

# HEALTHLINES

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## Chad's Corner

Now is not the time to panic! Just because you happened to gain 10 lbs. over the holidays, please don't resort to the senseless act of starting a starvation-mode diet. These "silly diets" are a dime –a –dozen and quite frankly, don't work over the long haul. I have personally been in this business for nearly a decade now and have yet to encounter an individual who has experienced any semblance of long-term success with this type of a weight management program. Although not a dietician or nutritionist, I have worked with many professionals who are, and they too denounce the foolish eating habits that many people tend to develop once they experience an abnormally quick weight gain. Let's face it folks, at some point in each of our lives, every one of us is going to experience a rapid weight gain over a relatively short time span.

I personally can recall gaining 5 lbs. in a single week about 10 years ago when I stayed with my Great Aunt Mary. It certainly wasn't a pretty sight and yes, I felt just as guilty as the next person would have. However, I didn't starve myself to drop the 5 lbs. quickly (I love food far too much), I simply doubled my efforts and focused on establishing sensible eating habits and exercised on most days of the week. Was I surprised that I lost most of the fat that I had gained in 4 weeks? The answer is no! I knew it was just a matter of time. You're probably thinking, of course you weren't surprised, you only had 5 lbs. to lose. What if you had 50 or even 100 lbs. to lose? My answer is still the same, its just a matter of time, except to lose 50 lbs. would have taken about 1 year to lose. One doesn't have to be Albert Einstein to figure out how to manage your weight. Simply stick to the basics. Eat sensibly throughout the day (I like to call this grazing), don't snack late at night and spend some time exercising. Of course we can help you with the exercise part, but you have to make the commitment to better nutrition. A 1 to 2 lb. weight loss per week is all that you should shoot for when attempting to shed some pounds. This isn't my rule of thumb, but dieticians and nutritionists. If you're losing more than 2 lbs. per week, then you are probably losing muscle and water weight.

Yours in Health, Chad Marschik

"If you have the courage to begin,  
you have the courage to succeed."

-David Viscott

Info-mercial Mania by Joella Evans, M.S.

AbRollers, ThighMasters, Hip and Bun Sculptors, AbMachines, etc,.....

The fitness industry is flooded with equipment such as the above and I am sure there will be more to come. Each of these machines promotes the idea that with the use of them one can develop perfectly sculpted abdominal, thigh, hip, and buttock muscles. Is this really true? While the makers of these machines would like us all to believe so, there is a lot more involved to achieve the results that they claim to give the average consumer.

What each of these machines promotes is the concept of "spot reducing". This is the idea that you can lose fat from just one targeted area of the body. It is simply not possible to pick and choose where fat will be lost during exercise. It is also not possible to burn fat simply by using these "spot reducing" pieces of equipment. In order to burn fat you must incorporate cardiovascular conditioning into your fitness regimen. You also have to increase your fat burning potential by weight training. The third factor involved in reducing body fat is modifying your eating habits. I know most of you have heard this before, but from time to time it is necessary to remind everyone the importance of a well-rounded fitness program.

While these machines will not burn fat, they will assist you in strengthening the muscles under the fat. As we all know, it is important to have strong abdominal muscles to help keep back pain at a minimum and your abdominal muscles are at the "core" of every activity. Strengthening the other muscle groups such as the thighs, hips and buttocks are just as important for a total body workout. But you don't want to spend all of your time concentrating on one area. You want to do exercises that involve more muscle groups, because they require more energy and are more functionally oriented. For example, leg lifts are good for lifting your legs, but if you do squats or lunges you are using the same muscles as well as incorporating the larger muscle groups of the legs, therefore doing more work and essentially increasing your fat burning potential.

### **The bottom line of it all is:**

Heredity largely determines where fat is distributed on your body, and you cannot change that. So, instead of focusing on one area that you would like to make look better, you should change your focus to long-term lifestyle changes that will set you up for a lifetime of success. It takes a daily plan of action, one that includes a variety of whole, healthy, low-fat foods, aerobic exercise lasting 30 minutes or more most days of the week and strength training to build lean, fat burning muscle.

The key to a successful fat reducing program is to set realistic goals. Don't set out to achieve the long term in just a few short months. You will only become discouraged. The best plan of attack is to have a long term goal in mind, but set smaller goals along the road to that goal which may take a year or longer to achieve. There is not an exercise machine on the market today that is a miracle cure for any of our fitness goals. It takes a series of lifestyle modifications to

make a successful program. If you have a goal in mind and are having trouble reaching it, sit down with you trainer and work on some short-term goals to get you where you want to be without the frustration.