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WEIGHT LOSS & MINDSET

What is the healthiest way to lose weight and keep it off?

Combination of a healthy diet with micro nutrient dense real foods and exercise/physical fitness for 30 min or more 4-5 or most days of the week

Does meal prepping help you lose weight?

Tell me some strategies on keeping motivated on losing weight.

BE PATIENT AND BE CONSISTENT. Set goals for yourself, use SMART system, be consistent and be patient, develop habits. SMART goal setting system; Specific – have a specific goal in mind, instead of I want to lose weight, something more specific would be I want to be in a burn X amount of calories and use physical activity to lose weight, Measureable – make your goal measureable, instead of saying “I want to lose X many pounds...” say “I want to be in a weekly 3500 cal caloric deficit that will allow me to lose 1lb every 7-10 days”. Attainable – make your goals attainable, more sure your goals can be possible to achieve, while losing 50 lb is possible but lofty goal it can be done but losing it in 30 days is not attainable. Relevant – make your goals relevant; adding physical activity daily in small amounts and using progressive overload over time is relevant to losing weight and increasing fitness. Time-bound – set small time bound goals within your major goal, instead of just saying “I want to start working out...” a small goal would be “I want to start walking every other day for 20 min for the next 7 days...” then build on that goal the next week. Using the SMART goal system will help you build on small things and those will lead to big changes and allow you to be consistent with your goals. Also I cannot stress this enough BE PATIENT AND BE CONSISTENT.

What should a person do who has the mindset to want to move/exercise, but the body doesn't comply?

Start with something easy and something light, doesn't have to be a full workout, just some light physical activity, such as a light walk, or some light stretching, small progress is better than no progress

How many times do you have to do something in order for it to become a healthy habit?

it all depends on what habit you are trying to develop, studies have shown that habits take 18-250 days to develop but on average can be up to 21 days to being to stay and up to 66 days for it to be automatic.

How do I maintain a fitness and/or healthy living program?

Just like mentioned above, learn to develop habits and make small changes; small changes add up to big things in the long run. Most importantly develop good healthy habits. But the best advice is BE PATIENT AND BE CONSISTENT.

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What are the best foods to eat after working out for recovery to improve muscle mass and burn fat?

Foods high in protein and high in carbs; protein helps repair and build muscle and carbs help with recovery

What food helps build muscle?

Foods high in protein, look at micro nutrient dense foods or real foods.

EXERCISE

How often should a person be getting a physical?

CDC recommends 150 min of moderate intensity physical activity or 75 min of vigorous PA a week. Or 30 min PA most days of the week.

How many times should you stretch (your body) in a day?

ACSM recommends to stretch all major muscle groups and joints at least 3 times a week, spending up at least 60 sec. on each muscle/joint.

Is it healthy to exercise before bed?

While it is important and healthy to get physical activity, exercise and PA may not be beneficial before bed as it will prevent you from falling asleep and hinder your sleep quality. Light stretching, mindful breathing and meditation and other relaxation activities are recommended before going to sleep to help aid the sleep process.

Is weightlifting okay to do with younger children? (ages 11 and 15) *Resistance training is good for developing youth, not necessarily weight lifting, but other forms or resistance training can be beneficial such as body weight and calisthenics, resistance bands, or light weight training, but for youth they need to be running, jump, sprinting, crawling, rolling and play multiple sports or activities that will help develop coordination and balance, whereas specialized strength training only done minimally and with a qualified strength coach, but your best method for developing a youth for strength is Fork to mouth, Play multiple sports, strength training minimally with a QUALIFIED professional, lastly let Puberty do its thing. DO NOT ATTEMPT TO HAVE A NON QUALIFIED PARENT BE A CHILDS STRENGTH COACH.*

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Does strength training alleviate depression?

a 2014 study found that a large population-based research found that resistance training had an effect of depressive symptoms; data analysis showed adults who did resistance and strength training were less likely to experience or alleviate depressive symptoms. Was found In those that trained 1 to 5 times a week.

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What exercise can I do sitting down to strengthen knees and ankles?

There are myriad lower body strengthening exercises that can be done chair bound, SR DPS routinely puts out videos to help with those who are chair bound or to help those to get up out of the chair. One can utilize bands, the floor, ankle weights or even just body weight to help strength legs for those who are chair bound.

What exercises can you do to help you get rid of high blood pressure?

20-30 Moderate to brisk aerobic exercise including walking, hiking, biking, swimming, dancing etc. most days of the week or up 150 min per week. While strength training does briefly increase BP strength and resistance training has shown to lower BP overall.

I had a heart attack about two years ago and went to cardiac rehab for a couple of months afterward. I feel it helped keep me somewhat active. Are there low impact exercises to do for someone with heart issues, or is walking the only "safe" exercise?

Other forms of low impact exercises besides walking; biking or cycling, hiking, Zumba, step aerobics, swimming or pool exercises, air/water row machine, or activities of daily living (ADLs) such as gardening, household chores or playing with kids/grankids.

Are there any exercise centers available currently?

Right now the WOLF and all SRPMIC fitness centers are closed due to covid; there are some chain gyms and small gyms that are currently operating but I would proceed with extreme caution before signing up as well as do some research and a vetting process of the facilities on their policy for protecting their members.

When is the best time to exercise: morning or night?

There is evidence to support both times, for example early morning workouts can lower blood pressure throughout the day and help get better sleep at night, and on the flip side, people who work out in the early evenings/evening tend to have greater strength, more power and quicker reaction times which can have appositive effect on muscle mass and fat loss; but the real answer is the best time is when it is

Page 4 continues optimal for you and when YOU can do it at a time when you are less distracted and can get in a good 30-60 min session

Is it best to eat before or after you work out? Both have benefits, if you are looking to get in a full 45-90 min higher intensity work out, then eating a full AFTER your workout will be more beneficial to help aid with recovery and putting on muscle mass. In 2 separate studies A light to low intense 20-30 min workout after a large meal regularly has been shown to help reduce blood sugar levels greater over time, also after a large meal 25-30 min of light to low intense exercise reduced triglycerides up to 70% compared to those who exercised vigorously/high intense earlier or before a meal.

Does pairing strength training and speed improve the benefits for older adults? Why?

Yes, strength training will improve balance, coordination, mobility as well as bone density in older adults. it is recommended older adults get a dose of strength/resistance training at least 2 times per week to see these benefits.

Why does my blood sugar and blood pressure go up after I exercise?

It is normal for blood sugar and blood pressure to spike after exercise, especially higher intense bouts but over the these numbers could go down over time but there are other differing factors that can affect this as well such as how your cardio vascular system responds to exercise, other factors such as if you have previous medical conditions that may want to be looked at also diet and medications can play a factor.

Exercising over the age of 55, common aches and pains (such as arthritis)...what can we do to help ease the pain without too much medication?

Start light and slow, use what is called progressive overload; meaning add start with simple easy light exercises and every week add either small amounts of weight/resistance, repetitions, time or intensity but not all, then as your body begins to tolerate those changes, gradually add more. Doing low impact exercises can help as well such as swimming, step aerobics/Zumba, as well as yoga and light stretching.

What is the impact of oral contraceptives on resistance training?

Literally just read a study in the journal of S&C that women who partook in a 10 week supervised strength training studying while taking oral contraceptives and another group took nothing; analysis found that both groups achieved the same improvement in strength and power but those who took the contraceptive had greater gains in fat free mass (muscle mass) opposed to those who didn't take the OC.

How does resistance training improve running performance?

It will have a huge impact on improving performance as strength and resistance training will improve muscular endurance, increased speed pace especially at middle to last phases of longer runs, improved running economy (which means you will need to consume less O2 and spare carb usage while maintaining a higher pace), improved VO2 max, improved strength on shorter distance runs and runs with varied resistances such as hills, sand, trails etc. also strength training will help reduce chances of injury.

page 5 Does it make a difference if you walk/run on cement, dirt, sand?

Yes. Walking or running on various surfaces have both pros and cons. For instance running on concrete or hard surfaces means less resistance to allow for faster speeds, faster pace, less energy usage but the cons are they are harder on the knees and joints during impact so over time will cause over use injuries if not treated. Running on softer surfaces such as sand or trails have benefits of it being less impact on joints which will allow one to save themselves from overuse injuries also a benefit of being higher intensity so you are dealing with more resistance and have a higher energy expenditure and burn more calories, but there is also a higher chance for acute joint injuries just as ankle sprains and twists, falls, trips and so on if not careful on trails or running in sand.

Need workout sessions that fit my work schedule after 5:00pm.

we offer evening session classes online for community members and employees through zoom, send an email to dion.begay@srpmic-nsn.gov and asked to be added to the DPS email workout list.

Can prenatal exercise be a beneficial and effective way to increase maternal cardiorespiratory fitness even for women who were inactive before becoming pregnant? *this is more suited for someone with more experience in prenatal fitness and exercise, but I would say any type of fitness would be beneficial at most states of the body including during pregnancy. In a purely anecdotal evidence, I trained my sister when she was pregnant and she felt that the added strength training, cardio AND mobility work allowed her to have an easy birth of her child and she said she recovered quicker and easier than her other children when she didn't work out. But be safe with what you are doing and research best methods for training while pregnant.*

If you possibly have tennis elbow, can you continue to exercise? If so, what are some beneficial exercises and treatments? *Yes you can continue to exercise, just eliminate some of the movements or exercises that cause inflammation at the point of pain. I myself has dealt with lateral epicondylitis in both arms simultaneously, this was brought on by increased pull and grip strength exercises. You can treat Lateral epicondylitis with strengthening the outer or top side of the forearms as well as incorporating supination movements and doing manual massage therapy on the top side of the forearm. About 2-4 weeks 3-4 times a week treatment will reduce inflammation and pain, it took me about 1 week to reduce pain and 3 weeks to completely eliminate pain.*

What's a good way to ease muscle spasms?

Increase blood flow with low impact and light cardio exercises, increase blood flow with mobility and flexibility routines regularly not just acute stretching but having 15-30 min stretch sessions daily. Also adding more water and fluids as well as getting enough vitamins and minerals from micronutrient dense foods will help reduce cramps and spasms.

When doing pushups and one side seems stronger than the other, how can I maintain equal balance? *This issue could stem from other underlying problems, could be a mobility issue or a stability*

Page 6 issue, assuming there is no pain involved I would look to start working on mobility and/or stability specifically at the glenohumeral joint, also start looking at incorporating unilateral exercises (single arm movements) such as single arm DB press and single arm shoulder press to increase strength in each in each separately.

I try to ride my exercise bike every other day, if I can't every day for at least 15 minutes. Is this a good way to get a little exercise, better than none at all? *Yes any type of physical activity is better than none, if you have an issue trying to fit in 15 min in one sessions, break it up throughout the day, 10 min in the morning, 10 in the afternoon and 10 in the evening, this way can still get 30 min of physical activity.*

As an elderly person who has not exercised for quite some time, actually since the pandemic and not being able to be at work, what steps or how do I ease into exercising? *Start with light and low impact exercises such as walking, light cycling or swimming, monitor your heart rate and blood sugar if needed, and progress or regress as needed, and refer the SMART goal setting system to get yourself back into a full program.*

What exercises are best for different body types and ages?

– This is a loaded question, it depends on what you mean by different body type. Everyone could benefit from some form of strength/resistance training, cardio and conditioning, mobility and flexibility, BUT do it at your pace and at a level that is suitable for you. While one person may be able to go to the gym and lift heavy weights and use barbells, dumbbells and kettlebells, not everyone will be on that level, others may be more suitable to using bands or body weight training to get in their resistance; same for cardio while person A can sprints and high intense heart pumping interval training, person B might need low and slow steady pace aerobic training known as LISS or Low Intensity Steady State. Do what feels good for you and that will be enjoyable to you.

What are the basic exercises to do then as you progress?

I always refer people to working on Primal movements; these are & movements that we are born with and working these and perfecting these movements will help you improve your quality of life. While isolation movements will help build muscle in a certain area and running daily will help with the heart and improve blood flow, doing primal movements will help improve overall total body strength, stability and mobility. The moves are Squats, Lunges, Pushing movements, Pulling Movements, Rotation AND anti-Rotation, Hip Hinging (typically the toughest of all movements to correct) and Gait (walk, run or sprint) these can be done by loading and doing carries, such as farmer walks. Some may say "I can't squat weight...", which is ok, there always to modify everything, such as getting up from out of a chair and sitting back down, that is a form of a squat, or doing pushups off an elevated surface for instance a counter top. But either way, try to work in PRIMAL MOVEMENTS to enhance your quality of life.

Explain what reps are and how many you should do at beginning level, mid, and advanced.

Reps, are short for repetitions, sets when you do a specified number of reps. For example the basic 3 sets of 10 repetitions might be written down as 3x10, 3 sets x 10 reps or 3sx10r. this means you would do 10 repetitions of a selected movement, then rest for a set amount of time, then perform the same

page 7 movement again for 10 reps, then repeat again one more time hitting a total of 30 reps. 3 sets of 10 reps. After the achieving this method and you fell you can progress into more advance sets you can start moving toward 4x10s, 5x10s, the the advanced heavier lifts such as 5x5, 3x3, 5,3,1 or other variations specifically designed for competition lifting.

Bikes are nice, but we really need someone who can fix flats all the time PD or the firedept.

Perhaps look in to getting tubeless tires or flatless tubes, or filling tubes with tire slime that help with reducing flats.