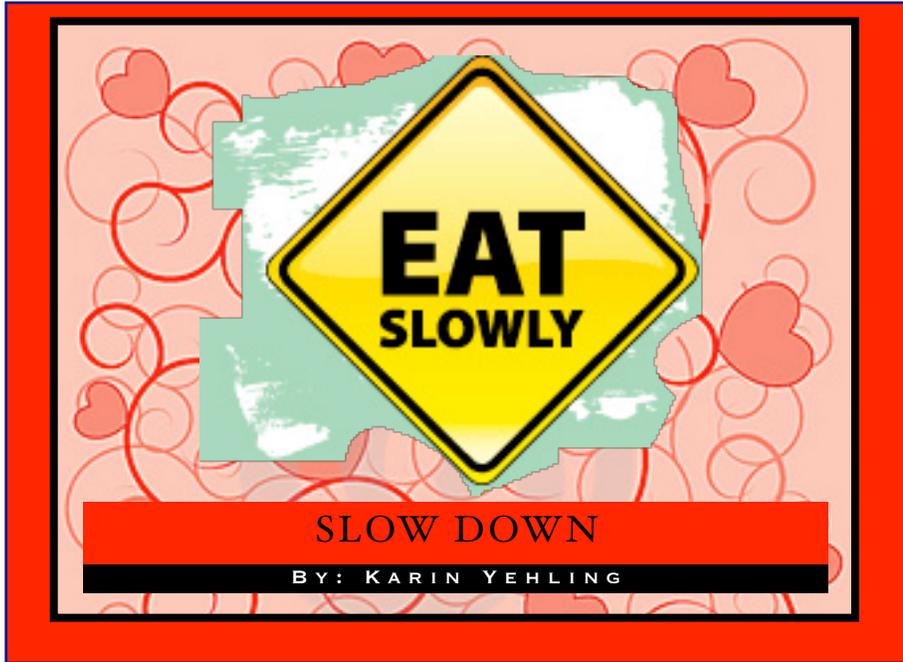


FEBRUARY, 2013

FUNCTION FIRST FITNESS

a personal training studio



SEND YOUR QUESTIONS TO:
karinyehling@functionfirstfitness.com

Check out answers to YOUR questions every month!

Q & A Corner

Q: Does exercising to music help you burn more calories?

A: Studies have shown that music can enhance endurance by 15% and improve the ‘feeling states’ of exercisers, helping them to derive much greater pleasure from the task. Music also increases motivation and power output. Therefore, the answer is “yes”, as long as you choose an upbeat tempo and something that you enjoy.

EAT SLOW AND EAT LESS!

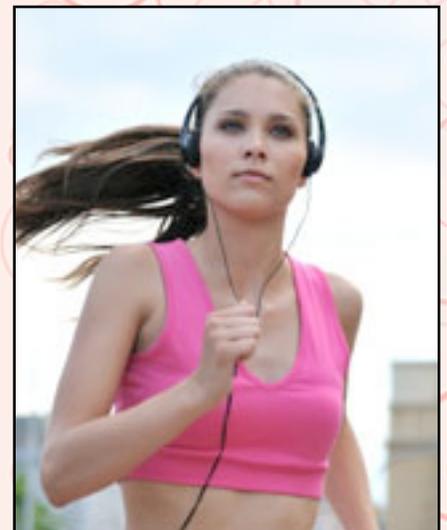
Once again, Mom was right. There really is something to say about eating slowly. Not only do we “mind our manners” and practice better etiquette, but it also helps us eat fewer calories. It’s all wrapped into the “mindful eating” package, but it’s probably the toughest habit to conquer.

It takes 20 minutes for our brain to tell our stomach that it’s full. That’s why we should all take at least 20 minutes to eat a meal. In the process of learning how to eat slowly, you’ll learn to savor your food and actually enjoy it more. This is *mindful eating*.

Slow eating is more relaxing and less stressful.

In addition, slow eating is more relaxing and less stressful. Have you ever rushed while eating? It’s not a pleasant dining experience for our digestive system or us. Our digestive system doesn’t like to be overloaded with food. It will let you know by making you feel bloated or giving you other digestive problems.

A study of 30 women, at the University of Rhode Island, found that when eating quickly, they consumed 646 calories in 9 minutes. When they ate slowly, they consumed 579 calories in 29 minutes. They ate 67 more calories in 9 minutes than they did in 29



minutes! Furthermore, an hour after the meal, the fast eaters reported they were hungrier than the others — despite taking in more calories!

If you take those 67 calories and multiply by 3 meals per day, then multiply by 7 days, you arrive at 1,407 calories. Since 3,500 calories is equal to 1 pound, people who slow down can possibly lose about a half-pound per week. That's just from slowing down!! I'm not even talking about **quality** of food intake, or complementing your diet with good exercise.

This is definitely one habit that's much easier said than done. It takes a lot of practice and patience. I suggest writing it down on a card and looking at that card 10 times per day. Or, set an alarm on your phone at mealtime to remind you to focus on eating slowly. Here are some additional tricks to try:

SET ASIDE TIME TO EAT –

We're such a rushed society that we forget the real purpose of eating: to nourish our body to keep it healthy, trim and fit. So, set aside a 30 to 45 minute block of time and learn to taste your food as you work on this new habit.

USE SMALLER SERVING PLATES OR ALTERNATIVE UTENSILS – When you eat at home, put your food in a smaller bowl or on a smaller plate. You've just reduced your serving size and the amount of calories going in. How about eating with chopsticks? That'll slow you down!

PUT DOWN YOUR UTENSILS BETWEEN BITES – This will prevent the "shoveling" effect. Remember, chew each bite *and* savor it.

SET A MINIMUM NUMBER OF CHEWS FOR EVERY BITE – This will help break down your food for better digestion. If you're eating something "tough", like steak, take a few extra chews. And, yes, I have seen the program that instructs people to chew each piece 100 times. Not fun, especially if you're with that person! Don't get obsessive with this plan: 20 to 30 chews will do.

DON'T EAT IN THE CAR OR "ON THE RUN" - This is a practice that results from our fast-paced society. I get it that sometimes, we don't have a choice, but it can also be a case of poor time management. Furthermore, when we eat on the run, we're more likely to swing by a fast food or short-order place, which can defeat a week of good eating in one meal. It's distracting and potentially dangerous. See the first strategy.

Most of us lead a hectic, fast-paced life. However, for our health (and waistline), we shouldn't let our eating follow that path. When we learn to slow down, our bodies will get the amount of food they truly need. We will also feel better physically. Eating can be relaxing and enjoyable, and you can lose weight in the process by mastering this one habit!



Monthly Chuckle



Monthly Tip

Drinking 11oz. of tomato juice per day has been shown to decrease chronic inflammation in obese adult women. Remember to buy organic and drink up!

Words to Live By

The obesity problem cannot be solved by waiting for the food industry to be struck by a wave of altruism. Big business always has and always will be driven by healthy profits, not healthy people.

RECIPE OF THE MONTH

Crunchy crispy kale and fresh herb salad with sesame miso dressing

Ingredients:

For the salad:

- 20 leaves of kale, stems removed
- Olive oil for brushing
- Salt and pepper to taste
- 2 cups thinly sliced stemmed kale (*directions below)
- 1 cup finely chopped parsley, cilantro or dill, or combination of tender fresh herbs
- 3 tablespoons dried currants
- 2 tablespoons finely grated Parmesan
- optional: 1-2 tablespoons toasted pine nuts

For the dressing:

- 1 tablespoon mild yellow miso paste
- 2 tablespoons rice vinegar
- 1 tablespoon mirin
- 2 tablespoons toasted sesame oil

Preparation:

Heat oven to 250°F (120°C)

Brush kale leaves with olive oil and season with salt and pepper, and arrange in single layer in 2-3 baking sheets

Bake until kale is crisp, 15-25 minutes

Whisk the dressing ingredients.

Mix the chopped kale, currants, Parmesan and parsley (and toasted pine nuts if using) with the dressing

Add the crisp kale, crushed to bite-size pieces, right before serving

Serves 4-8

* Kale is rather tough and chewy, but this preparation renders it tender and almost delicate: Break or cut off the tough stems. Wash thoroughly and dry well in a salad spinner or a towel. Roll a bunch of leaves tightly, jelly-roll fashion. Slice crosswise as thinly as you can, chiffonade style and separate into strips.

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To refer a friend or family member for the Function First Fitness Newsletter. Get monthly tips, recipes, tidbits and news.



A yummy take on kale!

Karin Yehling
FFF Trainer



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Coming Next Month!
Exciting article, info, plus more tips, and recipes!