



## Fitness tips:

### Tip 1: Learn your metabolic rate today!!!

When I talk about metabolism, I talk about two numbers, your basal metabolic rate and your energy expenditure. Your basal metabolic rate is essentially the amount of calories your body burns at rest. Your energy expenditure is your BMR plus any activity for the day. If you want to maintain your weight, consume your total energy expenditure. If however you want to lose weight all you have to do is **consume between your BMR and your energy expenditure**. Although all of us are very different, our internal programming is essentially the same.

We differ in the amount of lean mass to non-lean mass, age, gender, and activity level therefore our metabolic rate is different, but our metabolism system operates the same. The take home message here is that you must consume at least your BMR to consistently lose weight. **Often times, in fact most times, people are not eating enough food to lose weight**. These crash diets of 1500, 1200, or 1000 calories are number one not healthy, and number two always lead to a plateau where the individual struggles harder and harder to drop any weight. Their common sense tells them to eat less and the continue to not lose any weight and often times gain several pounds in only a few days just to try harder and cut more calories to then get those few pounds off. I'm sure you can see how that is incredibly frustrating for the individual.

Find out what your numbers are. Only then can you be sure that you are eating the proper amount of food for your age, gender, body composition, and activity level. **That's what Wilson's does that others don't**. Other plans set you up based on charts or simply give you 1500 or 1200 pre packaged meals. We actually take the time to take the measurements to be sure we are not shooting in the dark. Don't you think it would be smart to turn on the lights?

To find out your metabolic rate, start your 30 Day Makeover, try our EZ Meal Plan, or schedule a body composition test today.

### Tip 2: Eat all day long!!!

As I mentioned last week, many people are not eating enough food to maintain proper metabolic rate. Remember, you must consume at least your basal metabolic rate to keep your body in a burning state. Timing of meals is a big part of weight loss/maintenance too. **By eating small meals throughout the day**, we do several things; we keep our Cortisol and Insulin levels where they are designed to be, we keep our metabolism running high all day long, and **we actually eat less food**.

A recent study by the University of Witwatersrand, South Africa found that individuals who were instructed to eat **5-6 small meals a day ate 27% fewer calories than individuals instructed to eat only 3 times a day**. The reason is Leptin, the anti-hunger hormone. Check back next week to learn more about Cortisol, Insulin, and Leptin.

### Tip 3: Cortisol: the storage hormone

**Cortisol** is known as our storage hormone, its main job is to store fuel. It is released in high amounts when we go long periods of time without any food. **Skipping breakfast or lunch because we are too busy**, for example raises our Cortisol levels. This **leads to fat storage** around the waist and hips; something all of you would love to avoid I'm sure. The best way to keep Cortisol at proper levels is to have a quality snack between your regular meals. The best snacks are a **good carbohydrate paired with some protein**. Examples include a small apple with a tablespoon of peanut butter, a few whole grain crackers with a string cheese, or a handful of mixed nuts and dried cranberries. Try snacking between breakfast and lunch and again between lunch and dinner (about 150-200 calories each) and you will not only have **more energy**, but you will lower your storage hormone Cortisol.

### Tip 4: Insulin: the sugar shuttle

**Insulin** is known as the sugar shuttle, its main job is to move sugar or carbohydrates from the blood into the muscle. Insulin is released after a meal in proportion to the amount of carbohydrate you ate. The more carbohydrates or sugar, the more insulin your body releases. The problem comes when your muscles do not need the sugar because you have been inactive. They reject the insulin, **forcing insulin to store your sugar in your fat cells**, typically in the central regions around your waist. In fact there is an extremely high correlation between waist size and insulin insensitivity, the hallmark sign of **Type Two Diabetes**.

Carbohydrates are not the problem here; it is your inactivity and large portion sizes!!!

To decrease your central storage, **eat smaller meals** and add some activity to your lifestyle. Walk the dog twice a day, go outside and play with your kids for 20-30 minutes not just 5, **go to the gym**. These are suggestions that you have heard a hundred times, but guess what, they work.

Jon Garlow  
M.A., ATC, LAT, ACE-CPT  
Director of Fitness & Nutrition  
Wilson's Fitness Centers  
(573)446-3232 (W)  
(573)446-3774 (F)  
jgarlow@wilsonsfitness.com