

## Increasing Metabolism

Metabolism is the process by which our bodies combine nutrients with oxygen to produce the energy our body needs in order to maintain normal bodily functions. This energy is measured in calories, and calories are considered fuel to our bodies. When our main source of energy (glucose) depletes, the process of metabolism turns to fat stores (body fat) for its primary energy source. On the other hand when our supply of blood sugar is too high, the process of metabolism stores excess "energy" by converting it into body fat causing the weight scale to move in an upward direction. It's a physiological fact that when we lose weight, we also lose protein from our muscles. The faster we lose the weight, the greater the loss of protein from our bodies. This is simply because there is less protein eaten when dieting and thus, protein in the muscle must be broken down and used to provide energy or to create new proteins for our immune systems. Proper diet will increase and speed up your metabolism. It is important to never skip a meal or go on any type of starvation diet. You should always eat healthy snacks between meals.

If you want to increase your metabolism you should first consider all the factors involved such as sex, age, the amount of muscle tissue on your body, weight, activity level, and current physical condition. RMR (Resting Metabolic Rate) is the number of calories you would burn if you were to do nothing but rest for 24 hours. RMR is the minimum amount of energy required to maintain normal bodily functions (heart beating, breathing, normal body temperature, brain function, kidney function, and so on). It has been proven time and time again that properly performed high intensity strength training stimulates the development of muscle mass which in turn will alter metabolism in two different ways. Our resting metabolic rate is increased when we gain muscle mass. While the energy expenditure per pound of lean body mass does not change, the addition of more muscle mass means higher energy expenditure or increased metabolism at rest. When we exercise, our bodies require more energy and our metabolism increases in order to supply it. However, most of the time we are not all that active, which is the reason people want to increase their metabolism. The idea is to burn more calories when doing very little, like sitting around or even sleeping. The metabolic rate or energy expenditure has been estimated to vary from five to ten calories per minute, depending on whether large or small muscle groups were involved in the exercise. The addition of muscle mass on an individual will cause an increase in the number of calories that are utilized at rest. **So it is comforting to know while one is exerting themselves through a high intensity workout that the hard work will result in an increase in metabolism that continues to burn calories hours after a workout.**



## Have your treats without the tricks

When your children come home with their bags full of candy, remember the keys are balance, variety and moderation.

- ◆ You and your child should agree in advance how much candy they can eat at a time and when.
- ◆ Have them separate the candy into piles and only keep **their** favorites, throw the rest out.
- ◆ Keep the candy in a high cabinet where it is “out of sight and out of mind”.
- ◆ Miniature pieces are best, they help control portion sizes.
- ◆ One recent study showed that when offered a choice, children are just as likely to choose a toy as candy. Consider giving out stickers, plastic rings, ghostly insects and goblins instead of candy.
- ◆ Remember, trick of treating with your child through the neighborhood is great exercise.

## Have a Safe and Happy Halloween!

## Fall Into Exercise

1. Walking is one of the easiest forms of exercise. All you really need is a good pair of shoes. The key to making it enjoyable is to make it a daily thing. Plan on after dinner walks with the family or before work and school.
2. Fall is probably the best time of year for running outdoors. It's not too hot, not too cold and watching the leaves change colors each time you head outside can make each workout a new adventure.
3. When the weather turns iffy, getting back to the gym can help you stay on track with your workouts, especially if you get involved in a variety of activities. Don't just do the same machines each time you go, but take advantage of all your gym has to offer - swimming, fitness classes, weight loss programs, etc. The more variety you have, the easier it will be to stick to your program.
4. Home fitness is your other option if you're not crazy about the gym and fall is a great time to get your home gym in working order. Remember, you don't need a lot of equipment to create a solid home gym. In fact, 'home gym' can mean anything from a set of resistance tubes to a full spread complete with home gym, cardio machines and floor-to-ceiling mirrors.

### Did you know...

Halloween is second only to Christmas for holiday spending? Consumers will spend 2.5 billion during Halloween. That is a lot of candy, costumes, decorations and party goods!





## Spooky Recipes

### Andi's Healthy Choice Haysticks!

- 1 package of All Bran Cereal
- 1 jar of reduced fat peanut butter
- 1 package of chocolate candy bark

Break half of the chocolate candy bark off into a microwave safe bowl, add 2 extra large heaping tablespoons of peanut butter on top of the chocolate bark. Melt together in the microwave for 1-2 minutes or until chocolate has melted, stir until blended. Add 1 sleeve of All-Bran cereal to the mixture stir until well coated. Scoop out each haystick by using a heaping tablespoon and place on wax paper to dry. Makes around 45-50 haysticks, use both sleeves of cereal to finish the batch.

### Roasted Pumpkin Seeds

Step 1:

Before carving the pumpkin, get out the colander and put it in the sink.

Cut off the lid of your pumpkin and scoop out all the seeds and stringy entrails.

Put them in the colander and rinse well.

Give the seeds a shake and pat dry with a paper towel.

Put the seeds into a large bowl or re-sealable plastic bag. Toss them with a tablespoon of oil.

Step 2:

Pick what spices to use. Choose from garlic powder and salt or Worcestershire sauce. Cajun seasoning. Or just leave them plain.

Step 3:

Preheat the oven to 350 degrees

Spread the seasoned seeds in a thin layer on a cookie sheet.

Bake for 10-20 minutes, stirring once during toasting.

Keep an eye on the seeds, they may burn quickly.

1 ounce has 150 calories and 9 grams of protein

Louisiana Center for Weight Loss Surgery

Calendar of Events:

**\*\*Support Group\*\***

Thursday, October 16, 2008

P&S Surgical Hospital

Ste 405-A

5:30pm

Call 998-8162 for more information



Louisiana Center *for*  
Weight Loss Surgery

A whole new perspective on life.

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