

HEALTHY LIFESTYLES

SPRING 2013

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Doc Says..... "BE
HAPPY! It wakes
up the brain
cells!"

Whole Fit Lecture
Series and Boot
Camp are now
located at Summit
Athletic Club!

Membership at Summit is
NOT required! Attend
the lecture series each
Wednesday 6:30 – 7:30
pm. Boot Camp follows
at 7:30. Boot Camp is a
family oriented work out
for all fitness levels. See
you there!

BOOST YOUR METABOLISM

Metabolism is a little brother that seems to get the blame for everything whether guilty or not. "Oh, I just have a slow metabolism," may be true in some cases, but often it just gets a bad rap. So what is metabolism? According to WebMD.com, "Simply put, metabolism is the process of breaking down proteins, carbohydrates, and fats to yield the energy your body needs to maintain itself. The rate of your metabolism depends on the interaction between the number of calories you consume, the number of calories you burn." It is true that some of us burn more calories by simply resting than others do. Size, gender, age, and genetic make-up all factor into metabolic rate. Most of these factors are beyond our control, however, there are ways to rev up your metabolism and speed up weight loss. Basically, to increase metabolism, you need to increase the body's need for energy.

1. **Sleep.** Yup, lack of sleep slows your resting metabolism! So make sure you are getting adequate sleep.
2. **Move.** Metabolism slows down as we age, but if we slow down it is worse. Keep moving to keep "young." Stand instead of sit. Walk – park at the far end of the parking lot. Take the stairs instead of the elevator.
3. **Aerobic Exercise.** You knew this one was coming. Do interval training (quick intensive exercise, followed by low intensity recovery periods, to stay in the fat burning zone).
4. **Resistance train.** Muscle requires more energy to maintain than fat does. By just building and toning muscles, more energy will be needed to maintain your body – even when you are asleep! (low weight, more reps to begin – so you don't overstress your body)
5. **Drink water!** Water is essential for metabolic chemical reactions to take place in your body. Water is critical to remove fat!
6. **EAT RIGHT.** Choose food that requires energy to digest and metabolize. *Proteins* take more energy to digest than carbohydrates or fats. Eat *vegetables* and other high fiber foods: Fiber itself does not contain calories and is not fully digested in the body, but it DOES take energy to digest. Eat *breakfast!* Jumpstart that metabolism. *Eat every 2-3 hours.* Eating stimulates metabolism for short periods of time, and prevents your body from conserving energy (holding on to calories). This does not mean "snacking". Choose vegetables, proteins, or fruit.
7. **Laugh,** yes, laugh. Laugh often. You will see numerous health benefits – including increased metabolic rate!

Boosting your metabolism will help you lose weight and be healthy, however BEWARE! Just because you are increasing your body's need for energy DOES NOT mean you need to provide more energy. In other words, just because you are exercising, that does NOT mean you can eat more!

Did you know??? We can test your metabolic rate? The RMR machine will show not only what your resting metabolic rate is, but also the ideal amount of calories you need each day for weight loss.



Chicken & Sun-Dried Tomato Orzo

Sun-dried tomatoes and Romano cheese pack a flavorful punch along with the tantalizing aroma of fresh marjoram in this rustic Italian-inspired dish. Serve with sautéed fresh spinach or steamed broccolini.

From *EatingWell* March/April 2008 http://www.eatingwell.com/recipes/chicken_sun_dried_tomato_orzo.html

4 servings | Active Time: 30 minutes | Total Time: 30 minutes

Ingredients

- 8 ounces orzo, preferably whole-wheat
- 1 cup water
- 1/2 cup chopped sun-dried tomatoes, (not oil-packed), divided
- 1 plum tomato, diced
- 1 clove garlic, peeled
- 3 teaspoons chopped fresh marjoram, divided
- 1 tablespoon red-wine vinegar
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 4 boneless, skinless chicken breasts, trimmed (1-1 1/4 pounds)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 9-ounce package frozen artichoke hearts, thawed
- 1/2 cup finely shredded Romano cheese, divided

Preparation

1. Cook orzo in a large saucepan of boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse.
2. Meanwhile, place 1 cup water, 1/4 cup sun-dried tomatoes, plum tomato, garlic, 2 teaspoons marjoram, vinegar and 2 teaspoons oil in a blender. Blend until just a few chunks remain.
3. Season chicken with salt and pepper on both sides. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, adjusting the heat as necessary to prevent burning, until golden outside and no longer pink in the middle, 3 to 5 minutes per side. Transfer to a plate; tent with foil to keep warm.
4. Pour the tomato sauce into the pan and bring to a boil. Measure out 1/2 cup sauce to a small bowl. Add the remaining 1/4 cup sun-dried tomatoes to the pan along with the orzo, artichoke hearts and 6 tablespoons cheese. Cook, stirring until heated through, 1 to 2 minutes. Divide among 4 plates.
5. Slice the chicken. Top each portion of pasta with sliced chicken, 2 tablespoons of the reserved tomato sauce and a sprinkling of the remaining cheese and marjoram.

Nutrition

Per serving : 457 Calories; 12 g Fat; 3 g Sat; 6 g Mono; 68 mg Cholesterol; 54 g Carbohydrates; 36 g Protein; 10 g Fiber; 372 mg Sodium; 546 mg Potassium



Go Berries!



It's Spring! And that means it is Berry Season! Berries are not just for bears anymore, so here are some bare facts on berries: High in antioxidants, berries are some of the healthiest foods on earth.

Blueberries top the list of fruits and vegetables for their antioxidant capabilities. They have high amounts of phytonutrients which aid in neutralizing free-radicals. Blueberries also help reduce risk for many physical ailments such as heart disease, cataracts, and many types of cancer

Acai berries come from the Amazon rainforests and have healing and energy boosting properties. Acai berries have twice the amount of antioxidants as blueberries! So they also help slow aging and prevent diseases. These berries also increase heart health and lower cholesterol.

Strawberries are a wonderful health booster. They help protect the heart from disease, reduce risks of cancer and act as an overall anti-inflammatory. They may also help protect the brain with a powerful antioxidant capacity. Strawberries reduce macular degeneration of the eyes, and are an excellent source of potassium, fiber, many B vitamins, vitamin C, vitamin K, manganese, iodine, folate, omega-3 fatty acids, magnesium and copper.

Not only are **Blackberries** powerful antioxidants, they are also extremely high in some chronic disease and cancer-fighting compounds: vitamins C, E, and ellagic acid. Blackberries have high levels of soluble fiber linked to lowered levels of cholesterol.