



Providing an optimum exercise experience for ALL members

Eating right for you!

November 2010

Could Stress Be Making Me Fat?

With our fast paced, overscheduled lives and the current economic climate, many people are under a tremendous amount of stress. Stress has a profound effect on our body and causes many physiological changes. It causes an increase in blood pressure and heart rate, suppresses the immune system and can slow or even stop digestion. **High stress levels are also a contributing factor to weight gain. The link between stress, weight gain and well-being must be understood in order to create a balanced lifestyle.**

When feeling stressed, our adrenal glands secrete norepinephrine (adrenaline) and cortisol, which are both stress hormones. This is known as the “fight or flight” response and is an important and necessary reaction. Unfortunately, in today’s society, some individuals have stress hormones being secreted all the time and this has a negative impact on their health *and* their waistline.

High levels of cortisol slow down our metabolism (the capacity to burn calories), which can lead to weight gain. Increased levels of cortisol have also been linked to higher levels of abdominal fat. High stress levels can also stimulate our appetite and cause individuals to crave carbohydrate rich sweets or comforts foods that also promote weight gain. Most people have experienced some form of stress induced emotional eating and it is then that we overeat or consume the wrong foods. For example, when you are experiencing stress do you reach for a stick of celery or a cookie?

Being aware of the level of stress in your life is the first step to controlling it. Making sure that you are getting the proper amount of sleep each night makes coping with stress a little easier. Nutrition can make a tremendous impact as well. **Ensure that your body is getting the correct nutrients that it requires to cope with high stress levels, including plenty of fruits and vegetables, legumes, lean protein and good fats (avocado, olive oil, etc.).** Supplement with vitamins B and C as these are two nutrients that are depleted quickly by stress: vitamin B supports your brain and nervous system and provides energy to your cells; vitamin C is an anti-stress antioxidant that supports a healthy body.

NUTRITIONIST INFO:

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NUTRITION TIPS!

#1 Start each day with a glass of warm water with freshly squeezed lemon juice for a gentle detox.

#2 Weight loss inhibitors are insulin imbalance, a poorly functioning digestive system, excessive food intake and high stress levels.

#3 Do NOT **underestimate** what you eat and how you feel. Good food choices provide your body with energy, improved mood, increased libido and improves your immune system. Poor food choices decrease immunity, lowers energy levels and makes weight maintenance more difficult.

GOLDEN CHICKEN BROTH

Makes about 8 cups

Ingredients

Bones from 2 roasted chickens	1 carrot, halved
1 celery stalk, chopped	1 yellow onion, chopped
2 cloves garlic, crushed	1 bay leaf
1/2 teaspoon whole peppercorns	Handful parsley stems
10 cups water	



Method

Combine all ingredients in a large pot and bring to a simmer over medium heat. Reduce heat to medium low and simmer, uncovered, for 1 hour.

Strain and discard solids. Cool and refrigerate for up to 3 days or freeze up to 6 months.

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MORE NUTRITION TIPS!

#1 Your body cannot make EFA's (Essential Fatty Acids) and therefore you need to obtain them in your diet. Good sources include nuts, seeds, avocados, and olive oil.

#2 Processed, packaged foods will accelerate aging, cause weight gain and weaken your immune system. Real whole foods reduce stress, lift your mood and help ward off bacteria and viruses.

#3 A food diary is a must for individual trying to lose weight. Book an appt with one of the nutritionists on staff to review your diary.

#4 Be honest about what may be causing you to emotional eat.

#5 You can exercise 3 hours each day but if your diet is not clean you will not get results. Results are made in the kitchen.