



Landman & Associates, Inc.



## BODY COMPOSITION AND HEALTH



## Fat Accumulation Around the Middle. Can it Be fixed?

The body's accumulation of fatty tissue can increase at a dramatic rate. As body fat increases, so does an increase in negative health measures such as cancers, heart disease, diabetes, joint pain, and low self esteem. Stress, diet and exercise can be significant contributing factors. There are specific steps you can take to slow this process and begin the reversal of this pattern.

## Exercise- A Start

Getting moving in any way you can will have a positive impact on stopping fatty tissue accumulation. For 30 minutes at least 3-4x per week you can start the following types of activity: walking, biking, exercise video, gym or dance class, elliptical machine, or sport such as tennis, basketball, soccer, golf, etc.

## Diet- Take Control or be

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### DETOX PROGRAMS

#### DETOX WILL HELP YOU IMPROVE YOUR HEALTH

We offer many types of Detox programs to help improve your health. Many include both diet and supplements. Detox programs can take anywhere from 3 weeks to 9 months or more depending on what is desired to accomplish.

**Gluten Free Diets-** Who needs them and how to make them healthy and delicious. Products and recipes discussed.

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## Controlled

Liking foods and learning to like healthy foods can be a solution to reversing the fat accumulation trend. Most people have heard this all before..but the application of these basic principles are tried and true and help you get what your body needs.

### **Daily Nutrition Goals**

- 1) Learn to eat 1-2 cups or more of vegetables- add them to lunch and dinner.
- 2) Include 1-3 fruits or more of fruits-have at breakfast and take to work for snacks.
- 3) Drink non caloric fluids - 8-10 cups
- 4) Eat more fish and less beef- 3-5 ounce portions.
- 5) Include 1/2 to 1 cup of beans 3 x/week or more. Add them to salads, soups, or make into bean salads.
- 6) Switch to brown rice, whole wheat pasta & whole wheat bread, oatmeal unflavored, whole wheat crackers, and unbuttered popcorn for whole grains.
- 7) Lower fats and sugars in your diet as soon as possible. Immediate strategies- reduce fried foods, pull off skin of chicken and turkey, by low fat instead of full fat butter, margarines, mayo, salad dressings, choose low sugar ice creams, replace sugar based drinks, cakes and cookies with healthier choices.

These 7 things could save you 300-700 calories every day, reducing your total caloric intake and reducing fat storage.

## Stress Reduction- Find Out What's Eating You!!!

Everyone has a certain amount of stress on a regular basis. But if you find yourself burying your feelings with food and drink too often, maybe you need a new outlet for expression. Consistent heightened stress does cause a hormone called cortisol to increase secretion into the blood stream. The net effect of this is increased fat storage.

Beginning an exercise program will help to reduce cortisol levels.

Seeking out professional will help you understand and manage the stress more effectively. Keeping a journal of your thoughts and feelings can give you an outlet and help shift your energy when you feel helpless. Taking action when you do not feel in control can make a big difference in your emotional health.

## **Help When You Need It.**

If you want further help with your nutrition and health goals, please call us. We can help you!

Alix

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