



March: The Truth About Fat

Does eating fats make you fat? Society has long been perpetuating the belief that eating fats make you fat and it has been reinforced through the marketing and promotion of low-fat fad diets, low calorie foods and drinks, as well as metabolism boosting items, which claim that you can indulge in these items without weight gain and even experience weight loss. Yet studies have continually found that there are significant errors in these claims. Research has shown that artificial sweeteners actually **promote** fat storage and weight gain, due to how these artificial sweeteners and chemicals damage the metabolism. The most significant proof of this is that obesity, diabetes and metabolic syndrome have tremendously increased ever since low-fat diets originated.



Consider this: Currently, in the United States, about 75% of men and 67% of women are considered to be either overweight or obese. Whereas, the statistics gathered between 1988 and 1994, showed that “just” 63% of American males and 55% of American females were considered to be overweight or obese.¹ Additionally, in 2015, a study was conducted that had evidence directly linking diet soda consumption to an increase in belly fat in Americans. These are just a few examples from the numerous studies and statistics, which validate the immense impact the current American diet has on increasing chronic diseases.

What can you do to decrease your belly fat, lower your risk or heal your body from these chronic diseases?

First let us begin with how the body breaks down the different types of food we consume. When you put a carbohydrate, protein or fat into your body it automatically signals various hormones and chemicals to be released, so that your body can break down and metabolize the food.

For example, when you eat foods high in carbohydrates (even if they are low in calories) your pancreas has to release a greater amount of insulin to stabilize the surge of blood glucose. An excessive amount of insulin actually cues the body to store these calories as fat, high insulin prevents fat from being released and used as fuel. What's worse is that no amount of exercise can compensate for this metabolic process occurring within your body when you eat food. This is why many people cannot lose those extra pounds that seem to simply linger regardless of what kind of exercise routine or diet they are on. The key is to teach your body to burn fat as its main energy or fuel source instead of only glucose. Your body will quickly adapt after it has used the stored glucose and needs to tap into your fat reserves.

The consumption of fructose is even more dangerous than glucose because every cell in your body utilizes glucose, whereas cells do not use fructose as energy. Therefore, when you eat 120 calories of glucose less than 1 calorie is stored as fat, but when you consume 120 calories of fructose (or some form of sugar) results in 40 calories stored as fat. Not only does sugar increase your body fat percentage it also increases the inflammation within your body, damages your internal organs, increases blood pressure and negatively impacts many other essential aspects of your health and well being.²

In summary, start by reading food labels and ingredients, as well as creating a food log tracking the amount and type of food you are consuming each day. Not only will these two simple tasks make you more aware of what you are putting



into your body, but also identifying foods that could be preventing you from losing that extra body fat. If your results show that you are consuming more than 25 grams (6tsps) for females and 38 grams (9tsps) for males of sugar each day. Begin with decreasing your sugar intake as part of your fat loss efforts.

Health Tip:

GOOD FATS vs. BAD FATS



In general, low-fat diets do not prevent heart disease. And all fats are NOT created equal! There are good fats and bad fats. Focus on eating the right kind of healthy fats.

Saturated fats from animals and vegetable sources positively assist your immune system, liver, cell membranes, bones, heart, hormones, lungs and genetic regulation. The initial benefit you will quickly notice is that they also promote satiety, reducing your hunger pangs so that you avoid overeating and unhealthy food cravings. Strive to incorporate a healthy fat at every meal. For example, start the day off with the Bulletproof Coffee recipe included in this newsletter, and an egg(s) cooked how you prefer. Strive to incorporate other healthy fats throughout the day like an avocado, a portion of pecans or raw nuts, or another form of good/healthy fat of choice.

High quality fats are found in Olives, cold pressed olive oil, coconuts and coconut oil, avocados, organic grass-fed meats, organic pastured egg yolks, animal based omega-

3 fats found in fish, grass fed butter and ghee, organic raw nuts, MCT oil, and organic seeds. Not only are healthy saturated fats required for healthy cell and hormone function, they also provide concentrated and a pure source of fuel for energy that does not cause a surge of blood sugar and insulin. You need to consume high quality fats to reap the benefits of burning fat as your main source of fuel, as well as lowering your intake of carbohydrates, sugars and processed foods. Additionally, you want to avoid artificially processed and heated vegetable oils loaded with trans fats and cyclic aldehydes which can clog arteries and are a factor in heart disease.³

Exercise of the Month

Ready to jumpstart your fat loss in preparation for the summer months? High-intensity interval training (HIIT) has been proven to improve endurance, strength and, more importantly, the metabolism and changing body composition. Even though HIIT is high intensity, everyone's intensity level is different depending on personal fitness state. With that being said, someone who runs daily will have to do more extreme exercises to get his or her heart rate >80% max heart rate, compared to someone who does not currently exercise and simply needs to do a few jumping jacks to increase their heart rate to that percentage of intensity. HIIT is a favorite among trainers and participants because it can be as short as 20 minutes, and generally can be done almost anywhere with minimal or no equipment.⁴



Why are HIIT workouts effective, even though they are short in length of time?

HIIT is designed so that you are giving 110% of full blown exertion during the "High Intensity" work portion of the workout, which is followed by short intervals of rests. Pushing your maximum capacity during those work periods, and then limiting your body time to recover keeps your body guessing and heart rate changing from 40% (rest) to 95% (work) of your maximum heart rate. This format causes a metabolic disturbance requiring additional oxygen consumption and energy to recover up to 48-72 hours post workout, which means a higher number of calories are being burned hours after the workout is complete. Additionally, HIIT can increase the metabolism, reduce insulin resistance, improve cardiac function and produce faster muscle gains.⁵



Creating a HIIT workout is simple! All you need to develop is the duration, intensity and frequency of the work to rest intervals, and then a handful of exercises that engage the upper body, lower body and core!

Always check with your physician before engaging in any new (especially high intensity) exercise to insure it is safe and appropriate for you.

Ready to give HIIT a try? Below are some examples of HIIT workouts you can try at the level that is right for you for a nice Fat-Burning Workout!

Be sure to begin by warming up. Perform a few dynamic stretches, leg swings, arm circles and any other movements that feel necessary to warm your muscles so that they are ready to work. Make it a habit to properly warm-up and cool-down to prevent injuries or other ailments.

Beginner HIIT Workout

Do 20 seconds of each exercise, 10-second rest and then repeat the same exercise 3x through before moving on to the next. Try to avoid rest breaks and when you do rest make them as short as possible.

- **Jumping Jacks** (Modification: Without jumping, start by standing with legs together and arms down by your sides. Step right leg out to the right and bring the palms to touch overhead and then return to start. Repeat on the left side.)
- **Squats** (Modification: Shorten the range of motion by not going too low)
- **Plank Hold** (Modification: Begin at the top of a pushup and hold, bring knees down to touch the ground if you get tired)
- **Bicep Curls** (Modification: Without weights)
- **High Knee Marches** (Modification: Lower the knees)

Intermediate HIIT Workout

Perform each of the exercises 20 times (some 20x each leg) in order, followed by a short sprint. And then repeat from the beginning to the end as many rounds as possible in 20 minutes. Only rest when you need, and make the rest periods as short as possible, so that your heart rate stays elevated.

- **Squat to a press** (Modification: No weights)
- **Push-up Row** (Modification: Perform push-ups from knees)
- **Mountain Climbers** (Modification: Perform high knees standing in place)
- **Lunge with Bicep Curl** (Modification: Perform squat with a bicep curl)
- **Plank Front Raise** (Modification: Remove the front raise and perform exercise on knees)
- **Burpees** (Modification: Walk down to a plank and back to standing in without a push-up or jump)

Advanced HIIT Workout

20 seconds on exercise A in each group and then 20 seconds on exercise B of each group. Followed by a 20 second rest, and then repeat both A and B for a total of 4-6 rounds in each exercise separate pair.

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| A. Squat Jacks | A. Star Jumps |
| B. Push-Ups with Oblique Knees (alternating) | B. Mountain Climbers |
| A. Jumping Lunges | A. Burpees |
| B. High Knees | B. 400 Meter Sprint |



Recipes of the Month

Try these tasty and easy recipes for a healthy fat punch in your day!

Easy Avocado Greek Salad

- 1 large cucumber, halved lengthways and sliced
- 4 vine ripened tomatoes, cut into wedges
- 1 green pepper (capsicum), deseeded and sliced
- ½ red onion, sliced thinly
- 7 oz | 200 g good quality creamy feta cheese, cubed
- ½ cup (3 oz | 80 g) pitted Kalamata olives
- 1 large avocado, diced

For The Dressing:

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon minced garlic (or 1 large garlic cloves, minced)
- 2 teaspoons dried oregano (plus extra to serve)
- ¼ teaspoon salt



Bulletproof Coffee



- Coffee 8-12 ounces
- 1-2tbsp of Organic Grass-fed Butter or Ghee
- 1tsp-1 tbsp of MCT oil or coconut oil
- Cinnamon (Optional)

Blend altogether for a creamy cup of healthy fat filled coffee!

¹ L. Yang and G.A. Colditz, "Prevalence of Overweight and Obesity in the United States, 2007-2012.

² Fat for Fuel

³ F.A. Kummerow, "Two Lipids in the Diet, Rather Than Cholesterol, Are Responsible for Heart Failure and Stroke.

⁴ acefitness.org

⁵ nasm.org

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