Health & Metabolism
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Objectives

- Answer your questions
- Provide healthy lifestyle education that gives you framework for having more energy, improved health, and long-term weight loss success.
- Inspire you to make positive changes in your life
What is Your Focus?
WEIGHT LOSS
KEY WORD: METABOLISM

- A series of chemical reactions that occur in living organisms in order to maintain life
  - Muscle is metabolism
  - Muscle is 70x more efficient at burning calories than fat mass
  - Metabolism is essential to weight control and long-term weight loss success
Moving Toward Solutions…

- What type of exercise most effectively helps us lose weight?
- Cardiovascular exercise is defined as large muscle, continuous, rhythmic movement
- It is considered an acute caloric expenditure
- Depending upon the intensity, EPOC may range anywhere from 20-60 minutes.

“If there were a magic pill that could prevent most of our ills of our civilization, it might be exercise.”

-Ultraprevention, Dr. Mark Hyman
Functional Resistance Training

- Functional resistance training (FRT) exercises mimic life movements while firing the largest muscle groups.
- Enhances caloric expenditure (EPOC) for 24-72 hours following a FRT session.
- Functional resistance training enhances our quality of life.
Individualized Recommendations

- Deficiencies of an “expert” model
- Movement screen example to identify mobility and stability needs
Identifying Issues?

- She requires additional lean muscle mass strength to properly pattern the squat with her body weight
Moving Toward Solutions…

- Increase her functional movement capabilities (and thus improve her muscle firing and lean muscle mass) by continuing the assisted squat movement.
- Add other functional exercises that integrate core muscles.
Defining a Healthy Lifestyle

- Functional resistance training
- Cardiovascular exercise
- Personalized flexibility training
- Healthy eating habits
  - Make upgrades
    - Eat predominantly whole and natural foods
    - Begin the day with a nutritious breakfast
    - Stop eating 2-3 hours before bedtime
    - Create a safety net by taking a whole food multi-vitamin (such as Vitamin Code)
    - Add a heart healthy supplement (such as liquid-based Udo’s Omega-3)
    - Consume high-quality snacks to maintain metabolism and satisfy cravings
  - Nutrigenomics example
- Manage stress
- Appropriate rest and sleep
General Recommendations

- Commit to movement everyday; avoid all or none thinking
- Our bodies are designed to move

“You will die after approximately a few minutes without oxygen, one week without water, or a month without food, but it might take 30 years for lack of exercise to kill us. The effect is the same. It just takes longer.”

-Ultraprevention, Dr. Mark Hyman
Exercise Recommendations

- Cardiovascular exercise
  - Any mode of continuous movement
  - Gradually progress to 4-6 days per week
  - 20-30 minutes
  - Monitor your intensity using rating of perceived exertion (RPE). RPE is a 1-10 scale to monitor your intensity.
Benefits of Cardiovascular Exercise

- More energy
- Sleep better
- Live longer
- Suppress appetite
- Lose body fat
- Control blood glucose levels
- Improved metabolism

- Better self esteem
- Improved health
  - Mental
  - Heart
  - Pulmonary
  - Sexual
  - Increases HDL
  - Arterial
  - Immune system
  - Skeletal system
Exercise Recommendations

- Functional Resistance Training (FRT)
  - 2 days per week based upon individualized needs
  - Emphasize large muscle, functional exercises
  - Gradually increase intensity over time allowing for adaptation in lean muscle mass and metabolism
  - Achieve appropriate fatigue of muscles. This may be achieved through isometric or dynamic exercise.
Benefits of FRT and Stabilization

- Improved metabolism
- More lean muscle mass
- More strength
- Enhanced movement and performance abilities
- Increased bone mineral density
- Decreased risk of injury
  - Back pain
  - Better balance to reduce the risk of falls
  - Improved posture reducing neck stress
Exercise Recommendations

- Flexibility Training
  - Emphasis on functional changes
    - Posture
    - Back stiffness
    - Muscle rigidity
    - Core firing
  - Based on individualized needs
Obstacles and Solutions to Obstacles

- **Time**
- **Comfortable environment**
  - Programs designed for you and others who share your objectives
- **Motivation**
  - Family, friends, colleagues, professionals, specific programs
- **Guidance and Support**
  - The key is not where you exercise, rather that you exercise
  - Create an optimal exercise program that provides the best return for the time you are spending
  - Seek professional assistance if you are unsure how to create an optimal exercise program for yourself

“You have to work harder as you get older to maintain an optimal level of functioning.” - Ultraprevention, Dr. Mark Hyman
Back Pain

- Exercise regularly, including near daily cardiovascular exercise of at least 30 minutes to enhance core conditioning. Add a core focused resistance training routine 2-3 days per week and targeted flexibility exercises.
- Follow a healthy, nutritious diet. Aim for 7-9 servings of fruits and vegetables each day. Avoid alcoholic beverages.
- Sleep on your side or in a position supporting the natural curvature of your spine.
- Myofascial release (deep tissue circulation).
- Get 7-9 hours of sleep consistently. Be sure your bed and pillows are ideal for a restful sleep.
Arthritis

- Exercise regularly, including regular cardiovascular exercise of at least 30 minutes to enhance circulation. Add resistance training 2-3 days per week to increase muscle strength and flexibility exercises to increase ROM.
- Get 7-9 hours of sleep consistently.
- Follow a healthy, nutritious diet. Aim for 7-9 servings of fruits and vegetables each day. Avoid alcoholic beverages.
Osteoporosis

- Exercise regularly, including 2-3 days per week of weight bearing, functional resistance training and flexibility exercises.
- Upright and land based activities are optimal.
- Follow a healthy, nutritious diet, with adequate calcium, vitamin D, and protein. Aim for 7-9 servings of fruits and vegetables each day.
- Avoid soda and alcoholic drinks.
Diabetes

- Exercise regularly, including near daily cardiovascular exercise of at least 30 minutes to manage blood glucose.
- Follow a healthy, nutritious diet. Aim for 7-9 servings of fruits and vegetables each day. Avoid Alcoholic beverages.
- Add resistance training 2-3 days per week and flexibility exercises.
Hypertension

- Exercise regularly, including near daily cardiovascular exercise of at least 30 minutes to positively influence the heart, arteries, and veins.
- Weight loss (if appropriate).
- Manage stress.
- Follow a healthy, nutritious diet, low in sodium and saturated fat. Aim for 7-9 servings of fruits and vegetables each day. Avoid alcoholic drinks.
High Cholesterol

- Regular cardiovascular exercise to increase HDL.
- Follow a healthy, nutritious diet, high in Omega-3 and other heart healthy fats (found in fish, nuts, seeds, and olive oil). Aim for 7-9 servings of fruits and vegetables each day. Add heart healthy fat nutritional support in the form of a liquid Omega-3 or flaxseed.
- Remove the “white menace” from your diet: white flour and sugar.
- Eliminate trans and hydrogenated fats.
Anxiety/Depression

- Near daily cardiovascular exercise to stimulate natural endorphins.
- Get 7-9 hours of sleep consistently.
- Follow a healthy, nutritious diet. Aim for 7-9 servings of fruits and vegetables per day.
- Spend time with family and friends.
- Participate in activities that make you happy.
- Add appropriate nutritional support such as a multi-vitamin and Omega-3 fatty acids.
Thank you.

• If you are not leading an active lifestyle, please take a look at the Plaza Fitness at Stuyvesant Plaza flyer.

YOU CAN ACCOMPLISH YOUR GOALS!
THANK YOU!

For more information please call us by phone:

518-262-0942

Or visit our web pages:

http://www.amc.edu/Patient/services/Surgery/bariatric_surgery/index.cfm