

The Center of a Well Balanced Life

By Adam Milligan, EQUIVITA

5Keys Fitness: What Do You Know about Fitness?

The basis of 5Keys Fitness is that to realize success in your fitness goals you must address all 5 areas:

- Resistance Training,
- Cardiorespiratory Training,
- Flexibility,
- Nutrition, and
- Rest.

Education, and specifically education to counter the misinformation that is constantly produced for fitness, is one of our primary goals at EQUIVITA. Our quiz questions below were based on myths that we frequently hear presented as fitness facts. These questions briefly touch on the information that is out there that can quickly lead you down the wrong path.

The first impression people will get from your body is from...

- A. The twinkle in your eye
- B. The amount of fat you carry
- C. Your posture and biomechanics

Answer: C. While there is no question that consciously people notice your size and the twinkling eyes, the initial impression is subconscious and is undoubtedly created by how you move and carry yourself. Are you expressing the confidence you have and that others should have in you?

Fat loss is a simple equation: Calories in < Calories out

- Fact
- No Way

Answer: Fact. Unfortunately many take this to mean that fat loss is just this easy and we know it isn't so. Why? It is because we have no good way to determine the number of calories on either side. Calories in? Sure, you can look at what you ingest, but how many of those calories does your body

absorb? Do you know that it varies? Calories out? We can estimate exercise expenditure and metabolism, but many people don't fit the textbook standard. On top of this, things like chronic stress can actually decrease the amount of calories your body will burn. Also, some newer research indicates that your body's response to what you eat and when can determine how much fat your body will carry and where that fat is stored.

The Rest Key of your fitness plan can be achieved by...

- A. Getting enough sleep
- B. Receiving a massage
- C. Cross Training
- D. Every last one

Answer: D. It seems many confuse rest with sleep. Massage can help the whole body relax or just certain over-tense muscles. Cross training is using the body in a way that enables greater recovery. Finding ways to decrease the effects of stress on your body and to mitigate its effects are very important to your continued progress and success.

You should be concerned about putting on too much muscle because it will all turn to fat when you stop exercising.

- Fact
- No way

Answer: No Way. Fat and muscle are two different tissues and they are not interchangeable. The truth is that muscle is energy expensive for the body to maintain and the body prefers the easiest possible way. So, when one stops requiring the body to maintain muscle through exercise the body will start to break down the muscle and use it as fuel. A similar process occurs in the average American as they age.

Every pound of muscle is estimated to burn 35-50 calories per day. So, by age 45 the average American is burning 350 to 500 calories less than at the age of 25 – the equivalent of a pound of fat every 7-10 days!

EQUIVITA
1508 Hess St
Suite D
Columbus OH 43212

PHONE:
614.298.8781

FAX:
888.883.5787

E-MAIL:
Adam Milligan
amilligan@equivita.com

We're on the Web!

See us at:

www.equivita.com

The average American loses 1/2 pound of muscle every year after the age of 25 and if maintaining the same diet, the body will store the extra calories as fat. This gives the appearance of fat from muscle, but it is actually muscle as energy and fat stored from calories in food.

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Massage Therapy should...

- A. Be gentle and relaxing
- B. Relieve pain
- C. Make you sore
- D. All of the above

Answer D. Massage Therapy should be all of these answers and should be dependent on the state of the tissue being massaged and the goals of the client for the massage.

During which activity will a person burn the highest percentage of fat?

- A. Resting
- B. 5 mile walk
- C. 5 mile run

Answer A. This question receives the most incorrect answers. Why? Possibly due to the prevalent blurring of the distinction between fat loss and fat burning. At rest your body can utilize fat as its primary fuel source because it doesn't have a need for quick energy. As you increase in exercise intensity, the amount of energy your body uses from carbohydrates increases as does your total amount of energy used, measured in calories. Along this thinking some say that lower intensity is better for fat loss. WRONG! Lower intensity is better for fat burning (and rest is better than any activity) while fat loss only occurs when calories out are greater than calories in. Higher intensity exercise burns more calories during and after the activity than lower intensity exercise.

We hope this quiz helps you in your wellness journey. Please feel free to contact us if you have any questions, or check out our web site for additional educational resources.

EQUIVITA is expanding!

We are now in our seventh year of business and we are about to double our size in the same location. The additional space will be used to add an entire separate section for our massage therapy services with the goal of making our massage rooms the quiet, calm and peaceful location for the relaxing and therapeutic massage services we deliver. Our new space will have a classroom dedicated to our growing educational courses and new group exercise classes.

Partnership Opportunities

EQUIVITA is developing relationships with other businesses whose services and/or products would benefit our clients. If you feel your business meets this goal, please contact Adam Milligan at 614.298.8781 or email at amilligan@equivita.com.

Open House Celebration

We love to celebrate and the opening of our expanded facility seems like a great reason. Look for our announcement for the date and time, which is projected for late April. Details will also be available on our web site at www.equivita.com. We look forward to seeing you in our newly expanded space.