



# Bowden Physiotherapy and Gym

APRIL NEWSLETTER

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~ I feel that the greatest reward for doing is the opportunity to do more. ~

~Dr. Jonas Salk

## **Why exercise while trying to lose weight?**

We all understand that when we want to lose weight we have to eat healthy and use portion control. But why do we have to exercise as well? By exercising above our usual daily activities we can increase the output of our bodies. The average person uses about 2000 calories per day. This is based on the average amount of physical activity. Once the daily activity is increased then the demands on the body will increase. If you keep your calorie intake at the same level then we lose weight by burning fat. Have you ever considered how much activity you do during the day? The recommendation is to walk for 5000 steps per day. This is about 5 km. If you use a pedometer it is interesting to see just how many steps you take in the day. Often it is very revealing. Do you often feel tired at the end of the day but find you have not actually done any physical activity? By increasing your activity in the evenings you will be surprised at how energized you will feel. Exercise also inhibits your appetite so this will help with controlling your urge for snacks. It can also help to energize your mind and keep you young. Research shows that regular exercise can maintain your mental health. These are all excellent reasons to move. If you are interested in finding out how much you move during the day, talk to our staff about taking a pedometer test and use it to track your mileage.

Our challenge to you...

### **LIVE RIGHT NOW**

For the month of April, make easy daily changes to your lifestyle to maintain a healthier lifestyle and shed some pounds.

As members of Bowden Physiotherapy & Gym, join our staff in making changes to your lifestyle and take part of the challenge of losing 5 pounds in 5 weeks.

Don't drink your calories!!

Do you know how much sugar you should be consuming a day?

- You could be drinking your entire day's limit of sugar in your morning coffee, glass of juice or soda.
- The Heart and Stroke Foundation recommends a daily limit of 48 grams or 12 teaspoons of sugar per day

Think of how many of those you have a day. And all the calories racked up!

## RECIPE OF THE MONTH

### Roasted Red Pepper and Feta Dip

A sure-fire way to impress guests, served with pita or tortilla chips.

**Prep:** 5 minutes

Per serving; 60 calories, 2.5g fat, 190mg sodium, 4g carbohydrates, 1g fibre, 5g protein.

### **Ingredients**

Makes 12 servings

- 1 envelope unflavored gelatin
- 1-1/3 cups Greek yogurt plain
- 1 jar whole sweet red peppers, drained
- 2/3 cup crumbled feta cheese in Brine(light)
- 1 tablespoon extra virgin olive oil
- 1 clove of garlic, minced
- ¼ teaspoon freshly ground black pepper

### **Instructions**

Pour ¼ cup cold water into a small saucepan. Sprinkle gelatin over top; let stand for 5 minutes. Heat over low heat, stirring until gelatine dissolves, about 3 minutes.

Place yogurt, peppers, feta, olive oil, garlic, pepper and gelatine mixture into blender. Blend on medium speed until smooth, about 1 minute, scraping the side once or twice. Pour into serving dish. Cover and chill for 2 hours or until set.

## CHALLENGE YOURSELF

With the warm weather on the way, make time to do some more walking and outdoor activities. Add some of these tips to your day for a head start to get healthy and lose weight.

- Take a 20 minute walk every night for a month, even just 20 minutes can help you shed some pounds
- Start running! Even if you're not a runner, try to hit the pavement, or the treadmill
- Take the stairs instead of the elevator, the path to a healthy life style is taken one step at a time
- Stick to your grocery list, make a list of things you need and stick to it. Look into getting flyers to save a few bucks
- Choose real fruit instead of fruit juices
- Eat 3 healthy meals a day, don't skip out
- Pack a lunch to work or school to avoid spending on fast food
- Build the movement, encourage friends and family to follow you on a quest to a healthier life style
- Remember to set realistic goals for yourself. Accomplishing smaller goals at first give you the strength and confidence to gradually increase your activity and goals to maintain your healthy living