

NOVEMBER 2021

Fitness Center Newsletter



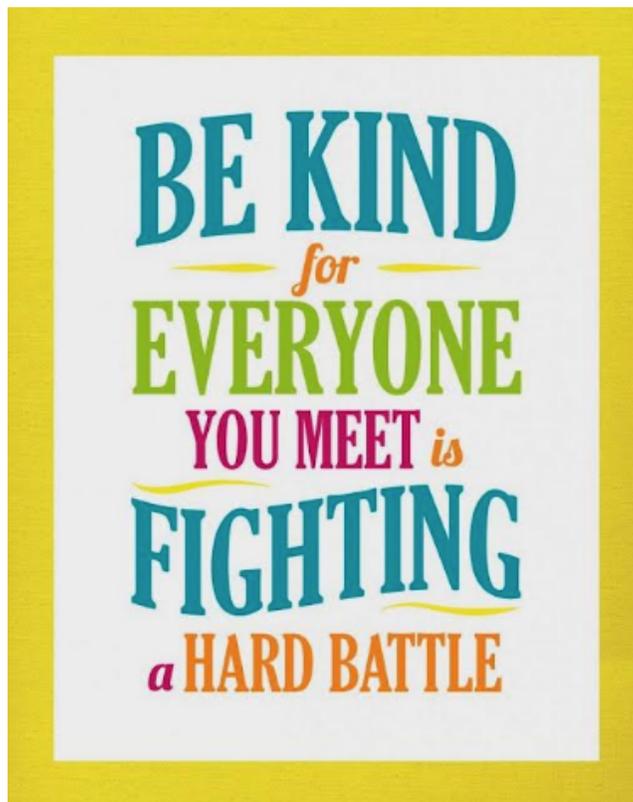
Hello Fellow Members, Friends and Fitness Family! We are extremely grateful for your patience and support during this trying time. We'd also like to say thank you to our Facebook group members. We've been encouraging each other to keep moving, stay healthy and stay positive in a time where all hope seems to be lost.

The center is open Monday through Friday -- 7:00am - 3:00pm
(Once the fitness center is being utilized more, we'll consider changing the hours of operation)

Click [HERE](#) to see the guidelines for re-opening. In order for us to stay open, be successful and safe while exercising together again, we must all commit to follow the safety guidelines and procedures. All members will be required to sign a one time COVID-19 waiver. Click [HERE](#) to download the waiver.

If you are still unable to come into CMS, don't worry. We will continue our private Facebook group and recording videos to share with you on YouTube. Please email Nicole at nicole.frostcms@gmail.com and she would be happy to give you information on how to join our private group or send you videos you can do at home!

Please stay informed by using our website www.eaafitness.com and have fun by participating in our private Facebook group page. Thank you for your understanding and cooperation, we look forward to seeing all again very soon!



ARTICLE OF THE MONTH

9 Mistakes You're Making on Your Weight-Loss Journey

We all wish there were a quick fix to losing weight. Unfortunately, there's no magic bullet to make the number on your scale match your target weight. And according to the experts, in the pursuit of finding a fast fix, a lot of us are using weight-loss strategies that either don't work or might even be backfiring.

Are you doing it wrong? Here are nine of the worst strategies you can employ for losing weight – and tips on what you should be doing instead.

1. WORKING OUT MORE BUT EATING LESS

When you amp up your workout regimen, your body will naturally crave more food to fuel it through the intensified training. So when you try to cut calories at the same time, you could end up depriving your body and risk triggering a bout of binge eating.

2. OBSESSIVELY CUTTING CALORIES

Even if you're not upping your workout routine, restricting your diet too much can backfire. While it sounds counterintuitive, eating too few calories can hinder your weight-loss efforts as your body ends up holding on to more calories because it isn't getting enough fuel. Calorie restriction can lead to metabolic damage and will make it harder for you to lose weight.

3. OBSESSIVELY WORKING OUT

Overdoing it at the gym can also have a reverse effect, even when you're getting enough fuel from your diet. When you work out too much, you end up burning muscle in addition to fat. You increase stress hormones in the body, which makes it harder to lose fat. You also put a lot of stress on your joints, which can lead to injuries that cause you to move less and therefore gain weight. Committing to time in the gym is a key part of losing weight, but only when you give your body the time it needs to recover between sweat sessions.

4. SKIPPING BIG MEALS FOR A SNACKING STRATEGY

Rethinking our eating strategy is a crucial component of weight loss. But avoiding a full plate like the plague is not the answer. We know that people should be eating a mix of meals and snacks, but people take it to an extreme where they're snacking all day, and that can backfire. It can also blunt your sense of hunger and satiety. When you eat a lot of small meals, you can lose your sense of whether or not you're actually hungry. If you are opting to forgo three big meals a day for mini meals, make sure you're paying attention to the overall calories and nutrients you're consuming in a day – all those snacks add up fast.

5. SKIPPING BREAKFAST

Your mom wasn't joking when she said breakfast was the most important meal of the day: Forgoing it means your body kicks into starvation mode, where it stores food rather than using it for fuel. Trying not to eat in the morning to cut calories can cause you to eat a lot more at dinner, and that's a double whammy for your waistline.

6. DOING A CLEANSE OR DETOX DIET

Despite all the hype, cleanses can be dangerous. Souping and juicing can be great, but you still might be consuming a lot of calories. Juices packed with “super foods” are often high in calories, and sometimes people mistake juices intended to be meal replacements as alternatives to diet soda or other beverages. Similarly, doing a juice cleanse for a few days is not really teaching you new eating habits. Consistency in finding an eating plan and sticking to it is a much more effective weight-loss strategy than the detox strategy. You need something realistic for the long haul.

7. DOING TOO MUCH CARDIO

Doing only cardio to lose weight, can often lead to “skinny fat.” Avoiding strength training when you go to the gym in order to increase your calorie burn will help you drop those pounds, but the catch is, it won’t change your body composition. Doing too much cardio can even end up burning muscle and upping your body fat percentage. Our bodies get used to workouts pretty quickly, it’s better to have a shorter, more intense workout that keeps your body guessing. High-Intensity Interval Training has been shown to burn more calories in less time, and the after-burn post-workout can last up to 24 hours.

8. BANNING FAT OR CUTTING OUT CARBS

Nixing a singular nutrient group, like all fats, carbs or sugars, can backfire majorly. While you may lose weight in the short term, these restrictive diets are not easy for people to maintain long term. Cutting an entire category of nutrients means you’re cutting out the good stuff, too. Cutting carbs and sugar can cut off your workout fuel. Carbs are those miracle molecules that really fuel our bodies. In other words, you need them. Rather than putting a moratorium on a macronutrient, pay attention to portion size. The portion size is what makes the poison. You want a balanced diet that has all macronutrients.

9. FALLING FOR THE “HEALTH HALO”

One of the biggest mistakes you can make, is getting sucked into the “health halo” around certain foods. Kale, quinoa, agave and coconut all get hyped up for their nutritional benefits, which are certainly real, but that’s not an excuse to start pouring coconut oil – which is still a saturated fat – on everything. Ultimately, losing weight is about looking at your overall lifestyle, not trying to target just one aspect or adding one magical super food to your plate. If you try to just address your diet without working on your eating behaviors – like emotional eating or stress eating – or the rest of your lifestyle, it’s unlikely that the weight will stay off.

www.myfitnesspal.com

RECIPE OF THE MONTH

EASY CHILI MAC SKILLET DINNER



Easy Chili Mac Skillet Dinner will be a huge hit with the family and provides a quick nutritious, delicious meal for a busy weeknight!

INGREDIENTS

- 1 lb. extra-lean ground beef
- 1 small onion, chopped
- 1 small green pepper, diced
- 1-15 oz. can red kidney beans, rinsed and drained
- 1- 8 oz. can tomato sauce
- 1 can diced fire roasted tomatoes
- 1/2 cup dry cheese tortellini or any small dry pasta
- 1/2 cup water
- 1 Tbsp. chili powder
- 1/2 tsp. garlic powder
- 1 tsp. cumin
- 1 tsp. dried cilantro
- 1/4 tsp. red pepper flakes
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 3 Tbsp. grated parm cheese
- 1 cup Mexican blend cheese, grated

INSTRUCTIONS

1. In a large skillet add some olive oil and sauté onions and pepper, until translucent. Mix in all the dry spices and cook until fragrant.
2. Add ground meat to onion mixture and cook through.
3. Add in the kidney beans, tomato sauce, tomatoes, dry pasta, cheese powder and water. Bring to a boil, cover, reduce to simmer, and cook for 20 min. Top with the cheese in the last few minutes.

WORKOUT OF THE MONTH

NO WEIGHTS REQUIRED

You will need a clock with a second hand or use a timer set for 1 minute of work followed by 20 seconds of rest.

If you can't go the whole minute, try to do as much as you can, take a rest and finish it out!

Jumping Jacks

Push-Ups (regular or modified)

Step-Ups – right foot

Dips

Step-Ups – left foot

Squats

Plank (whatever plank you enjoy)

Alternating Reverse Lunges

Superman (hold or up/down reps)

Russian Twist