

Health and Fitness



REEL FIT

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INTRODUCTION

People often use the terms health and wellness interchangeably. Although a person cannot have one and not the other, they are two different concepts that are quite variable, and their meanings are different.

World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness).”

WHO defines wellness as “the optimal state of health of individuals and groups,” and wellness is expressed as “a positive approach to living.”

The primary difference between health and wellness is that health is the goal and wellness is the active process of achieving it. You truly cannot have health without first achieving wellness. Wellness has a direct influence on overall health, which is essential for living a robust, happy, and fulfilled life.

Lose weight with new food styles

Losing weight concerns the majority of the people especially women. It is usually the top priority

when we plan to become fit. However, losing weight is not a quick and easy process and may require months to show results. If you follow the fitness plan with discipline and patience, you can achieve a healthy lifestyle and weight control. Many of us have this misunderstanding that weight loss requires a rigorous diet plan, or you shouldn't be eating at all to achieve your goal. Intermittent fasting, weight loss pills, or medicines, and the keto diet is also believed to help in losing weight, but all these methods are temporary; in other words, wrong. All of us require a balanced diet that consists of the right proportions of all food groups.

Usually, if you habitually eat the same kind of food since childhood, you are more likely to lose weight in a shorter period. This is because our bodies become accustomed to that specific food and react negatively if we add fancy foods to our diet more often.

We can add some foods in our diet to lose weight.

Some are as follow

1. Avocados

High fiber foods help reduce appetite, decrease the risk of high blood pressure, and serve to lower your cholesterol levels. Avocados rev your metabolism and are keto-friendly even though they are high in carbohydrates. Try adding an avocado to your salads, Buddha bowls, dessert mousse as a substitute for cream, and of course enjoy a bowl of guacamole.

- **Avocados May Help With Weight Maintenance**

Studies have shown that people who eat fruits and vegetables tend to have lower body weight.

One large observational study examined the nutritional patterns of Americans. Those who ate avocados tended to have healthier diets, a lower risk of metabolic syndrome and a lower body weight than those who didn't eat avocados.

Although this doesn't necessarily mean that avocados caused people to be healthier, it does show that avocados can fit well into a healthy diet.

There's also no reason to believe avocados should be avoided when losing weight.

In fact, one study found that when 30 grams of fat from avocados were substituted for 30 grams of any

other type of fat, participants lost the same amount of weight.

Although there is currently no evidence that avocados can *improve* weight loss, there are reasons to believe avocados could have a beneficial effect.

This is because in addition to improving heart health, the monounsaturated fats in avocados appear to have several other beneficial qualities:

- They are burned at a higher rate than other types of fats.
- They may actually increase the rate at which fat is burned.
- They may cause your body to burn more calories after eating.
- They can reduce appetite and decrease the desire to eat after a meal.

- **Eating an avocado at lunchtime can help you lose weight**

Eating avocado keeps you full for six hours afterward, according to a study published last spring by NIH. They compared a control meal to an avocado meal and those who ate the avocado had high measures of appetite-suppressing hormones in their blood for six hours after eating the meal. The scientists attributed this hunger suppression to the perfect combination of fat and fiber in the whole fruit. "Avocados reduce your appetite for at least five hours after eating one," says nutritionist according to Lori Meyer, an RD who has reported on the wonders of avocado. The study concludes that people who eat avocados tend to eat less throughout the day and take in fewer calories when they ate an avocado for lunch, which results in weight loss.

Meyer's explains that the research proved "it's not just the satiety value of the avocado or the monounsaturated fat, but there is a sugar [in avocados] called mannoheptulose, and this sugar helps the way your body uses the insulin [which] helps to reduce insulin resistance." So essentially avocado is a perfect combination of fat, fiber, and a plant-based carb that signals your body to burn more fat.

This natural process prevents the body from storing more fat. Instead, the body goes into fat-burning mode, which is why we call avocados, "nature's keto," because you need to eat a significant amount of fat on a keto diet in order for the body to enter ketosis, where it uses fat as energy instead of storing it. The result is that you lose weight. Meyer's advice is to eat an avocado around lunchtime so you will feel fuller until dinner and not be tempted to snack. If you are a snacker, she suggests snacking on avocados.

- **Avocados help boost the immune system**

Avocados are rich in nutrients and antioxidants which help keep your vital organs healthy and strengthen your immune system. Avocados are a great source of vitamin E. An NIH Study showed that vitamin E can help improve the immune response during aging and suggested that it can reduce the oxidative damage that may contribute to cancer. The study said vitamin E can also help alleviate symptoms of asthma as well as help your body recover after a hard exercise session

2. SALMON

Salmon is one of the most nutritious foods on the planet.

This popular fatty fish is loaded with nutrients and may reduce risk factors for several diseases. It's also tasty, versatile and widely available.

- **May Reduce the Risk of Heart Disease**

Eating salmon on a regular basis may help protect against heart disease.

This is due, in large part, to salmon's ability to boost omega-3s in the blood. Many people have too many omega-6 fatty acids in their blood, in relation to omega-3s.

Research suggests that when the balance of these two fatty acids is off, the risk of heart disease increases.

In a four-week study of healthy men and women, consuming two servings of farmed salmon per week increased omega-3 blood levels by 8–9% and decreased omega-6 levels.

Also, consuming salmon and other fatty fish has been found to lower triglycerides and raise levels of omega-3 fats more than fish oil supplements do

- **May Benefit Weight Control**

Consuming salmon frequently can help you lose weight and keep it off.

Like other high-protein foods, it helps regulate the hormones that control appetite and make you feel full .

In addition, your metabolic rate increases more after eating protein-rich foods like salmon, compared to other foods.

Research suggests that the omega-3 fats in salmon and other fatty fish may promote weight loss and decrease belly fat in overweight individual.

One study in children with non-alcoholic fatty liver disease found that supplementing with DHA, the main omega-3 found in salmon, led to significantly greater reductions in liver fat and belly fat, compared to a placebo.

In addition, salmon is fairly low in calories. A 3.5-ounce serving of farmed salmon has only 206 calories, and wild salmon has even fewer at 182 calories

- **May Protect Brain Health**

A growing number of studies suggest that including salmon in your diet might improve brain function.

Both fatty fish and fish oil have been found to reduce depressive symptoms, protect fetal brain health during pregnancy, decrease anxiety, slow age-related memory loss and lower the risk of dementia.

In one study of people aged 65 and older, consuming fatty fish at least twice a week was linked to a 13% slower decline in age-related memory issues than consuming fatty fish less than once a week.

In another study, people with normal brain function who consumed fatty fish on a regular basis were found to have more grey matter in their brains. Researchers noted that this could reduce their risk of memory problems later in life.

3. Coconut milk

How is coconut milk made?

Coconut water is the liquid inside a coconut, while coconut milk comes from the fruit's white flesh.

Coconut milk can be thick or thin. When making thick milk, manufacturers grate the flesh of mature coconuts, then squeeze it through cheesecloth to extract the liquid. Thick milk retains more fat than thin milk.

Thin coconut milk comes from the squeezed coconut flesh left inside the cheesecloth. Manufacturers mix it with warm water then strain it through cheesecloth a second time. The resulting liquid is much thinner.

- **Weight loss**

Coconut milk contains medium-chain triglycerides (MCTs), which researchers have linked with weight loss. MCTs stimulate energy through a process called thermogenesis, or heat production.

Some studies^{Trusted Source} indicate that MCTs work to reduce body weight and waist size. They may also balance out unstable gut microbiota. A

lack of this stability may play a role in developing obesity.

A 2015 study Trusted Source in overweight men found that consuming MCTs at breakfast led to reduced food intake later in the day.

Findings of a 2018 study Trusted Source suggest that MCTs increase insulin sensitivity, and many researchers believe that this sensitivity promotes weight loss. Insulin is an essential hormone that breaks down glucose and controls blood sugar levels.

- **Heart health**

Research has linked diets rich in saturated fat with high cholesterol and an increased risk of heart disease.

Some people may not consider coconut milk to be heart-healthy, because of its high fat content.

However, different sources of saturated fats may affect the body in different ways. Also, genetics play a role in how a person metabolizes saturated fats and the extent to which these fats impact health.

Scant research has investigated the effects of coconut milk on cholesterol levels. However, a

substantial body of research has explored the effects of coconut oil.

One study Trusted Source found that coconut oil did not significantly increase levels of “bad cholesterol,” or low-density lipoprotein (LDL) cholesterol, but that it did increase levels of “good cholesterol,” or high-density lipoprotein cholesterol (HDL).

It is important to note that the study period was short, only 4 weeks, and that the research was lacking in controls.

HDL cholesterol protects the heart and removes LDL cholesterol from the blood. It carries LDL cholesterol to the liver, which breaks it down, and the body eventually eliminates it.

While coconut oil may not raise levels of LDL cholesterol, coconut-based products are high in fat and calories. People should only consume them in moderation.

Keep in mind that coconut oil has substantially more fat per serving than coconut milk, which will have less dramatic effects on cholesterol levels.

- **Boots immune system**

Coconuts contain a lipid called lauric acid, and many researchers believe that lauric acid can support the immune system.

Some findings indicate that lauric acid has antimicrobial and anti-inflammatory properties.

In a study of the antimicrobial effects of lauric acid from coconuts, the researchers isolated various bacterial strains and exposed them to lauric acid in petri dishes.

They found that lauric acid effectively inhibited the growth of *Staphylococcus aureus*, *Streptococcus pneumoniae*, and *Mycobacterium tuberculosis*.

Other researchers^{Trusted Source} found that lauric acid triggers apoptosis, cell death, in breast and endometrial cancer cells. The findings suggest that this acid inhibits cancer cell growth by stimulating certain receptor proteins that regulate the growth of cells.

4. Quinoa

Quinoa is one of the world's most popular health foods. Quinoa is gluten-free, high in protein and one of the few

plant foods that contain sufficient amounts of all nine essential amino acids..

It is also high in fiber, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

Has Beneficial Effects on Metabolic Health

Given its high beneficial nutrient content, it makes sense that quinoa could improve metabolic health.

The human-based study found that using quinoa instead of typical gluten-free breads and pastas significantly reduced blood sugar, insulin and triglyceride levels.

- **May Help You Lose Weight**

In order to lose weight, you need to take in fewer calories than you burn. Certain food properties can promote weight loss, either by boosting metabolism or reducing appetite. Interestingly, quinoa has several such properties. It's high in protein, which can both increase metabolism and reduce appetite significantly. The high amount of fiber may increase feelings of fullness, making you eat fewer calories overall.

The fact that quinoa has a low glycemic index is another important feature, as choosing such foods has been linked to reduced calorie intake.

Although there is currently no study that looks at the effects of quinoa on body weight, it seems intuitive that it could be a useful part of a healthy weight loss diet.

EXERCISE AND PHYSICAL ACTIVITY

It is important to consider both physical activity and diet. Finding something that you enjoy is key to success as this is a more effective and manageable way to lose weight and keep it off.

Why is physical activity important?

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

- When losing weight, more physical activity increases the number of calories your body uses for energy or “burns off.” The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a “calorie deficit” that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence

shows the only way to *maintain* weight loss is to be engaged in regular physical activity.

- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps to—

- Maintain weight.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

Combining exercise with a healthy diet is a more effective way to lose weight than depending on calorie restriction alone. Exercise can prevent or even reverse the effects of certain diseases. Exercise lowers blood pressure and cholesterol, which may prevent a heart attack.

In addition, if you exercise, you lower your risk of developing certain types of cancers such as colon and breast cancer. Exercise is also known to help contribute to a sense of confidence and well-being, thus possibly lowering rates of anxiety and depression.

Exercise is helpful for weight loss and maintaining weight loss. Exercise can increase metabolism, or how many calories you burn in a day. It can also help you maintain and increase lean body mass, which also helps increase number of calories you burn each day.

Exercises for Weight Loss

Aside from dieting, exercising is one of the most common strategies employed by those trying to shed extra pounds. It burns calories, and this plays a key role in weight loss.

In addition to helping you lose weight, exercise has been linked to many other benefits, including improved mood, stronger bones, and a reduced risk of many chronic diseases.

Here are some exercises for weight loss.

➤ Walking

Walking is one of the best exercises for weight loss and for good reason.

It's convenient and an easy way for beginners to start exercising without feeling overwhelmed or needing to purchase equipment. Also, it's a lower-impact exercise, meaning it doesn't stress your joints.

According to Harvard Health, it's estimated that a 155-pound (70-kg) person burns around 167 calories per 30 minutes of walking at a moderate pace of 4 mph (6.4 km/h).

A 12-week study in 20 women with obesity found that walking for 50–70 minutes 3 times per week reduced body fat and waist circumference by an average of 1.5% and 1.1 inches (2.8 cm), respectively.

It's easy to fit walking into your daily routine. To add more steps to your day, try walking during your lunch break, taking the stairs at work, or taking your dog for extra walks.

To get started, aim to walk for 30 minutes 3–4 times a week. You can gradually increase the duration or frequency of your walks as you become more fit.

➤ **Jogging or running**

Jogging and running are great exercises to help you lose weight.

Although they seem similar, the key difference is that a jogging pace is generally between 4–6 mph (6.4–9.7 km/h), while a running pace is faster than 6 mph (9.7 km/h).

Harvard Health estimates that a 155-pound (70-kg) person burns approximately 298 calories per 30 minutes of jogging at a 5-mph (8-km/h) pace, or 372 calories per 30 minutes of running at a 6-mph (9.7-km/h) pace.

What's more, studies have found that jogging and running can help burn harmful visceral fat, commonly known as belly fat. This type of fat wraps around your internal organs and has been linked to various chronic diseases like heart disease and diabetes.

Both jogging and running are great exercises that can be done anywhere and are easy to incorporate into your weekly routine. To get started, aim to jog for 20–30 minutes 3–4 times per week.

If you find jogging or running outdoors to be hard on your joints, try running on softer surfaces like grass. Also, many treadmills have built-in cushioning, which may be easier on your joints.

➤ **Cycling**

Cycling is a popular exercise that improves your fitness and can help you lose weight.

Although cycling is traditionally done outdoors, many gyms and fitness centers have stationary bikes that allow you to cycle while staying indoors.

Harvard Health estimates that a 155-pound (70-kg) person burns around 260 calories per 30 minutes of cycling on a stationary bike at a moderate pace, or 298 calories per 30 minutes on a bicycle at a moderate pace of 12–13.9 mph (19–22.4 km/h).

Not only is cycling great for weight loss, but studies have found that people who cycle regularly have better overall fitness, increased insulin sensitivity, and a lower risk of heart disease, cancer, and death, compared with those who don't cycle regularly.

Cycling is great for people of all fitness levels, from beginners to athletes. Plus, it's a non-weight-bearing and low-impact exercise, so it won't place much stress on your joints.

➤ **Yoga**

Yoga is a popular way to exercise and relieve stress. While it's not commonly thought of as a weight loss exercise, it burns a fair amount of calories and offers many additional health benefits that can promote weight loss.

Harvard Health estimates that a 155-pound (70-kg) person burns around 149 calories per 30 minutes of practicing yoga.

A 12-week study in 60 women with obesity found that those who participated in two 90-minute yoga sessions per week experienced greater reductions in waist circumference than those in the control group by 1.5 inches (3.8 cm), on average.

Additionally, the yoga group experienced improvements in mental and physical well-being.

Aside from burning calories, studies have shown that yoga can teach mindfulness, which can help you resist unhealthy foods, control overeating, and better understand your body's hunger signals.

Most gyms offer yoga classes, but you can practice yoga anywhere. This includes from the comfort of your own home, as there are plenty of guided tutorials online.

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