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E-3 News

S.T.E.P.S., INC. 2424 21ST Ave S. Nashville TN 37212 615.269.8844 www.stepsfitness.com

Electronic Exercise Education

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Lifting for weight loss?

Diet vs. diet and exercise

Pucker up for health!

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Recipe of the Month

→Fish and asparagus - yum.

Pearls of Wisdom Throughout



Feel the Burn

The caloric expenditure that can be attributed to lean muscle mass is not very significant. For example, muscle tissue has been observed to burn roughly seven to 10 calories per pound per day, compared to two to three calories per pound per day for fat. Therefore, if you replace a pound of fat with a pound of muscle, you can expect to burn only approximately four to six more calories a day. Given the fact that the average person who strength trains typically gains approximately 3 to 5 pounds of muscle mass over a period of three to four months, the **net caloric effect** of such a training regimen is very modest—only 15 to 30 calories per day (the equivalent of a few potato chips). Despite the limited calorie-burning potential of muscle, strength training should be an integral part of any exercise program aimed at weight management. Here are just a few of the weight management-related benefits of strength training:

- Helps to prevent or minimize the loss in lean body mass that is typically a by-product of dieting.
- Burns calories (i.e., a modest caloric expenditure of approximately 150 calories per average 30-minute training session).

Strength training favorably affects an individual's overall body composition, resulting in a greater proportion of lean tissue relative to fat tissue. This training adaptation helps to enhance both functional performance capabilities and physical appearance.

Source: Dr. Cedric X. Bryant, ACE's Chief Science Officer; ACE FitnessMatters, Mar/Apr 2006.

RECIPE OF THE MONTH

Flash Roasted Salmon and Asparagus

Ingredients: 1 pound fresh asparagus spears, cut into 2-inch pieces; 1 ½ tps. olive oil; 1 pound fresh or frozen salmon; 1 teaspoon finely shredded lemon peel; 1 teaspoon snipped fresh parsley.

Directions: Place two (one large and one medium) cast-iron or oven-safe heavy skillets in a cold oven; heat oven to 450 degrees F. In a medium bowl combine asparagus and ½ teaspoon olive oil; sprinkle with salt and pepper. Brush the remaining 1 teaspoon of olive oil on both sides of fish; sprinkle lightly with salt and pepper. Carefully remove hot skillets from oven. Place fish, skin side down, in the large skillet. Place asparagus in medium skillet. Return skillets to oven. Roast for 12 minutes or until fish flakes easily when tested with fork and asparagus is crisp-tender. To serve, sprinkle fish with lemon peel and parsley. Makes 4 servings.

Nutritional value: Calories – 235; fat – 14 g, sat. fat – 4 g; chol. – 67 mg; sodium - 168 mg; carbs - 168 g; fiber - 1 g.

43.1 million

The number of Americans estimated to have pre-diabetes. Most people with pre-diabetes develop Type 2 diabetes within a decade unless drastic changes are made.

73 percent

People who say their employers do not offer weight loss programs or gym credits.

Butterball or Gutterball? 30 minutes of bowling burns the equivalent of one light beer.

21

Pounds of salted snacks consumed by the average American in one year.

DID YOU KNOW?

A pound of fat takes up 20% more space in your body than a pound of muscle.

The Kiss of Life

Couples who kiss often are 8 times less likely to feel stressed or depressed.

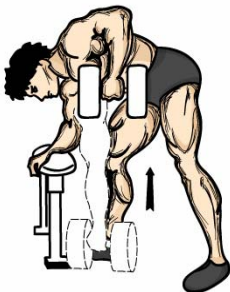
(According to a kiss-and-tell survey conducted for the Berman Center, a Chicago clinic that specializes in women's sexual issues.)

A new study produced by the Pennington Medical Research Center at Louisiana State University, in Baton Rouge, documents that exercise is as essential to successful weight loss as simply eating less. In the study, described in a recent issue of the *Journal of Clinical Endocrinology & Metabolism*, the half of the 24 volunteers that reduced their calories *and* exercised five times a week, lost about the same amount of weight, fat mass, and visceral fat as their counterparts who dieted only. Those who simply dieted ate 25% less than normal; those who dieted and exercised ate only 12% less than normal, and increased their exercise levels to burn an extra 12% in calories. So the latter group had to restrict fewer calories while enjoying the added benefits of exercise.

-- *Club Business International*

EXERCISE OF THE MONTH

Single Arm Dumbbell Row:



1. Using a flat bench, grasp a dumbbell with one hand.
2. Bend forward at the hips.
3. Your torso should be parallel to the floor and your lower back flat.
4. Pull the dumbbell up in a vertical line into your mid section keeping your elbows in close to your torso. Slowly lower the dumbbell until your arm is fully extended. Repeat movement.