

Wellness Tips

Do High Protein Diets really work?

High protein diets are often high in saturated fats, consequently not always the best choice for heart health. High protein diet may produce great immediate weight loss, 5 to 7 lbs in the first week. This 5 to 7 lbs is generally water. Carbohydrate store water that is needed to protect our heart and internal organs as well as provide muscle endurance. A well rounded diet with a special focus on the time of day complex carbohydrates are consumed is the best nutrition for health.

Do I need to exercise no less than 20 minutes a day to benefit?

You do not need to exercise 20 minutes at a time to reap fat-burning benefits or to lose weight. Targeted Intensity can reduce your fat burning time to as little as three to ten minutes daily.

How much water should I drink daily?

The average person should drink ten 8-ounce glasses every day. When you exercise more water is required to keep the body hydrated and maintain body temperature. It is said that 30% of your ability to perform exercise is lost as dehydration sets in. Furthermore, an overweight person is advised to drink one additional glass for every 25 pounds of excess weight. The overweight person needs more water than the thin person because larger people have larger metabolic loads. Because water is a key factor in fat metabolism - an overweight person must drink more water to metabolize fat.

What is the best machine to use for burning calories and increasing my heart health?

It is said that the best machine is the one you enjoy using and you will actually use. To develop cardiovascular fitness, an activity should use repetitive motions of the large muscle groups such as legs. Many activities, such as walking, swimming, and cycling, although strenuous are performed with a set rhythm and at less than full out intensity. Know your intensity level and commit yourself to 25 to 35 minutes three to four times a week.

Can Stress affect my ability to lose weight?

Stress is a killer in more ways than one. Studies show that individuals who are under acute stress produce a hormone called cortisol. Cortisol generally creates in high concentration in the midriff area. Sleep, relaxation, a feeling of general well-being and control create the ideal environment for weight loss.

Is it all right to drink Coffee?

Most experts agree that moderation and common sense are the keys in consuming caffeine-containing foods, supplements and beverages. Moderate caffeine consumption is considered to be about 300 mg. - equal to about 24 oz. of coffee. Remember, caffeine is found in chocolate, carbonated drinks and teas. Caffeine is known to deplete B vitamins, which is a key in stabilizing your metabolism. Individuals with high blood pressure, breast disease, and osteoporosis should consult their physician to be completely informed of personal risks.

I have arthritis should I exercise?

Arthritis is best controlled with sensible exercise, water aerobics and a well-rounded diet that is rich in green vegetables, a variety of fruits and moderate protein intake. Exercise helps keep joint, tendons and ligaments healthy. Proper warm-up before exercise and correct posturing during exercise is essential.

Is it true that resistance training can reverse the affects of Osteoporosis?

Weight bearing exercises can increase bone density if done in a systematic manner taking into account your conditioning upon beginning exercise. Weight bearing can be thought of as preventative for individuals with a history of Osteoporosis in their family.