



Timely Information for Personal Success

Why Isn't My Diet Working?

Diets are a form of calorie restriction! When you consume FEWER calories than your body needs, you lose weight. The problem lies in the fact that the scale says you're losing weight, however, it doesn't tell you *what* is being lost – it can be water, fat, or muscle.

Survival Mode

Psychologically, the fact that you are losing weight sounds good, right? Not really! When you deprive your body of nutrition, it goes into a survival mode and does whatever it needs to prevent starvation. In other words it prepares your body for fat storage and begins to break down muscle tissue in order to survive.

A Vicious Cycle

This may have been a good thing a thousand years ago...but not now! Meanwhile the scale looks good, however, internally it doesn't. You eventually get cravings that you can't handle...which is when dieters frequently give in. When this happens food is more quickly stored as fat, your blood sugar spikes resulting in energy compromise, more cravings, and further post-diet binging. It is a vicious cycle. What should you do? Meet your body's needs by taking in adequate amounts of:

- Protein;
- Complex carbohydrates;
- Fibrous carbs; and
- Essential fats.

Consume these nutrients in complete meals frequently throughout the day. ■

Tim Lencki, MS, CSCS, is a strength and conditioning specialist, author, and speaker. He can be reached at tim@personalfitnesspros.com or visit www.personalfitpros.com.

Simple Strength Training

When most people think of exercise, thoughts of doing aerobic activity (i.e., walking, biking, jogging, etc.) come to mind. However, by not including strength training as part of your routine, you are missing out on some great benefits.

The problem most people have when it comes to strength training is that they don't have the equipment, which admittedly can be expensive. I have a solution – it's called *resistance tubing*.

Resistance tubing offers an inexpensive and portable way to get a full-body, strength-training workout at home or on the road.

continued on Page 2





CLIP-N-SAVE!

www.eatingwell.com

Healthy Recipe: Thermos Ready Smoothie

INGREDIENTS:

- 1 cup frozen mixed berries
- 1/2 banana
- 1/2 cup apple juice
- 1/4 cup silken tofu

NUTRITIONAL VALUE:

- Calories per serving: 288
- Carbohydrates: 62 g.
- Protein: 6 g.
- Sodium: 33 mg.
- Fat: 3 g.
- Saturated fat: 0
- Fiber: 7 g.
- Nutritional bonuses: Potassium, calcium, vitamin C, and antioxidants

DIRECTIONS:

Combine berries, banana, apple juice and tofu in a blender; blend until smooth.

Makes 1 serving.



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Questions and Answers

Dispelling More Myths

Q: *Why is skipping meals such a big deal?*

A: Skipping meals, especially breakfast, and waiting until you are starving to eat something may sound like a great way to cut back on calories and lose weight. However, this is not true. People with these types of eating habits often struggle to lose, even maintain, their weight because they feel more deprived. When they do eat, they generally overindulge or make poor food choices, which results in weight *gain* rather than loss.

According to the National Weight Control Registry, evenly spacing food intake throughout the day is the key to success. Furthermore, when it comes to keeping weight off, breakfast is a must. Studies show that people who eat breakfast tend to consume less dietary fat, snack less impulsively, and engage in more physical activity than those who skip breakfast. Start your day with a good breakfast, and then eat several well-balanced “mini-meals” throughout the day.

Eating regularly throughout the day can not only help you maintain or lose weight, but also give you more energy to get through your day. In addition, it can provide energy to participate in physical activity (another important component to weight loss).

Q: *Is it true that the more I sweat, the more calories I'll burn?*

A: Your body sweats in order to maintain its normal temperature. How much or little you sweat doesn't correlate with how many calories you are or are not burning. Every person sweats differently. When it comes to the number of calories burned, the intensity (how *hard* you work out) and the duration (how *long* you work out) matter the most, not how much you sweat. ■

— Tim Lencki

Simple Strength Training

continued from Page 1

The exercises range from simple to challenging, so it is useful for people of all fitness levels. There are many exercises to choose from, and tubing can be purchased online (I use www.power-systems.com) or at local sporting goods stores.

When setting up a strength-training program using resistance tubing, you will want to work each of the major muscle groups – chest, back, shoulders, legs, arms, and mid-section. This can be accomplished with 6-8 different exercises. If you are just starting out, I suggest doing 2 sets of 10-12 repetitions of each exercise.

Many times when you buy exercise tubing, it will include pictures of various suggested exercises. However, if you are looking for more ideas, YouTube is filled with helpful videos to guide you. Just do a search using these key words: “resistance tubing workouts.”

Resistance tubing is a fantastic way to get started with a strength-training routine. The feedback I receive from people who've tried it has been very positive. See for yourself! ■

— Tim Lencki