

Health & Fitness News



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Upcoming Events:

04-09-10
BLOOD DRIVE
Mark A. Chapman
Wellness Center

04-10-10
Eisenhower Marathon
Abilene, KS

04-21-10
Lunch Bunch 12:00 PM
"Fall Prevention"

04-24-10
Hilltop Hustle Race
Lawrence, Ks

Lifestyle Adjustment and Weight Loss

Everyone has heard the studies about how America's obesity problem is continually on the rise. One out every three adults in America is now considered obese. Yet it is estimated that Americans' spend 60 billion a year on weight loss supplements or diet programs. So it is obvious that all of these supplements and radical diets are failing. These diets and supplements are failing because they don't effect an important aspect in weight loss "self esteem".

It has been thought in the past that to be healthy you must be thin. If you are not thin it is assumed that you lack will power and don't

exercise. This idea is changing and needs to change. Everyone has different physiological mechanisms and genetic factors that influence weight. The new focus in weight management is healthy eating, regular exercise, self-esteem, and self-acceptance. You should focus on your own health and not the ideal standard.

We need to have exercise programs that provide cardiovascular improvements and increase muscle mass to burn more calories. It is also important to improve balance and flexibility to prevent injuries.

Fact or Fiction: You can spot reduce fat.

I hate to tell you but this is fiction. The problem is that crunches or leg lifts don't mobilize fat. You have to elevate your heart rate and burn calories to lose fat.

This doesn't mean that these exercises are not important. Unlike cardiovascular exercise you can isolate and tone muscles with specific exercises.



Mark A. Chapman
Wellness Center



Now Available:

New Punch Card Available. Get 12 visits at the Wellness Center for \$50.00 with no expiration date.



THE HUGEST LOSER

"If you don't know where you are going you will end up some place else."
Yogi Berra

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Hugest Loser Results

I would like to congratulate all of the participants of the "Hugest Loser". It takes a lot of dedication and hard work to lose weight. Just remember that weight loss should incorporate a lifestyle adjustment. There is no quick fix when it comes to losing weight.

We had some amazing weight loss numbers from the competition. The participants lost 110

pounds, and 13% body fat as a group. Those are some amazing numbers for such a short time period. I think everyone who participated should be very proud.

There were three winners who achieved amazing results in their category. Each winner received a prized package from the Mark A. Chapman Wellness Center.

Winners

Percentage Weight Loss

John Bosch

Body Fat Percentage

Deb Christansen

BMI

Kirsten Langvardt

Three things every exercise program should include.

#1 Aerobic Exercise

This is any type of exercise that is rhythmic in nature. It could include walking, biking, rowing or jumping rope. You should include aerobic exercise 5-7 days a week.

#2 Strength Training

You should perform strength training for all the major muscles in the body. Keep your repetitions in the 12 to 15 range for most exercises.

#3 Stretching for Flexibility

Stretching should be performed on a daily basis. You should include stretches for all of the major muscle groups. Hold each stretch 15-30 seconds after a brief warm up.

Oven Sweet Potato Fries

- 1 large sweet potato
- 2 teaspoons of canola oil
- ¼ teaspoon of salt
- Pinch of Cayenne pepper

Nutritional Facts Per serving = 192 calories, 5g fat, 0 mg cholesterol, 323 mg sodium, 19g carbohydrates, 2 g protein.

Preheat oven to 450 degrees. Toss sweet potato wedges with salt, oil, and pepper. Spread the wedges out in a rimmed baking sheet. Bake until browned and tender, turning once, 20 minutes total.