



Fitness ~ Wellness

15445 METCALF OVERLAND PARK

# Healthblast

12.1.18

Health Tips, Happenings & Recipes

*Dear Angela,*

It's sick season! Should I exercise when I'm sick or am getting sick? Exercise stresses the body- usually in a good way but when your immune system is compromised and working hard to either heal the body or fight something off too much stress, (too hard of a workout), can overload it and either cause you to stay sick longer or recover slower. The most important thing is to be in tune with your body. A light workout or even just a brisk walk may be the perfect thing to kick your cold or finish off a current bout of sickness.

The lymph system that carries toxins out of the body does not have its own pump so it runs along the circulatory system and uses its pump (the heart). So when we increase our heart rate and blood pressure with exercise we can help move those toxins out of the body a little quicker. On the flip side, sometimes our bodies need zero other distractions and need to rest. If all you can think about is sleep and you are exhausted, then SLEEP and take the day off from exercise.

~ Angela



Get your Health & Fitness questions answered in the next Healthblast!

Send yours to Angela at:

[Ange.m.stallings@gmail.com](mailto:Ange.m.stallings@gmail.com)

## Rebooting the Body Part II: Time Restricted Eating T.R.E.

The theme of this 4 part series plays on the 4 'R's as I call them: **Rest-Reboot-Repair-Regenerate**. As you probably know by now, diets and calorie counting are absolutely worthless weight loss and overall health tactics. They are impractical and doomed to fail. Finding strategies to fuel the body efficiently, not get sick, remain lean and strong is always the goal. The human body is a fantastic and resilient organism, so much so that if you fuel it with the right foods, exercise it, and rest it, it is capable of taking care of itself without pills and potions. Do the opposite and you store fat, gain weight, and have the body of a 70 year old by the time you are 55. Putting these strategies into practice you are actually training the body to be a more efficient fat burning lean machine!

Part II, Time Restricted Eating, is basically setting a window of 6-9 hours to eat within; say Noon-6pm, and allowing the body to digest, eliminate, and regenerate the other 16 hours or so. This does away with snacking and instead trains your body to store what it needs for future energy, eliminate the rest, and once depleted of stored glycogen, be ready switch to an alternative energy source such as Ketosis and Gluconeogenesis. Yes, your body can convert stored fat for energy, but of course the key is not to overeat and store too much! At first, many people claim they feel starved, but really this is the body ridding itself of Carbohydrate dependence and the need to eat, instead switching on these alternative energy sources. This mechanism is trainable and an essential part of our evolutionary past when food was not always readily available.

Dr. Satchin Panda, professor at the Salk Institute on Aging validates and stresses the importance of T.R.E. in [THIS PODCAST](#) with Ben Greenfield.

# HEALTHY

# SWAPS

For the New Year!

Food

BY ALEXIS KORNBUM · LEXISCLEANKITCHEN.COM

Pasta

Spaghetti Squash, Spiralized Zucchini

Skip the heavy high carb meal and sub in spaghetti squash or zucchini linguine for a guilt-free pasta dish!



Mayo

Avocado

Sub out mayo for avocado in chicken salads and egg salads to add some healthy fats into your diet!



French Fries

Baked Sweet Potato Fries

Sweet Potatoes are a great and healthy option for a side dish.



Mashed Potatoes

Cauliflower Mash

Ditch the heavy cream and potatoes, and sub it for a cauliflower mash! You won't miss those potatoes. Make it creamy with almond milk, grass-fed butter, and season it with Himalayan sea salt!



Cow's Milk

Almond Milk

Dairy is often a trigger for an upset stomach. Sub your cow's milk for a nut milk like almond milk or coconut milk.



Cocoa Powder

Cacao Powder

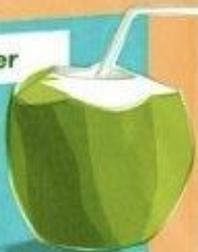
Cocoa powder is processed, stripped of nutrients, and contains low levels of cacao. Cacao is high in antioxidants, promotes healthy skin and a healthy heart.



Fruit Juice

Coconut Water

Many fruit juices have electrolytes, but they are also packed with sugar. Try a natural coconut water loaded with potassium and electrolytes!



Canola/Vegetable Oil

Avocado oil, coconut oil, extra-virgin olive oil, ghee, grass-fed butter

It's no secret that we should stay way from vegetable oils. Avocado, coconut, and olive oil are great oil swaps- ghee (clarified butter), and grass-fed butter are also great alternatives!



White Sugar

Raw honey, pure maple syrup, coconut sugar

Stay away from refined white sugar! Go for a natural sweetener.



Table Salt

Himalayan Sea Salt

Table salt is depleted of its natural minerals. Himalayan sea salt contains over 80 essential minerals needed for our body, and is a good source of magnesium!



Ice Cream

Banana Ice Cream

Ditch the sugar-packed ice cream for a frozen banana 'ice cream' alternative. Simply blend a frozen banana in your high-speed blender until it reaches the texture of ice cream.



White Rice

Cauliflower Rice

For a lighter meal, sub out white rice for cauliflower rice! Process cauliflower in your food processor until it becomes rice texture.



## GIFT CERTIFICATES FOR THE HOLIDAYS

A great gift for someone already under our watch, or for a family member or friend you think would like to join us.

Speak with any one of the Trainers to get one.

We have Personal Training options for every budget and to accommodate any time of day.

- One-on-One
- Partner
- Small Group
- Weekly & Flat Monthly Rate for three workouts per week

Give one of us a call to talk options!



### Personal Trainer Directory

Bill Leavitt 816-916-7557

Ryan Bell 785-317-3688

Angela Stallings 417-294-4982

Liz Trussell 913-424-6043

### We Also Do:

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

### Fitness Alliance

15445 Metcalf, Overland Park

### Home Of:

Johnson Chiropractic, Performance Rehab, Eilates Pilates, Elite Golf, Heather McCoy Massage, Sherri Mayer Photography, Bella Vita Skincare, Restorative Fitness.