



# Live Well Be Well

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## Putting Some Muscle Into It

By Scott Prussing, MS

You know exercise is good for you. You'd have to be living under a rock to have not heard of the compelling and ever compiling stack of research that documents the many health benefits of exercise. It started in the 1970's when Dr. Kenneth H. Cooper coined the word aerobic and you, like many other health conscious people, began raising your heart rate and working up a sweat by walking, running, dancing, cycling, etc. Undoubtedly all this movement has had its benefits. But some fitness experts argue that in our zeal for cardiovascular fitness many of us have left out the most important component of fitness and that would be strength training. This is unfortunate, because strength training brings powerful benefits to our health and our waistlines that you may not be aware of.

**Going for a Burn**—Muscle tissue is metabolically active. It requires nutrients and energy to maintain. Unlike aerobic exercise that boosts metabolic rate temporarily, developing added muscle mass boosts your metabolism to burn more calories 24 hours a day. Adding just one pound of muscle will burn an extra 35 to 50 calories per day. If you add just five pounds of muscle (which is very doable for most people) you will burn an extra 175 to 250 calories a day. That change alone can lead to losing a pound of fat every two weeks. Or being able to eat a candy bar every day and not gain weight! And that's not taking into account calories from the exercising aerobically, it's simply from having the extra muscle.

**Making Waves**—Rippling muscles, six-pack abs, the curves and waves muscle create under our skin are attractive. They catch the eye and add shape. Muscles add curve and volume under your skin helping to fill loose skin left over from weight loss efforts, not to mention actually changing the shape of your body.

**Staying Balanced Through the Years**—In all stages of your life, particularly as you age, strength training helps improve balance and flexibility thereby decreasing the chances of injury caused by falling. In fact so important is the effect of strength training on agility that the National Institute on Aging considers it the most important factor in determining how long an adult will live independently. Other benefits of strength training on your bones and joints includes reduced pain from osteo or rheumatoid arthritis, and up to 80% reduction of lower back pain.

**Building Bone**— Exercise in general helps build bone strength, but weight training exercise has the greatest effect. Particularly for women. Strength training can actually halt the bone loss often suffered by post-menopausal women. Women typically lose 2% of their bone density every year, making them increasingly susceptible to fractures and broken bones. Women and men who strength train can gain significant bone density in as little as four months.

**Keeping the Doctor Away**—Strength training can do a lot more to keep the doctor away than an apple a day. People who strength train consistently, twice a week for as little as two months, can expect to see improvements in their blood pressure and lipid values and, after four months, blood glucose values improve by 24%. The effects are even greater when combined with a consistent aerobic routine.

(Continued on next page.)

A woman with brown hair tied back, wearing a green athletic shirt, is smiling and looking towards the camera. She is holding two black dumbbells, one in each hand, in front of her chest. The background is a blurred gym setting.

**Do not fear going forward slowly  
fear only  
standing still**

**Chinese Proverb**

**Tread Gently**—The best part about strength training, unlike aerobic exercise, is that you don't need to do it daily. As little as 2 or 3 times a week will produce health benefits. In fact, it is recommended that you rest for 48 hours between strength training workouts.

**In the Comfort of Home**—Strength training does not have to mean going to a gym, lifting heavy weights, or using complicated equipment. There are many ways to improve your strength, including exercises that use your own body weight for resistance. Traditional exercises such as push-ups, sit-ups, wall squats, etc., are still great, effective ways to build strength. Exercising with dumbbells or using rubber exercise bands helps to increase resistance and provides for surprisingly good workouts which can be aerobic as well as strength building. If you are looking to start your own routine at home, a good resource to get you started is *Strength Training for Dummies* by Suzanne Schlosberg and Liz Neporent. On the Internet, [www.Shapefit.com](http://www.Shapefit.com) and [www.Sparkpeople.com](http://www.Sparkpeople.com) are very comprehensive yet easy to use Web sites with information on weight training as well as information on nutrition, fitness, and more.

**The Positive Choice Wellness Center offers two options for at-home strength training:** Fitness balls and a Fitball Work-Out video for \$25, the video alone for \$10, and Fitness Therabands that come with a booklet that show photos of band exercises that target different muscles groups for \$15. All three can be ordered over the phone and sent to you through the mail.

**When You Need a Helping Hand**—If you would like some help getting started on a strength training program, Positive Choice offers several options. We host free Fitness Forum sessions where an exercise physiologist is available to answer fitness questions and give advice ([www.positivechoice.org](http://www.positivechoice.org) or call for schedules). You can choose to do an Exercise/Nutrition Consult, a 30-minute appointment, where your personal fitness goals are addressed or Personal Training with an exercise specialist. Our Muscle Toning and Pilates exercise classes are a great way to build strength as well.

**Choose to Move**—Today choose to be kind to yourself. Don't just read this article, take action. Why not try some squats or push-ups? Choose to do 10 today. Why not do 10 at your desk or in front of the refrigerator before getting a snack or in your yard or with your kids...all alone, anywhere, anytime? Remember the words of Erica Jong, **"If you don't risk anything, you risk even more."** Today choose to move, you won't regret it.

# Why Don't You Do What You Know You Should?

Vicki Pepper M.S., R.D.

**Everything you do, every day is for one of two different reasons.** You know you need to eat healthy and exercise. You know those French fries and rolled tacos are bad choices and you know your weight and health depends on making the right choices. But...despite all that, you find yourself in a rut of relaxing on the couch with a bag full of poor choices. You might argue that you'd do differently if only you had a personal chef, a personal trainer, or a bank account like Oprah's. Well, Oprah has all those things and my guess is that if you asked her she'd tell you that it's really, really hard to stay on track!

The problem is when you want to change your behaviors you, like almost everyone else, focus on the behaviors themselves. You spend your energy thinking of how much to exercise, what to eat, how much, how often, etc. You concentrate on these behaviors and you do really well. You might drive yourself a bit crazy, but you do it. Until you get tired...then the couch and the bag full of poor choices start to look really good. Better than a number on the scale. Better than being thin feels.

## Whatever You Choose— Choose to Do Something and Take Action.

**You can do it!**

**To make long-term changes in behavior requires a holistic approach.** It's not just about what you do. It's about how you feel and what you're thinking before, during, and after a behavior that motivates you into long-term change. Everything you do is motivated by one of two things. Either you do a behavior to **gain** something positive or you do it to **avoid** something negative. It's that simple and that complex.

Behaviors that are motivated by gaining a positive outcome are deeply encoded in our brains and the most powerful motivators of long-term behavior. Avoiding negatives are also powerful motivators. Avoiding diabetes medication or a quadruple bypass will get you off the couch in no time. In fact, during the initial stages of changing behaviors, avoiding negatives are more powerful than positives. As time goes by and the threat of the negative outcome becomes a distant memory, motivation to continue the new behavior also fades. Staying focused on the positives you're getting out of a behavior is what sustains the new habit. That's why making long-term changes in your lifestyle works better when you have group support.

When you're practicing new behaviors with friends they are there to remind you of why you wanted to change in the first place. They help you to focus on what you're getting out of your new changes and how far you've come. When you're feeling down they know how to commiserate and they encourage you to keep going. When they see you get back on track they feel good, because when they see you do it they can do it, too. **Only 5% of people who lose weight on their own are successful. In our programs, where everyone loses weight together in a group, 80% reach goal weight.**

If you're struggling with motivation, then spend some time considering what you get out of **NOT** doing the healthy behavior. It will give you insight into why you keep going back to all those old habits. Secondly, consider attempting your health goals with group support. It's always easier to jog for 30 minutes in a fun run with friends than on a treadmill in your garage staring at the walls. If you've been a part of our weight management programs before and you're losing steam, consider coming to some **Booster** classes. Those of you who have never been in a Positive Choice program can get a boost from attending our free **Ask A Dietitian** or **Fitness Forum** sessions or one of our free **Positive Choice Club** activities (see schedule in this newsletter). Weight Watchers, Overeaters Anonymous, and Food Addiction Anonymous are also good options for weekly or monthly support.

**Call us** and  
**SAVE \$15**

on any of these Positive Choice Weight  
Management Programs

- **Fasting Program**
- **Nutrition Program**
- **Spanish Program**
- **Teen Weight Program**

**(858) 573-0090**

To receive these savings, present this coupon at the time of your Body Assessment or at your first weight management group meeting. Savings does not apply to any other program or service and may not be used at subsequent group meetings. Positive Choice reserves the right to refuse this coupon after January 2010

# Putting the Healthy Back in Dining

If your idea of making dinner is making reservations, then you probably struggle with making healthy choices at your favorite restaurants. Making the right choices when dining out isn't always easy. In fact, research shows that even dietitians have a hard time accurately judging the calorie and fat content of restaurant meals. Take for example an entrée on the menu at The Outback Steakhouse—grilled swordfish, steamed vegetables, and a small, plain, baked potato. It sounds healthy and, for most people watching their waistlines, this meal seems like a good choice. Surprisingly this entrée totals 71 grams of fat (more than twice the recommended daily amount) and close to 1,000 calories. The vegetables are “steamed” in butter and the swordfish was heavily marinated in oil. If eaten at night, when you're more likely to be sedentary and when your metabolic rate is low, this could add on unwanted pounds.

Differences in cooking methods make estimating calories and fat in restaurants especially hard. Pasta marinara, a typically lean dish when made at home, can vary in restaurants from 9 grams of fat and 400 calories to as much as 45 grams of fat and over 900 calories. Why? Some restaurants simply boil the pasta, add sauce, and serve. Others pre-cook the pasta, coat it with olive oil, and then pop it quickly on the grill before adding the desired sauce and serving. The cooked pasta acts like a sponge soaking up the oil and, at 45 calories per teaspoon of oil, the calories can add up quickly. Even with the best of intentions how can you make good decisions?

Don't worry, you can. A new Web site is making things a whole lot easier. The Web site [www.HealthyDiningFinder.com](http://www.HealthyDiningFinder.com) lists healthy entrée and appetizer selections for restaurants across the nation. When you log on, you will plug in the zip code or city/state of where you live or where you plan to visit and a preferred price range. The Web site lists different restaurants and the healthy choices they offer. The nutrition information listed includes: calories, fat, protein, carbohydrates, sodium, sugar, fiber, etc. On some entrées, the site will also give you tips on how to order to ensure the calorie or fat level you want.

Everything from fast food to upscale dining is included on the site. All the entrées listed include lean protein, fruits/vegetables, or whole grains and do not contain more than 750 calories, 25 grams of fat, or 8 grams of saturated fat. Many of the featured dishes are actually much leaner. Appetizers, side dishes, and desserts are no more than 250 calories, 8 grams of fat, and 3 grams of saturated fat. The best news is all this information is available for free and it's just a click away.

**So let your fingers do your calorie counting and enjoy a great meal, or two, or three!**



# BE WELL on your way.

While most of the programs and services at the Positive Choice Wellness Center require a fee, the **Positive Choice Club** is a **FREE** service that is available to both Kaiser Permanente members and non-members.

The **Positive Choice Club** hosts a variety of educational seminars that focus on helping people develop and maintain a healthy lifestyle. The schedule through December is listed on the right side of this page.

To view descriptions of each event, visit the Positive Choice Web site or call to have us mail you information.

Space may be limited for some events, so sign-ups will be offered, on a first come, first serve basis.

**Positive Choice Wellness Center**  
[www.positivechoice.org](http://www.positivechoice.org)  
(858) 573-0090

## Positive Choice Wellness Club August– December 2008

### Biofeedback for Stress and Pain Control

Friday, September 19  
6 to 7 p.m.

### Using Self-Hypnosis for Weight Loss, Smoking, Pain Control, and Healing

Friday, October 3  
5 to 6 p.m. or 6:30 to 7:30 p.m.

### Breaking the Hold ~ Taming Food (and other) Addictions

Friday, October 17  
6 to 7 p.m.

### Reduce Stress with Collage ~ Creating a Safe and Comfortable Place Within Yourself

Friday, November 7  
6 to 7 p.m.

### Muscle Toning Exercises You Can Do at Home without Special Equipment

Friday, November 21  
6 to 7 p.m.

### Holiday Weight Management Support Groups

Monday, December 22                      9:30 to 11:30 a.m.  
6 to 8 p.m.

Tuesday, December 23                    9:30 to 11:30 a.m.  
6 to 8 p.m.

Monday, December 29                    9:30 to 11:30 a.m.  
6 to 8 p.m.

Tuesday, December 30                   9:30 to 11:30 a.m.  
6 to 8 p.m.

## Positive Choice Wellness Center

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If you would like to be added to the *Live Well Be Well* mailing list, please contact: Vicki Pepper at (858) 573-5558

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