

Below is the 2 GOOD HEALTH newsletter. We have changed from a quarterly to a **monthly** mailing. If you are reading this from your Junk mailbox, please remember to add sburraga@2goodhealthllc.com to your email address book, so that next time it can come directly to your Inbox.

This January issue of the 2 GOOD HEALTH newsletter contains the following (in order):

- New Year's Greetings from 2 Good Health
- 2 Good Health, LLC is Live! – New website
- Fit Tip
- The Doctor Speaks – Upcoming Education Programs
- Group Fitness
- Feature Article

GREETINGS!

Happy New Year from 2 Good Health! You survived! All the fast-paced shopping, partying, visiting, and of course, eating. The New Year has begun and we are all getting back into our regular routines and some new ones. It is most common that the New Year leads many of us to assess the previous year, ruthlessly rooting through our habits to find what is in need of improvement. Then, we decide that everything needs to be improved immediately, foremost of which is our body image and food habits. By the end of January, we are already burned out.

If that is you, all is not lost. One great sign of a champion is that they get up when they fall down or are knocked down. It is a reality that, as this year goes on, we will fall down. You may eat an extra cookie, super-size one too many meals, or just stop working out (what good is it anyway?). Below, the Fit Tip and Feature Article can help encourage you to get back up again. Whatever you do, please don't give up (cliché, but true) on your unique body. If you keep fighting, you will find that you will have achieved much more by the end of this year than you ever imagined. You can do it! And, if you decide you need a little help, give us a call.

Blessings to you and your family,
Charles and Sheril Burrage

2 GOOD HEALTH, LLC IS LIVE!

We did it! We are finally on the web. If you haven't been there already, please view our website at www.2goodhealthllc.com. There is something for everyone:

- Training
- Education
- Nutrition
- Fitness Consulting
- Articles

A special treat is "A Word from Charles" on the home page. Find out how it all got started.

FIT TIP

In combination with healthy eating, regular exercise is recommended to stay healthy all year long. One general principle can be applied to exercising to make it safe, effective, and enjoyable -- The F.I.T.T Principle.



F - Frequency. Only a minimum of 2 days/week are needed to see health benefits.

I – Intensity. You should be able to hold some form of normal conversation to make sure that you are not over-exerting yourself.

T – Type. Exercise doing something you enjoy to increase your chances of consistency (e.g., dancing or walking).

T – Time. 20 minutes of **continuous** exercise using large muscle groups (legs & arms) during each exercise session.

We hope you will be more "F.I.T.T" this year. You can do it!

THE DOCTOR SPEAKS

The 2 Good Health health/wellness program on January 10 at Piedmont Regional Library – Winder Branch was a success. Attendees learned and interacted with Dr. Burrage on how to read nutrition labels. If you were not able to attend, other dates are coming. There are plans to conduct a program in the Spring and a Youth program in the Summer. Your 2 Good Health newsletter will keep you up to date on the details.

GROUP FITNESS

2 Good Health offers group fitness discounts. If you have friends that share the same goals as you, ask them to train with you and you all get a discounted rate (from \$10 - \$20 per person). See details on our website at www.2goodhealthllc.com on the Training page.

FEATURE ARTICLE – FEEL THE BURN

There are many articles that we can write to help you maintain your healthy diet and lifestyle all year long. The choices are endless. So, this month, we chose to talk about fat cells. What they are, what they do, and how **not** to help them.

Eating to maintain and/or lose weight is not so much about what we eat, but rather, how much and how often we eat. In order to be successful, we can't feed our fat cells; we need to turn them off. But where do our fat cells come from?

The average person will have developed 6 billion fat cells as they enter adulthood. The job of those fat cells is to store fat to help with Body Temperature Regulation, to store certain vitamins (fat-soluble vitamins), and to use as an energy source. Each fat cell has a significant storage capacity. Collectively, we have the potential to fill those fat cells "to the brim"—not a good thing.

So, let's say that your body is like a fire place (nice winter analogy here for those of us who live in cold states). How do you keep a fire burning? You add more logs to it. This is where so many people get "tripped up" in their nutrition intake or dieting. You must add fuel (in this case, logs) to the fire to keep it burning. Likewise with your body. You must add fuel (food) to keep that fat burning process (metabolism) burning longer and hotter. So, here are some practical ways to increase fat cell burn and decrease fat cell storage.



1. **Eat breakfast.** Eating breakfast increases your metabolism. Remember, your metabolism is always working day and night, slowing down during the night. So, eating breakfast helps to tell your body “I’m awake” and “you need to get working this morning”. Don’t forget, your breakfast should only be enough to get that body going and be full until snack time. Forget that daily Denny’s Grand Slam breakfast.
2. **Eat your largest meal earlier in the day (i.e., lunch).** Your body’s ability to burn fat is greater during daylight hours (when you are moving more and haven’t begun to slow down).
3. **AVOID skipping meals,** especially lunch. Your fat cells like when you skip a meal because it puts them in charge. They are in charge of your survival process and will start storing fat, as opposed to burning fat the next time you eat.
4. **AVOID overeating.** Some tips to help with this are to drink a glass of water before each meal or use this hunger scale¹ to help you better determine when it is time to eat or stop eating.
 1. You feel weak and light-headed — Your stomach acid is churning.
 2. Very uncomfortable — You feel irritable and unable to concentrate
 3. Uncomfortable — Your stomach is rumbling
 4. Slightly uncomfortable — Your just beginning to feel hungry
 5. Comfortable — You’re neither hunger nor full
 6. Perfectly comfortable — You feel satisfied
 7. Full — A little bit uncomfortable
 8. Uncomfortably full — You feel bloated
 9. Very Uncomfortably full — You need to loosen some clothing
 10. Stuffed — You are so full you feel nauseous

When eating, you put your fork down at step 5 or 6 (5 for weight loss). You should eat only at 4, 3, 2, or 1.

5. **Eat smaller meals more frequently.** Try to eat every 3 hours instead of every 5 hours or so.
6. **Reduce the amount of fat in your diet.** You should only be consuming 30% or less of your daily calories from fat.
7. **Set a “stop eating” time.** Try not to eat beyond 8pm (or 3 hours prior to bed time). If you do eat at night, it should be a small, low calorie, low fat snack (e.g., rice cake, fruit, or pretzels).
8. **Finally, eat more slowly.** Eating slowly allows your other senses to more fully enjoy your food. Look at the colors and textures, smell the aromas, then taste the flavors. Take your time to chew, chew, chew.

¹ www.thebestlife.com

