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MAGAZINE

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Nichole Kelley-Korson

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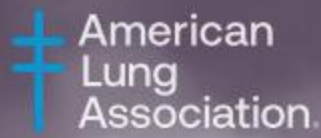
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Arika Hundt-Cole
June 2017 cover

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Pandemic living: How's your health?

This past year, I have lived two pandemic lifestyles. At the beginning of the pandemic, as Michigan shut down, the weather improved and I found myself outside more than ever. I golfed, sat by the pool, did a lot of yard work, and wound-up drinking and eating like it was the end of the world. (To be fair, there was talk that it was the end of the world.)

So I found a reason to have a beer or two here and there, and hard seltzers with the fellas on the course. Weekends included burgers, brats and all the fixings, and other comfort food, as often as possible.

Living the good life was fun, but my health was being affected. I was out of shape, my waist ballooned and I did not like the way I looked.

For those who read the magazine, you know that I had a fitness epiphany four years ago. I topped near 300 lbs. (I'm 6'6") and through a lot of smart eating and exercise, I managed to drop to 235. That success has slowly eroded over the past couple of years, then shot up again at the start of the pandemic.

Ugh, right? But remember, I said this is the tale of two pandemics.

I decided to change my way of thinking once my daughter's volleyball season (and golf season) was finished. I decided my health has to matter. I knew I had to make changes, but unlike before, this will stick.

Since that time in October, I've eaten better, basically sticking with the 80-20 rule which means I'm eating as clean as I can as much as I can, while allowing for exceptions. I try to save the 20 percent for life's moments, like birthdays and holidays, which always seem to be celebrated with great cooking and sweets.

We now own a Peloton, and I've attacked those workouts with a passion (I love working out with Ally Love and Leanne Hainsby). And for the first time in my life, I've embraced weight lifting. I was a college athlete and lifted all the time. Back then, I hated it. Throughout my adult life, I hated it. Now, though, something clicked and I'm lifting more than ever. Because of it, back pains have disappeared, my posture has improved and I know it's helped me keep my weight down. I'm even starting to see some long-forgotten muscles.

I came into this pandemic unhealthy, and, hopefully, I'll leave it in better shape than ever. It's helped my mental state too.

Be safe out there. Wear your masks and find a way to be healthy. Every journey starts with a single step, so take one. Then another, and another and before you know it, you'll be at your goal.

Enjoy the issue.

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Rethink your lifestyle

For the new year, focus more on the quality of your diet

In 2019, 44 percent of Americans made a resolution and many times that resolution included restriction diets. Diets are great for short term weight management, but many times restriction dieting becomes an endless loop of frustration and the excess weight returns.

Maintained weight loss followed by improved health comes in the form of lifestyle change. Many lifestyle situations are challenging to control such as stress and living situations, but one thing we can control is what we choose to eat. Exercise is a small part of weight maintenance and real results come from understanding your body's chemistry and its fuel requirements.

Part of this lifestyle change will require more than listening to the celebrity, quasi pundits pushing the latest fads, point systems, and prepackaged meals. Forget all the things you learned in 1980 about weight management and start

reading how calories can be your best friend or worst enemy. Understand a calorie isn't just a calorie which many fad diets ignore.

Make sure you are fueling your body with all the essential macro nutrients required to function properly within your caloric requirements. These macro nutrients include protein, fat, and carbohydrates.

Too little or too much of one leads to undesirable body chemistry that causes weight gain. There have been many advancements in medicine, but no one will ever be able to trick body chemistry, period.

Understand, the combination in which we eat foods is an instant chemistry experiment and this matters as much as what we eat. Most people do not get enough protein and fat, and their diet is supplemented with excessive refined (fiber removed) carbohydrates being stored as fat.

Long exhausting trips to the health club cannot change body chemistry any more than fasting and starving your body of the nutrients it was designed to utilize as fuel. If you want to feel and look great it can be done with everyday foods. A race team would never put kerosene in a top fuel dragster and expect it to perform. The same goes for your body, as random fuels create random results.

So, in 2021 download the app "My-FitnessPal" to track what you're eating and figure out what your body needs, set reasonable goals, and understand what works for Oprah may not work for you. Last, but most important, nothing alters body chemistry more negatively than added sugar!

Suggested reading materials *Fat Chance* by Robert H. Lustig, M.D. and *Good Calories Bad Calories* by Gary Taubes.



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Hitting a plateau?

Here's why it's happening and what to do about it

During my time as a trainer, I have heard the word plateau used too often. Frequently, it is simply because someone does not feel they are getting anywhere with their health and fitness goals. They pound the pavement with their workouts, stay away from junk food, and because they are working so hard, they feel and think their body is plateauing.

Sometimes it is true, and sometimes it just means that you need to make some tweaks to your daily lifestyle and workout habits.

I want to break down some science (and mindset) and have a conversation about body change and metabolism.

The plateau

At a high level, or even sometimes at a starting point, your body doesn't want to change. Your body kind of wants to stay right where it is unless you make some changes for it to adapt.

The body likes homeostasis, the tendency toward a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes.

In fact, by nature, the metabolism is always trying to be as efficient as possible, which means it wants to cut corners to burn as few calories as possible. It's trying to conserve and preserve for the theoretical long winter ahead where there may not be food available. Thus, it's really good at not making the changes you desire to make.

So, when it comes to body change, whether that's losing fat, gaining muscle, losing inches, or getting stronger, we have some work to do.

Certain behavioral habits will have metabolism become more efficient—aka a plateau—especially if you are an avid exerciser or someone who's under a lot of stress (many variations of stress here).

So, this isn't anything you need to worry about per se. It's more about becoming aware of some of your behavioral habits, both how you are thinking, and what you are doing that may be affecting your ability to continue to make changes. And then, figuring out if and how you might want to adjust properly.

So, let's take a look at some common reasons why a plateau is taking place.



Plateauing is the state of little or no change following a period of activity or progress.

You are overthinking what you eat and how you exercise

You have too much information thrown at you daily. Or maybe you know so much that you're constantly worried about what you should be doing. You question if rice is bad, if you need more veggies, or if you are doing enough cardio to burn fat.

You can even have the all-or-nothing mindset that can make you flip-flop back and forth between a strict diet and workout program, to missing workout day and eating pizza and ice cream.

But there is a middle ground. There's a way to navigate the middle, where you don't have to be perfect, but the alternative isn't just going off the deep end and losing it all.

You can plateau with your results

by trying to do it all perfectly, and then when you inevitably can't (because who could?) you just say the heck with it and quit. My advice instead would be to do a few things consistently and as for the rest, do your best. Consistency will always trump intensity for the long haul.

You don't chill out enough

Study after study has exemplified the correlation between lack of sleep and an increase in hormones related to hunger and cravings. This also can happen when you overstrain, under-eat, and become nutrient deficient.

We understand this on a clinical level too: when we get zero sleep, all we crave are sweets and treats. If we exercise too much, we become hungrier and end up eating more calories and junk

continued on page 26



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Living the healthy lifestyle

Nichole Kelley-Korson is using her passion for fitness to thrive

Family, exercise and a lot of faith have kept Nichole Kelley-Korson, 49, of Lansing, on a path to help herself, and others, stay healthy. "My faith in God, my family and living a healthy lifestyle are my top priorities," she said.

"I didn't discover my passion for health and fitness until well into my twenties after someone very dear to me was diagnosed with a lifestyle related disease. My desire to encourage and motivate them ignited a fire in me to pursue my own healthy lifestyle journey. Since then, prayer and exercise have been integral in my healing after the traumatic losses of several family members in a short period of time beginning with my six-year-old daughter, Chloe, who went to Heaven in 2012. Building my physical strength was very empowering because it helped me focus on something I could control."

Kelley-Korson, who is a mother of four, is an American Council on Exercise (ACE) certified personal trainer, group fitness instructor and weight management specialist. You can learn more about her at www.acefitness.org/find-anacepro.

She said working out keeps her energy levels at a high level throughout the day.

"I look forward to working out because I think about how good I'm going to feel after I'm done! I want to be a healthy role model for my kids and I know how important it is for them to see me actually enjoying working out and eating healthy," she said.

Her workouts are pretty impressive, alternating with strength training and other cardio events.

"I love strength training, but variety is key to keeping me motivated," she said. "I alternate between 45-minute total body strength training workouts with weights and cardio exercise six days/week. My cardio consists of either outdoor running (weather permitting), indoor treadmill or elliptical machine, HIIT or boot camp style workouts. On days when I'm short on time, full burpees are one of my favorite exercises for a cardio/strength combo workout."

She said the pandemic hasn't slowed her down, other than moving from the gym to house for her workouts. This actually turned into a blessing. Her family became more involved than



ever. However, face-to-face sessions with clients became an issue.

"As a personal trainer, however, the dynamics of navigating COVID-19 this past year put a damper on training clients face-to-face. I truly love the personalized aspect of one-on-one training and encouraging people to discover their strengths and what intrinsically motivates them. The unscheduled downtime led me to pursue an ACE Health and Wellness Coach certification.

She said her diet is always evolving, too.

"Before I got on track to a healthy lifestyle, I ate a lot of fast food and sugar," she explained. "As I became more cognizant of the effect my poor food choices were having on my physical health, I gradually made simple dietary changes. Now, other than excluding dairy and gluten for food sensitivity purposes, I enjoy a variety of healthy foods. I start each day with a homemade smoothie loaded with vegetables, fruit

and vegan protein powder. I eat lean protein and lots of vegetables every day for lunch and dinner. I snack on vegetables, boiled eggs, hummus, nuts and homemade guacamole throughout the day. And, I drink about 86 to 100 ounces of water daily."

The variety of food she eats helps her with any cravings.

"I believe all foods can be enjoyed as part of a healthy lifestyle as long as you keep an eye on portion sizes and choose whole foods over processed foods the majority of the time," she said.

For those looking to live a healthy lifestyle, Kelley-Korson said the best way to start that journey is through small changes.

"People often get overwhelmed and give up if they feel like they have to rely on willpower," she said. "Small changes add up over time and the habits created with patience and perseverance are the ones that actually stick long-term."

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Change it up!

There are plenty of benefits to different forms of exercise

There are so many different ways to exercise and so many benefits! The basics are obvious; weight loss or maintenance, increased strength, and “my doctor said it’s good for me.” There are so many more benefits, some not as obvious, that all different forms of exercise can help with. Exercise helps with self-image and confidence, energy levels, circulation, stress levels, joint and bone health, and more. Which forms of exercise are best for you and provide the most benefits? The short answer is that they are all great in their way. Let’s break them down.

Straight cardiovascular activity is one of the more common forms of exercise. This can include running, walking, spinning, elliptical, etc. Cardio is best known for helping with heart health. Regular cardiovascular exercise helps train your heart, making it more efficient. As a result, it doesn’t need to work as hard daily leading to a decreased resting heart rate and blood pressure. This improves circulation which in turn helps all of the organs and muscles in your body because they have a better blood and oxygen supply.

Just as cardio trains and improves your heart, it does the same for your lungs. It helps to improve your aerobic capacity, so you don’t tire as quickly. If you get easily winded, it may be a sign you should incorporate some more cardio.

Cardiovascular exercises can also increase bone health. Putting stress on the bones contributes to them building back stronger, so cardio moves such as running and walking can help with bone strength. With these activities, most of your calorie burn happens during the activity as opposed to afterward.

Next, we have **strength/weight training**. This can be powerlifting, heavy lifting, bodyweight strength exercises, or classes where you use weights that may not be as heavy but you do more repetitions and higher intensity. Increased muscle strength is the most obvious benefit of strength or weight training. When you train your muscles, the muscle fibers hypertrophy, leading to a larger and more efficient muscle. Increased muscle strength isn’t just great for exercise and showing off, but for daily functions.

Daily activities such as carrying laundry up the stairs, carrying your children around, loading your groceries, etc are so much easier when you have strength. Strength training stresses your bones



as we mentioned above in cardio. It can lead to inches lost as you replace body fat with muscle. A more muscular body is a more efficient body, increasing metabolism because muscle at rest burns more calories than fat at rest. With strength training, there is not as much calorie burn during the activity but there is more afterward. Your body requires more oxygen to recover in the 24 hours after the activity, leading to more calorie burn during that time.

Interval training combines the benefits of strength training and cardiovascular exercise. Like weight training, your body requires more oxygen to recover in the 24 hours after the activity, leading to more calorie burn during that time (increased metabolic rate). You are stressing your bones like in cardio and strength training, and helping to improve your aerobic capacity. A huge benefit to interval training is that it is more efficient, you get the same benefits in less time.

Yoga and/or stretching is a very important form of exercise as well. It doesn’t contribute as greatly to your aerobic capacity or calorie burn, but it helps with so many other aspects of your daily

life. Regular yoga can contribute to much better balance and flexibility. Stretching and yoga are both great for increasing your mobility and range of motion in your joints. Combining stretching and yoga with your other workouts can lead to faster and better recovery. The mindfulness that comes with practicing yoga can help lead to reduced stress and better sleep.

Note how some of them overlap, but each exercise has different benefits, which is why it is best to establish a well-rounded routine. Try to incorporate all forms of exercise so that you can reap all of the different benefits and be stronger, healthier and live your best life!



Molly Nevins, ACSM HSF, is a longtime contributor to *Healthy & Fit Magazine*. Check out her Facebook page at facebook.com/mollyfit

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Time to get crafty

Challenge yourself and get a healthy brain

As someone who is not talented with craft-related arts like knitting or sewing, I can definitely report feeling the benefits of doing these activities anyway. Whenever my daughter and I set out to make something, I find the process very rewarding, even if the finished project looks nothing like the one pictured in the example!

That shouldn't be a surprise. Engaging in a variety of craft-related activities has long been associated with the benefits of stress reduction, building self-esteem, increased relaxation, improved motor skills and an increase in self efficacy.

But what may be surprising is the idea that challenging your mind with activities outside of your normal routine

can lead to a healthier brain. Sanjay Gupta, a practicing neurosurgeon and Associate Professor of Medicine at Emory University School of Medicine, explained in a recent NPR Fresh Air interview that "the act of experiencing something new—or even doing something that's typical for you, but in a different way—can all generate these new brain cells. We want to constantly be using new paths and trails and roads within our brain."

It feels both encouraging and liberating to know that regardless of our stage of life, we can try new things without fear of failure, and in the process enhance our brain health.

Dr. Gupta writes more about this and other recommendations for brain health in his new book *Keep Sharp: Build*

a Better Brain at Any Age.

For more titles on this topic—and for a wide range of titles on crafting—browse our catalog at cadl.org.

Cheryl Lindemann is a collection development specialist at Capital Area District Libraries, and a co-host of the Reader's Roundtable Podcast.



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Thursday Feb. 11 • 6:30 p.m.

CADL CAST Podcast: Color Adjustment Revisited

Marlon Riggs' 1991 documentary *Color Adjustment* scrutinized TV's racial myths and stereotypes. Dr. Julian C. Chambliss from Michigan State University joins us to discuss what has changed—and what has not. Our guest host is Lansing Township Supervisor Diontrae Hayes. Listen in at cadl.org/podcasts.

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CADL's on-demand streaming service honors Black History Month with a special selection of films that highlight African American art, history, intellectual contributions and current events. Available for viewing anytime at cadl.org/kanopy.

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Saturday, Feb. 6 • 11 a.m.

Local artist and author Julian Van Dyke

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CADL South Lansing staff

Saturday, Feb. 20 • 11 a.m.

Folktales with Storyteller Miz Rosie

Thursday, Feb. 25 • 6:30 p.m.

CADL South Lansing staff

Original artwork by Julian Van Dyke





Organized athletics

Student athletes struggle to stay physically and mentally fit

Regular participation in exercise and athletics is one way that students can maintain and improve their mental wellness. Sports help distract the mind from negativity, and with all of today's uncertainties, they provide structure, inclusion, and a sense of normalcy for student-athletes in local communities.

Exercising and training in sports helps student-athletes to connect socially and allow others to reach out and support one another. It allows them to meet the basic need of social stimulus in a safer and monitored environment. It also allows teammates to be positive influences on each other.

Self-awareness is a key point in athletics as it aids a person's ability to visualize and improve their performance. This same skill also makes it easier for them to recognize when there is a change in themselves, or if what

they are feeling and experiencing is not considered normal for them, or healthy.

As students participate in regular exercise and athletics, they can maintain and improve their mental health. But what happens when a pandemic halts organized sports participation?

It's important for student-athletes to keep a schedule and routine. They should continue to stay active and try to keep as close to a "traditional" schedule as possible.

For example, if an athlete normally practices after school, he or she should try to work out during that same time frame.

When organized sports do return, it's important that these student-athletes not try to just jump right back into activity, especially if they haven't stayed active. Returning to activity safely may mean slowly. Jumping in too quickly can lead to injury, burnout, or quitting out of

frustration from how much more difficult it is compared to before. Too much too soon can lead to a steep decline in motivation, instead of building slowly with tangible goals.

If you know of a student-athlete who is struggling with the lack of organized sports, don't be afraid to reach out for help. Athletic trainers at the local schools are a great resource for student-athletes, whether they're struggling physically or mentally.

This article is a summary of a recent online discussion between mental health coach Dr. Spencer Wood (PhD, CMPC), licensed athletic trainer Libby King (MS, AT, ATC), and physical therapist Robbie Williams (PT, DPT, CSCS). You can learn more at [orsmi.com/mental-health-webinar](https://www.orsmi.com/mental-health-webinar).



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Go for the gold inside you

Find your triggers and stop sabotaging yourself

I teeter between being a self-starter and self-sabotaging myself. There, I said it. I am my own worst enemy. When I am on, I am on. When I am off, wow, I am way off.

I have always embraced the theory of being "all in," but I don't think self-sabotaging benefits any of us. How can we go to such extremes? How can the productivity train be full throttle and then BAM, we derail? I don't know about you, but it's draining.

I find myself able to talk to my clients all day long helping them, and yet I am unaware of my own triggers. Honestly, some of us do know our triggers but we just don't recognize when it's about to go off like a bomb. We can go a long time being fearless, full of creativity, and know exactly how to tackle the project at hand.



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Then it seems like a spell hits us. We fall. We cry. We utter the words "I can't" and other self-sabotaging words of doubt. Some of us even become angry and blame the world around us. We fall as victims.

Logistically, I know this comes from our sub-conscious being triggered and our childhood experiences come flooding back. Not always the actual memory of an event or trauma, but the memory of the feeling of how we dealt with it. After all, it is all we know. Or think we know.

A trigger can be one word. It can be a feeling, a sound, witnessing something happen in a movie. It can even be a smell. Suddenly your whole world comes to a halt as you let fear and sadness flood in. What is fascinating is all this can happen without our conscious self even being aware! We just have to play clean up after we go through a depressing day of being unmotivated and eating a ton of self-soothing chocolate and potato chips.

Being aware and honest about your past can truly help you find your triggers so that you can learn how to not let

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them sneak up on you. I often hear clients, when first meeting, say that they have completely dealt with their past, all the healing has been done. That is impossible.

I heard Louise Hay, the Queen of Affirmations and self-love, admit once, at 80-years-old, that she still holds fears from childhood abuse. It was not until she began tapping that she realized there were some underlying fears still stored within her heart.

Experiences from our childhood are imprinted within our being. These imprints can cause us to make decisions or have thought processes that are not in our best interest or even serve our

greater good.

Take the time to be that self-starter within your own life. What areas need to be addressed? Is it fear of commitment? Fear of success? Be gut-wrenching honest with yourself. Then ask for help! Whether it be from friends, books, a therapist, hypnosis, tapping, mirror work, whatever!

If you shall seek, the path will present itself. When the student is ready, the teacher always appears. I promise you, when you choose to be a self-starter for yourself, it will flow into the rest of your life. You will open doors to complete success and abundance.

You are worth it, more than the weight of gold.



Laurie DeBruin CCH,CRR is the owner of Chrysalis Reflexology Hypnosis & Enrichment Center. Reach her at (517) 648.1980.

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Want a fairy tale ending?

Then let's start with a beginning

Fairy tale endings date as far back as the 10th century, (please take my word for it, the Internet says so). Suffice to say, a long time. I have a thought, how about we reverse it and have fairy tale beginnings!

You begin the journey/story/day with such positive energy and great vibes that starting the journey is the first step in awesomeness. Basically, we step up our game and begin with the end in mind, achieving new missions, goals, or projects.

All's well that begins well, right!

“You're braver than you believe, and stronger than you seem, and smarter than you think.”

~A.A. Mine

The standard for fairy tale endings, “happily ever after” or “they lived happily ever after” made me think that if we started the tale from the ending first how much better could the story, in real life, wind up?

Think of this strategy as a mindset of feeling good about yourself and by doing the new and exciting. Your life/fairy tale holds much promise.

In the beginning of a fairy tale typically someone is trying to deceive someone else. The evil warlock wants what you have, is envious and will stop at nothing to rob you. Drama occurs, and good wins over bad, they live “happily ever after” and end of story.

2021 is the perfect year to rethink the plot line! I am leaning toward the mindset that everything already is pushing the positivity envelope my way, the cards are going my direction, the fairy tale is beginning. Bring on the happy bus, I want to drive that bad boy!

I like what Dr. Suess says, “You're off to great places, today is your day. Your mountain is waiting, so get on your way.”

Every journey begins first thing in the day, so it comes down to the start, not the finish that is important.

A great start is the catalyst to a



day filled with momentum; it just depends on my choices. Choose well and a bucket of good vibes can assist in the day. Good and bad will occur undoubtedly, so we might as well begin with a fairy tale beginning' and be grateful for all we have.

Try these-

- Buy a dry erase board
- Write daily affirmations on it
- Wake up five minutes earlier and stretch (yes this can be done while in bed)
- Think about RAK's (random acts

of kindness) and maybe do one or two of them



Tom Matt is the host of the “Tom Matt Show,” a radio talk show syndicated in Michigan on the Michigan Talk Network. He can be heard locally Saturday mornings on the ‘Big Talker’ WJIM 1240 AM. For more info

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Plateau busting (continued from page 12)

than our body needs. After all, our brain will think that, if we are working hard, we then deserve more food and even treats.

Aim for at least 6-8 hours a night to build back your mental reserves and give your physiology the kind of reset it needs. Take days off from the gym to let your body recover.

You eat too little or not nutrient-dense foods

The problem with many diets is that they eliminate so many good foods. They also cause you to eat too few calories and don't allow you to get the healthy fats and phytonutrients that your body needs to create a healthy cellular base. If you are not eating sufficient calories, your metabolism compensates and slows down.

Now, this doesn't mean go out and eat whatever you want because overeating will increase metabolism (although it will in the very short term). It means find an eating model where you're eating to fuel your training and preferentially choosing nutrient-dense foods, like fruits, veggies, lean protein, and healthy fats. Mostly. Like 80-90% of the time.

I like to coach people to eat a little more calories on their workout days and a little less when you don't work out.

You're exercising too hard

It is so easy to fall into the more is better conundrum. It makes sense, right? Exercise more, burn more calories, burn more fat. You also may think that doing a hard 2-hour workout after a long day of tailgating will offset the blunders of the previous day. Well, not so fast, it doesn't always work this way. I wish it did because I have tried this myself so many times with no success.

Remember, your metabolism doesn't keep responding at the same rate, all the time, to more exercise and a lower caloric intake. Your metabolism adapts based on inputs, and a chronic stress situation is going to indicate that it should slow down. That means more recovery after hard workouts.

Smart, intense, short-duration metabolic conditioning training (think interval training) can be effective in burning fat and helping maintain muscle. And on the opposite end, low, slow restorative exercises like leisure walking, yoga, mobility work, paddle boarding, and even

playing catch in the backyard are all great compliments to a regimented metabolic strength training program.

You're not lifting weights often enough or heavy enough

Weight training is all about building muscle, getting stronger, and improving your body's resiliency to injury. There's no better use of your time in the gym.

The "burn" and "sweat" we get from doing lots of cardio may be gratifying in the short-term but unfortunately, it doesn't always result in fat loss and results.

Lifting boosts your metabolism more than cardio, is a great detoxifier, and building muscle will help you stay leaner in the long term considering muscle is the most metabolically active tissue in the body.



Justin Grinnell is the owner of State of Fitness in East Lansing. He is also a certified nutrition coach. Reach him at 517.708.8828.

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Self-regulation

How Neurofeedback can help

Self-regulation is the ability to monitor one's own feelings, energy states, thoughts and behaviors, and to act on them in positive ways that promote well-being within, with others, and with circumstances one finds themselves in. Things like trauma, abuse, developmental issues, chemical imbalances, prolonged stress or challenging life events and situations can make it difficult to self-regulate well.

They can impact the brain, and keep people stuck in unhealthy ways of coping. Neurofeedback can be helpful in both identifying and improving dysregulated patterns in the brain, and can improve function and well-being.

Neurofeedback starts with a "brain map" or qEEG (Quantitative Electroencephalogram), which involves wearing a special cap that measures brainwave activity on the surface of the scalp.

It's non-invasive, and the data from the recording of the brainwaves can show us imbalances that can con-

tribute to anger, mood or focus issues, impulse control, anxiousness, sleep problems, and much more.

The Neurofeedback follow-up sessions can help a person to learn to regulate and balance their brainwaves, so that they can ideally feel and respond better.

Ken, a businessman, had difficulty managing his anger and would explode at his employees inappropriately. As he undertook the Neurofeedback process, he slowly found himself becoming more aware of when his anger was initially being triggered. It was as if time opened up in his brain, and he was able to make a better choice about his anger instead of reacting impulsively.

As the sessions continued, he ultimately found that his stress levels lowered, and his anger did not escalate to the levels they had, previously. His employees and his family noticed the change, and he felt more positive about his relationships with others.

Neurofeedback is a process, and

can move quickly for some, and more slowly for others.

As one client wrote, "For me, neurofeedback has not been a 'quick fix' but a series of slow, over time changes.

From week to week I am often unaware of change, but in looking back over several months, I can identify major changes.

It's not until I compare my reaction today with a similar situation months ago, that I say "Wow! I really have changed." Neurofeedback has helped me enjoy life, not obsess over it."



Gretchen Morse, DMA, is Board Certified in Neurofeedback and serves on the Board of the Midwest Society for Behavioral Medicine and Biofeedback. For information, call her at 517/290-4965, visit her website at www.mmneuro.com, or "Like" Mid-Michigan Neurofeedback on Facebook.

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Heart health

You can't beat a healthy heart—check out these tips!

February is American Heart Month, and the first Friday is designated "Go Red for Women," a day where people across the nation wear red to call attention to heart health.

Are you ready to live healthy and stay young at heart? If so, here are a few healthy tips:

Limit saturated fat

The body needs healthy fats like nut butters, nuts and avocado for energy and other functions. Too much saturat-

"Love thy heart and you'll never miss a beat."

~Kimberly Whitfield

ed fat can cause cholesterol to build up in the arteries (blood vessels). Saturated fats raise your LDL (bad) cholesterol. High LDL cholesterol increases the risk for heart disease and stroke. Here are a few foods to watch for that are high in saturated fat: milk, white chocolate, toffee, cakes, puddings, biscuits, fatty meat (lamb chops), processed meat, butter, and lard to name a few.

Go for more fish

If you love fish, there are many benefits to adding it to your daily diet. Studies have shown that the omega-3s from fish may decrease the risk of abnormal heart rhythms. They're also good for your heart because they may decrease triglyceride levels (a fat in the blood), reduce the rate of arterial plaque buildup and lower blood pressure.

Cut down on sodium

Did you know that you might be getting more sodium than you need, even if you never pick up a salt shaker? Therefore, during your next shopping visit, choose packaged and prepared foods carefully and compare labels. This will allow you to choose products with the lowest amount of sodium. Choose fresh and frozen poultry and vegetables that haven't been injected with a sodium



solution. Lastly, select condiments with care and opt for reduced or lower sodium versions.

Quit smoking

Smoking has an adverse affect on your cardiovascular health. When you breathe in cigarette smoke, the blood that is distributed to the rest of the body becomes contaminated with chemicals in the smoke. These chemicals can damage your heart and blood vessels, which can lead to cardiovascular disease, the leading cause of deaths in the U.S.

Get more exercise

Your heart is a muscle, and it gets stronger and healthier if you lead an active life. It's never too late to start exer-

cising and the best way to get started is to think of what sounds fun. Aim for at least 150 minutes a week of moderate intensity activity, such as brisk walking. That amounts to about 30 minutes per day (5 times per week). Listen to your body, and if you find that to be too much, try lowering it to 20 minutes a day (5 times per week).

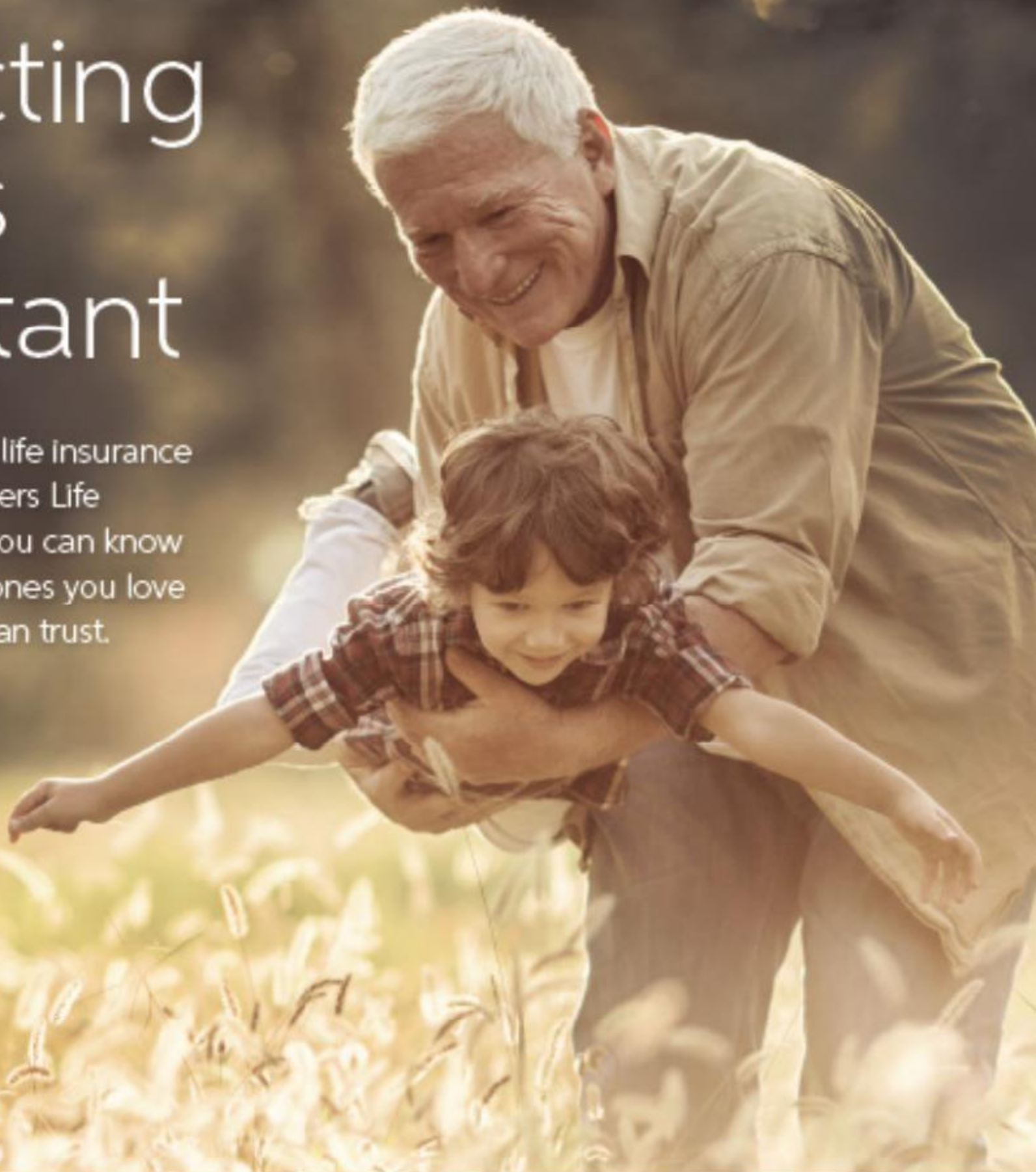


Kimberly Whitfield is the owner of Kimberly Inspiring Beauty in Strength, a fitness instructor at Go Workout Fitness Center and Trinity A.M.E. Church; a bodybuilder, and a public speaker. Visit

her on the web at kwinspires.com for a list of her classes.

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