

F.I.T. Health + Wellness

Pain Management | Rehabilitation

HAPPY
Newsletter

January 2024

NEW YEAR

Is Your "Workout" Actually Working?

Exercising is important and should be a regular part of your day. However, it can get pretty frustrating and annoying when you work out regularly without seeing any results. If this is happening to you, there's probably a reason you're unaware of. Here are a few indications that your workout isn't working for you and what you can do about it.

- **You're not doing the exercises correctly.** Just because you're exerting the effort, it doesn't mean you're doing it right. There's a reason why posture and technique are important when it comes to exercising -- if you don't focus on doing the exercises in the right form, you may not be working the muscles you should be. In order to guarantee that your form is correct, you should work with a personal trainer who not only corrects your technique, but also helps you work on specific muscles that you wouldn't have thought of to reach your goals. Having someone that encourages you to focus and keep on track not only is motivating, but also helps you reach the goals you want in less time, thanks to their expertise.

- **You've hit a plateau.** When you did the same thing at the gym for a long time, your body will get used to the amount of effort you exert and adapt to it, making it difficult to see any changes. That's why it is always important to switch up your exercise, focus on different muscle groups, do different types of workouts, and challenge yourself in new ways so your body is constantly under pressure and willing to exert more effort. This allows your muscles to continue to grow and build up more strength, allowing you to see changes.
- **Your muscles don't feel sore.** You know that next-day soreness you dread so much after a heavy workout? It's actually a very good sign that your muscles have worked out and need repairing. If you don't feel that soreness, it means that the intensity of the workout is not enough and you need to challenge yourself even further in order for the muscles to start strengthening.
- **You barely break a sweat.** If you go to the gym to chit-chat and you find it easy to talk, laugh, or multi-function, then you're definitely doing something wrong. You need to break into a sweat for starters and add more weights to your workout to make it more effective. Sweat during or before exercise (as your body anticipates physical activity) is a sign of good health. If you're not sweating, your body needs more exertion. Challenge yourself to work a bit harder and don't forget to drink plenty of water!

Monthly Motivation >>>

"LET TODAY BE THE DAY YOU GIVE UP WHO YOU'VE BEEN FOR WHO YOU CAN BECOME."

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!

How to Bounce Back After Holiday Excess

Festivities Overload?-- Whether you've overindulged in holiday meals, candies, cakes, pies, drinks and more or you gave up working out too, don't fret. These simple tips will get you right back on track by healing and repairing all of the 'damage' done.

- **Eliminate Refined Foods.** First, the very worst thing you can do right now is to go low-calorie. It is vital to add in quality calories – protein, healthy fats, antioxidants and fiber. Your body is crying out for *real* nourishment, nutrients that will allow it to function optimally. Eat a small fiber and protein-rich meal such as salmon and roasted broccoli. Salmon is high in protein, healthy fat, antioxidants and broccoli is nutrient-rich, high in fiber and activates the mother of all antioxidants: Glutathione. Both food choices will also re-balance your blood sugar.
- **Add Healthy Fats,** particularly fats high in *omega 3 fat* such as salmon, sardines, fish oil, grass-fed meat or dairy, will help to reduce and reverse cellular inflammation as a result of the excess. Healthy fats to include: fatty fish, avocados, nuts, seeds, whole eggs (omega 3), olive oil, macadamia nut oil, avocado oil, MCT oil, chia seeds, flax seeds. A handful of nuts gives you fat and protein to also slow digestion, keeping blood sugar balanced – very important to optimal health.
- **Exercise Eliminates the Toxic Effects of Holiday Excess.** Research shows that exercise may blunt the negative health effects of sugar. During exercise, your body burns sugar (glycogen) and improves insulin sensitivity – a key marker of optimal health. Remember that any type of movement will help. Add in any form of resistance training, or weight training, has the greatest effect. Muscle is literally a storage depot for excess sugar in the body. The more muscle, the less glucose circulating and the more insulin sensitive you are. Exercise also returns the physical energy that excess sugar can deplete.
- **Avoid Added Sugar.** Be vigilant about avoiding added sugar to your diet. Look at the ingredient list on products to determine if they contain added sugar. Watch out for packaged foods, they tend to be high in sugar – whether sweet or savory. Instead, get sugar from natural sources, such as low-sugar fruits (berries, green apples, kiwi, grapefruit).
- **Intermittent Fasting** can provide a therapeutic effect to quickly reset your insulin and glucose levels. When you are not eating, whether for 8 hours, 12 hours, 16 hours or more, you are flattening the insulin and glucose in the body. This gives your system, cells time to improve, clean house and much more. You also activate certain enzymes, hormones changes that help clean-up the excess induced during the holiday season.



No results? Keep working.
Bad results? Keep working.
Great results? Keep working.
Consistency is key.

HAPPY NEW YEAR
2024



Ingredients

- 1 pound red or golden potatoes halved or quartered (depending on how large they are)
- 2 tablespoons olive oil divided
- 1 1/2 teaspoons salt divided
- 1/2 teaspoon freshly ground black pepper divided
- 4 salmon fillets skin on or off
- 3 tablespoons minced garlic divided
- 3 tablespoons fresh chopped parsley divided
- 2 lemons juiced (about 6 tablespoons)
- 1/2 cup ghee melted, or grass fed butter
- 12 oz brussels sprouts halved
- 1 lemon sliced, for garnish

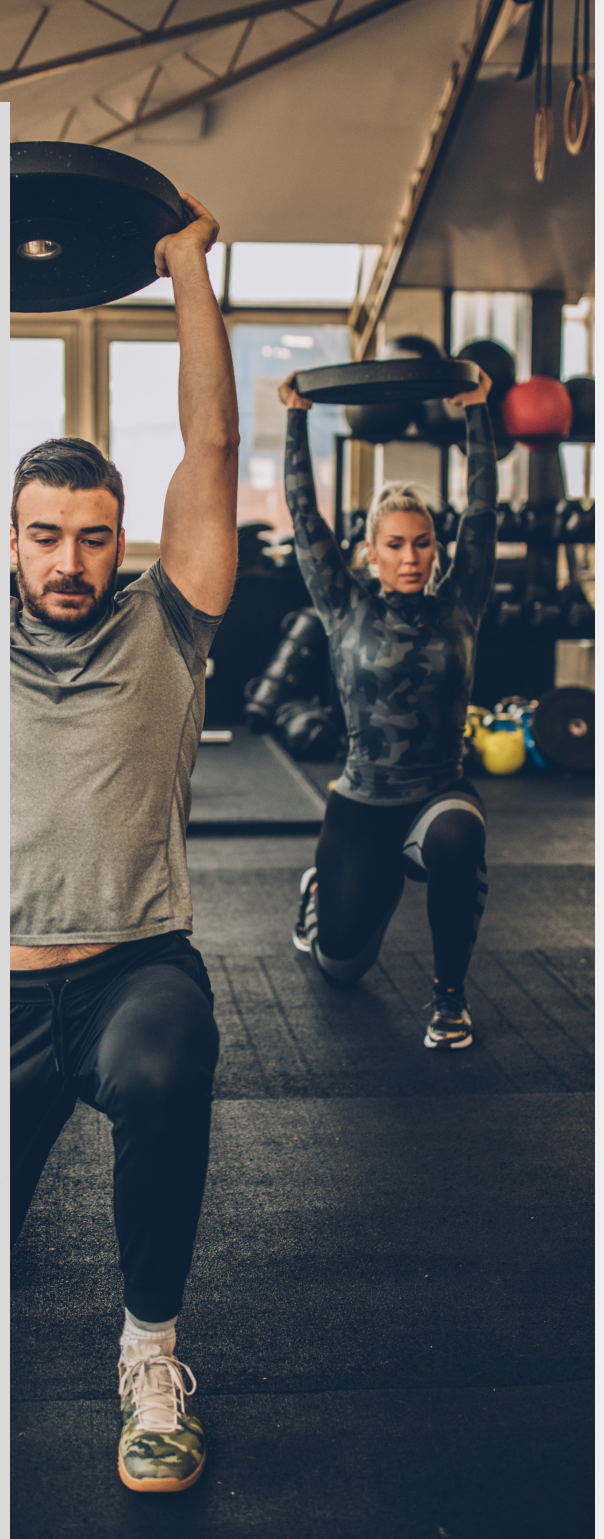


Instructions:

1. Preheat your oven to 425°F. On a large baking sheet, toss together potatoes with 1 tablespoon of the oil and season well all over with sea salt and black pepper. Spread out in an even layer and roast for 15 minutes, until they're just starting to soften and brown.
2. Push the potatoes to one side and add the brussels sprouts to the pan, drizzle with the remaining oil, season with sea salt and black pepper and return to the oven for 5 additional minutes.
3. Lower the heat to 400°F. Remove the pan from the oven and arrange the salmon in the middle of the potatoes and brussels sprouts. Sprinkle the salmon with 2 tablespoons of the garlic and 2 tablespoons of parsley.
4. Combine 3 tablespoons of lemon juice and 1/4 cup of the melted ghee and pour the mixture over the salmon and drizzle some over the brussels sprouts. Season the salmon well with sea salt and black pepper all over.
5. Return the pan to the oven and bake until the potatoes are golden and fork-tender and the salmon is opaque throughout, (about 10-12 minutes).
6. Meanwhile, in a small bowl, combine the remaining ghee, garlic, parsley and lemon juice. Serve with the salmon, brussels sprouts and potatoes, as a dip or sauce. Garnish with lemon slices and additional parsley, if desired.

Did You Know...?

- **Ginger can interfere with the growth of cancer cells.** Ginger has a plethora of health benefits, in particular reducing inflammation. A close relative to turmeric, ginger has similar antioxidant and anti-inflammatory effects and may even cause cancer cells to die. Evidences from in vitro, animal, and epidemiological studies suggest that ginger and its active constituents suppress the growth and induce apoptosis of a variety of cancer types including skin, ovarian, colon, breast, cervical, oral, renal, prostate, gastric, pancreatic, liver, and brain cancer.
- **Resistance training has a significant, positive effect on overall cognitive function.** Research shows that regular and moderate exercise is likely to help cognitive function in people who are 60 years old and above, and protection from cognitive decline for those younger. Examples of resistance training include: free weights, weight machines, medicine balls, kettle bells, resistance bands, and your own body weight.
- **An astounding statistic: 200 years ago, the average American ate only 2 lbs. of sugar a year. Today, the average American consumes 156 lbs. of sugar in one year. This is equal to 3 lbs./week.**
- **Of those with prediabetes, more than 80% don't even know they have it.** Prediabetes is where blood sugar is higher than normal, but not high enough to be diagnosed as Type 2 diabetes. Some lifestyle tips to reverse prediabetes: eat a whole foods diet, eliminate sugar, eliminate refined oils (canola, soybean, vegetable oil), exercise, reduce weight, eat fewer carbohydrates, intermittent fasting, and drink more water (water helps to lower blood sugar).



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

THE VILLAGE WATCH

— Home Watch | Handyman Services —

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