

LIFESTYLES WITH SYLVIA



Dear Friends,

With the summer drawing to a close, I would like to take a moment to congratulate the many of you who have made tremendous advances towards your weight loss goals.

As I walk through the gym, peer into classes and pass you all sweating away on the machines, I'm thrilled to see so much progress. Keep up the good work, and for continued success try mixing things up by taking one of Robin's or Debbie's small group classes or sampling our new TRX Suspension Training Program taught by Karl. Remember, the fun and variety the SRC's fantastic teachers bring to their classes, from our yogis and bodypumpers to our spinners and dancers, are just what you need to stay motivated and on track. Thanks to Kimberly, there's always something new and exciting to choose from at the SRC.

Of course, exercise is just one part of the equation, and you all know that I believe optimum health begins and ends with what we eat and, just as importantly, what we don't eat. That's why this month's column focuses on the benefits of diet rich in fiber.

Fiber is Your Friend Because...

Trust me when I tell you that fiber is your friend! Why? Because it can help you:

- Lose weight.
- Maintain ideal weight for life.
- Reduce your risk of heart attack.
- Maintain healthy cholesterol levels.
- Reduce your risk of diabetes and maintain normal blood sugar.
- Reduce your risk of cancer.
- Maintain bowel regularity.
- Improve your immunity.

Fiber and Calorie Restriction

By now you know that to lose weight you must consume fewer calories than you burn. Easier said than done, right? Not when fiber is involved!

The main difference between those who successfully lose weight and those who don't boils down to appetite control. Fiber rich foods leave us feeling fuller longer, which keeps the strong hunger signals our brains send out when we restrict our calorie intake at bay. Plus, high-fiber foods are naturally low in fat, which means you can eat more while consuming fewer calories. In other words, fiber is Mother Nature's very own appetite suppressant!

That's not all though—fiber rich foods are also the best fuel to power your body, which makes it easier to burn the calories you consume. Where you find fiber, you'll also find the energy-rich, disease-preventing nutrients your body was designed to eat. Conversely, other than beef, poultry and fish, where you *don't* find fiber you'll usually find the ingredients and preservatives that make you tired, fat and unhealthy.

What Is Fiber?

So what exactly is fiber, anyway? Dietary fiber is the indigestible parts of plant cells. That's why it's only found in plants, and not in any animal products. Foods containing fiber are rich in phytonutrients, which are chemicals made by plants that have antioxidant and disease-fighting properties.

Fiber Types and Sources

There are two types of fiber, *soluble* and *insoluble*, and they both provide different benefits to the body.

Some Benefits of Soluble Fiber: lowers total cholesterol and LDL cholesterol (bad cholesterol); reduces the risk of heart disease; regulates blood sugar

Some Food Sources of Soluble Fiber: apples, cranberries, peaches, barley, lentils, peas, beets, oat bran, carrots, oranges

Some Benefits of Insoluble Fiber: promotes regular bowel movements and prevents constipation; removes toxic waste from colon; helps prevent colon cancer

Some Food Sources of Insoluble Fiber: cauliflower, potato skins, dried beans, root vegetable skins, flaxseed, sour plums, fruit skins, wheat bran, popcorn, whole grain breads, whole grain cereals, whole grain oatmeal, whole grain pasta

Welcome Back, Fiber!

Believe it or not, there was a time when we all naturally ate a high-fiber diet. Of course that was when we mostly ate foods grown on our very own farms. But in the early 1900s, the processing and packaging of food became an enormous growth industry and almost overnight we went from eating fiber-rich, fresh foods to eating processed foods with almost no fiber content at all.

Fortunately though, it's easy to put the fiber back in your food. By choosing the right fiber-rich foods, you can easily consume the 20 to 35 grams of fiber many government agencies recommend per day. To learn more about incorporating fiber into your diet you can also email me or set up an appointment for a private consultation.

In the meantime keep visiting your local farmers' markets for the freshest seasonal fruits and vegetables available. Fill your bags with foods loaded with fiber and feel confident knowing you will be enjoying low calorie foods that will fill you up and keep you energized so you can keep living life to the fullest.

Until next time, happy healthful eating,
Sylvia

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