

THE **Healthy** LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 17 • JANUARY 2019



BODY COMPOSITION WORKSHOPS

1:30 - 3:00 pm
Strathearn Satellite

**What to Eat to
Gain Muscle**
January 5

**How Alcohol Affects
Body Composition**
January 12

Fruit: Friend or Foe?
January 19

**How Body Fat Sabotages
Your Immune System**
January 26

Weight Loss vs Fat Loss
February 2

Call 561-495-2806 or email
fitness@gleneagles.cc
to register!

Hide Your Scale



KAREN MIKUS
Healthy Lifestyle Director

Looking to make healthy changes in the New Year? If you're like most people, losing weight is at the top of your list. So once again we start our weight loss mission with the idea that if we do the exact same thing one more time, we will get a different result. Every morning facing the bathroom scale with frayed nerves, steadying yourself for that number to appear that will define your success or failure. Here's a new suggestion: hide the scale under your bed and forget that it's there.

In this issue of *The Healthy Life*, we shift the focus from weight loss to body composition. The truth is your body isn't just a vessel that weighs a certain amount; it's made up of a lot of different things, including fat, muscle, bone mineral, and body water. When you lose or gain weight, the actual changes

in your body that your scale registers as weight changes are actually changes in muscle, changes in fat, or changes in your hydration level.

Louis Scorzello has addressed some of these issues in "Beyond Weight Loss." We also have articles on why it's important to know your body fat percentage and on how your body composition relates to your golf and tennis game. Our dietician has important information on how to eat to build muscle. And Chef Cooper has included a nutritional and delicious recipe.

The next issue of *The Healthy Life* will be out in March. We welcome your suggestions and feedback.

Be Healthy,

Karen

BEYOND WEIGHT LOSS

LOUIS SCORZELLO, Personal Trainer

How Body Composition analysis is reshaping the way we view our bodies, eating habits and lifestyles.

Walk into nearly any fitness center or supermarket and you'll be sure to walk past the ever-so dreaded scale. Aside from its notorious reputation of making us feel guilty after dinner parties and nights out at the bar, the scale actually tells us less than you'd think about how healthy and physically fit our bodies actually are. Monitoring body weight has obvious value, but without complementing this information with a detailed body analysis to differentiate what kind of weight we should be gaining or losing, the scale only serves to fill in a small piece of the body composition puzzle.

Body composition analysis allows us to determine the exact physical characteristics of our bodies, such as how

much muscle and fat mass we carry, hydration status, predictions of disease risk and even recommendations of how many calories we should consume on a daily basis. These characteristics are derived from values such as skeletal muscle mass, bodyfat percentage, intra/extracellular water ratios and metabolic rate. In the scope of this article, I'd like to focus on skeletal muscle mass as an example of how just one component of the body composition analysis can drastically improve many measures of health and function.

Skeletal muscle mass, which is the measurement of how much muscle is carried on the body, provides a potent indication of how healthy, strong and capable your body is. It is also a perfect illustration of the dichotomy that exists between measuring bodyweight on a scale and looking at the fuller picture of body analysis independent of one's measured weight.

In many circumstances, beginning an exercise program will actually cause an individual to gain weight. This is caused by both the physical density of adding muscle tissue as well as by the muscles soaking up more glycogen (stored carbohydrates) and associated water molecules,



adding to the muscle's volume and making your body heavier. For most novice trainees (and many readers of this newsletter), gaining weight would be seen as an abject failure of an exercise program when the intended goal is "weight loss."

However, this increase in weight has single-handedly facilitated all of the following benefits: 1) Increasing skeletal muscle mass raises the body's metabolism—therefore, your body will burn more calories even at rest and make subsequent fat loss easier; 2) Increasing muscle mass will help to decrease body fat percentage, which is a prime predictor of obesity status and health risk; 3) The water molecules accumulated in muscle tissue via exercise will boost intracellular water ratios and decrease dehydration; and 4) Adding muscle mass will lead to a more aesthetic physique and a more vibrant, youthful appearance.

If you would like more information about how to receive your own personalized body composition analysis and complimentary consultation with one of our certified personal trainers, please visit the Healthy Lifestyle Center and start your journey to better health and fitness today!

Member Spotlight: MICHAEL WASSERMAN

Michael has been into sports and fitness all his life. As a college soccer and baseball player, his interest was in all sports and methods of keeping fit. As time went on, most of those sports were too difficult on his body and trying to look like The Hulk was no longer in the cards, so other methods of keeping fit had to be explored.

Michael's favorite term is "balance." Physical fitness is only part of the equation. "I spend a few hours each morning working on my business to keep my mind sharp, and am aware that my heart, legs, arms, flexibility, and hand/eye coordination were important for me to keep as strong as possible to continue to live the active life I choose to live. Jalking (jog/walk), working on numerous pieces of equipment, and stretching are part of my regimen." Now playing golf once a week, his goal is to increase the frequency over the next year.

That is only part of the balance. "What I put into my body is also something I'm cognizant of. Reasonable amounts of salt, sugar, and fat intake are food contents I'm always aware of. That doesn't mean that I don't gobble up some fried chicken and Häagen Dazs ice cream when I crave it. For me it's always about Balance!"

Michael joined the Gleneagles family in April 2017, and one of the deciding factors, along with an amazing clubhouse, dining options, and two top of the line golf courses, was the promise of an incredible Healthy Lifestyle Center being built. "The center has exceeded my expectations, and along with quality facilities came quality people to assist when needed."

The real benefit though has been the warm reception of the Gleneagles family of neighbors which I couldn't be happier to be a part of."





DR. LILLIAN CRAGGS-DINO
Dietician DHA,
RDN, LDN, CLT

eating to **Build Lean Muscle Mass**

Lifting weights and working out in the gym does not automatically build muscle.

You need to couple your workout with proper nutrition to gain that sculpted physique. A combination of the appropriate calories and macronutrients can preserve and help build muscle. It is a myth that eating only higher amounts of protein alone builds lean muscle. If you do not have the proper calories or carbohydrates to “spare” muscle during your workout, then you just spent time lifting weights with no positive outcome.

Unfortunately, as we get older, our bodies naturally lose muscle mass. If you have any sort of illness

or surgery, or follow restrictive FAD diets, muscle loss can worsen. Some research shows we can lose approximately 5% of our muscle every decade starting in our late twenties. So, to gain lean muscle, let’s first look at calories. Not only do you need to eat enough calories to meet your metabolic needs, you also need to increase calories with your workout to gain lean body mass. A good starting point would be to increase your calories by 13-15 calories per pound of body weight to provide enough energy for muscle growth during your work out. For example, if you weigh 140 pounds and want to build muscle, your calorie intake should be between 1820-2100 calories per day.

Now let’s look at protein needs to build lean body mass and muscle.

Typically, proteins of animal origin are one of the best sources to build muscle because the food contains all the essential amino acids you need. Research shows branched chain amino acids (BCAAs) significantly contribute to strong and lean muscle and play many other health roles. Good sources of BCAAs include grass-fed beef, whey protein powder, poultry, seafood, low-fat cheese. A good

Sample Menu 1800 cal. / 85 g protein

BREAKFAST

- 2-egg white vegetable omelet with 1 slice low fat cheddar cheese
- 1 cup cooked oatmeal
- Coffee, black

MID-MORNING SNACK

- 1 cup Greek yogurt
- ½ cup blueberries

LUNCH

- 3 ounces lean, grass fed ground beef
- 1 whole grain hamburger bun
- 2 c mixed greens with 1 T oil and vinegar

AFTERNOON SNACK

- ½ cup low fat cottage cheese
- 5 whole grain crackers

DINNER

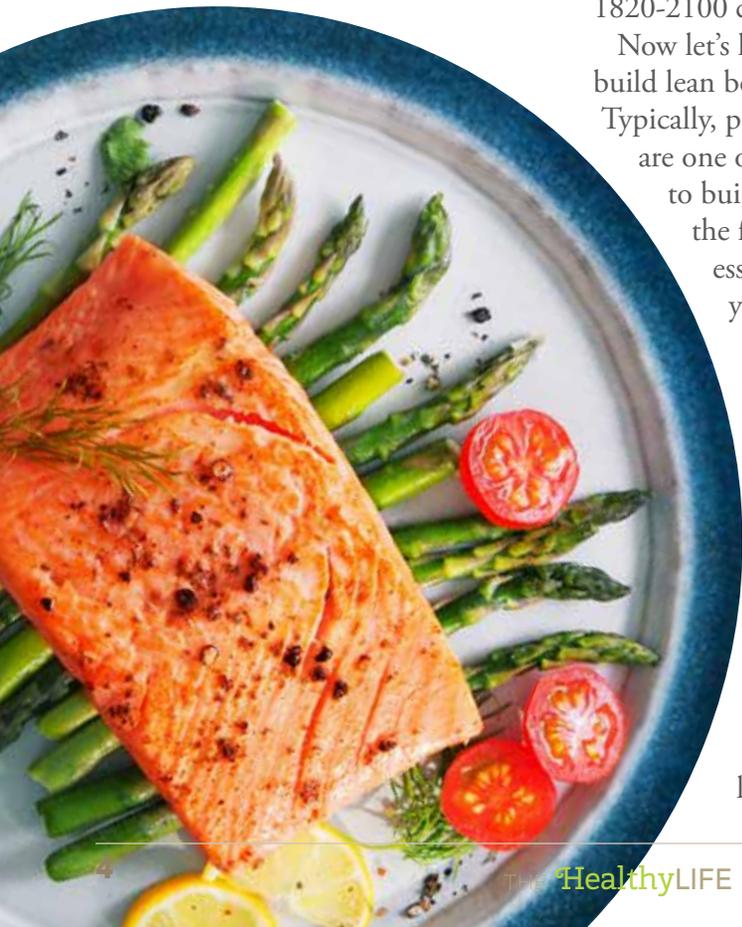
- 3 ounces broiled salmon
- 1 cup chopped steamed broccoli
- 2 cups brown rice

Protein in Foods

Food (3 ounces)	Protein (grams)
Tofu.....	7
Cottage cheese.....	9
Turkey breast.....	15
Shrimp.....	17
Salmon.....	18
Chicken thigh.....	21
Filet mignon.....	25
Chicken breast.....	28

vegetarian source of protein is tofu. To calculate how many grams of protein you should consume to build muscle, it is recommended to have 1.0-1.5 grams per kilogram of body weight. Using our previous example, if you weigh 140 pounds, you should consume between 63-95 grams of protein per day. See chart above to see protein in food.

Another tip to build muscle includes timing of food and carbohydrates. Always include a recovery snack or meal of at least 1-2 servings of carbohydrate after your workout.





Korean Beef & Stir Fry



SCOTT
COOPER
Executive
Chef

This is one of my favorite beef stir fry recipes, if you prefer to reduce the heat omit the jalapenos. This wonderful dish goes well with yudon noodles or white rice. I hope you enjoy it as much as we do. Wishing you a blissful New Year! **Bon Appetit!**

Chef Cooper

Ingredients *Yields 2 servings*

- 3 T mirin
- 2 T reduced-sodium soy sauce
- 2 t cornstarch
- 1 tablespoon canola oil
- 8 oz flank steak, trimmed of fat, sliced very thin sliced against the grain
- 1 T chopped garlic
- 2 t chopped jalapeno pepper, or to taste
- 1½ t chopped ginger
- 4 c mung bean sprouts
- 1 6-ounce bag baby spinach
- ¼ c chopped cilantro
- 1 t toasted sesame oil
- 2 T toasted sesame seeds

Directions: Combine mirin, soy sauce and cornstarch in a small bowl. Heat oil in a large nonstick skillet over medium-high heat. Spread steak out in the pan and cook until seared on one side, about 1 minute. Add garlic, jalapeno and ginger and cook, stirring, until fragrant, about 30 seconds. Add bean sprouts and spinach (the pan will be very full). Pour the mirin mixture into the pan and stir gently until the sauce thickens and the spinach is wilted, about 3 minutes. Stir in cilantro and sesame oil. Serve topped with sesame seeds.

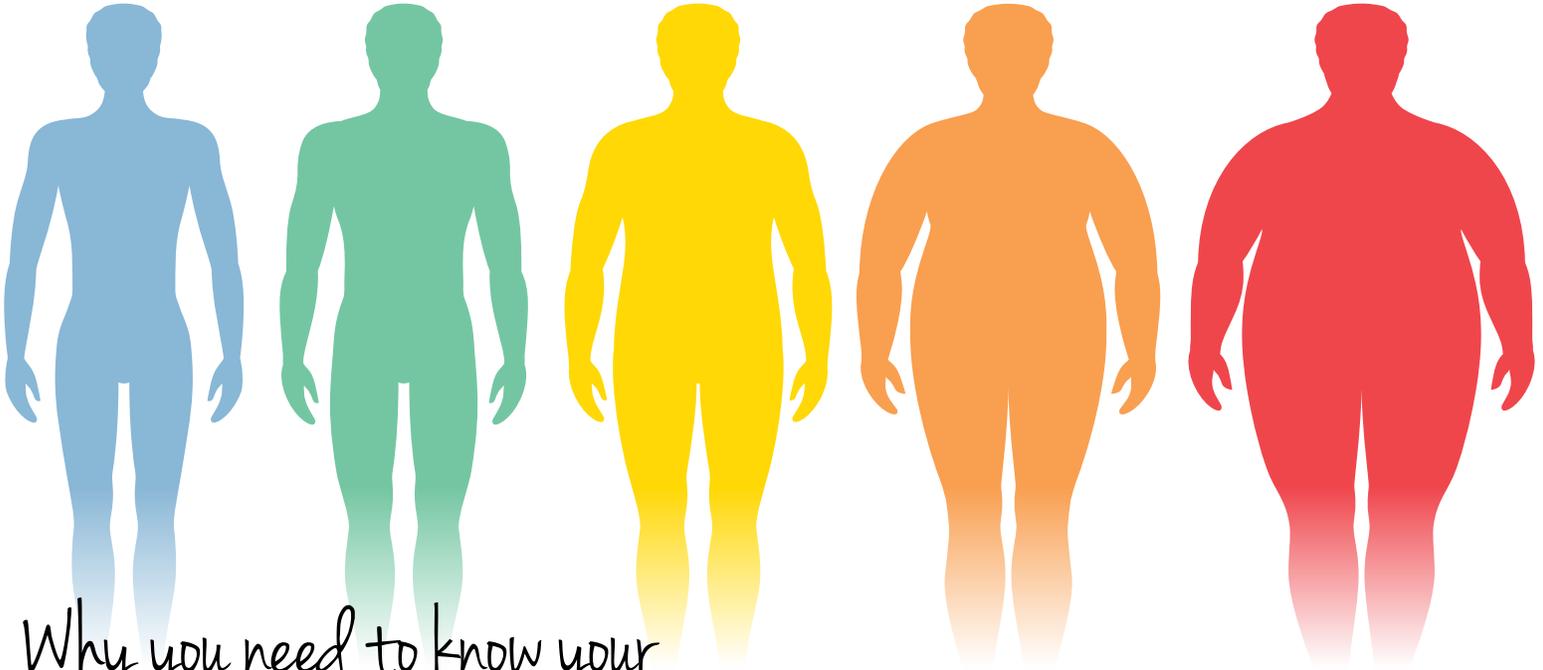
What's In Season



ARUGULA: With just 8 calories per 2 cup serving, fresh arugula has virtually no impact on your daily calorie allowance. At the same time, the nutrient-packed greens provide substantial amounts of vitamins A, K and C, folate, calcium, iron, potassium, magnesium and several beneficial phytochemicals.



ORANGES: A good source of several vitamins and minerals, especially Vitamin C, thiamin, folate and potassium and vitamin B1. One large orange can provide over 100% of the daily recommended intake.



Why you need to know your

BODY FAT PERCENTAGE

Perhaps one of the best things about knowing your body fat percentage is that it compares you to yourself. When you just track your weight this invariably leads to comparing yourself to someone else even though there could be a significant difference in height, muscle mass and genetics.

Your body fat percentage is a value that tells you how much of your body weight is made up of fat, it puts your weight into context. Ranges are used to give people an idea of where they stand in terms of health.

Knowing where your body fat percentage falls in these ranges can be very helpful for you to decide how to improve your overall composition. For example, for someone who is not overweight

For men: 10-20% is considered normal/healthy

For women: 18-28% is considered normal/healthy

but still “overfat” with low ratios of muscle mass would focus on building muscle more than reducing calories in an attempt to lose fat.

Or take the person who as a result of proper diet and consistent exercise, has lost 5 pounds of fat. But because this person has been building muscle as well, their weight hasn’t changed at all. Knowing body fat percentage will keep this person on track instead of getting discouraged because of lack of weight loss.

Keeping your body fat percentage at a healthy level can help reduce your

likelihood of getting serious health risks, specifically, heart disease.

Not all fat is created equal. Subcutaneous fat is fat that you can see, touch and pinch. Because it is visible and impacts body shape, this is the type of fat that typically motivates us to improve our body composition. Visceral fat found in your organs is active, causes inflammation and is a health threat.

To take control of your health and fitness and gain the positive benefits of living and maintaining a healthy lifestyle, the first step is to get your body composition measured.

Healthy Lifestyle Center has an InBody for taking body composition analysis. Please call the fitness center at 495-2806 to sign up for an analysis. Cost is \$20.00.

Spotlight on... Kyle Eberts, Personal Trainer



selling book *The Dolce Diet*. In 2012, Kyle was flown out to the Palms Resort Casino in Las Vegas, Nevada where he received runner up in a World Body Transformation Contest competing against thousands of people from around the world.

"Being on stage at the Palms & getting recognized for all the hard work, in front of thousands of people, was truly an amazing experience. This shows anything is possible, I love what I do."

Since joining Gleneagles, Kyle has become the Equipment Guru around the facility, constantly utilizing & learning what every machine has to offer. From the Power Plate to the TechnoGym, he loves them all. When we asked Kyle what his favorite piece of Equipment is, he replied, "definitely the InBody."

The January Members InBody

Challenge was actually motivated by the trainers here at Gleneagles during their own friendly 8-week Challenge. Kyle utilized the InBody's Body Composition Analysis to help maximize his training, using the information to help guarantee constant progression towards his goal. During the 8-Week Challenge, Kyle was able to gain 5.1 lbs of muscle, while also losing a total of 3% body fat.

We asked Kyle how he does it. He replied, "I've found that when you truly understand the basics and you implement them into your everyday life, your world can begin to change. Especially when you're given the right tools to succeed like InBody."

To find out more about Kyle and his expertise, stop by the Healthy Lifestyle Center and Schedule your Personal Training or Boxing Session today.

Kyle came to us at Gleneagles Country Club with an abundance of knowledge and years of experience in the health and wellness industry. He is not only a certified personal trainer, but also an accomplished martial artist, Sports Nutritionist and Child Nutrition Specialist.

Kyle's love for fitness has allowed him to travel around the country competing in Martial Arts Competitions, speaking at various Health Expos and nutrition seminars, and was also mentioned within the #1 International best-

InBody CHALLENGE

The Healthy Lifestyle Center's InBody Challenge begins on January 1st! All Gleneagles members are invited to participate in this fun body composition challenge that will merge exercise, nutrition and body analysis into a program aimed to educate and inspire members to get in their best shape possible.

Please pick up a copy of our full InBody Challenge packet at the front desk for information on how to prepare for the test, upcoming dates for our Nutrition Education Workshops and further information about our fitness center services.



Competition Rules

- The InBody Challenge is a six-week body transformation challenge where the members who report the greatest change in body composition after six weeks will win a \$75 cash prize and be crowned InBody Challenge champions! This challenge is not a weight loss contest; rather, the combined percentage change of fat loss and muscle gain as determined by the InBody machine will determine the winner.
- The contest will commence on January 1st and run until February 14th. All participants must schedule an appointment and complete their initial InBody evaluation prior to December 31st and their follow-up evaluation prior to February 14th to be eligible to win the contest. Each winner will be announced live at the Healthy Heart 5K Run/Walk awards ceremony!
- Registering for the InBody Challenge will cost \$35 and include two InBody assessments (normally a \$40 value) plus the chance to win a \$75 cash prize. There will be two age groups in the InBody Challenge- Under 65 and Over 65. One winner will be selected from each category, and the overall winner between the two groups will receive an additional \$25!



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Better BODY, Better GAME?

by Louis Scorzello, Personal Trainer
Mike Puc, Director of Tennis
Joe DeMino, Director of Golf

As we have learned throughout this edition of *The Healthy Life* newsletter, body composition is a critical factor to improving your health and physical readiness. Did you also know that improving your body composition can pay dividends in your golf game?

Having a lower body fat percentage and more muscle mass on your frame proportional to your body weight allows you to move more freely and efficiently, greatly reducing the stress on your back, knees and hips during those long rounds on the golf course.

From a swing standpoint, obtaining a leaner physique will allow your arms to travel through the swing plane closer to your body while your torso rotates with less physical obstruction- attributes that will allow your swing to occur with more efficiency, repeatability and power. In other words, improving your body composition will allow you to hit the ball farther and straighter!

Body composition also plays a factor in your tennis

game. While some genetic features like height and body type may affect the style of play in tennis with taller players stronger at the net and shorter players on the baseline, an ideal tennis players body composition of weight and muscle can be developed to your advantage. If you look around you will see the better players are leaner and fit. Refining your body by watching your diet and exercise will build muscle and reduce fat while improving endurance and strength. Tennis players should concentrate on training their legs, upper body and core to develop the basic body building blocks for peak performance. Jumping rope and working on the elliptical machine will help with weight reduction while swimming and step aerobics add muscle. Remember to include stretching in your routine as flexibility reduces injuries and promotes full swings.

Save the Date

February 16, 2019



4th Annual Healthy Heart 5K Run/Walk

7:30AM Registration
8:00AM 5K Run/Walk begins
8:15AM 1 Mile Fun Walk

Call 561-495-2806 or email
fitness@gleneagles.cc to register