

Stress



- Cortisol is the major hormone of stress
- **Promotes** overeating, fat storage, belly fat
- **As belly fat grows, so does blood levels of cortisol**, which only perpetuates stress and makes it worse
- **Belly fat elevates cortisol** – triggers a more voracious appetite, craving for sugar and fat, and weight gain
- Vicious cycle is hard to break – must pay attention to food intake, exercise AND stress levels

Mindful Eating

- Eat mindfully
- SLOW down
- It takes approximately 15-20 minutes for the signal of fullness to reach the brain
- Portion control can go out the window in that time
- Take small bites, chew 15-20 times
- Savor the food as you chew
- Swallow before taking the next bite
- Pause between bites, assess your hunger level

Can I spot reduce belly fat?

- Spot reduction is a common misconception involving fat loss.
- This is the idea that exercising one body part should help reduce the fat surrounding that area.
- This is not true. Reducing body fat levels results in the removal of fat in the entire body.
- According to a study cited on Acefitness.org, a group of men performed 5,000 sit-ups over the course of a 27-day research project.
- Testing showed that they lost fat equally over the entire body, rather than just around the abdomen.

What To Eat

- Eat Breakfast!
- Include lean protein at each meal
- Slow-release carbs
- At least 5 servings (1/2 cup cooked, 1 cup raw) of vegetables
- Two servings of fruit
- Good fats at EVERY meal

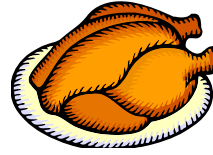




Eat Breakfast

- People who skip breakfast (40% of adults and 60% of children/teens):
- Are **more likely to be overweight or obese – especially around the belly**
- Are less likely to exercise regularly
- Have higher rates of heart disease
- Have higher rates of diabetes
- Are more likely to die of heart failure

Lean Protein



- Breakfast: 2-4 eggs/week if high cholesterol, eggbeaters, cottage cheese, Greek yogurt, whey/plant protein shake
- Lunch/Dinner: Lean poultry, fish, grass-fed beef, lean game meats, lean pork, soybeans, beans/legumes
- Keep red meat (beef, pork, lamb) servings to 1-2 per week or less

Quality Carbohydrates

- Best carbs come from whole foods: vegetables, fruits, whole grains, legumes
- Eat foods in their *most unprocessed form*: oatmeal instead of oat flour, corn instead of cornmeal, orange instead of orange juice

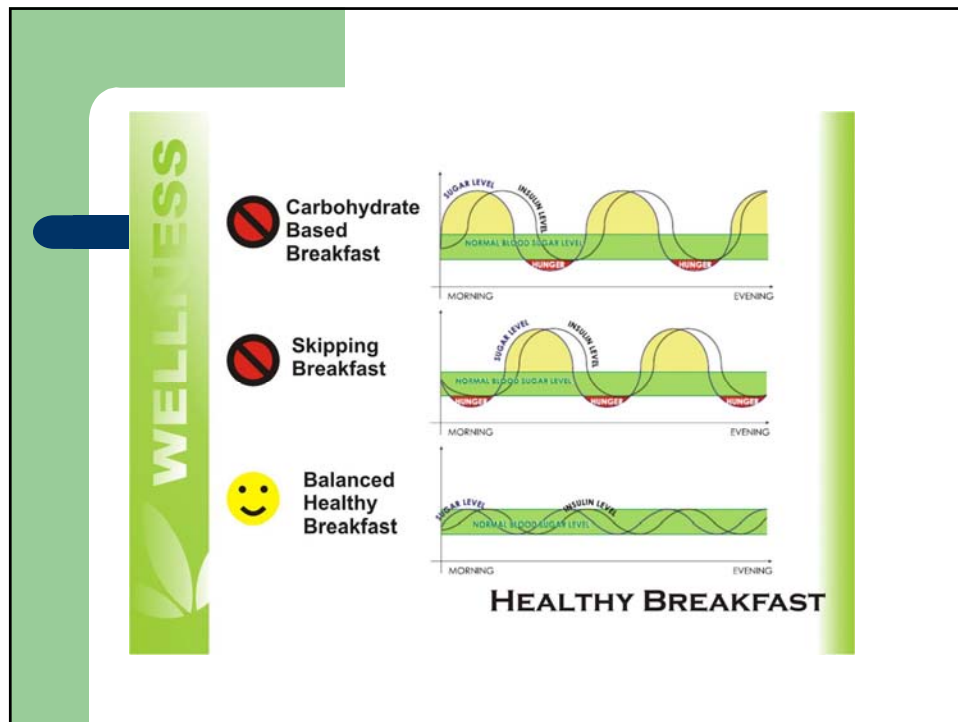


Slow-Release Carbs

- Carbohydrates that are digested SLOWLY
- Raise blood sugar **SLOWLY**
- Carbohydrates with lots of FIBER – fiber takes longer to break down and digest

Glycemic Index/Glycemic Load

- Glycemic index is a measure of *how fast* a carbohydrate-containing food raises blood glucose
- Glycemic load of food is a number that estimates how much the food will raise a person's blood glucose level after eating it – based on glycemic index
- Glycemic load is defined as the grams of available carbohydrate in the food x the food's GI / 100.
- Low glycemic load foods are absorbed more *slowly*, ensuring more stable blood sugar
- By reducing post-meal blood glucose levels, low glycemic load foods/meals *reduce insulin surges*



High-fiber/Low-glycemic breakfast

- Greek yogurt, berries, whole wheat bread with almond butter
- Cottage cheese/fruit, Alternative bagel with peanut butter
- High-fiber tortilla, eggbeaters and veggies with low-fat cheese
- Greek yogurt and Kashi Go-Lean cereal
- Veggie Omelette

High-fiber/Low-glycemic lunch/dinner

- Lunch/Dinner: Lean protein with Vegetables, Beans/Legumes, Sweet potato, peas, beets (in small quantities: brown rice, whole grain pasta, whole-grain bread) High-fiber tortillas
- Always include a small serving of healthy fat, as fat helps to slow down digestion and regulate blood sugar

Fruits

- Fruits can be high in sugar so 2 servings a day is good for most people
- Berries are lower on the glycemic index than fruits like bananas and pineapple
- 1 banana = 2 fruit servings
- Buy organic and eat the skin with lots of fiber
- Keep dried fruit and juice to a minimum

Good Fats

- Nuts/nut butters, seeds
- Olive, canola, walnut, almond oil
- Avocado
- Flaxseed, ground
- Olives

Herbs and Spices

- Herbs and spices can add a lot more than flavor, color, and variety to your favorite foods
- They maximize nutrient density because they contain vitamins, minerals, antioxidants and phytochemicals
- They can **increase thermogenesis** – you burn more calories after eating spicy foods

Herbs and Spices

- The complex flavors they impart decrease the need for salt
- Certain herbs and spices such as cinnamon and coriander allow your body to handle glucose more effectively
- Chilis and peppers increase fat burning
- Cumin, Sage and Turmeric improve brain function
- Basil, cinnamon, thyme and ginger have immune-boosting powers

Green Tea



- Green tea contains EGCG, which has been shown to increase metabolic rate
- One study found that people who consumed green tea extracts had a 4% increase in thermogenesis and an overall increased energy expenditure of 4.5%
- *Journal of Nutrition* study found that exercisers who drank about 4 cups of green tea per day for 12 weeks lost over 8 times more ab fat than those who drank an ordinary caffeinated beverage – nearly 8% versus less than 1%

Antioxidants

- Antioxidants are chemicals found in plant foods such as fruits, vegetables, coffee and red wine
- These chemicals protect you against the damage done by belly fat because they deactivate the dangerous by-products of metabolism – preventing oxidation of LDL and other fats

Water

- Of all the nutrients in our diet, water is the most important
- Although you can live for weeks without food, you can only survive a few days without water
- Water is essential to all the life processes that go on in your body
- It is how you transport oxygen, red blood cells, vitamins/minerals, enzymes and hormones throughout your body

Water

- Water eliminates waste and toxins
- Required for digestion and absorption, brain function, muscle contractions, nerve transmission and controlling body temperature
- More than 60% of your body composition is made up of water
- Your brain is composed of 70-80% water

Water

- Not getting enough water – feel tired and fatigued, stresses your entire body, including your heart and brain
- Not getting enough water – could lead to eating too much
- Study presented at the American Chemical Society in Boston in 2010 showed that **middle aged and older people who drink 2 cups of water before eating a meal ate 70 to 90 fewer calories than their non-water-drinking counterparts**
- During the 12-week period, the water drinkers lost 5 pounds more than the people who didn't drink water.
- They kept the weight off as long as they continued to drink

Water

- How much water do you need?
- Your urine should be a light yellow in color
- Usually at least 8 glasses of water/day

Exercise

- Large research studies show that about 55% of adults don't get any physical activity beyond the basic activities of daily living
- 33% get none at all
- That leaves only about 12% of American adults engaging in at least moderate level of activity
- No wonder we have such a staggeringly high rate of chronic diseases associated with too much belly fat

Hazards of Sitting Too Much

- How many hours do you sit in a day?
- Driving, at desk, watching TV, working on computer?
- If 6 hours or more, you may be putting your health at risk
- People with sitting jobs have twice the rate of cardiovascular disease as people with standing or walking jobs

Hazards of Sitting Too Much

- As soon as you sit down, calorie burning drops to about 1 calorie per minute
- The enzymes in your skeletal muscles that help break down fat and keep LDL cholesterol levels low reduce their activity by as much as 90% as soon as you sit
- After 2 hours of sitting, HDL (good) cholesterol levels drop by about 20%

Exercise



- Not just for our bodies!
- Many studies have documented exercise's effectiveness as a treatment for mild to moderate depression
- Exercise has been shown to be as effective as antidepressant medication in some people
- Helps control stress
- People who exercise regularly have lower rates of insomnia and anxiety

Exercise



- Vigorous exercise trims fat, including visceral fat
- Slows down the build up of belly fat
- How much is enough?
- Half an hour of vigorous aerobic exercise, done 4 times a week minimum, a Duke University study showed
- Add 3 sessions of strength training per week
- Vigorous – jogging or walking briskly uphill or on an elliptical or stationary bike

Exercise



- Moderate exercise also helps
- It slows down how much belly fat you gain
- But to get rid of belly fat, you may need to be more vigorous
- Rake leaves, walk, garden, go to Zumba class, play soccer with your kids or grandkids
- If you are not active now, it is a good idea to check with your healthcare provider before starting a new fitness program

Exercise

- Walk! Speed up your walk
- University of Arkansas found that even when exercisers burned exactly the same number of calories a week, those who did **shorter, high-intensity workouts had a 20% drop in belly fat after 3 months** while those who did longer workouts at a moderate pace had not change
- Aim for 3 weekly speed sessions lasting about 30 minutes. Intensity: can speak only a few short words at a time. Can also do intervals

Exercise



- Pump some iron!
- A 12-week Skidmore College study found that exercisers who did a higher intensity total body resistance routine combined with cardio lost more than twice as much body fat – in particular 4 times as much belly fat compared with cardio-only exercisers

Exercise



- Recommendation is 150 minutes per week or more
- 30 minutes 5 times a week aerobic
- 2-3 x per week strength training – 20-30 min each session
- You don't have to do it all at once, but you have to continue your activity at least 10 minutes at a time to get maximal benefit

Exercise

- Unfortunately, sit-ups and crunches can't eliminate visceral fat directly
- You can't reduce fat from specific parts of your body by exercising that body part
- Our bodies don't work that way
- You can tone the muscle, but not burn the fat
- These exercises can strengthen your core

Is Sleep Important?

- Chronic sleep loss increases risk of diabetes/heart disease
- Associated with weight gain in adults and children
- Decreases leptin, increases ghrelin



Sleep

- Getting enough sleep can help reduce belly fat
- In one study, people who got 6-7 hours of sleep per night gained less visceral fat over 5 years, compared to those who slept 5 or fewer hours per night or more than 8
- Canadian researchers found that adults who averaged just 5 or 6 hours a night were 35% more likely to gain 10 pounds and were nearly 60% heavier around the middle than those who slept 7-8 hours

Sleep



- Research Columbia University: 6 hours or less a night – 23% more likely to be obese than people who slept 7-9 hours
- 5 hours or less – 50% more likely
- 4 hours or less – 73% more likely to be obese

Healthy Sleep

- Have a standard relaxing bedtime routine- keep it regular
- Dark, cool, quiet bedroom
- Exercise regularly – at least 3 hours before bedtime
- Avoid caffeine, cola, tea – 8 hours
- Avoid alcohol – several hours
- Sleep and sex only – no work, TV!

Alcohol and Appetite



- Stimulated by alcohol -
- Impairs judgment – dis-inhibition of dietary constraint
- LOWERS blood sugar!
- Alcoholics – extreme, loss of appetite but when do eat – eat mostly carbs
- Up to 1 drink per day for women
- Up to 2 drinks per day for men
- WITH Food

Summary

- Eat breakfast
- Low glycemic carbs
- Balance protein, fat, carbs
- Fiber, fiber, fiber!
- Drink water
- Slow Down Your Eating
- Rev Up Your Exercise
- Get some sleep
- Watch the alcohol

