

Move More! Enjoy a Healthy Diet! Maintain a Healthy Weight! Reduce Stress!

FEBRUARY IS CANCER PREVENTION MONTH



FREE FITNESS CLASSES

Body Burn with Lynn
Mon/Wed 4:15-4:45 pm

Zumba with Jill
Tue 4:30-5:30pm

All classes at Triumph gym
CLICK [HERE](#) TO REGISTER



Move to Prevent Cancer

Move your body in enjoyable ways every day for at least 30 minutes. It doesn't matter what you do to stay active just be consistent. Get up from your desk and walk, jog, bike, swim, lift weights, dance, practice some yoga poses, stretch those muscles, squat, lunge, do some pushups, it doesn't matter just move more and enjoy it!

Eat a whole foods diet. Focus on **leafy green veggies**, **cruciferous veggies** such as cabbage, broccoli and Brussel sprouts, brightly colored veggies high in **vitamin A** such as pumpkin and sweet potatoes. Incorporate more **mushrooms**, **garlic** and **green and herbal tea** into your diet. Eat more **berries** and **citrus fruits**. Eat foods high in **omega 3 fatty acids** such as wild caught Alaskan salmon. Enjoy **nuts and seeds** and **organic meats**. Cook with fresh herbs and spices and **non-refined oils** such as **coconut** and **olive oil**. **Stay away from all processed foods** (crackers, cookies, cereals, refined breads, granola bars, chips) **foods high in sugar** such as **sugary dairy products** (yogurts and ice cream), soda (even diet), sugary coffee drinks, and **all artificial sweeteners**. **Avoid refined oils** such as canola, soybean and corn oils (most of these are in processed foods and salad dressings and they are GMO). Cook at home most of the time and **avoid restaurants** and the obvious, **fast food**.

Know your vitamin D levels and supplement if needed. Many Americans are **deficient in vitamin D** which is actually a hormone that is essential in preventing cancer. Get checked at Wyoming Health Fairs (611 East Carlson open every Tuesday, Wednesday, and Thursday from 7-10 am). **A level of 50-70 ng/mL** is thought to help prevent cancer. **Food sources of vitamin D** are **salmon and eggs**.

Nutrition Corner



A Very Low Carb, High Fat Diet Found to Increase Metabolism in Subjects with Previous Weight Loss

A 2012 study reported in the **Journal of American Medical Association** examined three popular diets to determine which helped to increase metabolism in people who recently lost weight. The researchers looked at a **low-fat diet** (composed of 60% carbs, 20% fat and 20% protein), a **medium fat diet** (40% carbs, 40% fat and 20% protein); and a **very low carb, high fat diet** (composed of 10% carbs, 60% fat and 30% protein). All three diets had the same amount of calories. The results of the study showed those on the **very low carb, high fat diet lost more weight**, had the biggest improvement in **insulin sensitivity** and their **triglycerides were lower** than the low-fat group. Additionally, participants on the **very low carb, high fat diet increased** their total energy expenditure by almost **300 calories per day** while controlling for exercise. Meaning they were not exercising any more than the other groups and **they were able to burn an extra 300 calories a day**, which is equivalent to walking at a moderate pace for one hour! This study points to increasing evidence suggesting that focusing solely on calories in and calories out is faulty and that focusing on the quality of food we eat may be more important. If you are interested in eating this way **consume healthy fats such as avocados, coconut oil, olive oil, and fatty fish such as salmon and saturated fats from grass fed beef. Avoid refined oils such as canola, soybean, and corn oils and processed foods and sugar.** A typical day on this diet may look like: scrambled eggs with avocados and broccoli cooked in 1 Tbls. of coconut oil for breakfast, chicken salad made with olive oil dressing and topped with nuts, and salmon served with Brussel sprouts roasted with coconut oil for dinner.

[JAMA. 2012; 307 \(24\):2627-2634.](#)

February Wellness Programs

Inflammation Nation

Thursday, Feb 9th 4:15-5:00 pm Storey Gym Board room

Inflammation is at the root cause of many diseases. Learn how to reduce it through lifestyle. **Register online [HERE](#).**

Protecting your Assets and Long Term Care

Feb 7th, 4:15-5:00 pm Admin room 326 **Register online [HERE](#)**

Social Security Savvy

Feb 14th, 4:15-5:00 pm Admin room 324 **Register online [HERE](#)**