Eat Smart, Move More, Weigh Less is a weight-management program that uses strategies proven to work. The class will be held every Wednesday from 12:30pm-1:30pm in DBC 170 beginning September 1st through December 8th. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity.

The program provides opportunities for participants to track their progress and keep a journal of healthy eating and physical activity behaviors.

Each Participant Receives:

- *Eat Smart, Move More, Weigh Less Magazine* - a full-color magazine that contains the most salient points from each lesson, recipes and more.
- *Eat Smart, Move More, Weigh Less Journal* - a small booklet that helps participants keep track of their weight, food eaten and physical activity.
- *Invitation to participate in the Eat Smart, Move More - Maintain, Don’t • Gain Holiday Challenge* - a campaign that encourages participants to maintain their weight during the busy holiday season. The Holiday Challenge helps participants learn how to enjoy the holidays without adding extra pounds.

Classes begin and end: September 1st, 2010 (classes will meet every Wednesday from 12:30-1:30)

Program fee: $25

Classes held at: David Belk Cannon Health Institute, Room 170
10 Tips to Boost Your Metabolism

Excerpt from a USA Today Article, Provided by Dr. Sharon Starr

1. **Exercise more often.**
   Working out is the No. 1 way to keep your furnace cranking. The more lean muscle you have, the more calories you burn all day. That’s because muscle uses energy even when you’re resting. Exercise enough and you can help prevent the natural metabolic slowdown that can begin as early as your late 20s, according to Goldsmith.

2. **Kick up your cardio.**
   Aerobic intervals will help you maximize your burn, doubling the number of calories you torch during a workout, studies show. Intervals also keep your metabolic rate higher than a steady-pace routine does for as long as an hour after you stop exercising, according to Michele Olson, a Fitness advisory board member and professor of exercise science at Auburn University at Montgomery in Alabama. The ideal metabolism-boosting interval routine is to “go hard for a couple of minutes, then take it down to an easier pace for a minute or two, and keep alternating like that throughout your workout,” Talbott says.

3. **Put some muscle behind it.**
   Too many women steer clear of weight machines, fearing that they’ll bulk up. Or they work only their legs and skip their arms. Don’t make this mistake. A head-to-toe strength routine will turbocharge your calorie-blasting quotient. Add five pounds of muscle to your body and you can zap as many as 600 calories an hour during your workout, Olson says. Be sure to choose a weight-lifting routine that targets your core, legs, arms, chest and shoulders; challenging numerous muscles will help your body function like a calorie-burning machine.

4. **Don’t skip meals.**
   “The more frequently you eat, the more often it revs up.” Conversely, missing a meal, or going too long between meals, brings your metabolism to a crawl. “Your body switches into starvation mode and your system slows down to conserve energy,” White explains. Keep your engine humming by having three healthy meals of 300 to 400 calories and two snacks of 200 to 300 calories every day, he advises.

5. **Fill up on smart foods.**
   Start by serving yourself protein at every sitting. Not only does your body need it to help build lean muscle mass, but protein also takes more calories to digest. To get your fix, have low-fat yogurt at breakfast, chicken in your salad at lunch and salmon for dinner. Between meals, snack on protein-rich walnuts. They contain omega-3 fatty acids, which help promote weight loss by increasing your feelings of fullness, according to a recent study in the journal Appetite.

6. **Eat breakfast.**
   It will switch your metabolism from idle to high speed. That’s because your level of cortisol, a hormone that helps you use calories to build muscle, is highest just before you get up in the morning. When you eat an a.m. meal, your body is primed to turn those calories into muscle pronto - the
Metabolic Syndrome and Cardiovascular Disease

By Jesus G. Medina, EdD, MA, EPC

As we start a new school year we are certain to become quite busy and suffer from lack of motivation and time to exercise. Exercise among traditional college-aged students to 65 year olds has drastically decreased over the past 10 years and this has led to an increase number of people with Metabolic Syndrome (MetS) and Cardiovascular Disease (CVD) across the nation (American Society of Exercise Physiologists [ASEP]).

Metabolic Syndrome (MetS), which is defined as a grouping of metabolic abnormalities including glucose intolerance, insulin resistance, central obesity, dyslipidemia, and hypertension accounts for 35.7% of the U.S. population. On the other hand, Cardiovascular Diseases, which includes coronary heart failure, coronary heart disease, acute myocardial infarction, hypertension, cardiac arrhythmia, and cardiomegaly, accounts for 35.3% of all causes of death throughout the U.S.

Due to sedentary lifestyles, obesity has become a large health problem and abdominal obesity is strongly related to the development of MetS and CVD (American College of Cardiology [ACC], American College of Sports Medicine [ACSM], American Physiological Society [APS] and ASEP). Increased waist to hip ratio is directly associated with an increased occurrence of coronary calcification fifteen years later (Lee, Jacobs, Schreiner, PJ, et al). The longer you maintain the unhealthy weight the greater your risks of MetS and CVD.

One way to help determine whether someone is at risk for MetS or CVD is to determine the waist-to-hip ratio. To determine your Waist-to-hip ratio do the following:

Step 1: Use a tape measure to measure the circumference of your waist at its smallest point.

Step 2: Measure the circumference of your hips at their widest point.

Step 3: Divide your waist measurement by your hip measurement to calculate your waist-to-hip ratio.

Step 4: Use the chart below as a guide.

<table>
<thead>
<tr>
<th>Waist to Hip Ratio Chart</th>
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<tbody>
<tr>
<td><strong>Male</strong></td>
</tr>
<tr>
<td>0.95 or below</td>
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<tr>
<td>0.96 to 1.0</td>
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<tr>
<td>1.0+</td>
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To decrease your waist-to-hip ratio increase your physical activity above the minimal recommendations (ACSM). Note: The minimum exercise requirements for healthy individuals 65 years of age or younger are as follow:

1. Moderately intense cardio 30 minutes a day, five days a week; or
2. Vigorously intense cardio 20 minutes a day, 3 days a week and Do 8-10 strength-training exercises, 8-12 repetitions of each exercise twice a week.

In short, a sedentary lifestyle, along with poor cardiorespiratory fitness has been shown to be associated with an increased risk of MetS and CVD may be prevented and reversed via regular exercise (ACC, ACSM, APS, and ASEP). So, remember to get up and move and encourage your students to do the same.
10 Tips to Boost Your Metabolism (continued from page 2)

1. Take a deep breath. Holding your breath can really mess with your metabolism. Just a short, shallow breath takes about 30 seconds of your day and uses your metabolism for energy. If you’re trying to lose weight or are fatigued, deep breathing can help even if you’re not actually doing anything physical. If you’re stressed, it can help you feel better, too.

2. Get your green on. A 2009 study from the University of Michigan found that the higher your intake of fruits and vegetables, the greater your metabolism. The study also found that a diet high in red meat, high-fat dairy and refined grains could increase the risk of metabolic syndrome.

3. Get some good protein. Research shows that eating protein increases metabolism. Studies have shown that eating protein can cause someone’s metabolism to increase by up to 10%.

4. Drink hot water. As if you didn’t already know, but drinking hot water boosts your metabolism. While the water itself doesn’t do anything, the act of drinking it activates your metabolism.

5. Get some good sleep. Getting the sleep you need is crucial to boosting your metabolism. The National Sleep Foundation recommends seven to nine hours of sleep for adults to maintain a healthy weight. Getting fewer than seven hours is linked to being overweight.

6. Get up. Getting up gets your metabolism going. If you’ve been sitting for a while, stretch, walk, or move around. Just getting up increases your metabolism.

7. Get off your butt. Sitting too much - at the computer at work, at home in front of the TV - slows your metabolism, even if you’re exercising regularly. An easy fix is to stretch, stroll and fidget throughout the day. That’s what scientists call NEAT, or non-exercise activity thermogenesis, and it can boost your burn and help you drop weight.

8. Go to bed earlier. Deprive yourself of sleep and your body starts to respond as if it were under siege. “When you get two hours less shut-eye than you normally do, your system becomes stressed and produces about 50% more cortisol,” Talbott says. “That in turn triggers your appetite.”

9. Schedule a nighttime workout. Do a 20- to 30-minute moderate-intensity cardio routine before you hit the hay to keep your metabolism humming all night, Porcari says. The average woman’s metabolic rate naturally decreases by about 15% while she sleeps, but an end-of-day sweat session will make the drop closer to 5%, he explains. So take the dog for an evening walk or go for a bike ride with your family after dinner. And don’t worry that the activity will keep you awake: As long as you exercise at least two and a half hours before lights out, you should be able to drift off with no problem, Breus says.

10. Check your meds. Some of the most dramatic metabolic dips occur when women start taking birth control pills and widely prescribed antidepressants known as serotonin reuptake inhibitors, or SSRIs. “These drugs commonly slow the metabolism because they affect the functioning of the thyroid gland, which regulates how our bodies use energy,” says Dr. Kent Holtorf, a thyroidologist and the founder of the National Academy of Hypothyroidism. Depo-Provera, a contraceptive that’s injected every three months, seems to cause the most weight gain.

Upcoming Local Health Events

Check out these events that are right in your own backyard. Many of these events are fun, healthy, and have activities for the whole family, and support our community.

September 18th
Lincoln County Apple Festival
Lincolnton, Apple Festival & Road Race (www.lincolncountyapplefestival.com/apple-festival-5k.html)

September 20th - October 2nd
Denver Days (www.denvernc.com/ddabout.htm)

October 2nd
Farmfest 10, Mount Holly (www.mounthollyfarmersmarket.org/)

October 2nd
Krewe VIII, Lincolnton, Benefits YMCA Scholarship Fund

October 23rd
Alzheimer’s Memory and Hunger 5k, Gastonia, A Journey of Hearts (www.ajourneyofhearts.com/)

October 30th
Runway 5K Run and Fun Walk, Charlotte, Proceeds go towards Lifespan