



Newsletter

June 12, 2021 **Let's Talk About It:**

This week we will talk about the last two **Cognitive Distortions**. Cognitive Distortions are irrational thoughts that can influence your emotions.

Everyone experiences cognitive distortions to some degree, but in their more extreme forms they can be harmful. Often cognitive distortions present themselves as automatic

thoughts. Automatic thoughts can happen so quickly that we fail to notice them and they can affect our emotions and progress when they occur.

Identifying our negative automatic thoughts and replacing them with new rational and positive thoughts can improve both our emotional state and stop us from sabotaging our progress.

This week we continue with two more **Cognitive Distortions: Should Statements and All or Nothing Thinking.**

Should Statements: The belief that things should be a certain way.

An example may be: “I should always be friendly”

Can you think of an example in your life when a should statement affected your weight loss efforts?

All or Nothing Thinking: Thinking in absolutes such as “always”, “never”, or “ever”.

An example may be: I never do a good enough job on anything.

Can you think of an example in your life when all or nothing thinking affected your weight loss?

Task For The Week

As you go through the week ahead, see if you can identify one or more examples of the two cognitive distortions as they are related to your weight loss efforts. 1. Write down the thought(s).

2. Record how each one made you feel.

3. Change the thought to something more positive and realistic.

Example: I can never keep to my diet.

How I feel: I feel like a failure when I think this way

Change to new thought: I ate too many calories today, I'll do better tomorrow.

Next week we will start looking at the hormones that drive hunger.

[Dr. Q's Total Weight Loss
Center - Home](#)

Recipe of the week

Mexican Strawberries and Cream

Makes 4 servings

Nutrition Facts: Net Carbs 7.4g, Fiber 2.3g, Total Carbs 9.4g, Protein 3.8g, Fat 23.3g, Calories 266

Ingredients

Strawberries 1 pound

Mexican Crema 1 Cup

Cream cheese 4 Oz softened

Granular Monk Fruit, Erythritol or other sweetener of Choice 5 Tbs

Pure vanilla extract 1 Tsp

Cinnamon 1/4 Tsp

Instructions

Step 1. Dice the strawberries into small pieces. Add to a small bowl and sprinkle 1 tablespoon of the sweetener on top. Stir to coat and set aside.

Step 2. In a separate bowl, add the crema, cream cheese, and remaining 4 tablespoons of sweetener. Use a hand mixer to mix until light and fluffy.

Step 3. Add the vanilla and cinnamon and mix to combine.

Step 4. Add a layer of the crema mixture in a small glass jar or bowl then top with some of the strawberries. Repeat layers until all jars/bowls are filled.

Step 5. Serve immediately or cover and refrigerate for up to 3 days.

If you have a recipe you would like to share, please send it to drqweightloss@gmail.com

Announcements

Vitruvian BodyWorks is now offering Yoga and Pilates classes. Call to sign up and get your first class free. Classes available Mon - Sat. 727-273-2030.

Looking for a personal trainer? Vitruvian BodyWorks offers a reduced rate to our active patients. Call the office for more information or to schedule a training session.

Q & A:

If one is pressed for time or only willing to exercise the bare minimum should they do cardio or weights?

I deferred this question to our personal trainer.

Cardio vs Strength Training When Your Time is Limited

It's no secret that cardio workouts burn more calories than weight-training alone. A cardio workout takes very little preparation. One can literally get up out of their chair and do 20 Burpees right now and burn more calories than 4 times the same period of weight training.

However, research has shown that metabolism may stay elevated for a longer period of time after a substantial weight training workout than with a long cardio session. We know weight lifting is better for building muscle mass and toning. So, in the long term, an ideal exercise program would be a combination of both cardio and weights for improving body composition and overall health.

Is Cardio Workouts Important for Fat Loss?

Research has shown that aerobic exercise alone can burn four times more body fat than weight and strength training during the same period of time. But as I mentioned earlier, a combination of both cardio and strength training are crucial in maintaining a healthy metabolism and a toned body.

Benefits of Weight Training

Weight training: burns fat, sculpts lean muscle tissue, keeps your metabolism healthy and improves stability and coordination.

1. Builds Muscle – no surprise that lifting weights builds muscle. This takes time and

even years before noticeable changes are seen.

2. Weight Training Burns Calories – Yes, most definitely. Building muscle boosts your BMR (basal metabolic rate). BMR increase contributes to how many calories you burn per day since muscle requires a higher level of sustained energy.

3. Boost Metabolism and Fat Loss – Weight training contributes to body fat loss. The process works like this. Weight training increases lean muscle mass, contributing to a higher metabolic rate. Therefore, more calories are burned over time. A higher calories burn is expected during cardiovascular exercise but a lengthy weight training session will keep that slow burn going all day long. Ultimately leading to a larger and more sustained calorie burn for an extended period.

How Does Weight Training Burn Fat?

Muscle is denser and more metabolically active than fat, the more muscle you gain, the more calories you'll burn over an extended period of time. Therefore, the more likely you are to keep your Body Mass Index (BMI) at levels that are considered healthy. BMI levels are harder to maintain for women since they tend to have a lower muscle percentage than men. This is why

Weight training is crucial to helping women lose stubborn body fat in those difficult areas of the belly, upper thighs, and triceps. Studies have shown that greater belly fat loss is seen in women that integrate weight training into their weight loss program compared to those women who just performed cardiovascular exercise exclusively.

Quick Cardio vs Quick Strength Workout.

So, you don't have time to go to the gym. Well then get your cardio gear on and head out for a quick brisk walk. Stop every 2 minutes and perform 30 seconds of strength training exercise. For example: Air squats, wall pushups, hand weights, etc. Make your walk a brisk one for about 15-30 minutes and get that heart rate up into the Maximum Fat Burn Zone of 110-140 BPM for ages 30-45 and a heart rate of 100-130 BPM for ages 50-65. Obviously, set aside longer workouts when time permits but if you only have 15-30 minutes make it count.

Please feel free to email us with questions, topics, or ideas that you would like to see included in this newsletter.

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