

Fitness Newsletter

Your Monthly Newsletter For Healthy Living

For Clients and Friends of Premier Personal Training

How Your Bones Can Help You Live Longer

You've already heard time and time again about needing to have "strong" bones as you age.

And with good reason...

According to the Office of the Surgeon General, nearly 50% of Americans will suffer from osteoporosis by 2020. [1] But here's what you don't know...

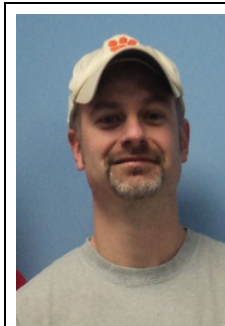
Keeping your bones healthy goes far beyond just avoiding breaks or fractures. Emerging new research suggests that keeping your bones healthy can affect your OVERALL health! Let me explain...

Up until recently, the popular perception has been that your skeletal system plays just three roles: provides a structure for your muscles to attach to and protect your vital organs, acts as "storage" for such important minerals as magnesium and calcium, and harbors the body's blood-producing tissues as part of the cellular immune system.

Now there's a fourth function: Bones have hormone-like proteins that can affect insulin sensitivity (which can directly affect weight management). Also, osteoporosis has now also been linked to arteriosclerosis (calcification of the arteries).

Healthy bones have cells called osteoblasts that are responsible for producing the signaling protein called osteocalcin. A study published in the April 2011 edition of the *Journal of Bone and Mineral Research*, found that osteocalcin plays a direct role in insulin secretion in the pancreas. [2] What's more, it also improves insulin sensitivity throughout the body. [3,4]

As well, osteocalcin is linked to the hormone leptin. The higher your osteocalcin levels, the lower your leptin. (Lower leptin levels are associated with a healthy weight. Higher levels are indicative of leptin resistance—commonly found in overweight and obese



COMMUNITY NEWS

Happy Thanksgiving!!!

Turducken anyone? What is up with that? I am a big fan of protein but give me a break! I am excited about getting that Tryptophan high, though. You know the one you feel after that huge turkey dinner—not to mention the carbohydrate overload: dressing, macaroni and cheese, mashed potatoes, sweet potatoes, bread, and dessert! Let's not forget about the adult beverages that go along with all of this celebrating. It's no wonder this is one of my three favorite meals of the year! Actually, I will enjoy three Thanksgiving meals over the holiday weekend. Eating this much fully explains how the average person gains five to ten pounds between now and the New Year.

This is the time of year when we have the opportunity to slow down for a few days and think about all the blessings we are thankful for. I am so thankful for my family, friends, and my health. I hope you take time during the holiday to think about your blessings

If you have had an opportunity to speak or work with Kristin, our physical therapist, you know how great of a person she is. Unfortunately for us, her family is relocating to upstate New York. We have been so blessed to have her as part of our team for the last several years. We will miss her greatly and wish her family much success.

Have a wonderful holiday and enjoy the newsletter!

people. [5]

Weak bones are an EXCELLENT indicator of arteriosclerosis. As calcium leaves the bones during osteoporosis, it gets caught in the blood vessels, building up and creating deadly plaque deposits. [6]

So the bottom line is what does all this mean? **Weak and unhealthy bones mean a greater risk for increased fat mass, inflammation, and heart disease.**

To live a long, disease-free life, make sure to keep your bones healthy!

Get enough calcium every day. Around 1,000mg is optimal based on the research. Also, you need to make sure that calcium actually gets absorbed and is metabolized.

For that, make sure to get enough vitamin K2, normally found in green leafy veggies. Or, it can also be taken as a supplement. Finally, *exercise* and lift weights to boost your bone density, protecting them against breaks and fractures.

So, there you have it. Take care of those bones... and they'll take care of you!

References:

1. US Department of Health and Human Services. Office of the Surgeon General. "Bone Health and Osteoporosis: A Report of the Surgeon General." October 14, 2004.
2. Clemens TL, et al. The osteoblast: An insulin target cell controlling glucose homeostasis. *J Bone Miner Res.* 2011 Apr;26(4):677-80.
3. Kim YS, et al. Integrative physiology: defined novel metabolic roles of osteocalcin. *J Korean Med Sci.* 2010 Jul;25(7):985-91.
4. Ferron M, McKee MD, et al. Intermittent injections of osteocalcin improve glucose metabolism and prevent type 2 diabetes in mice. *Bone.* 2011 Apr 29.
5. Gravenstein KS, Napora JK, Short RG, et al. Cross-sectional evidence of a signaling pathway from bone homeostasis to glucose metabolism. *J Clin Endocrinol Metab.* 2011 Mar 9.
6. Hjortnaes J, Butcher J, et al. Arterial and aortic valve calcification inversely correlates with osteoporotic bone remodeling: a role for inflammation. *Eur Heart J.* 2010 Aug;31(16):1975-84.

5 Tips To Be Happy NOW

Thanksgiving is the one day a year we all give thanks for what we have... and it feels good. But why not extend that happy feeling into the rest of the year and the New Year? Here are 5 tips (courtesy of Dr. Timothy Sharp from www.thehappinessinstitute.com) to be happy NOW.

1. Make happiness a priority. If happiness is not at the top of your list, then other negative feelings will take precedence. If other feelings take precedence, they may well interfere with your efforts to feel good.

2. Perform activities that make you happy. Although this sounds obvious, many people forget to participate in activities from which they gain pleasure. Also, do them as often as possible.

3. Be grateful and appreciate what you have. We all have many choices in life, one of which is whether to focus on all the items we don't have (of which there might be many), or to focus on all the blessings we do have. There's no doubt, that gratitude and appreciation will significantly increase your chances of experiencing happiness.

4. Weed out unhelpful thoughts. The Dalai Lama has been quoted saying that "The central method for achieving a happier life is to train your mind in a daily practice that weakens negative attitudes and strengthens positive ones." Learn first to identify your thoughts and then begin to challenge those that are negative and unhelpful.

5. Live in the present moment. The author, Henry Miller once said, "Every moment is a golden one for him who has the vision to recognize it as such." The only moment in which we can truly be happy is the present moment. The only moment over which we have control is the present moment. So be happy now! Because if not now, then when?

DID YOU KNOW?

We offer a variety of fitness and nutritional services:

- **Private Personal Training**
- **Semi-private Training**
- **Boot Camp**
- **Performance Training for Athletes**
- **Nutritional Counseling**
- **Functional Movement Screenings**
- **Golf Fitness Conditioning**

For additional information on our services, please call us at 864.288.3504

REFERRAL REWARDS!!!

We would much rather pay you with free personal training sessions or lavish gifts than pay for advertising. Just refer us to a friend, co-worker, or family member who becomes a client, and you will WIN a FREE MASSAGE!

And the more you refer...the more you win!

CLIENT OF THE MONTH

The November client of the month is...

Lorri Philpot

Congratulations!

Every month we choose one client who has done something exceptional and reward him or her with a **FREE ONE HOUR MASSAGE**

Watch for YOUR name here in a coming month!

Lorri has lost 20 lbs (and 7% body fat) by committing to her fitness program and implementing several new lifestyle changes. She consistently trains four days each week with cardiovascular exercise and two days of strength training. All of these are contributing to her recent success.

Who's our next winner?

Don't forget! If you have any questions or concerns about your health, talk to us. We're here to help. Participating in your lifelong good health is a joy for all of us. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like evaluated, email your question to us. We will do our best to address your concern in an upcoming issue (or with you personally).

We, at Premier Personal Training, would love to hear from you.

Our email address for comments is personaltrainers@premierptupstate.com



DO YOU KNOW THESE PEOPLE?

Welcome New Clients!

Here are the new clients who became members of our fitness family this month! We'd like to welcome you and wish you all the best!

**Peter Cole Nancy Morris
Ryan Westmore**

THANK YOU! THANK YOU! THANK YOU!

Thanks to YOU, we're the hottest Personal Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends, and neighbors. We build our business based on positive referrals from people just like you. We would not be successful without you!



Local Business of the Month

FUSION

AUDIO + VIDEO

"We are a high-end technology integration partner. Understanding that technology in your home is most effective, most elegant, most impressive, and most sublime according to how well it is integrated is a key factor in the satisfaction of our customers.

Today's high-end homes are stretching the limits of control; as they get bigger and more sophisticated, they automatically become more complex.

Fusion Systems, will help you bring back the 'home' feeling to your house by making the technology comfortable to use instead of confusing; by letting all of the wonderful electronic tools bring you joy instead of frustration; by helping you feel 'in control' instead of overwhelmed."

**119 N. Markley Street
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Thanksgiving Fun Facts...

Interesting factoids to impress your friends with...

- **Abraham Lincoln** was the first to declare a national day of thanksgiving on the final Thursday of November in 1863. Congress finally made it a national holiday in 1941.
- **The National Turkey Federation** reports that nearly 88% of Americans say they eat turkey on Thanksgiving. That's about 46 million turkeys to be eaten in a single holiday!
- **Macy's Christmas Parade.** The original name given to the modern-day Macy's Thanksgiving Parade. It's original intent when it started in 1924 was to signify the start of the Christmas shopping season.
- **National Bird...** Benjamin Franklin thought the turkey would be a better choice than the Bald Eagle for the national bird of the United States.

Be Inspired!

"If you want to conquer fear, don't sit at home and think about it. Go out and get busy."

~ Dale Carnegie



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