



Timely Information for Personal Success

Burn Calories Just by Sitting Around!

By *Tim Lencki*

Would you like to burn more calories by just sitting around? Of course you would! You can do it by increasing your metabolism. How? Here are a couple of great ideas for you to try.

❖ **Combine strength training with aerobic activity.** Strength training can be accomplished using body weight, resistance tubing, and actual weights (i.e., barbells, dumbbells and machines). Do a short cardio burst between sets of strength training exercises. The “burst” can be any form of calisthenics (running in place, jumping jacks, jump rope, etc.) Following the cardio burst you go back to a strength training exercise. Repeat this for the entire workout. Given the fact that you are constantly doing something with very little rest, you don’t have to exercise as long. Find some strength training exercises for each major muscle group.

❖ **High intensity interval training.** Don’t be alarmed by the words “high-intensity.” You need to understand that what may be high intensity to one person may not be to another. It’s all relative. What I mean by this type of training is to add shorter bursts of speed to a normal aerobic (i.e., walking, biking, jogging, etc.) workout. For example, if you normally walk a certain route, consider jogging for a portion of it. Or, if you already jog a certain route,

add a few sprints. This concept can be incorporated to any person at any fitness level for any mode of exercise.

Summary

The beauty of this kind of exercise is that the amount of calories you burn goes beyond the end of the workout itself. You actually burn calories at a higher rate long after your workout is complete, therefore increasing your resting metabolism. In the long haul, by adding these types of workouts, especially strength training, you can increase the calories you burn 75% of your day...all while you sit around. ■

Tim Lencki, MS, CSCS, is a strength and conditioning specialist, author, and speaker. He can be reached at tim@personalfitnesspros.com or visit www.personalfitpros.com.





CLIP-N-SAVE!

www.eatingwell.com

Healthy Recipe: Turkey and Tomato Panini Sandwich

INGREDIENTS:

- 3 tablespoons reduced-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 2 tablespoons shredded Parmesan cheese
- 2 tablespoons chopped fresh basil
- 1 teaspoon lemon juice
- Freshly ground pepper, to taste
- 8 slices whole-wheat bread
- 8 ounces thinly sliced reduced-sodium deli turkey
- 8 tomato slices
- 2 teaspoons canola oil

NUTRITIONAL VALUE:

- Calories per serving: 286
- Carbohydrates: 36 g.
- Protein: 10 g.
- Sodium: 681 mg.
- Fat: 6 g.
- Saturated fat: 1 g.
- Fiber: 5 g.
- Potassium: 136 mg.

❶ Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.

❷ Combine mayonnaise, yogurt, Parmesan, basil, lemon juice and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread. Divide turkey and tomato slices among 4 slices of bread; top with the remaining bread.

❸ Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Place 2 panini in the pan. Place the medium skillet on top of the panini, then weight it down with the cans. Cook the panini until golden on one side, about 2 minutes.

❹ Reduce the heat to medium-low, flip the panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining panini.

LifestyleTIPS®

2013© Impact Publications, Inc.

PO Box 322, Waupaca, WI 54981

Phone: 715-258-2448

Fax: 715-258-9048

Website: www.impact-publications.com

Email: info@impacttrainingcenter.net

Publisher: Scott Kolpien

Health Consultant: Tim Lencki

Managing Editor: Mike Jacquart

LifestyleTIPS® is published as a monthly insert included with an EAR subscription. Contents are not intended as a substitute for actual medical advice. Editorial material should be used with discretion by the reader and is not endorsed by the owner, publisher, editors, or distributors.

To order a personalized, color version of LifestyleTIPS® with the name of your EAP, call 715-258-2448 or email us at

info@impacttrainingcenter.net. Pricing will vary depending on the quantity ordered.

Questions and Answers

Can Carbs Make You Fat?

Q: Can carbohydrates make you fat?

A: No. Over the last decade or so there have been many diets that stress low carbs and higher protein even though carbohydrates are an important source of energy. In fact, research has shown that carbs are one of the primary sources of energy for our brain in addition to muscles and other organs.

The amount of carbohydrates you should consume will vary depending on you talk with. Experts suggest that 45-60% of your daily calories should come from carbs. Everyone has different nutritional needs so you should consult with a nutrition expert to determine the amount right for you. Eating too much of *anything* can be problematic – carbs included. It all comes down to examining the calories you consume throughout the day. Focus on eating more complex carbs such as whole grains and vegetables rather than the simple carbs, like sugars. ■

- Source: www.wasmomwrong.com/blog

Eat Healthy Away from Home

We all know the importance of healthy eating, right? So what can you do to make it a little easier when you are away from home, say, at work or on the road?

First I want to point out the importance of eating a balanced meal regularly throughout your day. Balanced meals consist of a combination of protein, carbs, and fats (the good kind). This is referred to as “grazing.”

Meal preparation and readiness are your keys to success. Make a list of foods you like within each macronutrient category (i.e., protein, carbs, and fat). Let’s look at some quick and easy examples to pick from.

❖ **Protein** – hard-boiled eggs, cottage cheese, Greek yogurt, pre-cooked chicken breasts, canned tuna, pre-packaged meats, and protein bars or drinks.

❖ **Carbohydrates** – all kinds of fruit, pre-cooked potatoes, whole wheat bread (possibly with pre-packaged meat), bagels, and a V-8-like drink.

❖ **Fat** – this is an easy one. Choose from a wide variety of nuts (almonds, cashews, peanuts, walnuts, etc.), peanut or nut butter. Also, try flaxseed on your yogurt.

Try to keep an assortment of these foods at your workplace or if you are on the road put what you plan to eat that day in a small cooler.

Choose a food item from each of these categories when planning your meal. If your appetite is satisfied after you’ve finished eating for three hours or so, then you probably chose your food appropriately. If not, you may need to make adjustments. ■

- Tim Lencki