



ALLIANCE

Fitness ~ Wellness

15445 METCALF OVERLAND PARK

Healthblast Summer 2019



**HAPPY 4TH of July
Weekend!**

Summer: Vacations, Patio Dining, Fun in the Sun, Golf, Kids' Sports Tournaments, and Late Nights, (most commonly associated with alcohol). For many folks, (including me!), this is the time consistent exercise goes by the wayside, but it doesn't have to be that way. Here are a few tips that get me and our other Fitness Professional by:

- Avoid the drudgery of the gym. Go for a long walk around the neighborhood or a new park.
- Make your workouts quick and efficient. Pick 8 exercises and run through them 2 or 3 times and get out.
- If you are going out to eat and most likely deviating from your healthy eating habits, get an early workout in and a healthy breakfast in your system.
- Vacation: pack a resistance tube, try out the hotel gym, remember there are always pushups, crunches, squats and lunges that require no equipment other than your body.
- Load up on fresh, local, organic, non-GMO veggies! Visit your local Farm, Farmer's Market, or take part in a CSA.

-Leavitt

SLEEP

“Lack of sleep is like a broken water pipe in your home. It will leak down into every nook and cranny of your physiology.” - Matthew Walker

There is a fantastic 3-part podcast series I have been listening to on the Peter Attia website focusing on sleep.

Among the Highlights...and little-known facts include:

- The dangers of poor sleep, Alzheimer's risk, mental health, and memory consolidation.
- Heart disease, cancer, sexual function, and the causes of sleep disruption (and tips to correct it)
- The penetrating effects of poor sleep from metabolism to performance, to genetics, and the impact of caffeine, alcohol, THC, and CBD on sleep.
- The 4 Pillars of Sleep: Regularity, Continuity, Quantity, Quality
- How Sleep is like a Sanitation Washout clearing out harmful proteins that damage neurons causing Neurodegenerative Diseases: Amyloid plaque and Tau
- Deep Sleep is a brain state of long-distance information transfer
- A top down regulator of your emotions, a remarkable life insurance policy, and our greatest life support system.

[FIND THE SERIES HERE](#)



Step inside our simple single door entry at 15445 Metcalf and you will be surprised! Almost everyone visiting us for the first time is shocked to see that we have 10 different businesses and 24 Practitioners, occupying 12,000 square feet.

Since we opened our door back in December of 2013 as a Fitness Center, we have grown to encompass a multitude of Lifestyle and Wellness options.

From Personal Training, to Pilates, Boxing, Chiropractic, Physical Therapy, Massage, Muscle Activation Techniques, Integrative Nutrition, Skincare, and Photography, I would be confident in saying we offer more Lifestyle Strategies than any other Facility in the City. More than that, I will boast and say we have a top-notch Staff second to none: Knowledgeable, Caring, and driven to see you succeed in your Health & Fitness, Wellness & Longevity Goals.

If you have been visiting us for some time, I urge you to check out a few of our other options. Cards and info on all our Services are placed throughout the facility and everyone is available to chat with you about your specific goals.

New Folks at Alliance of OP



Do You Love Bodywork?

We love it. We love to provide it, we love to receive it, we love to learn about it! It's our passion. Relief Bodyworks has been providing quality, custom, therapeutic massage therapy in Overland Park for 10 years. Our focus has always been about building relationships and providing support along your path of self-care. We have 2 locations and 5 therapists on staff to serve you. We offer a broad spectrum of modalities to optimize your overall well-being. Our approach is to affect positive change (body, mind & spirit) with each session. For more information please visit our website www.ReliefBodyworks.com and schedule your massage online today. Hope to see you in the studio soon!

-Jenna Hyatt, owner

End of Summer Client Appreciation Party

Friday September 20th 3pm

We would like to thank you for being part of our Fitness Alliance and Alliance of Overland Park Community by throwing a bash!

- ✚ We will show off the smoking talents of Ryan Bell using that massive smoker you've seen back in the car garage.
- ✚ Staff will prepare fantastically delicious and healthy food.
- ✚ Healthy...and not so healthy drinks will be served
- ✚ Activities for kids.

Nutrition Facts

Of the average 2000 pounds of food people consume on a yearly basis:

- 630 pounds of dairy products: 21 gallons from milk, about 32# of cheese
- 31# of eggs
- Around 200# of Meat: 63# is beef, 73# of poultry, 47# pork, 16# fish/shellfish. This is twice the global average
- 197# of wheat and other cereal products, including 134.1 lbs. of wheat flour
- 160# pounds of sweeteners, including 42 pounds of hf corn syrup, 29 pounds of table sugar, 53 gallons of soda, the rest coming from things like candy, soda, junk food, even hidden in crackers, yogurt, ketchup, and peanut butter
- 56# of corn
- 415# of vegetables
- Fruit 273#
- 85# of fats and oil
- 3 billion pizzas (23#pp)
- 24# of ice cream
- 29# French fries
- 10 billion donuts
- 1 in 4 have fast food every day
- 18 gallons of coffee