

TIP OF THE WEEK:

Read the Label!

Not all foods are created equal. There is high fructose corn syrup in a lot of condiments. Reading the label can help you cut out this unnecessary and unhealthy ingredient. Reading the label will also help you be more mindful about your salt intake!

Chicken Avocado Burgers

Ingredients:

- ◆ 1 lb ground chicken
- ◆ 1 large ripe avocado—cut into chunks
- ◆ 1 chopped clove of garlic
- ◆ 1/3 cup Panko crumbs or Almond meal
- ◆ 1 minced Poblano or Jalapeno pepper (optional)
- ◆ 1/2 tsp salt
- ◆ 1/4 tsp pepper

Preparation:

Preheat: Grill or skillet

Combine: All ingredients and then shape into patties. Then cook.

<http://laughingspatula.com/chicken-avocado-burger/>



Go Fest 2016 - Mark Your Calendar!



Have you been to Go Fest here in Roanoke? If you like the great outdoors, you'll love this great weekend of events. Held each year the Riverside park right across from VTCSOM, Go Fest has a schedule of events including: BMX demonstrations, dog jumping competition, lumberjack demonstrations, climbing knobs, rappelling clinic.

Go Fest is October 14th, 15th and 16th!

Find out more at:

<http://www.roanokegofest.com/>

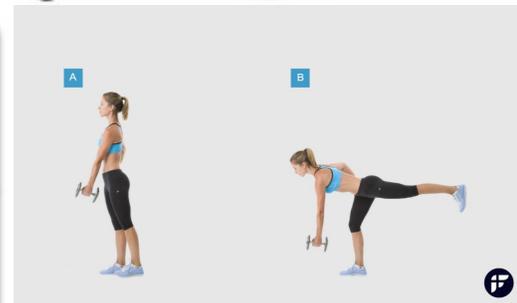
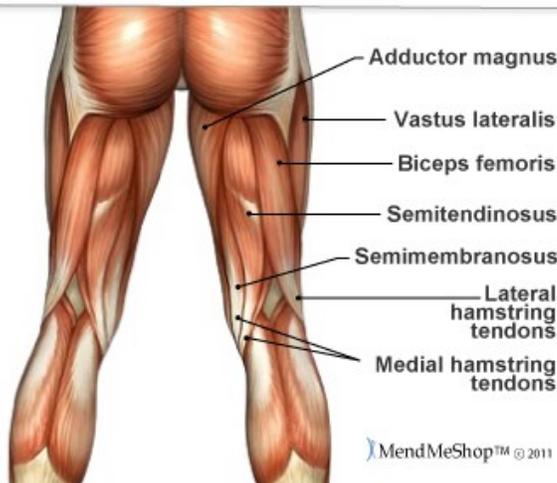
Exercise What You're Learning

"THE FOOD YOU EAT
CAN BE EITHER
THE SAFEST
&
MOST POWERFUL
FORM OF MEDICINE
or
THE SLOWEST
FORM OF POISON."

Ann Wigmore



Anatomy of the Posterior Upper Leg



Images from: myprotien.com; fitwrr, stylishwalks.com, physioprescription.com

Get the Facts - You Can't Spot-Cut Fat

Myth:

I want to lose fat in my arms and my stomach but not in my legs or butt.

Fact:

When beginning an exercise regimen for the purpose of decreasing fat mass, there is no way to tell one body part to “burn” more fat than another.

Decreasing fat occurs the most quickly with a combination of resistance training and endurance (cardio) training. Resistance training decreases fat by a few mechanisms:

1. Overall, the work done by the muscles burns a large number of calories and, as discussed in last weeks' *Get the Facts*, the more calories burned while maintaining constant intake, the more weight loss.
2. There is an additional caloric requirement for beginners. When the skeletal muscle encounters new stress, it adapts by increasing the signal strength to them by recruiting more motor units and expanding current motor units. This neuronal “work” requires a significant amount of energy.
3. Building muscle increases the basal metabolic rate (BMR) so more energy is needed to maintain the tissue.

Endurance training also has a few ways in which it increases caloric expenditure:

1. The actual work done by the cardio requires mass amounts of energy due to the total body mechanics involved in most cardio exercises.
2. Cardio exercise will diminish the stores of glycogen in muscles involved requiring mobilization of glucose from stores to replenish.
3. Metabolism increases to meet the needs of the strenuous task and will remain elevated for up to 24 hours post workout.

Looking through all of these mechanisms, one theme is present, the calorie consumption is systemic not local. Once in a catabolic state, release of mediators causing adipocyte activation occurs. These mediators are thought to be in the Sirtuin category mentioned in last weeks' issue. This is further evidence that fat loss occurs systemically. However, as there is always a caveat in medicine, there seems to be a preferential loss of fat in subcutaneous tissue than visceral tissues.

Conclusion:

Although it seems appealing to want to work your abs in order to burn stomach fat, it is much more effective to formulate a well-rounded work out regimen. Combining endurance with resistance training (as well as proper diet of course) will give you the best bang for your buck when considering how many mechanisms are at play for fat loss. So if you want your stomach size to go down but your arm size to stay the same, hit the treadmill, pool, or greenway while getting a good pump in the weight room!

References:

- Mobilization of visceral and subcutaneous adipose tissue in response to energy restriction and exercise* **Ross et al. 1994**
Sirt1 promotes fat mobilization in white adipocytes by repressing PPAR-gamma **Picard et al. 2004**

Article by: Adam Heilmann

Studies Support - 1 Hour of Exercise Daily



Article Submitted by: June Lee Park
Photo from: bodykinetics.com

According to a July 28th NEJM Journal Watch article by Amy Orciari Herman, one hour of exercise a day can counterbalance the health risks associated with sitting all day. According to studies noted in the article, sitting for more than 8 hours a day increases mortality risk by 27% compared with sitting fewer than 4 hours a day. But, those to exercise at least 1 hour a day, showed no negative mortality effects from sitting prolonged periods of time daily. So, get up and go exercise what you're learning!

When "i" is replaced with "we" even illness becomes wellness.

Date Night Dinner

Chicken Piccata - Ina Garten

Ingredients:

2 split boneless, skinless chicken breasts
Kosher salt
Black pepper
1/2 cup all-purpose flour
1 extra-large egg
1/2 Tbsp water
3/4 cup seasoned dry bread crumbs
Olive Oil
3 Tbsp unsalted butter, room temp & divided
1/3 cup fresh lemon juice (2 lemons), lemon halves reserved
1/2 cup dry white wine
Sliced lemon & chopped parsley for garnish

Preparation:

Preheat oven to 400 F. Line sheet pan with parchment paper
Place chicken between sheets of parchment & pound out to 1/4 inch thick.
Sprinkle with salt & pepper.

Mix flour, 1/2 tsp salt, 1/4 tsp pepper and place in shallow plate. Beat egg & water & place into a second plate. Place bread crumbs into third plate. Dip chicken into flour, then egg, then bread crumb mixtures.



Heat olive oil in large pan over medium heat. Add chicken and cook for 2 minutes on each side. Place chicken on cooking sheet & bake for 5-10 minutes.

Sauce:

Over medium heat, melt 1 Tbsp butter, add lemon juice, wine, lemon halves, 1/2 tsp salt, and 1/4 tsp pepper. Boil over high heat until reduced by half. Remove from heat, add 2 Tbsp butter & swirl to combine. Discard lemon halves. Serve.

<http://www.foodnetwork.com/recipes/ina-garten/chicken-piccata-recipe.html>