



Fitness ~ Wellness

Healthblast

Health Tips, Happenings & Recipes

TIPS TO DEFLATE THAT GUT!

The Facts

1. Eating the wrong foods feed bad gut bacteria and create that full feeling we call bloating. Bloating is a warning sign you are eating the wrong foods. Continual bloating is inflammation which can then lead to stored fat.
2. Most of the bloating is swollen tissue, not fat, and is due to water retention because you ate the wrong foods: sugar and grains being the prime culprits.
3. Despite what General Mills, your Dietician/Nutritionist, Doctor, or the FDA tells you, there is no place for wheat, oats, dairy, or refined sugars and their cousins in the human diet.
4. Change your thoughts and feelings about 'Eating Healthy'; it's not all about salads and a hunger strike. Choose dense and satisfying foods like quality meats, nuts, fatty fruits like avocados and coconut milk, vegetables and a little fruit.
5. Alcohol kills off good bacteria and hampers the Liver's ability to metabolize fat efficiently.
6. It's not so much about what you should be eating but rather what you *should not* be eating.



The Tips

1. Plan your meals ahead of time to eliminate cravings and last minute bad decisions.
2. Buy a book and learn the Science behind gut health.
3. Learn how to enjoy preparing your own meals. It is nearly impossible to eat out healthy.
3. You can deflate that bloating fairly quickly if you clamp down your eating...and drinking habits.
4. There are no shortcuts! No pill, supplement, powder, or drink is going to help you if you don't change your food choices.
5. A typical Exercise week should have 2-3 high intensity/cross-training workouts and as much low intensity walking you can fit in. You burn more stored fat and deflate swollen tissue keeping it slow, deliberate, and lengthy.
6. Repopulate your good gut bacteria. Kombucha, sauerkraut, and perhaps a good Flora Supplement.

TRAINER SPOTLIGHT RYAN BELL

Ryan has been with us for 3 years now. He not only provides awesome sessions: one on one and group, but excels at website design, marketing, networking, and can get your head wrapped around proper eating habits. In January Ryan began his journey into RTS Mastery education, basically the PhD in our industry. Pretty remarkable for a guy with a family of two young girls! Always trying to attract people to the world of fitness, he is offering the following promotion. If you know someone you think could benefit from some quality instruction or say a spouse or parent who has talked about starting but has not, this is your ticket!



Fitness Alliance

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Personal Trainer Directory

Bill Leavitt	816-916-7557
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Angela Stallings	417-294-4982
Liz Trussell	913-424-6043

We Also Do:

- In-Home Sessions – Equipment Sales
- Corporate Lunch & Learns
- Company Exercise Programs

So, I received some good feedback and results from people digging the 'Mix it Up' tip section in the previous Healthblast. **Remember to always have a qualified Fitness Professional assess you for any lurking/previous injuries before going too far down the twist, swing, and agility movement pattern highway!*

Here's More:

- Move-Step-Leap Sideways
- Multi-directional Rotation with rubber resistance tubing. Stay away from your typical CrossFit kettlebell swing with reckless abandon thing!
- Find an area with terrain to walk. Hills, mulch, grass. Loose Park and the Arboretum here in town are awesome!
- Treat the Treadmill to some increasing hills or walk sideways and backward.



Spicy Shrimp Lettuce Wraps

SERVES 4

LIST of INGREDIENTS

the METHOD

for the shrimp:

- 1 lb raw shrimp, *peeled and deveined*
- 2 tsp ground cumin
- 1-1/2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/8 tsp cayenne pepper
- 1 tsp sea salt
- 1 TBSP coconut oil

for the wraps:

- 1 large head romaine lettuce, *leaves separated*
- 1 medium cucumber, *thinly sliced*
- 2 medium, ripe avocados, *pitted and sliced*
- 1 cup sprouts (any variety)
- 2 medium limes, *halved*
- Chopped cilantro, *for garnish*

1 In a large bowl, toss the shrimp with the cumin, chili powder, garlic powder, paprika, cayenne, and salt. Heat the coconut oil in a large skillet set over medium-high heat. Add the shrimp in a single layer and cook for 1-2 minutes. Flip and cook for another minute, or until cooked through. Remove from heat.

2 To serve, fill romaine lettuce leaves with cucumber slices, avocado slices, and sprouts. Top with the shrimp. Squeeze lime juice over the top and garnish with cilantro. Serve.

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