



TBS News

November 2008

**Do You Know Your
Metabolic Rate?**

New Member Referral Program

Bolster Your Budget When You Burn With a Buddy

Beginning at the November 2nd "Taste of Fitness", we are introducing the new

"Earn While you Burn"

Member Referral Program

Here's how it works: If you refer a new member to The Body Shoppe, you will get \$5 off per month from your own membership.

The Terms:

If you are on an Automatic Withdrawal membership and your friend also joins on an Automatic Withdrawal membership, you will get a discount of \$5 / month for as long as that person remains a member of The Body Shoppe.

This discount applies to each and every member you refer to TBS. If you refer two new members your discount will be \$10 per month, three new members will be a \$15 discount to you. For as long as each of those people remains a member, you will receive a discount off of your membership.

Thanksgiving Dinner Tips

Mash potato with chicken broth instead of butter and milk. Mix with mashed carrot to reduce carbohydrate calories.

Try a stuffing recipe made with rice instead of bread.

Steam veggies instead of making creamy casseroles.

Stick to the white meat.

Drink a full glass of water before dinner.

RMR stands for Resting Metabolic Rate, which is the amount of energy your body uses to get through the day before factoring in exercise. It can vary greatly, even among people with similar physical characteristics.

The primary reason for this is that muscle is responsible for burning calories. Someone with low body fat and high muscle mass will have a higher resting metabolic rate. Additionally, those with more muscle mass who exercise will have a higher metabolic rate.

The amount and quality of food you eat will also affect your metabolism. If you don't eat enough your body will perceive that you are starving and will slow down metabolism in an effort to preserve calories for later use. If you eat high fat, highly processed and low quality foods, they won't burn cleanly and will slow your metabolism.

Are you someone who works out a lot, but just can't seem to get to your fitness goal? Do you want to know why? Part of the answer may lie in your metabolic rate.

Knowing your Resting Metabolic Rate will give you a jumping off point to meet your fitness and health goals.

RMR testing is available here at The Body Shoppe with our personal training staff.

It's a non-invasive breath test that measures your oxygen consumption, and takes just 30 minutes.

Do I Really Have to Stretch?

You Know That Stretching Can Help Decrease Injuries, But Did You Know That It Can Enhance Performance Too?

Stretching increases flexibility, improves posture and improves the range of motion in your joints. Flexibility can help an athlete overcome deficiencies in technique, and allows the joints to absorb greater force through movements.

Stretching improves circulation. It increases blood flow to the muscles to help heal micro-tears that occur during the muscle building process. It also rids the muscles of toxins like lactic acid that build up during exercise.

Muscles become shortened with activity. Stretching helps us to maintain the muscle elongation required for normal daily activities and for enhancing sports and workouts!!

So after every workout, take 5 minutes to stretch in the multipurpose room or the aerobic room. Or join in on one of our 15 minute flexibility classes.

If you are unsure about appropriate stretches for you, or about proper form, The Body Shoppe has personal trainers that can help you personalize a program.

You'll love how your body changes!!

- Liz Dolby, P.T.



November is National Diabetes Awareness Month

The number of people diagnosed with some type of diabetes is growing every year. This is in part because people are eating more unhealthy foods and exercising less.

There are two types of diabetes: Type I and Type II diabetes. In either case, the body is unable to regulate the level of blood glucose.

While Type I requires insulin regulation by injection, Type II diabetes can be controlled with healthy diet and regular exercise.

How Does Exercise Help Diabetes?

Exercise helps increase insulin sensitivity and efficiency, and helps decrease the level of sugar (or glucose) in the blood. The best type of physical activity for diabetes is aerobic exercise such as jogging, brisk walking, swimming, cycling, aerobics and yoga. It is best to exercise for at least 30 minutes 5 days a week.

Strength training is also good for diabetes. It helps build strong bones and muscles and increases the metabolic rate. It also increases the ability of muscles to both use and store glucose

Article Source: <http://EzineArticles.com>

The Body Shoppe offers multiple opportunities for both aerobic and strength training exercise. If you, or someone you know, is living with Diabetes, talk to your physician to see how exercise might help.



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