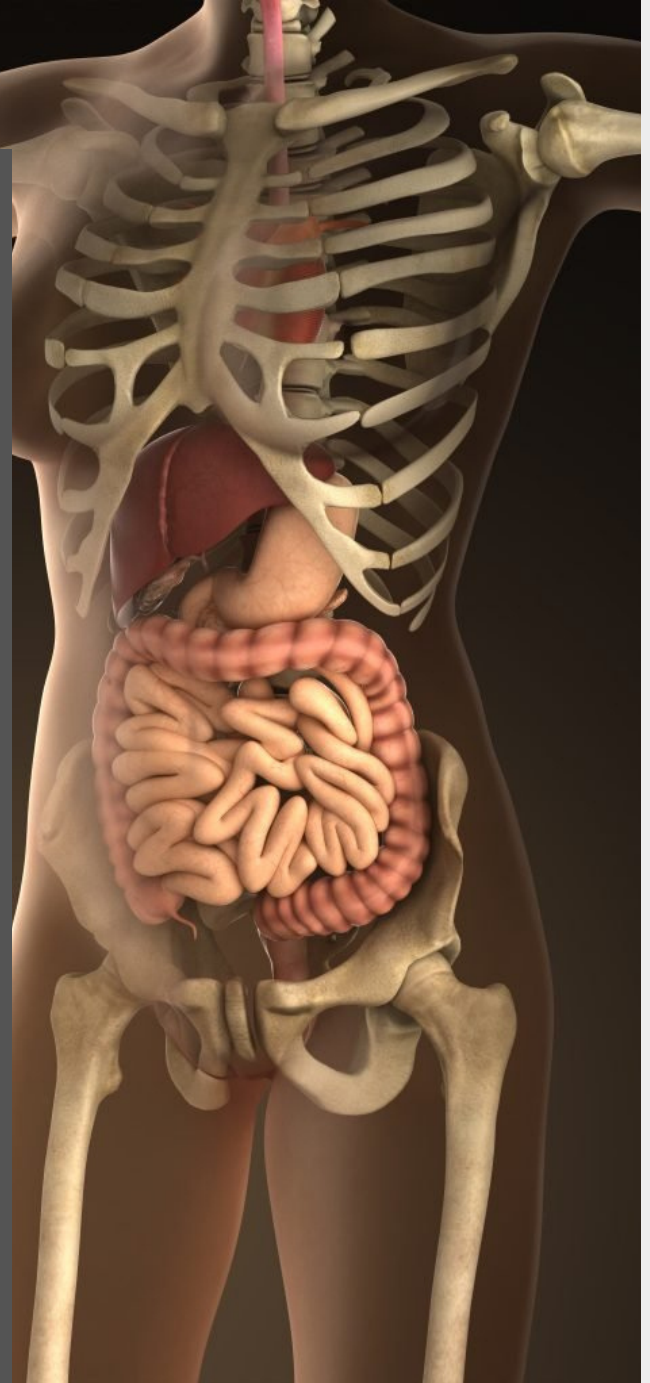
"Discipline, consistency, and perseverance will take you places motivation never could"



Vitamins and Minerals for Gut Health

You've heard about probiotics and bone broth a million times -- but which vitamins and minerals play a role in a healthy gut? And what foods are they in?

1. **Vitamin B1** -- Good bacteria in the gut requires vitamin B1 for survival in the microbiome, and it is involved in butyrate production, which is also necessary for gut health. Sources: pork chops, mussels, tuna, salmon, and sunflower seeds.
2. **Zinc** -- Zinc is necessary for the production of digestive enzymes, and deficiency is associated with poor digestion. It can help strengthen the gut lining. Sources: oysters, red meat, pork, crab, shrimp
3. **Selenium** -- Selenium affects the gut flora and improves the inflammatory response in the gut. Selenium deficiency can increase inflammation and oxidative stress, which can contribute to leaky gut. Sources: brazil nuts, fish, pork, beef, turkey, cottage cheese, eggs, brown rice
4. **Vitamin D** -- Vitamin D is crucial for your immune system which is linked to the gut, but higher vitamin D levels is also linked to higher diversity of friendly gut bacteria. Sources: salmon, egg yolks, cod liver oil, tuna, mushrooms
5. **Magnesium** -- Magnesium is needed for stomach acid production, can reduce symptoms of IBS, and regulate your nervous system which plays a huge role in your digestive health. Sources: pumpkin seeds, spinach, almonds, brown rice, salmon... also good to supplement
6. **Vitamin C** -- Vitamin C can reduce inflammation and oxidative stress which play a role in gut health. Studies have shown that vitamin C can improve gut bacteria and short chain fatty acid productions. Sources: cherries, kiwis, yellow peppers, lemons, kale, oranges, papaya
7. **Vitamin A** -- Vitamin A plays a key role in both gut health and the immune system, and is directly related to the maintenance of the gut barrier. Sources: liver, egg yolks, sweet potatoes, cod liver oil, salmon, tuna, carrots



Your gut is linked
to nearly every
facet of your
health, from your
immune system
to your mood.

— DR AMY CARMICHAEL



Ingredients

- Oats -- Old-fashioned oats work best for overnight oats. For a shorter soaking time, use quick oats, and for a longer one, use steel-cut oats.
- Milk -- Use grassfed cow's milk or a fortified, unsweetened, almond milk at a 1:1 ratio with the oats. For example, 1/2 cup of milk per 1/2 cup of oats.
- Chia seeds (optional) -- Chia seeds act like glue to bind the ingredients. Use 1/4 part chia seeds per 1 part oats. For instance, use 1/8 cup chia seeds per 1/2 cup oats.
- Yogurt (optional) -- Yogurt adds extra protein and creaminess. Unsweetened, plain Greek yogurt adds beneficial probiotics without the extra sugar.
- Vanilla -- A dash of vanilla extract or vanilla bean adds a touch of flavor to your overnight oats.
- Sweetener -- A little maple syrup, 2–3 chopped dates, or half a mashed banana can sweeten your overnight oats. Sprinkle some cinnamon on top for extra flavor!

***This amount of overnight oats also provides 12–19% of the DV for calcium, iron, magnesium, zinc, thiamine, and pantothenic acid.*

***Oats contain more protein and fat than most other grains. They are also a particularly good source of beta glucan, a type of fiber that reduces hunger and promotes feelings of fullness*

Instructions

- To prepare your overnight oats, simply combine all the ingredients and refrigerate them overnight in an airtight container.
- The oats and chia seeds soak up the milk and soften overnight, yielding a pudding-like texture come the next morning.
- Overnight oats keep for up to four days when refrigerated in an airtight container. That means you can easily batch-prepare larger portions of the base recipe and add your favorite toppings to individual portions throughout the week for variation

Chocolate Peanut Butter Variation: Simply add 1–2 tbsp of cocoa powder to your basic overnight oats recipe. In the morning, mix in 2 tbsp of natural peanut butter and top with fresh raspberries or sliced banana

<https://www.healthline.com/nutrition/overnight-oats-recipes>

OUR SERVICES

NEW!

Personal Training (30-min. session)

PRICE

\$30

Personal Training (60-min. session)

\$50

Rehab Therapy (60-min. session)

\$50-\$65

"If you keep good food in your fridge, you will eat good food."

www.fit.health

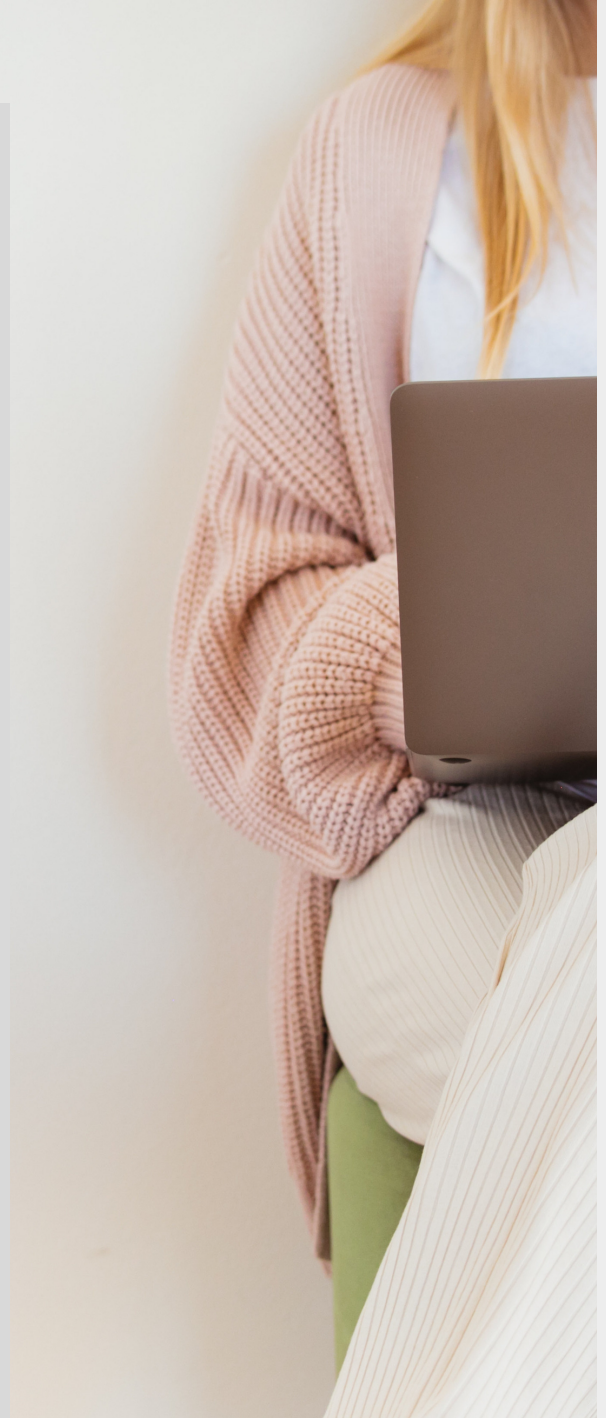
Did You Know...? Prolonged Sitting is Destroying Your Health

Sitting for more than 6 hours per day increases all-cause mortality by 37%. How?

- *Lower Energy Expenditure*
 - Sitting for extended periods of time can lower energy expenditure, which can result in metabolic alterations like decreased insulin sensitivity and raised blood cholesterol levels, which can result in an earlier death
- *Creates Bad Posture*
 - Long durations of sitting can result in bad posture, which can aggravate back pain, neck discomfort, and other musculoskeletal conditions. These ailments can cause less mobility and a higher risk of falling, both of which raise the risk of dying young
- *Increased Risk of Cardiac Diseases*
 - Prolonged sitting has been associated with an increased risk of developing chronic conditions like cancer, type 2 diabetes, obesity, and cardiovascular disease, which all lead to an early death
- *Negative Effects on Mental Health*
 - Stress levels have been shown to rise as a result of prolonged sitting, which can be harmful to one's mental and physical well-being. Chronic stress has been associated with an increased risk of chronic illness

Regular movement and physical activity should be included in your day to minimize the harmful effects of extended sitting. The harmful effects of extended sitting on the body can be lessened by taking frequent intervals to stand, stretch, and move around – 20:2 Rule (For every 20 minutes of sitting, be active for 2 minutes).

Regular exercise, such as cardiovascular and strength training is also advised to enhance general health and lower the risk of developing chronic illness.



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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Now Offering: **BALANCE + MOBILITY** GROUP FITNESS CLASS

**CLASS
STARTS
MAY 11**



Focusing On:

- SHOULDER & HIP MOBILITY
- INJURY PREVENTION
- POSTURE & BALANCE
- FLEXIBILITY

EVERY TUESDAY / THURSDAY

10:30 - 11:30 AM

ROYAL PALM ROOM

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

***BRING YOUR OWN YOGA MAT**

