

July 5, 2019

Be aware of the sitting disease

Who would imagine that a passive activity, “sitting”, could bring on so many health consequences? The term sitting disease coincides with the phrase “sitting is the new smoking”. This is because a large amount of evidence is linking sitting and being sedentary for several hours a day to health consequences such as heart disease, diabetes, obesity, deep vein thrombosis, metabolic syndrome, certain cancers and premature death.

A study by American Cancer Society in 2010 found that that women who were inactive and sat for 6+ hours a day were 94% more likely to die than those who were physically active and sat less than 3 hours. Additionally, they found men who were inactive and sat for 6+ hours a day were 48% more likely to die than their standing counterparts. These stats may seem gloomy, however, there is good news. There are studies that are beginning to submerge finding prevention of these health consequences by simply interrupting prolonged sitting behaviors.

One study performed by Dempsey, Paddy et al, found that incorporating 3 minutes of either walking or easy resistance training every 30 minutes had a positive impact on lowering blood glucose, blood insulin and biomarkers of insulin resistance.

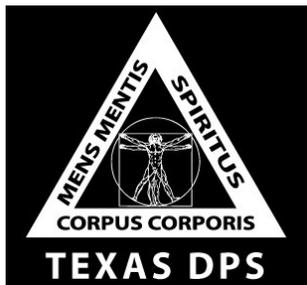
Putting a friendly reminder on your smart phone or computer can help remind one to get up and move. Additionally, the following are easy techniques to interrupt sitting for long periods:

- Stand every time you need water
- Take the stairs and not the elevator
- When weather permits park your car further away
- Do some simple stretches at your desk
- Invest in a standup workstation
- Walk while you have a meeting
- Stand every time you are on the phone
- Walk to your colleague’s desk instead of sending an email

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Benefits of Tracking Food

A common inquiry when discussing nutrition is whether to track food consumption and/or calories. Discussed this week are the benefits of tracking food.

Tracking food consumed is a great way to increase awareness of the foods going into the body. Food runs the human body like gas runs a car. If fueling with nutrient dense foods, then performance should enhance. If fueling with highly processed and nutrient void foods that often slow the body down, then often one may feel sluggish. Tracking helps increase awareness. Below are some helpful tools to help with tracking food consumption.

- Journal: Carry a journal and write down everything that is eaten or drank
- MyFitnessPal or LoseIt: These are free apps that are very user friendly and have a very large database of foods, yet there are many other apps available as well
- Computer list: Keep an Excel or Word document of the foods consumed

At the end of the day, ask yourself a few questions:

- Did I eat enough vegetables and fruits?
 - How much processed foods did I consume?
 - Did I overeat? Were my portion sizes too large?
 - Did I under eat?
 - Did I eat when I was not hungry? If yes, what was I feeling or doing that made me eat?
- Oftentimes, how much energy or calories that are being consumed is unknown. Starting to track calories can help with the realization that overconsumption is happening, as well as under consumption. Over-consuming can lead to fat storage as the body does not need the energy and stores it for later. Under consuming can cause the body to slow its metabolism down to meet the food intake. This means not as many calories are being burned at rest and the person is typically hungry. Under consuming can result in weight loss, but this is usually temporary, as when the individual starts to eat a normal amount again (because hunger is out of control) the weight tends to come back plus more (typical yoyo diet).

A great place to start is to figure out BMR (Basal Metabolic Rate). BMR is the amount of calories an individual would expend if they were to lay in bed all day and just breathe. Once they get up and move, go to work and workout, this adds calories burned on top of that BMR. Research has shown that cutting calories below the BMR can have significant negative results and is what tends to slow the metabolism down and cause the yoyo effect. Go hereto calculate your own personal BMR. There is a chart at the side with an estimate of how many calories expended based on activity level. Once food is being tracked, make sure it is in line with the amount of calories to sustain BMR, consuming the healthy calories in the form of vegetables, healthy fats, good protein and fruits.

While the aforementioned provides a number of benefits to tracking food, it is important to remember that it is only as valuable as what you track. Thus, it is important to be honest when tracking. However, it is also important to remember that one item of lower quality will not throw off your entire nutritional plan.

July 19, 2019

Go Nuts!

It can seem difficult to stay on track during times when it seems like there are no healthy choices nearby or times when there is not a fully equipped gym easily available.

When looking for a nutritious snack that is easy to pack, versatile, and they do not need to be refrigerated, look no further than nuts! Nuts can easily be packaged, paired with fruits and vegetables, and eaten on the run. Always carrying a small bag of nuts can help overcome times when hungry and there are limited healthy options nearby.

Nuts contain healthy fats and are completely natural (as long as you do not go for the honey-roasted kind).

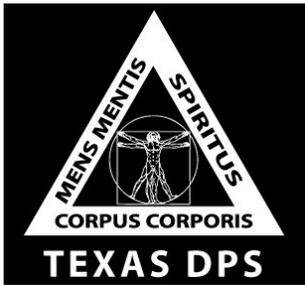
A few of the incredible health benefits of eating nuts include:

- Great source of nutrients and antioxidants
- May aid in weight loss
- May lower cholesterol and triglycerides
- High in beneficial fiber
- May reduce risk of heart attack and stroke

The next time you are craving something salty or sweet try pairing mixed nuts with an apple, berries or a small piece of dark chocolate.

As easy as it is to keep nuts on hand for a healthy snack, there are also easy ways to find workout options with limited to no workout equipment, or limited to no access to a gym. In the webinar on Tuesday, July 23rd at 12 noon, you will leave with options for working out without a traditional gym to help overcome the plethora of challenges that can get in the way of working out.





July 26, 2019

Success Story

This week's Wellness Tip is a success story from Trooper Lamp from Sinton, TX that was received by the Fitness Wellness Unit:

I decided to make a change to my lifestyle and health after I attended the Fitness Wellness Unit 4 hour Command Presence workshop on January 14th, 2019. After attending, I learned some valuable insight on proper eating, exercise and the effects it has on my health.

In December of 2018, I was 262 pounds with a waist of 46 ½ inches. After making a few lifestyle changes, at the start of July 2019, I weighed in at 198 pounds with a 37 ¾ inch waist with energy thru the roof, I no longer have acid reflux, and blood pressure is normal.

Some of the changes I made consisted of:

- Started controlling portions, especially when it came to protein, and focus on eating protein sources that are the size of a hand
- With a decrease of protein on my plate, this allowed an increase in portions of healthy vegetables
- I bought a food scale and now portion out meals
- Snacks are healthy and consist of fruit, nuts and sometimes popcorn
- I document my daily caloric intake on My Fitness Pal
- I exercise a minimum of one hour a day

With the support of my wife, together we have made these changes. Most often, my shift meal consists of 6 oz of protein and vegetables.



Pic 1: December 2018, 262lbs, 46 ½ inch waist

Pic 2: July 2019, 198 lbs, 37 ¾ inch waist



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