

LifeStyles **NEWS**



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

Do You Know Your Daily Energy Balance?

That is, do you know if there is excess energy or stored calories from the food you eat and calories you burn at the end of the day?



The only way to know just how much energy your body needs is through metabolic testing. A resting metabolic rate (RMR) test tells you precisely how many calories your body burns all day just to stay alive. Tip the scale in your favor with real knowledge that will lead to real results for your weight management goals.

So, to unlock the mystery of just what is going on inside your body, get your individual RMR test today.

RMR testing is non-invasive and takes about 20 minutes. You simply breathe into a tube and the analyzer does the work!

- ▶ Screen for a slowed metabolism, which may explain frustrated attempts to lose weight
- ▶ Reveal changes in your metabolism from strength training to help troubleshoot plateaus
- ▶ Identify the precise caloric prescription for maintenance to help you sustain your goal

Call Valley Health *LifeStyles* at 201-389-0839 or stop by the Fitness Desk to make an appointment and receive a 25 percent discount.

Your Resting Metabolic Rate

Some of the factors affecting your resting metabolic rate (RMR) are outside of your control, such as your biological sex, age, height, and genetics. However, other factors are within your control like weight and body composition.

Losing weight can decrease RMR, but losing weight in a healthy way by maintaining lean mass and losing mostly fat mass helps counteract this reduction. In the latest research on how to improve your body composition, **resistance training** is the clear winner for building lean muscle mass. Cardio exercise may provide other benefits, like improvement in cardiorespiratory fitness and calorie expenditure (which can lead to fat loss if appetite remains in check), but it's unlikely to help you build muscle like resistance training will.

Studies have also shown that low-carb diets can help people lose mostly fat mass while maintaining both lean mass and RMR. However, it is important to note that in many trials, the low-carb diet group also tends to eat more protein. So, it may be more accurate to say the data supports that a lower-carb, higher-protein diet can help maintain RMR.

Some foods, such as coffee, green tea, and capsaicin (the compound that makes some foods spicy, like chili peppers), can reportedly improve metabolism or RMR. However, the data supporting these claims are weak, and they are likely not good choices for improving your RMR.

Why does RMR matter?

RMR is important if you want to know how much to eat to maintain a calorie balance or deficit.

To lose weight, you need your daily energy expenditure to be higher than your calorie intake. That doesn't mean you have to count calories.

(continued)

Your Resting Metabolic Rate

(continued from page 1)

With low-carb, higher-protein diets, people tend to naturally eat fewer calories without counting them. This is due, at least in part, to the satiety effect of protein.

However, when people are struggling to lose weight or hitting plateaus and they can't break through, it can be helpful to make sure that calorie intake is less than total daily energy expenditure.

Healthy weight loss protects your RMR

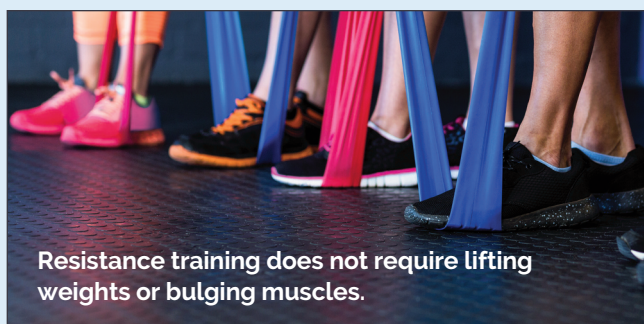
We can't say it enough: weight loss, per se, should not be your ultimate goal. Instead, *healthy weight loss* should take center stage. One crucial aspect of healthy weight loss is protecting your RMR.

The traditional "eat less, move more" approach to weight loss often leads to reduced RMR, which means it often leads to unhealthy and unsustainable weight loss. Eating low-carb, higher-protein foods, combined with **regular resistance training**, is a great start to maintaining your RMR. This can set you up for success with long-term healthy weight loss.

Exercise is arguably the most effective way to change your metabolism. An intense workout program revs up your metabolic engine for hours following a session. Even if you're new to physical activity, there are lots of benefits to gain by working out as a beginner.

Exercise that builds muscle, like resistance training, is particularly helpful for long-term metabolism-boosting effects. Even beginner-level workouts build strength, burn calories, and improve your health. If you are not ready for vigorous exercise, there's no reason to shy away from a more low-key workout program.

Resistance training does not require lifting weights or bulging muscles. Exercise bands, body weight exercises, and chair exercises qualify as resistance training as long as you stress your muscles enough so they fatigue and eventually become stronger.



Resistance training does not require lifting weights or bulging muscles.

IMPORTANT RESISTANCE TRAINING TIPS

- Stay in control and use good form. Keep your movements slow and do only as much as you can with good form to reduce your risk of injury.
- Engage your gluteal (glutes) and abdominal (abs) muscles – also known as your "core" – with every movement. This helps maintain good form, creates a more functional workout, and decreases your risk of injury.
- Stress the working muscle group until it fatigues. Whether you do 5 or 25 repetitions, you want your muscles to be at or near complete failure when you finish. Your body will respond by adding more muscle.
- Speak with a professional to get the best guidance. Valley Health LifeStyles' Exercise Specialist staff are always available to assist and our certified personal trainers can take you to the next level with motivation, coaching, and goal-oriented training sessions.



Personal Training Summer Promotion

The Key to Meeting Your Fitness and Weight Loss Goals

At LifeStyles, we want to help you reach your goals and achieve your best health! Our team of fitness professionals can help you meet or exceed your goals. Maintaining a healthy weight depends upon your energy balance equation as well as having a healthy metabolism.

Metabolism is the process by which your body converts consumed food and beverages into a source of energy. Energy balance refers to the relationship between calories taken into the body and calories being used by the body (i.e., physical activity) for our daily energy requirements. What is the number one way to increase metabolism? The answer is **strength training**. When you increase your **muscle mass**, you boost your resting **metabolism** leading to burning more calories at rest and during exercise!

Personal Training at LifeStyles:

With resistance training being one of the best ways to raise your metabolism, there is no "cookie-cutter"

approach, and a personal exercise plan works best to help you reach your goals. Working with a personal trainer is the safest, most effective, and fun way to achieve your strength training goals. Other benefits of personal training include accountability, motivation, education, support, and most importantly RESULTS!

COMMIT TO BE FIT this summer with our limited-time offer on resting metabolic rate (RMR) testing and personal training packages!

Purchase and schedule a resting metabolic rate test during July or August at a discounted rate of \$45 and receive 15 percent off personal training packages (limit 2 per member).

**15%
OFF**

*To schedule your resting metabolic rate test and learn more about our personal training options, please call 201-389-0839 extension 6 or stop by the fitness desk.

The Valley Health LifeStyles Triathlete Training Program



The Valley Health LifeStyles Triathlete Training Program is designed for triathletes of all skill levels, whether they are

just starting to train for triathlons or are seasoned triathletes looking for a more guided program. The program consists of 3 – 4 workouts a week for swimming, running, and biking with a goal of improving overall cardiovascular and aerobic endurance by utilizing interval training and heart rate training zones. Personal swim coaching, consisting of technique and individualized workouts, will be provided by our well-accomplished collegiate-level competitive swimmers and coaches.

Six and eight-week programs are available for purchase. The six-week program is targeted at overall conditioning. The eight-week program focuses on race-ready conditioning that includes a taper phase that emphasizes race preparation and recovery. The program is individualized and goal-orientated for each athlete.

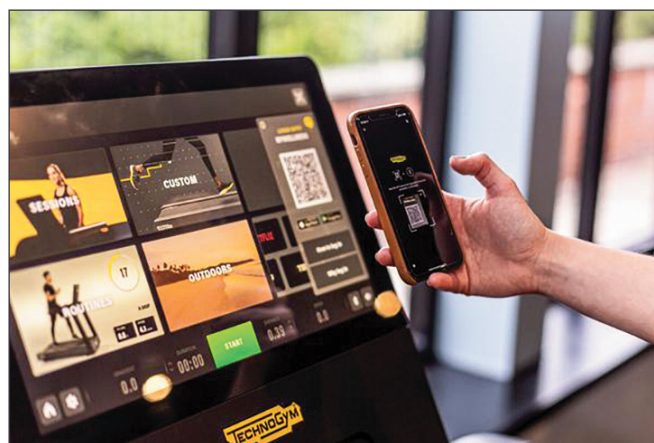
Participants get special discounts on our Sports Institute services:

- **Aerobic Capacity (V_{O2} Max) Testing:** the ultimate measure of your ability to utilize oxygen to help plan training to improve pace and place.

- **Resting Metabolic Rate (RMR) Testing:** determines the individual amount of energy/calories your body needs.
- **Functional Movement Screening (FMS):** to identify muscle imbalances, weakness, and dysfunction.

TechnoGym Excite Live Cardio – Sync Your Mywellness!

To help keep everyone moving towards their goals, LifeStyles took the opportunity to upgrade a portion of our cardio deck with the latest TechnoGym Excite Live ellipticals, treadmills, and upright and recumbent bikes in the high-intensity area. These new machines carry familiar features such as TV, internet, and manual routes with worldwide scenery to follow. In addition to these options are easy to follow workouts. Finding "routines" will lead you to workouts that give you audio cues on where your workout is going next. "Sessions" will feature an instructor that takes you through an entire session to help challenge yourself and push yourself to the next level.



One key feature of this new equipment is the ability to sync your cardio exercise session to your Mywellness App account. All you need to do is find the QR code button on the top right corner of the screen on the TechnoGym cardio equipment. Open the QR code scanner on the top right corner of the Mywellness app homepage, then scan the QR code. Once you see your avatar or profile picture appear, you can be assured that you are logged into the machine and all of your activity on the machine will be automatically tracked without having to manually enter it in! As always, please see our Exercise Specialist staff if you need help using this feature.



Section 1557 – Notice of Nondiscrimination

The Valley Hospital complies with applicable Federal civil right laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, please visit ValleyHealth.com/Nondiscrimination.

NEW MEMBER WELCOME ORIENTATION –

Tuesday, September 13
at 6 p.m.

All members are welcome to join one of our virtual orientations to the Valley Center for Health & Wellness via Zoom. Everything you need to know about making the most of your *LifeStyles* membership will be presented by our expert staff, along with a Q & A session with representatives from the clinical services located in the Wellness Center.



JOIN OUR ZOOM MEETING

Scan this QR Code or
use this link below:

<https://us02web.zoom.us/j/2516912019>

Passcode: 11221

Valley Center for Health and Wellness Resource Listing

LifeStyles Fitness Center

Aquatics/Swim Lessons
201-316-8435

Main Directory
Front Desk/Fitness Desk
201-389-0839

**Member Account
Services Office**
201-316-8436
(fax) 201-316-8457

Membership Sales
Lisa Channel – 201-316-8440

Sports Institute Programs
Prehabilitation/*AfterCare*
Fitness, Resting Metabolic
Rate Testing, Functional
Movement Screening,
Concussion Baseline Testing
201-447-8133

**Outpatient Rehabilitation
(Physical Therapy/
Aquatic Therapy)**

Main Directory
201-447-8134
(fax) 201-316-8442

Diagnostic Imaging

Main Directory
201-316-8452
(fax) 201-316-8453

Community Health

Main Directory
201-291-6467

PrimeTime Program
1-877-283-2276

Pharmacy

Main Directory
201-316-8444
(fax) 201-316-8445

Valley Health Medical Group

Main Directory
201-389-0075
(fax) 201-962-9730