



Timely Information for Personal Success

The Link Between Family and Exercise

By *Tim Lencki*

I've been in the fitness business long enough to see that nine out of 10 people start exercising to lose weight. This isn't a bad thing considering that more than 65% of the population is overweight. Obesity does lead to a host of chronic health conditions — diabetes, heart disease, arthritis, and many more.

However, the problem with exercising only to lose weight is that when weight loss doesn't occur fast enough, if at all, people give up. Trust me, I've seen it happen more often than not. It's disappointing that many people do not see the benefits that exercise brings. The following are five reasons to exercise — using your family as an incentive.

1. Exercise improves your mood. Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed. Exercise even reduces feelings of depression and anxiety. By improving your mood, you're better able to enjoy the time spent with family after work, rather than plunking down in your recliner and missing out on quality time with them.

2. Exercise may extend family time. Do you have asthma, diabetes, or arthritis? Guess what? Exercise can reduce or even reverse the uncomfortable symptoms associated with these diseases. This means you can enjoy more activities with your family without suffering from pain. The added benefit is that by controlling symptoms, you'll lead a better quality of life and, God willing, extend the time spent with them.

3. Exercise strengthens your heart and lungs. Regular exercise can make you breathe easier. That's because exercise delivers oxygen and nutrients to your tissues. When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy. In addition, the increase in circulation can speed recovery of sore or injured muscles. When you have a strong heart and lungs, you're better able to keep up with your kids, too - this will make exercise more fun as well.

4. Exercise improves your flexibility. Flexible muscles can improve day-to-day activities, such as bending over to tie your shoes or lifting and carrying heavy objects. Moreover, an increased range of

continued on Page 2

Arthritis

Improving Quality of Life

If you feel chronic pain, swelling, or stiffness in one or more of your joints, you may have arthritis. Arthritis is one of the most prevalent chronic health conditions, affecting more than 46 million people. In fact, arthritis is second only to heart disease as a cause of work-related disability.

Although treatment depends on the precise type of arthritis you have, many of the habits recommended for a healthy lifestyle can play a positive role in dealing with arthritis and related conditions. Healthy lifestyle habits to consider include:

➤ **Exercise** — A program tailored for you that includes a balance of conditioning (aerobic activity), and strengthening and range of motion (stretching) exer-

continued on Page 2





CLIP-N-SAVE!

www.foodfit.com

Healthy Recipe: Protein Power Balls

INGREDIENTS:

- 1 cup *creamy* peanut butter
- 1 cup sweetened coconut, toasted
- 1 cup cornflakes
- 3/4 cup soy protein powder
- 3/4 cup finely chopped semi-sweet chocolate chips
- 1/4 cup firmly packed brown sugar

NUTRITIONAL INFORMATION:

- Calories per serving: 133
- Protein: 9 g.
- Carbohydrates: 11 g.
- Sodium: N/A
- Total fat: 8 g.
- Fiber: 1 g.

DIRECTIONS:

- 1 Combine peanut butter, cornflakes, protein powder, brown sugar, and chocolate chips into mixing bowl. Work mixture with hands to combine well.
- 2 Use spoon to scoop out mixture and roll into golf-ball size balls. Roll them in the toasted coconut to coat the outside.
- 3 Refrigerate for at least 1 hour. Store in an airtight container in refrigerator for up to 1 week.



LifestyleTIPS®
 2009 Impact Publications, Inc.
 1439 Churchill Street, Unit 302,
 PO Box 322, Waupaca, WI 54981
 Phone: 715-258-2448
 Fax: 715-258-9048
 Website: www.impact-publications.com
 Email: info@impacttrainingcenter.net

Publisher: Jennifer Heisler
Health Consultant: Tim Lencki
Managing Editor: Mike Jacquart

LifestyleTIPS® is published as a monthly insert included with an EAR subscription. Contents are not intended as a substitute for actual medical advice. Editorial material should be used with discretion by the reader and is not endorsed by the owner, publisher, editors, or distributors.

To order a personalized, color version of **LifestyleTIPS®** with the name of your EAP, call 715-258-2448 or email us at info@impacttrainingcenter.net. Pricing will vary depending on the quantity ordered.

Be Sure to Eat a Good Breakfast!

Q: *I've heard that a good breakfast can help you lose weight. Is that true?*

A: It seems the majority of people I help get started on fitness programs skip breakfast. Many say they're not hungry before heading off to work. You may wish to reconsider your morning routine, especially if you're on a quest to lose weight.

Many nutrition experts agree that eating a good breakfast can help you lose weight. That's because the earlier in the day you eat, the more efficiently your body uses those calories, therefore, leading to better weight loss. A good mix of protein and carbohydrates give your body what it needs to get jump-started. Carbs are easy to find - they're in oatmeal, cereal, toast, and other common breakfast foods.

Protein is an important part of the equation — but it requires more effort. Possibilities include yogurt, milk, eggs, cottage cheese, or a protein shake. Protein digests more slowly, leaving you feeling full longer — this helps you avoid “cravings,” and food you crave may not be good for you. Finally, start slowly. If you're not a breakfast eater, ease into it. Try eating breakfast 2-3 times a week, building up to a good, healthy breakfast 7 days a week. ❖

— Tim Lencki

The Link Between Family and Exercise

continued from Page 1

motion will keep you more balanced and increase your mobility — making you less prone to falls. This means when you're playing with the kids or grandkids, you'll be less likely to pull a muscle and be in pain for the next two weeks.

5. Exercise helps you sleep better. Do you struggle to fall asleep? Or stay asleep? Regular exercise can help you fall asleep faster and make your sleep deeper. You'll wake up feeling more rested, ready to take on the day. All told, a good night's sleep can improve your concentration, productivity, and mood. These benefits are especially important if you have a big day planned with your family.

Summary

If you only exercise to lose weight, I challenge you to take into consideration the reasons I've just cited. Make your family, and the joy they bring to you, part of the equation for sticking to an exercise program. Good luck! ❖

Tim Lencki is a strength and conditioning specialist and author of "Fitness One Day at a Time." Visit Tim's website at www.thefitnesseducator.com. Editor's note: The advice in this month's Lifestyle Tips articles are those of the author's, and should not be construed as a substitute for medical advice. Consult a physician regarding the applicability of recommendations appearing in these articles.



Arthritis - Improving Quality of Life

continued from Page 1

cises may help relieve symptoms of arthritis. Consult your doctor or physical therapist to find the exercises that are right for you.

➤ **Maintaining proper weight** — Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and progression of the disease. Being overweight by as few as 10 pounds can increase the force on your knees by 30-60 pounds with each step.

➤ **Healthy diet** — Scientific evidence shows that the foods you eat can influence the symptoms of some types of arthritis.

➤ **Know the warning signs** — If you feel pain, stiffness, swelling or difficulty moving a joint, consult with a doctor. Early diagnosis and treatment are important to slow or prevent damage. ❖