

Newsletter

August 14, 2021



Let's Talk About It:

If I've told you that you should start adding intervals to aerobic exercise you may be wondering what that is all about, so let's talk about it.

Interval training is a hot topic on exercise blogs and you may be wondering why it's recommended as a tool in weight loss. Studies have shown that in as little as 2 weeks after starting an interval training program, you have an increase in the ability of your muscles to use fat as an energy source and a decrease in the use of carbohydrates. So, what does this mean for weight loss? It means that you will burn more body fat for energy and this can begin to occur in as little as 2 weeks after starting a regular program. Another important benefit is improved cardiovascular fitness, meaning you will have more endurance over time as you train and a healthier heart in the long run that beats slower and more effectively.

Wondering how to get started? Let's take a look at some examples of where to start from based on your existing exercise level.

Say you are sedentary, not really exercising at all. To start you would want to begin a walking program. Setting goals that are realistic and attainable with a set time limit is very important. So, we'll use the SMART acronym to help us do this.

Set Your Goal by making it

(S)pecific: I will walk for 15 minutes during my lunch break three times a week.

(M)easurable: 15 minutes, 3 times per week

(A)ttainable: If I have 15 minutes and can walk for that long on 3 days of the week it is attainable.

(R)ealistic: if I am willing to use 15 minutes of my lunch break to walk it is realistic

(T)ime Oriented: I will walk 3 times a week for 15 minutes and I will start today and I will do this at least two more times before the end of the week.

Second Goal: After 3 weeks at this exercise level I will introduce intervals to my walking program by making a change from just walking to walking briskly for 30 seconds and then at regular speed for 2 minutes and I will do this on all 3 of my 15 minute walks for the duration of the walk. Brisk walking should make you feel out of breath.

Now let's look at someone who is lightly active.

This person may already be walking a few days a week at a steady speed for 30 minutes. Their first goal might be to walk a minimum of 3 days a week for 30 minutes with 30 seconds of brisk walking followed by 3 minutes of their regular pace throughout the duration of their walk. While their second goal is to work up to 1 minute of brisk walking followed by 2 minutes of regular pace throughout the duration of the walk.

One last example; suppose this person is walking 5 days a week for 30 minutes at a brisk pace. What can they do to integrate intervals? They can add in a light jog again starting with 30 seconds of jogging to 2 minutes of walking briskly and building up over time to 1 minute of jogging to 2 minutes of brisk walking.

I've left the daily activity level multiplier in this issue to help you assess your activity level for the weekly task on the next page. Remember these tasks are there to help you make the necessary life changes that you need to successfully lose weight and keep it off.

| Daily Activity Level Multiplier |
|---|
| 1.3 (Very Light) - Typical office job (sitting, studying, little walking throughout the day) |
| 1.55 (Light) - Any job where you mostly stand or walk (teaching, shop/lab work, some walking throughout the day) |
| 1.65 (Moderate) - Jobs requiring physical activity (landscaping, cleaning, maintenance, jogging/ biking/working out 2 hours/day) |
| 1.80 (Heavy) - Heavy manual labor (construction, dancer, athlete, hard physical activity min. 4 hours/day) |
| 2.00 (Very Heavy) - Moderate to hard physical activity min. 8 hours/day |

Task For The Week

This week, add intervals to your regular exercise program.

Use the SMART guidelines listed above to set your new goals. Changing behaviors takes time, so prioritize your goals and choose one or two goals for now. When you are comfortable with your progress, you can then begin to work on the other goals.

Remember to keep your goals **Specific, Measurable, Attainable, Realistic, and Time-oriented**.

See our facebook page here:

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

Recipe of the week

Zucchini Butter

Makes 10 servings

Nutrition Facts Per Serving: Net Carbs 3g, Fiber 1g, Total Carbs 4g, Protein 1g, Fat 6.5g, Calories 75

Ingredients

3 - 4 Large Zucchini
3 TBSP Butter
2 TBSP Olive Oil
4 Garlic Cloves Minced (optional)
1 TSP Salt
½ TSP Black Pepper

Instructions

Step 1. Shred zucchini on the large holes of a box grater or food processor to equal about 6 cups. Spread zucchini on a clean kitchen towel; squeeze well to extract most of the liquid.

Step 2. Heat butter and olive oil in a large skillet over medium until butter melts. Add zucchini and garlic. Reduce heat to medium-low, and cook, stirring occasionally, until liquid evaporates and mixture is silky and tender, 30 to 35 minutes. Remove from heat, and stir in salt and pepper. Store in an airtight container in refrigerator up to 1 week, or freeze up to 2 months.

Step 3. Use as a topping, condiment, spread, or stuffing in chicken breast or pork chop.

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

Announcements

Vitruvian BodyWorks is offering Yoga, Pilates, Zumba, and Fitness Evolution classes. They are pleased to announce these additional classes that are coming soon: HIIT Senior Edition, Senior Drum Ball Cardio, Dancing to The Oldies, and Let's Get Moving Morning Class. Call or email to sign up and get your first Yoga or Pilates class free (applies only to Yoga and Pilates) 727-273-2030. You can also register virtually using the [Mindbody](#) app. If you are interested in attending a class, but don't see a time that works for you, let us know and we will try to schedule a class at a time and date that does.

Yoga \$10.00/class, Pilates \$15.00/class, Fitness Evolution \$15.00/class, Zumba \$10.00.

See the attached class schedule

| 16 | 17 | 18 | 19 | 20 |
|--|--|---|--|------------------|
| Lets Get Moving* 9AM Yoga (W) 11:00AM | Pilates 9AM (NT) Yoga (J) 5:30PM Fitness Evolution 6:30PM (C) | Yoga (J) 8:00AM Senior Drum Ball* 9AM | Pilates 9AM (NT) Yoga (W) 5:30PM Fitness Evolution 6:30PM (C) | HIIT Silver* 9AM |

*Classes with an asterisk are Coming Soon.

Private classes in Yoga \$60.00, Pilates \$70.00, or Personal Training sessions with Larry-Gerard for \$50.00 are also available.

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Q & A:

Why do you promote “change” in your weight loss program?

I think that Albert Einstein said it best when he stated that “the definition of insanity is doing the same thing over and over and expecting different results”. Unfortunately this is the rut that most of us fall into when we are trying to lose weight because we just are not willing to give up the things that are holding us back. Changing the things you are doing that put the weight on you in the first place is paramount to success. You must first identify what needs to be changed, make your plan to change it and then follow through on your plan. We are here to help you with those steps.

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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