

# R Fit Hawaii Bulletin

## February 2018

HAPPY VALENTINE'S DAY!

## Knowing Vital Information About Your Health

By: R Fit

When it comes to your health, we can sugar coat the facts and give them to you with lots of positivity and words of wisdom to make you feel good, or we can give it to you straight forward and honestly. We decided that we're going to give it to you straight. This month's article breaks down the facts about weight and its affects on your health.

Our bodies are made of Lean Body Mass and Body Fat. Lean Body Mass includes the weight of muscles, bones, organs, and connective tissue, while Body Fat is the weight of all remaining fat tissues.

Body Fat serves 3 purposes:

- 1) Provide Insulation (conserve heat) to maintain core body temperature and provide cushion for organs
- 2) Produce Energy
- 3) Absorb fat-soluble vitamins
  - a. Vitamin A: Vision
  - b. Vitamin D: Bone Health
  - c. Vitamin E: Protect Cells
  - d. Vitamin K: Blood Clotting

There are 2 types of Body Fat, Storage Fat, which can be found directly under the skin, or subcutaneously, and Essential Body Fat, which is necessary for the maintenance of the body. Ideally males should have around 12% Storage Fat and 3% Essential Fat, and females should have around 15% Storage Fat and 13% Essential Fat. Below is a chart of the ideal Total Body Fat percentages for different age ranges of both males and

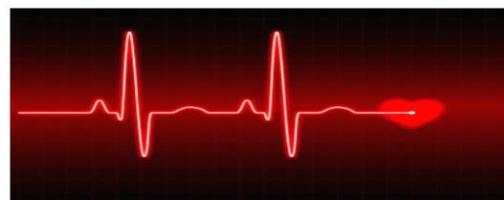
females according to the American College of Sports Medicine Guidelines.

	Males	Females
20-29 Years	7-17%	16-24%
30-39 Years	12-21%	17-25%
40-49 Years	14-23%	19-28%
50-59 Years	16-24%	22-31%
60+ Years	17-25%	22-33%

Body Mass Index (BMI) does not effectively measure total body fat, but, instead, takes your weight and height to quantify your total mass and classify that mass as being underweight, normal weight, overweight, or obese. Below is a chart of the BMI scales for each category.

	BMI
Underweight	<18.5
Normal Weight	18.5-25
Overweight	25-29.9
Obese	≥30

Obesity is the accumulation of excessive body fat and can lead to cardiovascular diseases, diabetes, high blood pressure, high cholesterol, gall stones, sleep apnea, osteoarthritis, certain cancers, and more. It is important to note that not having enough body fat is just as dangerous to your health. Having body fat below the normal limits for your age, weight, gender, and lifestyle (day-to-day activity) can lead to nutrient



deficiencies, illness, dehydration, starvation, and could possibly lead to the break down of all essential body systems leading to death.

Our new R Fit RENPHO scale measures both Body Fat Percentage and Body Mass Index. Whether you like it or not, the scale and your R Fit Fam is there to support you and your goals to either lose weight, maintain weight, or gain weight. No matter where you stand in this, the one recommendation across the board is to maintain a healthy lifestyle— watch your caloric intake, being sure to include proteins, veggies, fruits, and water, exercise on a regular basis, and make healthy choices (i.e. refrain from smoking, excessive amounts of alcohol, sugary/fatty foods, etc.).

If you are obese or overweight and are looking to lose weight, the National Institute of Health recommends that you decrease your calorie intake by 500-1000 kcal/day and include at least 45 minutes of moderate-intense physical activity 5 days/week. Loosing the weight, and keeping it off is not a quick process, it is a lifestyle change that you will have to stick to if you really want to take care of yourself.

In a study done with 399 obese women in the United States, after 1 year, women who exercised only and did not change their eating habits lost only about 2.5% body weight. Women who only changed their diet and didn't exercise lost about 8.5% body weight. But women who exercised and dieted with healthy food choices lost about 10.8% body weight. The National Institute of Health reports that even losing 5-10% body weight makes a difference in your health and decreases your chance of disease significantly.

As stated earlier, no matter where you find yourself and your goals, your health simply comes down to your lifestyle choices. To start you off on the right foot, or to keep you on the right track, we recommend you do these 3 things:

1. Maintain Lean Body Mass
  - a. Strength Train and Condition at least 3 times per week
2. Have a Healthy Well-Balanced Diet
  - a. Less than 30% calories from fat per meal
  - b. Proteins, Veggies, Fruits, & Water
3. Rest Well
  - a. Around 5-8 hours sleep per night



## What's Your Reason?

Last month we asked if you could share your reason(s) for being healthy. We are so grateful to have received feedback from Layla D. of our 5pm group class. She says: "Why I work out:

- to feel better about my body image
- healthy body
- live a loooooong time to enjoy my family and grandkids not born yet!"

Amen Layla! We love you and know that you are on your way to living a very long and healthy life! Thank you for sharing!

If anyone else would like to share their reason(s), we'd like to include it in our monthly bulletins.

Email us at [r.fit.hawaii@gmail.com](mailto:r.fit.hawaii@gmail.com)



## Metabolic Syndrome

Metabolic Syndrome is not an actual disease, but a disorder in how energy is used and stored in the body. It is the culmination of at least 3 of the 5 following: abdominal (center) obesity, high blood pressure, high blood sugar levels, low HDL "good" cholesterol, and/or high triglycerides (fat in the blood). Having this syndrome greatly increases your chances of cardiovascular disease, heart failure, and diabetes.

Diabetes is a very real struggle for Asians due to their BMI and Pacific Islanders due to their obesity. Adults around 40 years old or older are at higher risk of developing Type 2 Diabetes. Type 2 Diabetes occurs when our body has too much sugar in the blood stream and the pancreas cannot make enough insulin to keep the glucose at normal levels, leading to improper cell function. Several symptoms of diabetes include blurred vision, fatigue/tiredness, sores that don't heal, impotence in men, kidney disease, and, of course, heart disease.

Metabolic Syndrome and all the signs that lead up to it can be prevented, and/or the effects of it can be decreased significantly with proper lifestyle choices. It is never too late or too soon to stay active and mindful of what you do with your body and what you put into your body.

## SET A GOAL!

We have a dream that we can ALL achieve what we set our minds to do. So...GET READY...SET...GO!! Make a 3 month, 6 month, 9 month, and 12 month goal. Your weight, aesthetics, lifting a certain weight, reducing clothes sizes, and going to the beach in actual beach attire are all great ideas for goals to set.

Whether we surpass, achieve, or just slightly miss our goal(s), the importance of it all is in having a goal in the first place. It keeps our

minds focused on a clearer picture of what it is that we want. By focusing on our end goal, and working on our short-term goals, the end results become closer and more attainable. The impossible becomes possible. The dream becomes a reality.

## Quotes of the Month:

Unless someone like YOU cares a whole awful lot, nothing is going to get better. It's Not. -- <sup>The</sup> LORAX

today you ARE YOU, that is true than true. there is no one ALIVE who is younger than YOU!

## Important R Fit Dates:

Thursday, February 1: Closed All Day  
 Wednesday, February 14: Closed All Day  
 Happy Valentine's Day!  
 Monday, February 19: Closed All Day  
 Happy President's Day!

## Aloha to our new Fam Members

Karen, Jill, Megan, Sara, Rebecca, and Maurice.

## CONGRATULATIONS!!

We want to send out a HUGE congratulations to the Champ, Nainoa Dung, for winning the Man Up Stand Up 170lb. Kickboxing Title on Friday, January 19, 2018!

## Update Your R Fit Info

Text 808-673-1060 or Email [r.fit.hawaii@gmail.com](mailto:r.fit.hawaii@gmail.com) your current contact information as well as your birthday, so we can be sure you are getting all of our information and we can celebrate YOU on your special day!