



Timely Information for Personal Success

Weight Control Nuggets to Consider

By Tim Lencki

It's been said over and over that to lose weight, it's a matter of "energy in" versus "energy out." "Energy in" comes from the food you eat each day, while "energy out" is the number of calories expended each day. Become more active, consume less calories, and you will experience positive results. Let's compare exercise to gold. Finding gold doesn't have to be about tracking down that *one* big nugget that will make you rich. Rather, gathering enough *pieces* of gold can add up to similar results in terms of a fortune. The same is true of exercise – rather than looking for that one, elusive "nugget" of information – consider the following *bits and pieces* of information, which can still lead to exercise success:

❖ **Turn up your metabolism by eating hot and spicy foods.** Herbs and spices such as chili pepper, horseradish, mustard, cinnamon, garlic, ginger, fennel seeds, guarana, ginseng, and turmeric help you burn more calories. Studies have shown that hot pepper and other spicy foods can increase metabolism. If you can handle it, try some out.

❖ **Eat more protein.** Research is showing that protein can have a satiating effect as well as fat-burning capabilities. The benefit is that by eating protein you may fill up faster, therefore, not eat as much at any one sitting. However, beware of the portions – as portion control is a big problem for many people. In addition, protein has an increased thermogenic (fat-burning) effect compared to fat and carbohydrates. This is mainly because of the body's inability to store protein.

❖ **Drink green tea.** There is strong evidence that green tea has thermogenic properties that promote weight loss, especially when combined with increased physical activity and a healthy diet. Basically, green tea helps reduce body fat by increasing energy expenditure and through fat oxidation.

These are some gold nuggets to add to your gold pan (lifestyle). Rather than looking for one or two simple solutions (nuggets), the only way to keep weight off is from a changed and consistent *lifestyle*. ❖

The Benefits of Kettlebells

Have you ever heard of an exercise item called a "kettlebell"? If not, it's worth looking into.

A kettlebell is a cast-iron piece of equipment used to perform ballistic exercises that combine cardiovascular, strength and flexibility training. It resembles a cannonball with a handle, and they weigh anywhere between 4 and 100 pounds.

Many of the basic movements engage your body all at once, which in a way mimics real-world activities such as shoveling and other various activities around your home.

The following are just a few of the benefits you will find by using kettlebells:

❖ **It's a good solution for busy people.** Kettlebells give you a big "bang for your buck."

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Healthy Recipe: Chicken and Fruit Salad

INGREDIENTS:

- 1/4 cup reduced fat sour cream
- 3 tablespoons fruit-flavored vinegar
- 1-1/2 teaspoons poppy seeds
- 1/4 teaspoon salt (also pepper, to taste)
- 8 cups mixed salad greens
- 2 cups sliced cooked chicken breast (see tip)
- 2 cups chopped melon (cantaloupe, etc.)
- 1/4 cup chopped walnuts, toasted (see tip)
- 1/4 cup crumbled feta cheese

NUTRITIONAL INFORMATION:

- Calories per serving: 248
- Carbohydrates: 18 g.
- Protein: 21 g.
- Sodium: 346 mg.
- Fat: 11 g.
- Saturated fat: 4 g.
- Fiber: 4 g.



DIRECTIONS:

① Whisk sour cream, vinegar, poppy seeds, salt and pepper in a large bowl until smooth. Reserve 1/4 cup of dressing in a small bowl. Add the mixed greens to the large bowl and toss to coat. Divide among 4 plates and top with chicken, melon, walnuts, and feta cheese. Drizzle each portion with 1 tablespoon of the reserved dressing.

Tips: To poach chicken breast, place boneless, skinless chicken breasts in a medium skillet or saucepan and add lightly salted water to cover; bring to a boil. Cover, reduce heat to low, simmer gently until chicken is cooked through – 10-12 minutes. To toast walnuts, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring until lightly browned, 2-3 minutes.

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Questions and Answers

How Can I Stay Motivated to Exercise This Fall?

That is a good question that many people struggle with – especially those of us in northern states. Will fall nearly upon us, and school staring again, many of us get back to a more normal routine. That's fine, except that once vacations and the like are behind us, it becomes harder to find time to exercise. The problem is, once September is here, the holiday season isn't long after that – and you know what all this means...we tend to eat too much.

Rather than slack off once the summer is over, consider getting help this fall for your exercise program. What I mean by help is to find a cheering section. When it comes to exercise – and sticking with it – there's nothing like accountability. Find somebody who can lend you support – a spouse, friend, co-worker, or personal trainer. Think of at least three people who might be in your cheering section. Talk to these people about giving you support and holding you accountable as you work to reach your weight loss or other healthy lifestyle goals. ❖

- Tim Lencki

The Benefits of Kettlebells

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In a short amount of time, a kettlebell workout can build strength, improve your cardiovascular endurance, and help you become more flexible. You can accomplish this in less than 30 minutes. For a couple of times a week, you'll see great results.

❖ **It's enjoyable.** Everyone knows that traditional exercise can become boring. But kettlebell training is quick and enjoyable, giving you a reason to stick with it. There are a large variety of exercises to choose from. Best of all, kettlebells are small and portable, so you can use them just about anywhere – in your home, outside, or on a trip. That's important because just changing the environment you work out in can be helpful.

You will stand taller, carry packages easier, climb stairs with less effort, and have more energy.

❖ **Develop functional strength.** Kettlebell training uses fundamental movement patterns making everyday activities and injury less likely. You will stand taller, carry packages easier, climb stairs with less effort, and have more energy. Kettlebell training offers the most functional training possible, because the parts of the body must work together as a unit while performing the exercises.

Summary

Kettlebells are a wonderful and practical tool for all people – whether you are an elite athlete or an average person looking for something different to add to your fitness routine. Contact a personal trainer in your area or go to www.youtube.com and type in “kettlebell training” or “kettlebell workout” for some exercise examples. ❖

Source: Tim Lencki, MS, CSCS, is a strength and conditioning specialist, author, and speaker. Visit Tim's new website at www.adventurefitspeaking.com or email him at Tim@adventurefitspeaking.com.