

HEALTH & fitness

Old is gone
NEW is here

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Michelle Hollenhead
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To look at Kellen Martin, you would never know he once had a weight problem.

Chiseled and hard-bodied, the nutritionist and Physique competitor once weighed an unhealthy 250 pounds.

Martin grew up in Nashville and was always an athlete, playing football, basketball and baseball. He continued playing football at Austin Peay University, but at 170 pounds, coaches found him a bit on the slight side.

"They wanted to 'beef me up,' and encouraged me to eat all the time. I would work out, then eat, I would sleep, then eat. I would study, then I would eat."

He bulked up for college play, but seriously damaged his stamina and diet.

"After I stopped playing, I kept eating as if I was still playing sports," he recalled.

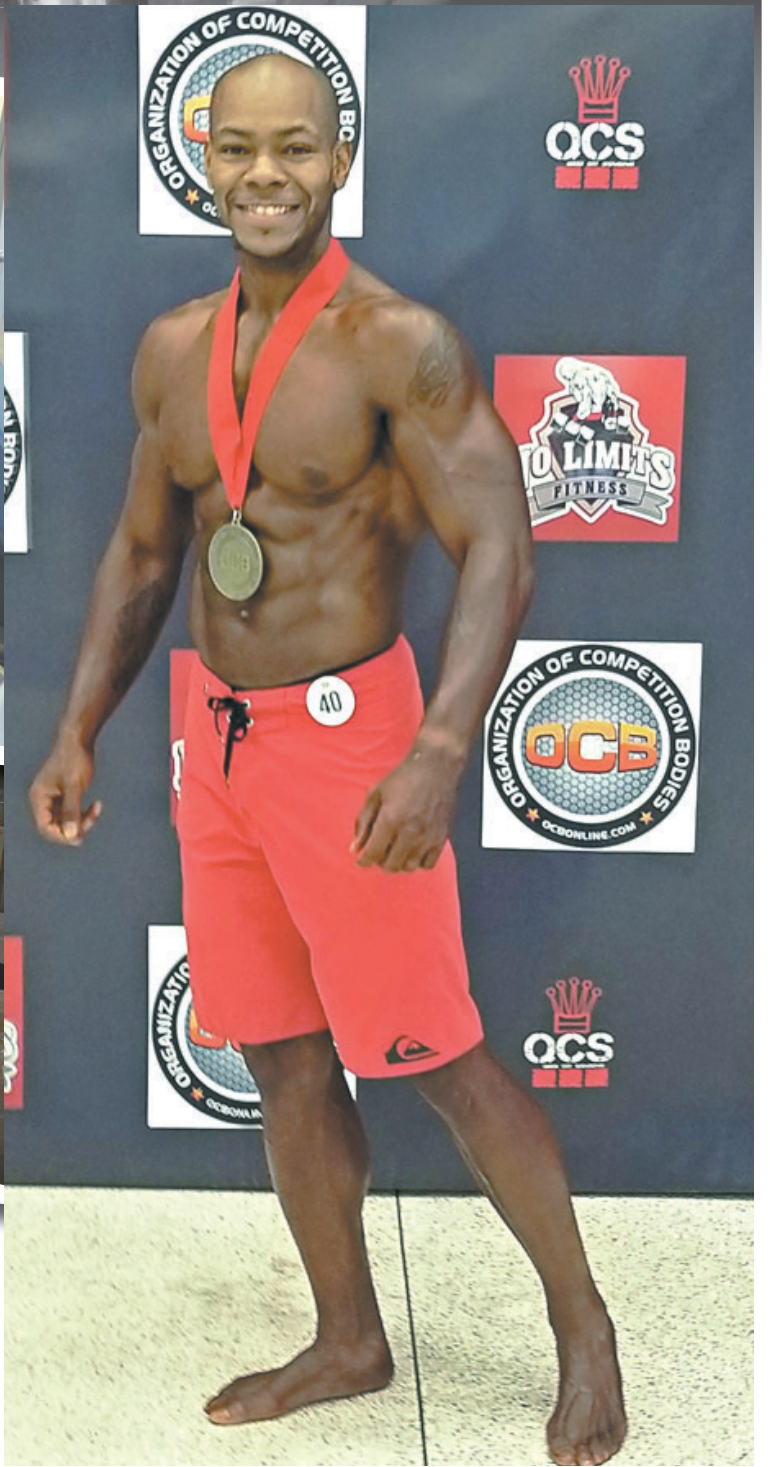
Though topping out at 250 pounds, he wanted to play semi-professional football with the Knoxville Knights but "couldn't make the tryouts."

"I couldn't compete. I just



Clockwise: Above: Kellon Martin, front, is posing during his most recent Physique Competition in December. **Top:** Kellon Martin works out most days at Anytime Fitness in Farragut, which is where he also operates his business, Created New Fitness. **Right:** Kellon Martin won second place overall at the December competition.

Michelle Hollenhead



See MARTIN on Page 3C



Tammy Cheek

Silver Sneakers participants enjoy a Silver Sneakers Circuit class in Davis Family YMCA off Northshore Drive Thursday, Jan. 11. Participants include Doreen Finnegan, front, and behind her from left, Dale Ericson, George Burkhart, Judy Neel and Joan Amonette.

Its never too late to start

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The Silver Sneakers program at Davis Family YMCA keeps seniors moving, but it is more than just an exercise program.

While it starts there, Vicki Karas, YMCA director of health and well-being and a Silver Sneakers instructor, said participants get more than a workout; they receive emotional benefits as well.

"It's not only the exercise," said Glenda Beegen, a Knox County Silver Sneakers participant. "I think the socialization that we get is important [too]. For myself, I can say I'm not arthritic — I take one prescription, which is kind of a borderline thing — but I think you just have to keep moving."

"You get benefits all the way around. You really do," fellow participant Ellen Smith said.

Silver Sneakers is an exercise program "designed to work on strength, flexibility and balance, which as we age we have a tendency to lose," Karas said.

"The whole idea behind Silver Sneakers is that insurance companies — if you have a specific healthcare rider on your insurance policy — pays your gym membership.

"So, people are able to come and exercise," she said, adding, "Anyone can come to a Silver Sneakers class. They don't have to be a Silver Sneakers member."

Those who do not have the rider on their insurance policy can pay YMCA's membership fee and attend the classes, Karas said.

Mary Swanson, whose father inspired her to start Silver Sneakers, founded the national program in 1992. Karas said YMCA started Silver Sneakers around 2005.

"We started offering Silver Sneakers back when we were

See SNEAKERS on Page 6C

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How to overcome workout fatigue

Regular exercise provides a host of immediate and long-term benefits. Those who exercise regularly can maintain healthy weights while reducing their risk for illnesses, such as cardiovascular disease and diabetes.



While exercise can make people more energetic throughout the day, some might find themselves battling fatigue during their workouts. Muscle fatigue is a normal side effect of exercise, but people who are experiencing difficulty getting through their workouts due to fatigue may benefit from the following strategies.

- **Eat a balanced diet.** *The Hospital for Special Surgery in New York City advises that a well-balanced diet including complex proteins, fruits, vegetables and carbohydrates can help men and women combat workout fatigue. People working out in an effort to lose weight may think combining exercise with a diet low in carbohydrates can help them achieve their goal more quickly. However, the HSS suggests increasing the amount of carbohydrates they eat. Doing so will help muscles maintain glycogen levels, which are depleted during exercise. According to the HSS, carbs should account for between 40 and 60 percent of aerobic athletes' caloric intake, and between 30 and 35 percent for anaerobic athletes.*
- **Eat before and after a workout.** *Early risers who like to exercise first thing in the morning might develop muscle fatigue if they workout on empty stomachs. The HSS recommends eating a light meal or snack roughly two hours before exercising, and then eating again within one hour of finishing a workout. Doing so provides some energy during a workout and helps muscles broken down during exercise refuel and repair.*
- **Stay hydrated.** *Hydrating during a workout helps replace the water and nutrients that are lost through sweat. Muscles that are not hydrated during a workout and throughout the rest of the day are susceptible to fatigue.*
- **Use proper form when exercising.** *Improper form can lead to injury and/or muscle fatigue. Men and women who cannot adhere to proper form when working out may need to reduce the amount of weight they're lifting. As activities are performed using proper form, people may find they're building muscle without growing fatigued. As workouts progress, weight can be added.*
- **Give the body time to recover.** *Whether it's more time between sets of repetitions or an extra day off between workouts, a fatigued body might need more time to rest and recover. Aging men and women must recognize they might not be capable of pushing themselves as hard as they once did and should adjust their workouts accordingly.*



Tame stress & improve health

Stress can affect people of any age. While small amounts of stress may stimulate adrenaline responses and help people power through difficult projects or solve problems, chronic stress can impact the mind and body in harmful ways.

WebMD defines stress as any change in the environment that requires the body to react and adjust in response. The body may react to stress physically, emotionally and/or mentally. Positive stress, called eustress, can take the form of getting a new job with greater responsibilities.

However, it's the bad stress — distress — that can cause tension and other negative consequences.

Money, health and relationships are some of the common contributors to stress in the United States. Seventy-seven percent of Americans regularly experience physical symptoms caused by stress, and 73 percent experience psychological symptoms from stress.

Statistics Canada indicated that in 2014 (the most recent year for which data is available), 23 percent of Canadians ages 15 and older (6.7 million people) reported most days were "quite a bit" or "extremely" stressful.

Stress can have many implications. When the body is stressed, muscles tense up and chronic stress can cause the muscles in the body to stay taut and tense for long periods of time, reports the American Psychological Association. This may lead to tension headaches and musculoskeletal disorders.

The Mayo Clinic advises that stress can cause

fatigue, changes in sex drive, stomach upset, and difficulty sleeping. Stress also affects mood, potentially resulting in lack of motivation or focus, anxiety, sadness and/or angry outbursts.

Healthline links chronic stress to behaviors such as overeating, not eating enough, alcohol or drug abuse, and social withdrawal.

Reducing stress is a priority for many people. Although it is not an easy undertaking, slowly removing stressors from one's life and taking steps toward changing one's responses to stressful situations can help. There are many stress-management strategies, and not every one is right for all individuals. However, the following techniques may be helpful:

- **Exercise:** Regular physical activity can help reduce stress.
- **Meditation:** Mindful meditation, deep breathing, yoga, and tai chi are ways to focus the brain away from stressful situations.
- **Socialization:** Talking and spending time with friends or family can relieve stress.
- **Hobbies:** Crafts, hobbies and other engaging activities can direct attention away from stress.
- **Talk therapy:** Seeing a therapist may help some people work through stress and discover additional techniques to change how they respond to stress.
- **Situation changes:** Changing a job, residence or a condition that removes a source of stress may be handy.

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Kellon Martin takes a brief break between workouts.

Martin

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couldn't do it."

Determined, he hit the gym, worked out at home and lost 20 pounds. On his second attempt, he made the team and worked his way into a starting position at a lighter 227 pounds.

Martin still wanted to lose, and by the end of the season he "had taken a liking to fitness." Working out at the Rush while continuing to play semi-professionally, his teammates noticed his transformation, and he started helping them, too.

That was also about the time he became a self-taught nutrition expert.

Martin said he didn't really know much about the topic, but learned quickly, and today is a certified Precision Nutrition coach.

His drive and determination is self-motivated and fueled in part from being picked on growing up.

"I take things like that and use it," he said.

"I have always been driven to compete with myself, and I am always looking for ways to further that. What I do, I try to do with excellence if I am going to do it."

He tapped into that nature when a friend told him about "Physique," a new category of bodybuilding.

Up to that point, "I didn't like the stigma [associated with] body building," Martin said. "But this was a different category ... it was like fitness modeling.

So, he started working out "hard" for his first competition.

Martin said the gym part "was the easy part." But, "when you have to pull out your body fat and flex for up to 15 minutes at a time, it becomes trying.

"The mental aspect is a big part of it. You are only in competition with yourself.

"Literally, it is you vs. you."

His apprehension subsided quickly, and Martin now says he "has actually fallen in love with the sport. I like to see how far I can push myself."

In Martin's first show, he placed fifth, but at his second show, he won first place in the novice category.

In his most recent competition in December, he placed second overall.

Training for that one proved difficult.

"I had to watch my family eat everything [during Thanksgiving], and I couldn't eat anything.

"That was hard!"

Martin also uses that line of thinking to encourage clients through his business, Created New Fitness, which he began after working several years as a physical trainer and coach.

"I wanted to offer more comprehensive results rather than just focusing on physical outcome," he said.

Martin has been working on his own for more than four years and describes himself as a transformation specialist: "Helping people change their lives and their thinking, not just their bodies.

"I can take someone who says, 'I can't,' and transform them into a completely different person who can say, 'I can.'"

The very name of Martin's business, Cre-

ated New Fitness, reflects that, too, and is taken from 2 Corinthians 5:17: "Therefore, if anyone is in Christ, the new creation has come: The old has gone and the new is here!"

"It is a great metaphor for life," he said.

Business was a little slow at first.

"I started with two clients...and both got phenomenal results. Through word of mouth, my business just started growing; and I am fortunate and blessed, because it is still growing; it is humbling to have people trust you with their lives, their health and their money.

"People come to see you because they need help, they need a solution, and big gyms aren't really offering one," he added. "It is all about relationships. I ask questions [to find out] what people struggle with, and their issues; if I can't understand them, I can't help them.

"The only reason I am able to help is they [are] able to find someone who understands."

Martin is passionate about his work and sees it as a way to help others, not just to make a living, drawing on his own faith as part of the process.

"Goals cannot be unattainable," Martin continued. "I learned to be a good listener by making all the right mistakes. I pray with them if they need that. I have to be an ear and a vessel for them.

"In my own walk with Christ, I have failed tremendously and repeatedly, but the Bible teaches God's grace outweighs all sin, meaning that we are always forgiven and that He will never give up on us. We can strive for perfection. Although it's an unattainable goal, the effort makes us better people. To be a Christian we must try our best to do as Christ does.

"So my approach with every client is to let them know that the quest for change comes with failure. There's no such thing as perfection, but gradual progression.

"My love for each client places me in the position to give the same love and grace that Christ has shown me. No matter how many times they fail, they know and understand that I'm praying with them and for them. They know that I will not give up on them and this allows them to forgive themselves and try harder."

After working from his West Knoxville home for the last four years, he now works out of the Anytime Fitness offices in Farragut. He had already been exercising at the facility, when the opportunity to set up his business there became available in November.

"I work out most days — it is the key to staying lean," he said, although he typically takes off on Sundays because "you also need active recovery, too.

"I always want to be the example [for my clients]," he said. "I'm not perfect, but I show them how to balance it."

He also manages to maintain a balance at home with his wife, Sheena, who teaches dance fitness, and the couple's daughter, Adrionna, who is a competitive cheerleader. Martin also has a step-daughter, Nakiyaah.

To learn more about Created New Fitness, please contact Martin at 865-387-6480, or visit www.creatednewfitness.com.



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Health Sayings and their origins

Language is shaped by many different influences. Over time, certain phrases become part of the vernacular and are spoken to signify how one acts or feels, including phrases about health and well-being.

Some phrases may inspire curiosity as to their origins. The following health-related phrases have some interesting backstories.

“Fit as a Fiddle”

The phrase “fit as a fiddle” is often used to describe someone who is very healthy and full of energy. But what does fitness have to do with an instrument, anyway? Actually, very little. According to The Phrase Finder, “fit” originally didn’t mean healthy. It was actually used to represent the words “suitable and seemly.” Therefore, something that is fit as a fiddle would mean it was suitable for its purpose. Now “fit” frequently refers to one’s physical shape, and the phrase has evolved.

“Survival of the fittest”

Again, the word “fittest” initially did not represent physical strength or well-being. Rather, in this phrase, attributed to Herbert Spencer and later to Charles Darwin, fittest referred to those who were best suited to their environment, or more plainly, those who were best able to survive. Today, it can mean anyone who is able to rise above the odds against them or beat the competition.

“Strong as an ox”

The idiom “strong as an ox” has long represented a person who is unusually strong and able to persevere. Because oxen are large beasts of burden that were used instead of horses by American settlers before railroads were created, anyone compared to an ox would have to be someone capable of strong physical labor and ability.

“An apple a day keeps the doctor away”

Many believe this phrase to be a helpful rhyming device to remember to eat healthy food to maintain good physical health. However, according to Snopes, the first known version of this proverb comes from Wales in 1866 and stated, “eat an apple on going to bed, and you’ll keep the doctor from earning his bread.” Other sources trace the phrase to ancient Rome. Apples can have many health benefits, but no research has confirmed that eating an apple daily will safeguard individuals from any particular illness. A 2015 study published in JAMA Internal Medicine did find that people who ate an apple required fewer prescription medications than those who did not.

Did you know?

Millions of people resolve to get healthier by dieting and exercising more frequently at the start of each new year. According to data from the International Health, Racquet & Sportsclub Association, 12 percent of new gym memberships are opened in January. The second week of January is one of the busiest times of year in the fitness industry. But, many people who decide to exercise more at the dawn of a new year quickly lose that resolve. New Year’s resolutions to diet may wane as well. In 2013, a UK food company found of those who diet regularly, two out of five quit within the first seven days, one out of five last a month, and only 20 percent make it to the three-month mark. To make healthy resolutions last longer, people should recognize that results do not happen overnight and should not be discouraged by slow progress. In addition, diet and exercise is not a fast fix, but rather a lifestyle change. With consistent calorie control and exercise, people may see a gradual reduction in weight and other improvements to their overall health. Some may find it most effective to work with a nutritionist and a gym trainer.

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Sneakers
From page 1C

at the old Y in Farragut, where the Walgreens is at Lovell Road and Kingston Pike," she said. "We had classes over there several times a week. We had a room where we would teach our classes, and we probably had anywhere from 12 to 20 participants."

Then, YMCA moved to its current location at 12133 S. Northshore Drive.

Karas said the program became so popular that YMCA started requiring participants to sign up for a class 24 hours in advance.

"We can only accommodate 22 people [in a class]," she said. "We have nine Silver Sneakers classes a week."

While most participants are seniors, Karas said the program also includes those with multiple sclerosis and younger people who are rehabilitating from an injury or surgery.

"They are trying to stay active but they are not able to do classes that are more vigorous," she added.

The program offers two classes—Silver Sneakers Classic and Silver Sneakers Circuit. Both use hand weights, a tube

with handles, a small ball and a chair.

"The Classic class is a little lower level — a little more time in the chair, but you still focus on strength, balance and flexibility," Karas said. "Silver Sneakers Circuit classes involve a little more time out of the chair, a little more choreographed movement."

"When people first come to the Y, we encourage them to start with the Classic classes, especially if they haven't exercised much or they have health issues. Then a lot of times they will graduate to the Circuit classes," she said.

Still, there are some who attend both the Classic and the Circuit classes.

"The morning classes are at 9:45 a.m. then there's two classes at 11:45 a.m. then there's two classes at 1 p.m.," Karas said. "A class may be completely full — 22 people — but some days, during the holidays, the numbers might drop off, and there may be like seven or eight or 10."

"The neat thing about our program is there's a real community with these folks," Karas said. "Every month, they have some kind of an outing. They have lunch or in the summer

time they have picnics.

"Sometimes they will go tour some local site," she said. "They come early and sit in our café and have coffee or stay afterward. They've gotten to be friends."

"It's really nice for them because some of these people are widows or widowers and they may not have family nearby."

"Some of these people have been coming for 11 or 12 years, since way back in the day when we started," Karas added. "It's a really nice community."

"We have potlucks here. Four or five times a year we have a soup luncheon. We have a Thanksgiving/Christmas dinner, we have a barbecue or cookout kind of thing," she said.

"And, with those things, the Silver Sneakers seniors are really helpful. They always bring a dish and everybody gets together and enjoys a meal together."

"It's more than just exercise," Karas said.

Beegen, who has been participating in Silver Sneakers for three or four years, learned about the program through her insurance carrier.

"Blue Cross Blue Shield sent us a letter asking, 'Do you know about Silver Sneakers?'" she recalled. "It's truly one of the

best programs I've ever seen.

"I've always enjoyed exercise, but I think to get into a program where you're doing it multiple times a week — at least at our age — I think the organized programs really work," Beegen said. "It works every part of our bodies and, as we age from year to year, our bodies will change. And as our bodies change, our exercise has to change, too."

Smith, who has been a participant for at least two years, joined the Y's Silver Sneakers program after Curves closed its Northshore Drive location.

"I have so much fun at this place," she said.

Smith joined YMCA's Silver Sneakers program simply to work out.

"I started with Zumba and a friend told me about Silver Sneakers," she said. "[The friend] said, 'You really get a great workout,'" Smith re-

called. "Of course, a lot of people think with the chair there and everything, that's not going to happen, but she was so right."

"Basically, we sit in the chair just to cool down. Once in a while we sit and do exercises in a chair, but I feel energized when I leave and our instructors are great."

Smith always has been exercising, mostly walking, but then she developed plantar fasciitis — a painful heel pain — in both of her feet, so she sought another form of exercise that would not require standing on her feet too much. She thought she would try some of the gym equipment, but found Silver Sneakers.

"Here, you're not jumping up and down and bouncing on your feet, and you can just stand in place or march if it's too much for you ... just keep

moving a little bit. That's all they want," Smith said.

The program has helped her regarding the plantar fasciitis. It also helped keep down her weight and helped her with her migraines.

"I had one [migraine] today [Thursday, Jan. 11], and I came [to the Silver Sneakers class] and it's a whole lot better because moving helps it," Smith said.

"I'm always telling my friends about it," she said. "I tell them, 'just come and try it.' And I've had some to come and they really like it."

YMCA is open from 5 a.m. to 10 p.m., Mondays through Thursdays, from 5 a.m. to 9 p.m., Fridays, from 7 a.m. to 6 p.m., Saturdays and from 1 to 6 p.m. Sundays.

For more information about the Silver Sneakers program at Davis Family YMCA, call 865-777-9622.

Silver Sneakers participants, from left, Joan Amonette (back), Glenda Beegen and Larry Belt, work out during a Silver Sneakers Circuit Class in Davis Family YMCA off Northshore Drive Thursday, Jan. 11.

Tammy Cheek





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How to *ease* into exercising

Men and women who resolve to get healthy often benefit by combining a healthy diet with regular exercise. Making such adjustments can be challenging, especially as men and women accustomed to sedentary lifestyles begin exercise regimens. Whether they're fitness novices or returning to exercise after a long layoff, men and women can employ various strategies to make that transition go smoothly.

- **Work with a trainer.** Many fitness facilities offer a handful of free personal training sessions to new members upon enrollment. Take advantage of such offers, as trainers can devise workout routines for people of various abilities. Trainers also can instruct new members how to use machines and help ensure they're following proper form so they can avoid injury. If necessary, continue working with trainers after making use of complementary sessions. Personal training sessions typically can be purchased in batches, and men and women can continue working with trainers until they're comfortable working out on their own.

- **Embrace low-intensity exercises.** Even men and women who were once accomplished athletes must take it slow when beginning an exercise regimen

after a long layoff. Initial low-intensity exercise sessions might feel ineffective and seemingly produce few results. However, early on, the goal is to simply get the body acclimated to physical activity. As their bodies adjust, men and women can begin to make their workouts more intense.

- **Focus on flexibility.** Sedentary bodies likely lack the flexibility of bodies more accustomed to exercise. Men and women who are becoming more physically active must include stretching in their workouts and cease exercising if they feel something tweak or suspect they have pulled a muscle.

- **Take days off.** As men and women begin to see their work in the gym pay off, they may be tempted to push themselves hard, working out several days in a row without taking time off. But, rest is an important component of an effective workout. Days off help the body repair itself and recover from vigorous activity.

Exercising for the first time or after a long layoff requires patience. But as men and women grow more acclimated to physical activity, they will begin to see the fruits of their labors.

Weighing in on Exercise vs. Dieting for better weight loss results

Statistics indicate more and more men, women and children are overweight or obese. The National Institutes of Health states more than 35 percent of adults in the United States are obese and more than 34 percent are overweight, while 17 percent of children and adolescents in the United States are obese. Obesity rates are three times as high among today's children than they were among youngsters just one generation ago.

As individuals attempt to lose weight, they may wonder what is the most effective way to accomplish that objective. Some argue that the secret to weight loss is lots of exercise, while others insist calorie control is the key. When it comes to slimming down, some may be surprised by what the experts have to say.

The Mayo Clinic advises cutting calories through dietary changes appears to promote weight loss more effectively than physical exercise alone. According to Shawn M. Talbott, Ph.D., a nutritional biochemist and former director of the University of Utah Nutrition Clinic, weight loss is about 75 percent diet and 25 percent exercise. People generally see the largest short-term results when they eat healthy foods and healthy portions.

Poor diets can be difficult to overcome, as it takes a lot of exercise to spur dramatic weight loss, whereas a low-calorie, healthy diet can be a simple and effective means to losing weight.

Nutritionists often point to a balanced diet that focuses on fruits and vegetables, lean proteins and whole-grain carbohydrates over fad diets or ones requiring the adherence to strict guidelines that are difficult to follow for lengthy periods of time.

But, exercise should not be abandoned in favor of a low-calorie diet. Dr. Yoni Freedhoff, who runs one of the largest obesity clinics in Canada, said weight loss occurs from what's created in the kitchen, but health is gained in the gym. Dr. Freedhoff often advises his clients to make smart changes to the foods they eat to spur weight loss, and then incorporate exercise into their lifestyles as a way to keep the body in top form.

Regular physical exercise is necessary to maintain strong bones, build muscle, improve flexibility and keep the cardiovascular system working efficiently. Exercise also releases endorphins, which can improve mental alertness and feelings of well-being.

The Mayo Clinic noted studies have shown that people who lose weight and keep it off over the long haul are those who get regular physical activity.

When it comes to losing weight, the foods a person eats play a bigger role than exercise. But, it is the combination of both diet and exercise that can lead to greater overall health and sustained weight loss.

Flu-fighting tips to keep you and others healthy

Sniffles, sore throat, fever, and aches and pains may accompany a number of illnesses, but during the wintertime such symptoms are typically indicative of influenza.

Flu season peaks between December and February, but flu season can occur anywhere from October to March, advised the U.S. Centers for Disease Control and Prevention. The flu is contagious and can sideline people for extended periods of time. Each year, one in five Americans gets the flu according to the CDC.

People of all ages should take steps to protect themselves from the flu by using some or all of the following suggestions.

Foods

Food can be used to fend off the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Garlic, for example, contains compounds that have direct antiviral effects and may help destroy the flu before it affects the body. Raw garlic is best. In addition to

garlic, citrus fruits, ginger, yogurt and dark leafy greens can boost immunity and fight the flu, according to Mother Nature's Network. The British Journal of Nutrition noted dark chocolate supports T-helper cells, which increase the immune system's ability to defend against infection.

A study published in the American Journal of Therapeutics showed that carnosine, a compound found in chicken soup, can help strengthen the body's immune system and help fight off the flu in its early stages.

Flu shot and medications

Annual flu shots administered in advance of flu season can help protect people and their families from getting the flu. The U.S. Food and Drug Administration stated that, in select situations, antiviral medications — which are usually prescribed to treat the flu and lessen symptoms — can reduce the chance of illness in people exposed to influenza.

Many over-the-counter medicines can alleviate symptoms of

the flu but cannot fend it off.

Stop germ proliferation

Germs can be spread easily between persons through direct contact and indirect contact with surfaces sick individuals have touched. Doctors recommend staying home for at least 24 hours after a flu-induced fever has dissipated. Well individuals should avoid contact with sick people.

Frequent hand-washing with soap and water can stop germs from spreading. When soap and water is not available, alcohol-based hand sanitizers can help. People also should avoid touching their eyes, noses and mouths after being in public places or around someone who is ill.

Rest and restore

Those who feel symptoms coming on should begin drinking more liquids to keep the respiratory system hydrated and make mucus less viscous. Remember to get adequate sleep, as a tired body cannot effectively fight the flu virus.



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