

UNITED HEALTH CHIROPRACTIC

February Newsletter

Resolve to Exercise!

If you really want to stick to your New Year's resolution to lose weight, resolve to make exercise a routine part of your life. Studies have shown that people who diet and exercise shed pounds more quickly than those who just diet or just exercise. But the study also found that over the long haul, people who only exercise actually do better at keeping their weight under control. (Researchers believe diets are often too difficult to sustain, so dieters often regain the pounds they lost initially. Exercisers, on the other hand, drop pounds slowly and keep those pounds off.)

Here are some tips on efficient exercise:

Aerobic exercise is best for burning calories.

While the recommended 30 minutes of moderate exercise most days helps lower the risk of heart and other diseases, you'll have to push a little harder if you want to lose weight. Experts recommend at least 45 minutes of walking a day, done at once or spread throughout the day.

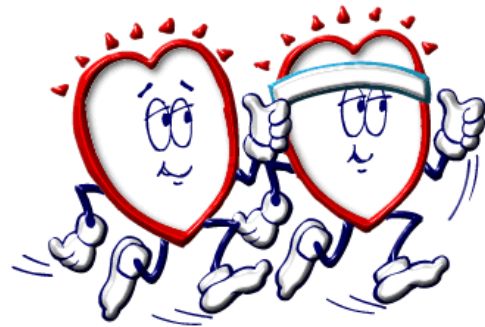
Exercise Harder.

If you simply can't devote 45 minutes a day, 7 days a week to exercise. People who exercise harder—between 75 and 85 percent of their maximum heart rate—for 20 minutes can burn as many calories as a person walking for 45 minutes. Better yet, carbs and fat are used up at higher rates during the hours following a high-intensity workout.

Lift Weights.

Resistance training builds bone density, which guards against osteoporosis and builds muscle. You don't have to follow the old three-sets-per-machine formula. Studies consistently show that you can do one set of weight training as long as you progressively lift heavier weights.

—adapted from Health magazine.



United Health Chiropractic · Dr. Ryan Schroeder · 701-232-2662

3212 14th Ave S. Ste 2 · Fargo, ND, 58103

www.unitedhealthchiro.com



Can eating help you lose weight?

Achieving healthy weight isn't so much a matter of eating *less* as eating *smarter*. True, the only way to lose weight is to burn more calories than you take in. But you don't have to starve yourself.

1. **Fill up on fiber.** Fruits, vegetables, whole grain cereals and bran make you feel fuller faster on fewer calories. Plus, they also tend to be loaded with disease-fighting nutrients such as vitamins, minerals and phytochemicals.
2. **Load up on calcium.** Researchers believe this important nutrient may suppress hormones that help retain stored fat. In one new study, high-calcium, low-calorie diets help obese mice lose weight at rates

Thank you!!

To show our appreciation to the Fargo-Moorhead business community, United Health Chiropractic selects a business from the community each week that we feel deserves an extra thanks for the wonderful business they do!

We are delighted to recognize the following businesses this month!

Dawson Insurance

Edina Realty

Kelly Services

Best Western– Doublewood Inn

Double those of mice given low levels of calcium.
Good sources: low-fat dairy foods, calcium-fortified orange juice, leafy green vegetables, and tofu.

3. **Don't skip breakfast.** You'll help prevent binge eating later in the day. Try starting out with high-fiber cereal, whole-grain bread, or fresh fruit.

4. **Hang out in the kitchen more.** Cooking at home is the most effective way to make sure your food is the healthiest— *you* control the portion size as well as fat and salt content.

5. **Make eating enjoyable.** French people consume more fat than Americans, yet have much lower rates of obesity. Recent studies on the "French paradox" reveal one possible reason: The French savor eating, while Americans are more likely to rush through meals. Why not try playing soothing music during the meal tonight to slow down the pace?

6. **Treat yourself!** Cutting out favorite treats can backfire, dietitians say. Try simply eating less of what you love. Examples: Go out for ice cream now and then— but have one scoop, not two— or have one piece of fancy chocolate— not three or four. You won't be depriving yourself, and you'll still be working toward your goal of healthy weight.

