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Health & Fitness



Eat supportively to lose body fat

By Wayne Matus

What is eating supportively? You have seen that starvation creates an adverse reaction in the body, by causing a reduction of your calorie burning tissues. So it must be that the body needs the proper nutrition and physical training to cut body fat and increase strength, well being and health.

The bad news is the shortcuts don't work. If it was easy everyone would be

doing it. With the cardiovascular training and resistance/strength training you must eat supportively. Eating supportively is simply providing the body with the right building blocks and fuels to burn fat for energy and strengthen the body's systems. This is done quite simply and you will probably think it sounds too simple, but it really is common sense when you hear it, with a little twist.

In America, our portion size has nearly tripled since the 1950s. It suddenly seems easy to understand why our bodies have been through the same magical transformation. A person can eat the healthiest foods on Earth, but if they are eating too much for their body, they will store the excess as fat. So the first thing we do is cut our portion size dramatically.

The average person should consume a lean protein approximately the size of the palm of their hand, a complex starchy carb the size of their fist and a serving of vegetables that will fill up their cupped hand. This should be eaten at as many meals as possible. The protein needs to be a lean protein, such as chicken, fish, lean pork, lean beef or turkey.

Some good examples of starchy carbs are potatoes (white and sweet), pasta, whole grain breads and such.

Examples of vegetables or fibrous carbs are broccoli, beans and leafy greens.

That's easy, but the hard part is eating them with as little saturated and trans fats as possible. Cut the butter, sour cream, creamy dressings and high fats of all types. You are basically eating a "good for your heart" diet but are not cutting out all the good things in life.

The main complaint is, "I will be hungry every few hours if I eat those small servings." To that I say, "If you do it right you will." The third part of this lifestyle change is eating five to six times a day. Every time you eat, your metabolism goes up and your blood sugar goes up. If you eat six times a day, your metabolism stays up, and your blood sugar stays up, reducing cravings. By raising your metabolism with cardio and weight training on top of supporting the body through these changes, you will lose body fat, gain muscle and feel and look better than you have in years.

The good news is that one bad day a week is not going to keep the changes from happening. Take a cheat day and eat whatever you want for that day. Once a week you are satisfying your cravings and then you get back on the wagon. These changes are long lasting, easy to keep changing and healthy. There is not the BOOM, "I am fat again" effect, since this lifestyle creates a metabolic environment that is hard to undo if you keep going.

Hard work and smart eating will get the results you want, not shortcuts and starvation. Feel good about life and yourself and change your lifestyle for the better.

Wayne Matus is the owner of Fitness Together, located at 3585 Route 9 north, Freehold. For more information, call (732) 431-5555 or visit www.ftfreehold.com.

HOW TO PICK A SLEEP CENTER

Ask 3 important questions:

1. Is the center accredited by the American Academy of Sleep Medicine?

Accreditation is your guarantee that an independent national organization has performed a thorough inspection of equipment, facilities, personnel and policies. Only 1 out of 4 sleep centers is accredited (we are).

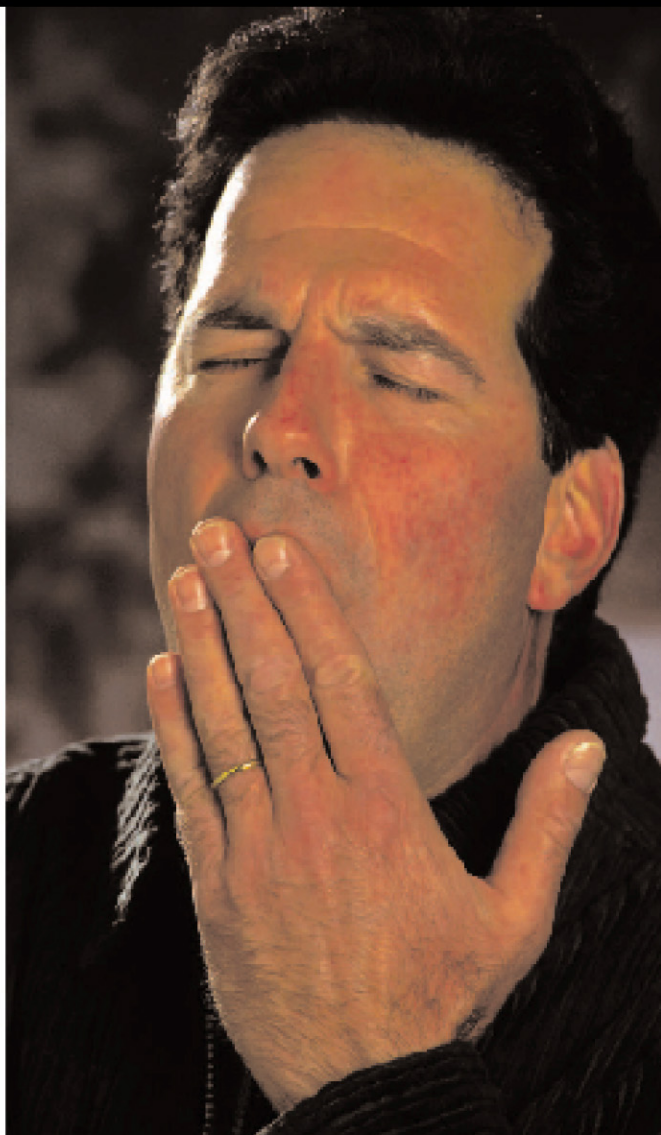
2. Are the doctors certified by the American Board of Sleep Medicine?

Specialty board certification has become an integral part of the quality movement in healthcare. All of our doctors are Board-certified in sleep medicine.

3. When will I get the results?

A sleep study is very complex, evaluating 16 different indicators over an 8 hour period. Nearly all of our studies are interpreted within 1 week, whereas many other sleep centers take 2, 3 or more weeks.

Of course, it doesn't hurt to look for a sleep center that's part of the 2% of hospitals that have received the National Magnet Award for Nursing Excellence, or was voted 2004's "Best Hospital in Central Jersey."



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