

TIP OF THE WEEK:

Look at your 2017 calendar. Find at least one weekend to do something fun locally. Then, find a full week to do something at least 3 hours away. There's always time if you plan.

Easy Black Bean Soup

Ingredients:

- 2 cans of black beans
- 1 jar of chunky salsa
- 1 tub of sour cream
- 1 bag of shredded cheddar cheese

Directions:

1. Rinse the black beans
2. Puree 1 can
3. Pour all beans in a pot
4. Add the salsa
5. Heat to desired temperature
6. Serve with dollop of sour cream & a bit of cheese



Mill Mountain Star Trail

If you haven't hiked the Mill Mountain Star Trail, it's a Roanoke "must do". It's about 1.5 miles and the trip will reward you with an excellent view of the city.

To get there follow these directions:

- ◆ I-58 to Elm Ave
- ◆ Turn onto Elm heading away from downtown
- ◆ Follow Elm to 9th Street & turn right
- ◆ Take 9th to Riverland Rd. and turn left
- ◆ Follow .2 miles to a gravel road on the right with a Mill Mountain Trail sign
- ◆ Turn right and go up the hill to a parking lot on the left



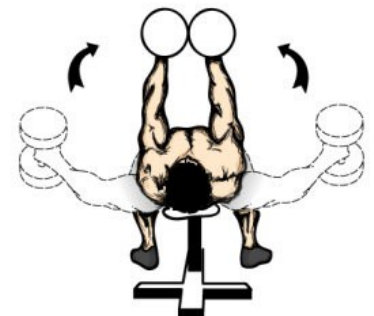
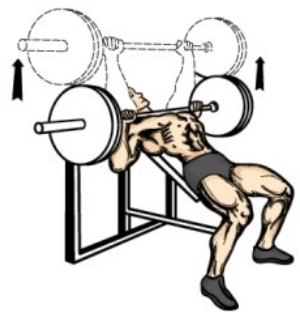
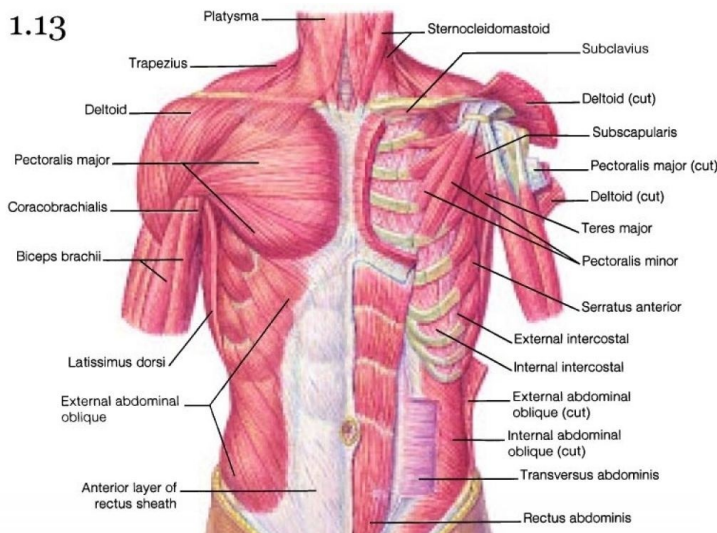
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Exercise What You're Learning

**Give up Facebook;
Spend that time exercising.**



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Avoid injury by consulting a trainer regarding form & weight.

Images from: anatomy-diagram.info, weighttrainingexercises.com, [realfitnessblog](http://realfitnessblog.com),

10 Tips for Building Resilience

1. **Make connections.** Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.
2. **Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.
3. **Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
4. **Move toward your goals.** Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"
5. **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
6. **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.
7. **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
8. **Keep things in perspective.** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.
9. **Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
10. **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope. The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.

<http://www.apa.org/helpcenter/road-resilience.aspx>

Get the Facts: Meals Per Day

Myth:

In order to lose weight, I have to have _ meals per day and eat _ number of carbs right off the bat.

Fact:

This myth plays off of many of the topics talked about in previous issues of Wellness Weekly. I will break this down into two sections: one regarding beginners attempting to lose weight to be healthier or look better and another on athletes attempting to cut down past a plateau point. Let's focus on the more common first topic.

I may sound like a broken record but when it comes down to it, calories in and calories out is the name of the game for weight loss. If you are looking to shed some pounds for bikini season or just to lower your risk for disease, work on how much you eat not when you eat. This is a very difficult first step and unfortunately is often missed. But the person is not always to blame in this regard, many personal trainers, coaches, and others giving nutritional advice simply tell people to adhere to this blindly without realizing the struggles behind it. I have heard (and admittedly, have said) "just start tracking what you eat" without realizing how difficult or how much of a burden this can be to the client. In the words of Chelsea Knox from Alan Aragon's research review, "We naturally believe that we are ultra-motivated and determined to reach our goals, and nothing can get in our way." We all know that there are moments where we just cannot adhere to our program and fall off the wagon to which many cannot get back on. This can happen within the first week or after a year. This brings up the question: if we shouldn't worry about meal timing, or macronutrients, and

most people will fail due to poor adherence, how is anyone supposed to succeed? Well there is a great article on what is called planned hedonic deviations or what many people call "cheat meals." This study looked at dieting solely with calorie restriction (no meal timing or macronutrient manipulation) and people were shown to be able to not only maintain their meal plan longer but also at a lower calorie amount and continued to lose weight afterward when added cheat meals were allowed. A caveat to this is the cheating must be planned into the overall nutrition plan or else a "what the hell" effect can occur, once again causing you to fall off the wagon. Overall, there is hope and we all know how hard it is to get going but tips to stick with the core concept of calorie restriction is the key to success.



Now for the second population, athletes attempting to cut fat. The reason I separate these is because once the lifestyle and behavior aspects are perfected, and the caloric consumption is corrected, there are other factors to lose fat and maintain muscle mass, the key being “maintain muscle mass.” See the image attached as to the steps needed to perfect before manipulating the subsequent factors within a diet. Food timing does come into play at this point but please be sure the calories are correct, I can’t tell you how often I hit a wall just because I wasn’t tracking properly. Food timing and macros in this scenario are pretty significant. There has been extensive research to find the perfect combination but unfortunately we are all different and there is no one size fits all approach. From what has been studied I can tell you this:

- ◆ Protein must stay high and spaced out as well as positioned around the workouts (amount of protein varies per person)
- ◆ A recent article has shown high protein and carb consumption early in the day can decrease ghrelin (a hunger hormone) and increase satiety throughout the day.
- ◆ Make sure to consume enough protein per session to stimulate muscle growth.
- ◆ Carbs are still important but they are also what you can manipulate the most.

I will post another article in the near future for athletes and lifters on muscle catabolism and anabolism for further insight.

Conclusion:

Losing weight is hard. Keeping it off is harder. Going cold turkey doesn’t work and many blame it on the fact that they didn’t time their meals right or they ate too many carbs or what they ate wasn’t organic enough. The bitter truth is that you failed and that’s OKAY. In order to succeed, you need a plan that works for YOU not a prewritten plan sold by a company who also makes the food they tell you to buy. Understand your weaknesses and strengths and play off them. If all else fails, look at the pyramid and start from the bottom. Create a plan, modify it, modify it again, and stick to it.

References:

- Jakubowicz, D., Froy, O., Wainstein, J., & Boaz, M. (2012). Meal timing and composition influence ghrelin levels, appetite scores and weight loss maintenance in overweight and obese adults. *Steroids*, 77(4), 323-331. doi:10.1016/j.steroids.2011.12.006
- Knox, C. (2016, May 15). The Pyramid of Flexibility: How Rigid do I Need to be to Reach my Goals? *Alan Aragon Research Review*, 19-23. Retrieved October 24, 2016.
- Vale, R. C., Pieters, R., & Zeelenberg, M. (2016). The benefits of behaving badly on occasion: Successful regulation by planned hedonic deviations. *Journal of Consumer Psychology*, 26(1), 17-28. doi:10.1016/j.jcps.2015.05.001

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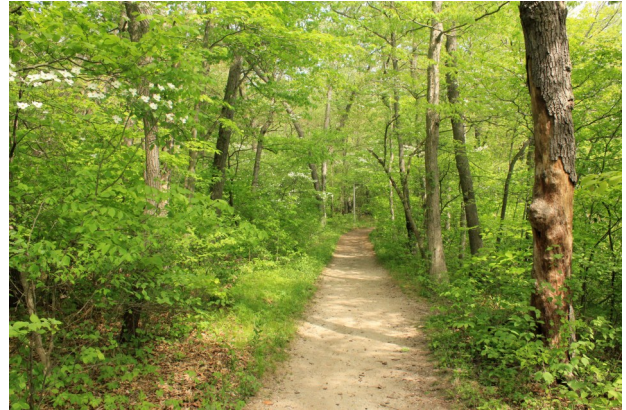
7 Principles of Leave No Trace....

There's no trash pick-up service in the woods. Here are a few ideas, the Leave No Trace Center for Outdoor Ethics would like you to keep in mind as you relax and enjoy the planet's beauty.

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

<https://lnt.org/>

Contributed by: Elvir Berbic



Night at Home - Veggie Chili

Ingredients:

- 3 Tbsp olive oil
- 1 onion, diced
- 2 red bell peppers, diced
- 4 cloves of garlic, minced
- 1 1/2 tsp cumin
- 1/4 tsp cayenne pepper
- 1 Tbsp chili powder
- Salt & pepper
- 1 (14.5 oz can) kidney beans, rinsed & drained
- 1 (14.5 oz can) black beans, rinsed and drained
- 3 (15 oz cans) diced tomatoes
- 1 cup frozen corn

Directions:

1. In a Dutch oven or large stock pot, heat oil over medium heat. Add onions, peppers, garlic, cumin, cayenne, and chili powder, and season with salt and pepper. Stir together and cook until soft, 3 to 4 minutes.
2. Mix in beans, tomatoes, and corn. Bring mixture to boil, then lower heat and simmer for 30 minutes, stirring occasionally. Taste and season with additional salt and pepper, if needed.
3. Served with desired toppings.
4. Leftovers will keep in the fridge for about a week or in the freezer for a couple of months.



<http://greatist.com/eat/recipes/quick-and-easy-veggie-chili>