

HappyMuscles.com

Brunswick NeuroMuscular Therapy, Issue 2

Tips for a Happy, Healthy Lifestyle...

Start shaping up your healthy **LIFESTYLE** before this holiday season, and your inner strength, confidence and glowing spirit will carry you happily through. *DEB*

Weight Loss - What Works • What Doesn't

With 76% of American officially overweight, I attended an excellent health care seminar last spring on this topic. In summary, people who take weight off, and keep it off, almost always:

- Eat breakfast daily
- Eat 5 small meals a day
- Eat out less than 3 times a week
- Get daily physical activity (burning about 400-500 calories a day, or one hour of exercise).
- Watch less than 3 hours of TV per week
- Weigh themselves regularly
- Eat less fat and sugar
- Keep a food diary

Take Note: Losing weight fast with a "fad" diet slows down the metabolism of your body long term. Starvation conditions naturally shut down our body systems in preparation for possible future starvation. This almost guarantees that lost pounds will come back on, and also hinders your future weight loss. Do not lose more than 2 pounds a week in order to keep your body healthy and keep those pounds OFF!

Action Plan:

Commit to lead a healthy, active and balanced **LIFESTYLE**, rather than dieting or over exercising. What

can you do to add more activity and fun into your lifestyle? Remember to get enough sleep for rejuvenation!

Eat 3 different foods in each of your 5 small meals. This maximizes a feeling of fullness and gives a slow energy release. For example: apple, toast and cheese; cereal, milk and banana; yogurt, fruit and crackers.

Get more exercise! An hour a day is great, and it's fine to chop it up into smaller increments. 89% of successful "Losers" use exercise along with healthy eating to keep their body trim and healthy.

Good Posture & A Happy Back

Building on the stretches and strengthening ideas in the Summer 04 newsletter (call me to get a copy) here are additional ideas:



Obliques and Psoas: One heel pushes out over the floor, while the same side elbow reaches for the ceiling over the bent knee. Hold for 5 seconds and change sides. Repeat 10 times, every other day.

Note: A neuromuscular therapy session is now \$70. This can include a 10 minute hot tub (optional, no charge), hot rock massage, and strength/stretching training, as needed. This is my first price increase in 2.5 years.

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Back Extensions: On your knees, hold the ball loosely, and arch your back. Lift your chin up toward the ceiling, pressing your hips into the ball. Hold for a count of three. Repeat 10 times, every other day.



Back Stretch: Lay backwards over the therapy ball, stretching your back, arms and stomach. Hold for a minute or longer. This is an excellent way to stretch open your spine and chest. Try it after a day of forward activities like computer! Be sure to come out of this stretch very slowly, because of all the fresh blood in your head.

As many of you know, my favorite hobby is making glass beads with my blowtorch. On **Saturday, November 5**, 9 am to 3 pm, I will be selling my beads at the Brunswick High School craft sale. Come see my handmade jewelry, earrings and loose beads for sale! (I made all the beads in the picture below)

