



REVEALED: Top 5 Fitness Facts You Didn't Learn in High School, Or College for that Matter....

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WOW! It's been a long while since we sat in class and contemplated our futures. How fast time flies and how much life has changed since those days. Now, it's crazy that I can say that I've been a health & fitness professional for the past three decades!

Here's what I consider the top five facts that might challenge a belief or two, or simply introduce me to you, personally and professionally. ENJOY!

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5. Your Scale Lies

Sure; it reports some number every time you hop on it. But what, exactly does it say? Is that number even important? After you acknowledge the fact that you're weight weigh, if you have visited the potty or drank two doesn't tell you much about your health. It those pounds- how much is water? How much



can fluctuate wildly depending on when you big glasses of water , please realize it doesn't report the composition of is fat, muscle or bone weight?

Unfortunately, you associate that number on food. Maybe exercise factors in too – after all,

the scale with one major factor – if you ate less (or differently) and

exercised more (or differently), that number would start to move. Wouldn't it? Maybe, or maybe not. There are other health factors at play here – sleep, recovery from activity, psychological stress and health history – all of which play a major role in body composition. There are many other measurements that deliver more important information to you about your health.

*Does your scale speak to all these things? Uh, nope, cuz your **scale lies.***

4. Pain, punishment or PLAY?

As an adult, you know it's important to be active every day and may even struggle to fit fitness into your increasingly hectic schedule. If you have kids you're probably very sensitive to how much has changed since you were young, when normal daily activities. Who seemingly endless digital turning, not only into couch



spirited recess, riding a bicycle and walking to school were needed to think about exercise? But today, with distractions and increasingly sedentary activities, we are potatoes, but mouse potatoes.

"Exercise" can seem like a exhilarating memories of childhood summers at experience for kids?

painful punishment of sorts; so far removed from your "play". Do you have fond memories of spending your camp? Why only reserve that summer camp

Don Siegel, chairman of Smith College, campers as more and pressures of their daily

the department of exercise and sports studies at Northampton MA, has witnessed a surge of adult more adults are seeking a 'getaway' break from lives.

What were once labeled health and nutrition clinics at the college are now billed as Adult Sports and Fitness Camps. These camps, located throughout the country, encourage physical activity to recharge your batteries; you are also acting as a great role model for your children and grandchildren, demonstrating the important benefits of exercise as self care.

All you really have to do is get you and your family up off the couch and out in nature once and awhile to allow your natural self-confidence to resurface.

Bring back "playtime" and do physical activities that inspire and speak to the kid in you!

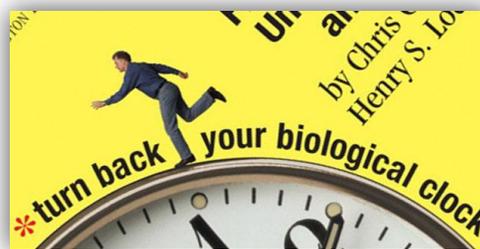
3. You Can Get Younger Next Year

In their book, *Younger Next Year*, Henry S. Lodge, MD and his 70 year old patient, Chris Crowley, show you how you can be functionally younger for years after your 50th birthday, and retain much of your physical health well into your eighties. They explain that although American's expect to "get old and die" most of us will unfortunately "get old and live."

Dr. Lodge suggests "Aerobic exercise saves your life; strength training makes it worth living." "Old" can be a relative term. I agree! He implores you to make exercise a "job" - an activity that you do right now, whether or not you are in retirement years... and beyond to stem the tide of lifestyle related diseases and ailments.

The classic adage "You are only as young as you feel" is a great mantra for everyone. Get up and claim fitness for yourself and you will see and feel the difference.

"Exercise improves psychological functioning, in reducing symptoms of anxiety and depression, In exercise has been shown to self-esteem and self-confidence." James Blumenthal, PhD, Duke Professor of medical psychology



terms of distress, addition, improve

Would you like to lower your health care costs? Research shows that exercise can help. Regular physical activity can facilitate weight loss and weight management, and can help regulate blood sugar levels to control type 2 diabetes. Obesity and diabetes are two of America's most serious public health problems, reports Blumenthal.

2. Health and Fitness IS business relevant

Preventable illness makes up at least 70 percent of all illness and the associated costs

- Job stress is estimated to cost \$200 to \$300 billion annually in absenteeism, tardiness, and lost productivity
- Workers' compensation costs for a smoker averages \$2,189 compared to only \$176 for a nonsmoker
- The total cost of obesity to U.S. employers is \$13 billion per year
- Workplace alcohol, tobacco, and other drug use costs over \$100 billion each year

Why the Workplace?

Unmanaged, poor health will definitely impact the most precious resource of an organization – the effectiveness and performance of its human capital.

Return-on-Investment

The ROI for enterprise wellness programs has been well documented over the past two decades.

Year-round have shown savings-to-invested. Documented absenteeism, worker's increased productivity employee is during time



comprehensive corporate wellness programs cost ratios of over \$3 saved for each \$1 savings are observed in medical costs, compensation costs, short-term disability, and and presenteeism (how productive the on the job).

An enterprise wellness program not only uses targeted interventions to reduce health costs, but also encourages an organizational culture that fosters vitality, motivation and synergy.

1. Sitting may be killing you

We sit in the car, sit in meetings, sit and talk on the phone and in sit in front of the computer. We sit at home, at the dinner table, on the sofa and then, we retire to our lying down sleep position. If this isn't your exact routine, it's close enough to make sitting one thing nearly all Americans have in common. **We sit all the time.**

What would you think if I told you that all this sitting might be shortening your life? Robbing you of vital, exciting and joyful years? Offering you an increased risk of heart disease, obesity, high cholesterol, cancer and diabetes? If you make ONE change after reading this report, decrease your daily sitting!

Sitting Stats:

Americans spend, on average 9.33 hours a day sitting. We only spend 7.7 hours sleeping. Sleeping refreshes and recharges us. Sitting does nothing positive.

- People with sitting jobs have twice the rate of cardiovascular disease than people with standing jobs.
- As soon as you sit, electrical impulses in your legs shut off.
- As soon as you sit, calorie burning drops to 1 calorie a minute.
- Obese people sit 2.5 hours more a day than thin people.

How to change the equation:

- Walk around every opportunity you can, every day. Walking burns 3-5 times the calories sitting.



- Remember coffee breaks? If you hold a leadership position at work, why not reinstitute these breaks, but call them “recess?”
- Moving creates positive energy. Energy creates positive momentum. Momentum allows you to do your job better, to smile more and to create a better life for yourself and your family.

Don't sit through life Skate, jog, run, or dance through it!

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