



F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

March 2024



Why is protein such a big deal?

Protein has a vital health role at every age. However, once you are in your 30's, it is crucial to have an adequate intake and even more so as you age.

- **Proteins are the building blocks** -- responsible for repairing and building tissues, organs, muscles, and even hormones.
- **Promotes muscle and bone health**. When you hit the gym, play tennis, or go for a run, your muscles endure stress that causes micro-tears. Protein swoops in like a superhero, repairing these tears and making your muscles stronger. It is crucial to include protein after 40 to protect against muscle loss or sarcopenia that happens to *everyone* as we age unless we protect our muscles. Protein also plays a pivotal role in maintaining bone health.
- **Protein might be your secret weapon to shed a few pounds or maintain a healthy weight**. It has the ability to keep you feeling full and satisfied, curbing those pesky cravings and helping you stay on track with your nutrition goals.

- **Protein helps promote a robust immune system**. Who doesn't want a robust immune system, right? Well, protein is here to lend a hand! Antibodies, the tiny warriors that fend off infections and illnesses are made up of -- you guessed it -- proteins! Ensuring an adequate intake of protein helps fortify your immune system and keep those colds and flu at bay.
- **Protein promotes brain health**. Certain amino acids found in protein-rich foods play a role in neurotransmitter production, contributing to improved focus, cognition, and overall mental well-being.

Looking for an easy way to increase your protein intake? This protein smoothie recipe is made with 6 ingredients in 5 minutes! It is an easy, delicious, and healthy way to increase your daily protein intake!



Ingredients

- 1 1/2 cups milk (12 g protein)
- 1/2 cup Greek yogurt (12 g protein)
- 1 1/2 cup mixed berries frozen (1 g protein)
- 1 banana frozen (2 g protein)
- 1 Tablespoon almond butter (4 g protein)
- 1 scoop Vanilla protein powder (24 g protein)
- Optional: 1 Tablespoon honey

*Be sure to look for a good quality, grass fed whey or bone broth protein!

Instructions

1. Add ingredients to the blender in the order listed.
2. Blend, starting on low speed and increasing to high until the mixture is smooth and there are no lumps.
3. Pour into 2-4 glasses and serve immediately.

Monthly Motivation >>>

"When you change, don't announce it. Just bloom."



www.fit.health

BALANCE + MOBILITY GROUP FITNESS CLASS

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

Where: Royal Palm/Grand Cypress Rooms

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



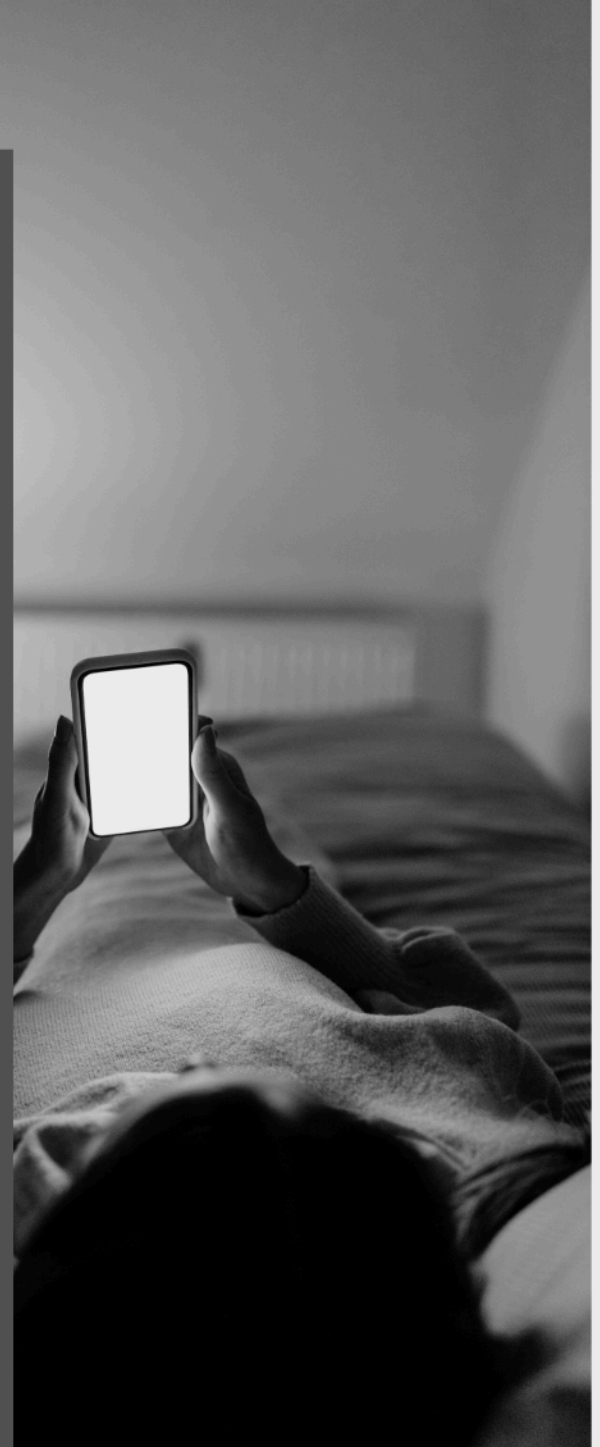
*Some classes will not meet due to Town Center Events.

For up-to-date calendar, visit www.fit.health/groupfitness

Join US!

These Common Habits Are Hurting Your Health

- **Drinking caffeine first thing in the morning** -- When you wake up, you're dehydrated and cortisol levels are elevated. Caffeine increases these stress hormones before they are able to naturally return to baseline after waking. Delay caffeine for an hour and grab a water (with electrolytes for an added boost) to minimize this effect. Then, enjoy your cup of coffee.
- **Looking at screen light before sunlight** -- There is no worse way to start your day than waking up and scrolling. Spend some time outside, preferably moving, before you check your devices. Your sleep, mood, circadian rhythm, and stress levels will all improve significantly. The same applies to bedtime -- you want to avoid blue light at all costs. Turn off screens an hour before bed. Stretch, pray, journal, or read.
- **Eating refined carbs and sugar for breakfast** -- When you eat processed carbs, you experience rapid spikes and crashes in blood sugar. It's why you feel chronically fatigued and hungry later in the day. Instead, try building your breakfast around proteins and fats.
- **Not eating enough protein** -- The FDA suggests you eat 50 grams of protein daily, but that's far too low. We want protein to be the heart of our diet for satiety, muscle growth and repair, and immune functionality. Aim for 0.8-1 gram of protein per pound of body weight.
- **Sitting at a desk > 6 hours a day** -- Excess sitting is linked to numerous health issues, including: poor posture, weight gain, and increased risk of chronic disease. If you work a desk job (or you just sit a lot!), make it a priority to get up every hour to stand, stretch, and walk.
- **Drinking liquid calories** -- Because there's no fiber to slow the absorption of sugar, liquid calories are like injecting an IV of sugar straight into your bloodstream. Cutting liquid calories from juices, sodas, coffee drinks, and alcohol is a big lever to pull for your overall health.
- **Mouthbreathing** -- The health consequences of mouthbreathing are abundant: dry mouth, weaker jaw, dental issues, impaired sleep, and respiratory issues. To combat this, practice mindfully breathing through your nose.
- **Constantly responding to emails and messages** -- When we're always online, we're in a constant problem-solving state. This is awful for our stress levels. Our nervous system needs a chance to relax. Schedule time to detach. Use "do-not-disturb" or turn off devices several hours before bed.
- **Having a few drinks with dinner** -- Drinking multiple nights a week can lead to weight gain, impaired sleep, anxiety, depression, insulin resistance, and chronic disease. A few drinks every week won't hurt you, but a few drinks every night just might be a detriment to your health.



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Growth and
comfort do not
coexist.

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Instructions (Egg Salad):

1. To a medium mixing bowl, add the mayo, mustard, pickles, pickle juice, dill, chives, salt, pepper and paprika.
2. Transfer the chopped eggs to the mixing bowl and mix thoroughly. The yolks will become creamy as you stir. Taste for seasoning adjustment, adding a sprinkle more of pickle juice for added tang, salt and/or pepper to taste.
3. Refrigerate for at least thirty minutes (an hour if you have time) before enjoying so the flavors can marry.

yum!

Ingredients

- 8 Whole Eggs large (hardboiled)
- 1/4 cup Mayonnaise*
- 2 teaspoons Prepared Yellow Mustard
- 1/3 cup Dill Pickles chopped fine
- 1 tablespoon + 1 teaspoon Pickle Juice
- 2 teaspoons Fresh Dill chopped, or sub 1/2 to 1 tsp dried dill (add more to taste)
- 2 tablespoons Fresh Chives chopped fine
- 1/4 + 1/8 teaspoon Fine Sea Salt
- 1/4 teaspoon Black Pepper ground
- 1/4 teaspoon Smoked Paprika

Optional Add-Ins:

- Cayenne or Tabasco
- Diced celery, onion, or sweet bell pepper

**NOTE: Many store-bought mayo's contain seed oils (like canola oil). Here's an easy recipe to make your own delicious mayo without the harmful seed oils:*

- 1 large egg, room temperature (this is critical)
- 2 teaspoons apple cider vinegar
- 2 teaspoons Dijon-style mustard
- Pinch sea salt
- 1 cup avocado oil (or extra light olive oil)

With an immersion blender:

1. Pour the oil directly into a quart-sized, wide mouth canning jar to the one-cup mark (no measuring cup to wash).
2. Add remaining ingredients.
3. With the blade portion of the blender sitting at the bottom of the jar over the egg, pulse 10-12 times. You should see the beginnings of the emulsification process happen below the blade.
4. Now hold the power on while moving the blender up and down in the jar until the oil and egg are completely combined. You'll have nice, thick mayo within 30 seconds.



Did You Know...?

- **Alzheimer's is now being referred to as "Type 3 Diabetes".** Alzheimer's is showing to be largely a lifestyle disease. Studies have shown that gut health may impact the potential of getting Alzheimer's. Sugar is now being shown to disrupt the highly important bacteria in our gut which governs hormones and more. When we eat sugar, we are feeding the unhealthy gut bacteria -- creating an abundance of them leading to health issues down the road.
- **Optimal hydration requires electrolytes.** Drinking water is a great habit, but adding electrolytes (powder form) is critical. They're crucial for cellular function, reducing muscle cramps, and help to improve workout performance, mood, and metabolism. Even just adding some salt to fresh fruit (watermelon or cantaloupe) can boost your hydration!
- **Elevate your wellness routine with apple cider vinegar.** Apple cider vinegar (ACV) can help control blood sugar by reducing starch digestion and slowing gastric emptying -- this can help with weight loss goals as well. ACV can be used as a digestive aid, improving heartburn and acid reflux symptoms, and is very antioxidant rich, loaded with minerals such as potassium and magnesium to support overall wellness. Incorporate into salad dressings and marinades for an added health boost.
- **Gluten intolerant? One of the main culprits is glyphosate.** Glyphosate (the active ingredient in Round Up) has been sprayed on wheat crops and more and is a known carcinogen. Studies showed the percentage of samples with glyphosate as follows: pizza 90%, wheat flour 88%, crackers 84%, and pasta 83%. Since the introduction of glyphosate, there has been a four-fold increase in celiac disease. Glyphosate has also been shown to bind to vital nutrients such as iron, manganese, zinc, and boron in the soil, preventing plants from taking them up. This leads to a less nutritious plant.



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

THE VILLAGE WATCH
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