

Health & Fitness News

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Stress - Eating - Obesity

Elevated levels of stress can be a major risk factor for cancer, high blood pressure and cardiovascular disease. I strictly want to discuss how stress can influence eating and obesity. Research has shown that chronic stress directly influences eating behaviors and obesity.

Chronic stress, which is ongoing stress over your life, triggers many unhealthy reactions in the body. The first reaction is increased insulin and cortisol. When these two are elevated together they promote increased appetite, and increased fat storage. This is especially true in women, which equals greater central fat accumulation.

Another way we deal with

stress is referred to as Stress Induced eating. This may be defined as making oneself feel better by eating or drinking in response to stress. As a result it is estimated that 40% of stressed individuals will increase their caloric intake by 40% because of stress. During stress people often choose more pleasurable foods containing higher levels of fat and sugar that are high in calories.

Stress sends a biochemical flood of hormones that can lead to overeating and weight gain. Exercise is the number one strategy for relieving stress. Exercise and other stress-coping skills can reduce chronic stress.



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Upcoming Events:

2-27-11
Fancy Creek 5m Trail Run
Randolph, Ks

03-16-11
Lunch Bunch: Colon Cancer Awareness

03-19-11
St. Patrick Day Road Race.
Manhattan, Ks

03-27-11
Life Time Indoor Triathlon
Overland Park, Ks

04-09-11
Eisenhower Marathon
Abilene, Ks

What is the difference between visceral and subcutaneous body fat?

It is important to know that we have different kinds of fat in our body. I am going to explain the differences between visceral and subcutaneous. Subcutaneous is fat that is located under the skin. Visceral fat is located in the central region or in the intra-abdominal area. Visceral fat has

much greater blood flow and glucocorticoid receptors than subcutaneous fat. These receptors regulate cortisol and fat accumulation in the intra-abdominal area. Thus, chronic stress can lead to the storage of Visceral fat in the intra-abdominal area, which causes health concerns.

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*"Stress is Poison."
Agave Powers*

10 Strategies to Cope with Daily Stress

1. **EXERCISE.** Provides a distraction and release of frustration from stress. It also releases hormones that counter stress hormones.
2. **MEDITATION.** This is basically quieting our mind. Provides the brain rest as if it were sleeping.
3. **PRM.** Progressive Muscle Relaxation involves tightening then relaxing muscles in succession.
4. **TIME MANAGEMENT** Good organization is a key to controlling stress. We become stressed when we become over-scheduled.
5. **SUPPORT SYSTEM** It is important to have a strong positive social structure of friends and family.
6. **HEALTHY FOOD.** Dehydration and hunger tend to provoke feeling of anxiety and stress.
7. **POSTURE CHECK** Poor standing can lead to muscle tension and imbalance which causes pain and stress.
8. **RECHARGING** It is important to set aside some time each day to allow rest and relaxation.
9. **SPEAKING SLOWLY.** Speaking slowly can help us deal with overwhelming situations.
10. **VISUALIZATION** Relaxing images can help the mind and body calm down and relax. It could be as simple as visualizing a mountain stream in Colorado.

Energy Healing Class

Energy healing involves the channeling of healing energy through the hands into the client's body to restore energy balance and thereby promote health. The practice originated in Japan and involves the practitioner using his or her hands to transmit "qi" that is believed

to be life-force energy. Diana Czekalski teaches an energy healing class at Gottlieb Memorial Hospital in Melrose Park, Illinois. At first only healthy people were attending the class. Eventually rehab patients started attending class. Rehab patients who attended

class were recovering faster than other patients who were not attending. Then Nurses and Doctors started attending class. Over 200 students have now attended the class over the first two years. For more information go to www.dienergize.com

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Hawaiian Smoothie

Ingredients

1 cup chopped fresh pineapple

1/2 cup chopped peeled papaya

1/4 cup guava nectar, (see Ingredient Note)

1 tablespoon lime juice

1 teaspoon grenadine, (see Ingredient Note)

1/2 cup ice

Directions

Place ingredients in the order listed in a blender. Pulse three times to chop the fruit, and then blend until smooth. Serve immediately.



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