



To Your Health

News, updates and health tips from East Highlands Fitness

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Take Your Focus OFF the Scale!

Here at East Highlands Fitness, we are dedicated to improving the health and fitness of all of our members. We hope to provide you with not just equipment to workout, but also the support and guidance you need to succeed! Therefore, we've decided to invest in a very exciting new tool to help you stay on track with your fitness goals. We want to take your focus OFF of the scale. While it's a good idea to measure your weight to keep an eye on any abnormal fluctuations or changes, the number on the scale doesn't actually matter. That's right! **Your weight doesn't matter.** It is far more important to keep track of your total lean body mass and total body fat percentage.

The **InBody Body Composition Analyzer** gives us a super easy way to accurately measure your total body composition. Measure your fat, muscle, and water levels in less than a minute. No dunking. No pinching. No discomfort. Simply stand on the device and hold the hand electrodes to test.

It even lets us see if you have weight differences between your individual arms and legs so that you can work on correcting muscular imbalances!



Lower lean body mass and higher total fat mass have a higher correlation with negative health issues than just your weight alone. Many doctors use BMI as a key indicator of their patients' health. Unfortunately BMI doesn't give us the whole picture. By monitoring your LBM and BF%, you can more accurately monitor your personal health and fitness goals AND your overall physical health.

Check with the front desk and make your appointment to get your InBody test today!

Join the Great 2017 Body Fat Loss Challenge!!

Join us this year as we come together to support each other in the **Great 2017 EHF Body Fat Loss Challenge!** Here's how it works:

1. Sign up at the front Desk.
2. Pay your \$20 entry fee (this will make sure you have skin in the game!)
3. Make your appointment with Colton to get your Starting In-Body Analysis (M-F, 1-10pm).
4. Work, work, work for the **next 8 weeks** to lose 10% of your body fat mass! Join classes, get personal training help, and get nutrition guidance to AMP UP YOUR SUCCESS.
5. Get your Final InBody Analysis at the end of your 8 weeks.

EVERYONE who makes the goal of losing at least 10% of their body fat mass will share the pot. EHF will sweeten the deal by contributing an additional \$200 to the prize pot!

LET'S DO THIS!!
TOGETHER!!

Fitness Tip of the Quarter



Success is much more likely when we are held accountable. Having to report your progress to someone is a great tool to achieve a goal or make a change. Find a family member or friend that can support you on your fitness journey and help keep each other on track. No one likes to report that they are not succeeding or not putting sufficient effort into something. Being accountable also helps create consistency. When people who want to make changes in their life don't succeed, it's not because they lack the tools, but because they lose focus. If you don't know where to start, consider hiring a trainer or coach to help.

Nutrition Tips for the Holidays



The holiday season is filled with temptations and food-centric gatherings for multiple months which can make staying on track with healthy eating that much more difficult. We've got some simple tips to help keep you from

gaining too many extra holiday pounds and stay on track.

1. Find balance – Don't let one meal be an excuse for weeks of poor eating choices. Many people use the holiday season as an excuse to let loose and eat whatever they like. Make sure you live a little and enjoy your favorite holiday meals, but don't lose all self-control outside of these special events.

2. Make healthier selections – Fill up on the healthy stuff first so you crave less of the treats. Start by filling your plate with lean protein, veggies, and salads. Once you're done eating the good things, then go back and get a little bit of the starches, breads, and treats. Since you've already eaten the healthy foods, you'll eat less of the bad stuff.

3. Skip the alcohol – It's nothing but empty calories. Alcohol has absolutely zero benefits for your body and is actually much higher in calories than many people expect. All normal processes stop until the alcohol is out of your system. This slows down muscle repair and recovery. Try sparkling waters instead. They are less boring than plain water and can fill the void of not having a drink in hand.

4. Pick bad stuff that you actually WANT to eat, don't just eat it because it's there. If you're not a big fan of pumpkin pie, don't have a piece. Make sure that if you're going to eat something bad, it's one of your favorites.

5. Do an intense workout before your holiday event so those calo-

ries can be put to good use repairing your muscles. If you push yourself with a good workout or lift before eating a tasty holiday meal, your body will need those calories to recover. Earn those tasty treats!

Remember to enjoy yourself and your family this holiday season, but don't lose sight of your own personal goals. Remember how hard it is to get those few extra pounds back off! It's not worth it!



A Bit of BAD NEWS...

We're very sad to report that Leslie, our amazing Massage Therapist, has broken her wrist and will be out of commission for the next few months. The break was bad enough to require surgery and the placement of pins. We are currently looking for a replacement and will let you know as soon as we find a new set of magic hands. Please wish her well when you see her as she's more disappointed than we are at this forced 'break'.

