

# FITNESS BUZZ

Winfield Fitness Center Newsletter  
April 2018



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Wellness Director

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## Focus Less on that Number on the Scale

Most people, when asked about their fitness goals, have a similar response, "I want to lose weight." What many people actually mean by that statement is they want to lose FAT.

People have become so fixated on what the little number on the scale tells them each day, that some may end their exercise program because the number says that they have gained a pound or two.

But, a pound of what? Remember, the simple scale is measuring your total body weight. This includes muscle, fat, bones, organs, undigested food, water, clothing, anything that is in or on your body. Weighing yourself at a different time each day can give you a different result.

Instead, try to weigh yourself in the morning before breakfast, with no clothes on, no food in you, and no excessive amount of water. This is a bit more accurate. The bones and organs aren't going to change, so you're concerned with muscle and fat fluctuations.

What we now want to do is lose the fat! Fat is not only unsightly, but in excess, it poses major health risks such as: arteriosclerosis, atherosclerosis, high blood pressure, increased risk of heart attack, low back pain.

Many fitness professionals have gotten away from the phrase "weight loss" and changed it to "fat loss". Most of the fad diets out there promote weight loss, and that's exactly what they do. They make you lose weight. The quick reduction in weight usually comes from a decrease in body water. Some of the most popular diets these days ("low-carb"), can make your body start to eat its own muscle tissue. These diets are also very restrictive on the foods that you can eat. So much so, that the diets become boring, inconvenient, and even unpalatable. So, people get off their diets, and the weight quickly comes back on, sometimes more than before the diet started. If all these fad diets claim to



## TOP 10 FITNESS MEMBERS FOR MARCH

Intha Viengvong - 37  
Shaun Killman - 36  
Natalie Lowmaster - 33  
Jay Tate - 32  
Juan Hollingsworth - 30  
Teresa Mugler - 30

Amanda Jacobs - 29  
Aline Sivongxay - 29  
Anna Trillo - 29  
Robby Sithara - 28



**Winfield Recreation  
Commission**

work, why are there so many of them?

So, we want to lose fat. There are three ways to do that:

1. Reduce the number of calories you consume each day
2. Expend more calories a day than you consume
3. A combination of the two

Your body uses calories to produce the energy it needs to go about its daily activities. Your body requires a certain number of calories to sustain its essential functions (breathing, heart rate, circulation, digestion). This is called your Basal Metabolic Rate and can use from about 800-2200+ calories a day. Your body then needs calories to create energy for all the activities you perform throughout the day (walking, working, driving, exercising). Calories consumed above what is expended throughout your day will be stored for later use, usually in the form of fat cells. Reducing the excess number of calories can help with fat loss.

If you are taking in more calories than your body is using, then you can increase your activity level. Exercise, walk the dog, garden, take the stairs, park far away. This will burn more calories, which will leave fewer calories to be stored as fat.

The best way to lose fat is to use a combination of the last two methods. By decreasing consumption of calories and increasing calorie expenditure. Consider a combination of resistance training and cardio to burn more fat.

Many people think that aerobic or cardiovascular exercise is the only way to "burn fat". WRONG! A combination of aerobic exercise and resistance training has been shown to be the most effective method for fat loss. A pound of fat in your body burns 1-2 calories a day to sustain itself. A pound of muscle burns 35-50 calories a day to sustain itself. So, by adding 10 pounds of muscle to your frame, your body will burn 350-500 additional calories at rest! Having more muscle will help you burn fat! This can be achieved through resistance training.

But don't forget: this increase in muscle (and decrease in fat) is going to show up on your scale as an increase in weight. But you are now healthier, stronger, and more fit. Plus, your pants now fit better. Keep all of these things in mind when you take a look at that number on the scale next time!

**LIVE. HEALTHY. NOW.**



## **FITNESS TIP OF THE MONTH**

If you are bored with your current workout routine, start exploring different forms of exercise. It will make working out fun and easier to stick with!

## **HEALTHY RECIPE OF THE MONTH:**

Spicy Baked Sweet Potato Fries

Ingredients:

6 sweet potatoes, cut into French fries  
2 tablespoons canola oil  
3 tablespoons taco seasoning mix  
1/4 teaspoon cayenne pepper

Directions:

1. Preheat oven to 425 degrees.
2. In a plastic bag, combine sweet potatoes, canola oil, taco seasoning, and cayenne pepper. Close and shake the bag until the fries are evenly coated. Spread fries out in a single layer on two large baking sheets.
3. Bake for 30 minutes, or until crispy and brown on one side. Turn fries over using a spatula, and cook for another 30 minutes, or until they are all crispy on the outside and tender inside. Thinner fries might not take as long.

## **FITNESS CENTER STAFF**

Kyle Larsen, Fitness Center Supervisor  
Frank Lolar, Fitness Center Supervisor  
Audrey Elkins, Fitness Center Supervisor  
Matt Kaiser, Fitness Center Supervisor

## **FITNESS CENTER HOURS**

### **New Hours**

Monday - Thursday: 5:30am - 9:00pm

Friday: 5:30am - 7:00pm

Saturday: 7:00am - 4:00pm

Sunday 7:00am - 4:00pm