

“Love Yourself
Enough **to Live** a
Healthy Lifestyle.”

Health &
Wellness Bulletin

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THIS ISSUE

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Health Benefits of Exercise-More Than Meets the Eye!

“Although regular physical activity can prevent or reduce the risk of many age-related diseases, the molecular mechanisms underpinning the protective effects of exercise are largely unknown. In 2016, a series of studies demonstrated that crosstalk between tissues during exercise can protect against metabolic disease, cancer, retinal degeneration and memory loss. These studies provide a molecular basis for the concept of ‘exercise as medicine’.”

If you would like to read more about the studies mentioned above, use the following link:
<http://www.nature.com>

Apple Cider Vinegar and Weight Loss

Over the past several months I've fielded questions about different “supplements” that can be added to the diet with the hope that this will help to reduce hunger and/or accelerate the body's fat burning potential. More specifically, I've received several questions regarding the effectiveness of drinking apple cider as a means to speed up weight loss. My background in scientific research fueled my curiosity and I started looking into the merits of this, and other diet aids. Below is some compelling information I came across and wanted to share with you.

Apple Cider Vinegar and Weight Loss

Have you heard that apple cider vinegar will help you lose weight? The only study to test the idea in people was done in Japan. In the study, 175 obese but healthy people took either vinegar or water daily for 12 weeks. Their diets were similar. They kept food journals. At the end of the study, those who used vinegar had lost slightly more weight. On average, the vinegar group lost 1-2 pounds over the 3-month period. They gained it all back after the study was over.

The researchers suggest that vinegar may turn on certain genes involved in breaking down fats.

The effect is probably very subtle, says Chicago dietitian Debbie Davis, RD. “It may have some benefits in terms of weight loss and weight management, but it is definitely not a quick fix.” If you want to lose weight, you'll still need to exercise and practice portion control.

-WebMD

Drinking apple cider vinegar for weight loss seems far-fetched. Does it work?

Answers from [Katherine Zeratsky, R.D., L.D.](#)

Apple cider vinegar isn't likely to be effective for weight loss. Proponents of the apple cider vinegar diet claim that drinking a small amount of apple cider vinegar before meals or taking an apple cider vinegar supplement helps curb appetite and burn fat. However, there's little scientific support for these claims.

Although occasional use of apple cider vinegar is safe for most

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Apple Cider Vinegar and Weight-Loss, continued...

FAD DIET, BAD DIET

LOW CARB DIET LIQUID
GRAPEFRUIT DIET DIET

LOW FAT DETOX DIET

JUICE DIET CABBAGE SOUP
MACROBIOTIC DIET

people, it won't likely lead to weight loss — and it may pose problems of its own. For example: Apple cider vinegar is highly acidic. It may irritate your throat if you drink it often or in large amounts.

Apple cider vinegar may interact with certain supplements or drugs, including diuretics and insulin. This may contribute to low potassium levels.

Remember, there's no magic bullet for weight loss. The key to losing weight is burning more calories than you consume. Choose a variety of healthy foods — such as fruits, vegetables, whole grains and lean sources of protein — and include physical activity in your daily routine.

-Mayo Clinic

12 Habits of Healthy People

"Highly Healthy People." The 12 habits are:

1. Physical activity
2. Forgiveness
3. Portion size
4. Preventive healthcare screening
5. Adequate sleep
6. Try something new
7. Strength and flexibility
8. Laugh
9. Family and friends
10. Address addictive behaviors
11. Quiet your mind
12. Gratitude

You can follow a monthly discussion on how to implement these healthy habits into your life online at: <http://www.mayoclinic.org/healthy-lifestyle>

Habits to Boost Your Immune System

- 1. Kick Back and Relax:** Some stress can be a good thing. It helps your body get ready for a challenge. But if it lasts too long, that's bad news. Studies show it can weaken your body's defense system. Avoid it when you can. Make it a point to unwind and do things you enjoy.
- 2. Find a Furry Friend:** There's a reason we call them "man's best friend." Dogs and other pets aren't just good buddies. They also give us a reason to exercise and boost our health in other ways. Pet owners have lower blood pressure and cholesterol levels and healthier hearts.
- 3. Build Your Social Network:** We all know friends are important, but strong social ties can also have a big effect on your health. People with healthy relationships are likely to outlive those with poor social ties. Want to broaden your circle? Volunteer, take a class, or join a group that interests you. And nurture the bonds you already have.
- 4. Think About Herbs and Supplements:** Some of these products can help your immune system, but we need more research to know for sure if they're really good for you. Because they can interact with other medicines, let your doctor know if you want to try them. They can help you decide which ones are safe for you.
- 5. Cut Back on the Booze:** Alcohol plays a major role in how we socialize and celebrate. But too much can weaken your defenses and cause you to get sick more often. How much is too much? More than two drinks a day for men and more than one for women.

-Mayo Clinic

Basketball

Tennis

Flag Football

Busy work schedules, school schedules or raising a family can make it a challenge to fit in the recommended 30 minutes of exercise five days each week. But a new study shows that cramming in all of your weekly exercise on the weekends may still be doing your body some good.

The study, by researchers from Loughborough University in the United Kingdom, analyzed household-based surveys of 63,591 men and women age 40 and older who were living in Scotland and England from 1994 to 2012.

The researchers found that people who put in one or two sessions a week of 75 minutes of vigorous physical activity or 150 minutes of moderate exercise were less likely to die from all causes, cancer or cardiovascular disease than inactive adults.

These so-called weekend warriors' risk of dying from all causes was roughly 30 percent less than it was for inactive adults. Their risk of dying from cancer was 18 percent lower, and their risk of cardiovascular disease death was about 40 percent lower.

Current health recommendations call for 150 minutes of moderate exercise or 75 minutes of vigorous exercise every week.

Move your body, improve your health: The study is important for those who can only hit the gym on the weekends and wonder if it's doing any good, says sports cardiologist Dermot Phelan, MD, PhD. Dr. Phelan did not take part in the study.

"There's a lot of people who just can't get to exercise during the week, particularly young people with family who work long hours," Dr. Phelan says. "This study really confirms that exercise — even if it's just on the weekends — is important, and you can reap a big benefit from that."

The study has a few limitations, the researchers say. The conclusions relied on people's reports of their own physical activity levels, and it's unclear whether their reports were always accurate.

In addition, the researchers assessed physical activity just once, at the beginning of the study, and so the researchers don't know if people changed their exercise habits later on during the study period.

However, Dr. Phelan says, the findings are consistent with what other studies have shown: Moving your body can save and prolong your life.

Any exercise is good: Even if you exercise less than the recommended weekly amount, the study shows that you can still expect a dramatic reduction in health risks. And it doesn't matter whether you do all your weekly exercise on the weekends or spread it out over the entire week.

That's good news for those of us who are still working toward hitting those physical activity goals.



"Any exercise is better than no exercise," Dr. Phelan says. "This has been shown over and over again: physical inactivity is a killer."

So don't let the inability to exercise vigorously most days of the week be a reason to avoid physical activity entirely, Dr. Phelan says.

-Cleveland Clinic

GYM DISCOUNTS

Available to Named Officers and Firefighters



Fitness 1440 (Carson City)

Contact them at 775-887-7444

Please contact GYM
for additional details

Fitness for 10 (Reno-Carson City)

Visit the link above or contact them at 775-720-7232

No Enrollment Fees and
minimum terms on all
monthly memberships for
State of Nevada
employees and family
members!

St. Mary's Fitness Center (Reno)

Visit the link above or contact them at 775-954-0185

\$99 enrollment
(normally \$129) and
\$62/month (normally
\$73)

Kaia Fit Sierra (Reno)

Visit the link above or contact them at 775-375-5242

Please contact GYM
for additional details

Eagle Fitness (Carson City)

Visit the link above or contact them at 775-882-8686

\$20 per month plus no
enrollment or
cancellation fees

Flex Fitness (Winnemucca)

Visit the link above or contact them at 775-625-FLEX

Additional \$5 off
monthly rate

Fitness Zone Gym (Winnemucca)

Contact them at 778-625-2020

\$35 monthly rate,
plus \$20.00
enrollment fee.

Note: Discounts are still being negotiated with Las Vegas area gyms. Please stay tuned for upcoming announcements regarding this.