

# Wellness in Balance

## Healthy Eating Tip: Eat the Rainbow!



Volume 2, Issue 2

12 May 2014

## Progressive Overload

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Most people workout to increase their current physical fitness level. But, if you go to the gym and do the same workout day in and day out you will not see the results you want. The best way to see results from your current exercise program is to utilize the progressive overload principle. Progressive overload is described as increasing the amount of stress one places on the body during exercise in order for improvement to occur. These new demands on the body cause physiological adaptations to occur that increase physical fitness levels. In order to cause adaptation there are several ways to uti-

lize the progressive overload principle. These include increasing duration, intensity, and frequency of exercise. Only those who can perform exercise with sound technique should follow this approach.

Duration is termed as the length of time one exercises. This is the component that should be increased first. For example if you are used to running or walking 1 mile two times per week, you can increase your duration by increasing your total distance or time of exercise. The ACSM recommends increasing duration by 5-10 minutes per week.

Intensity is described as how hard one is exercising. This is determined by using a percentage of the maximal load you can lift (ie., 40-60%; 100% is maximal intensity) or how fast you can run. An example is the 2 for 2 rule; if you can complete 2 or more repetitions in your last set for 2 consecutive workouts, you should increase intensity. If you can complete all the repetitions and the additional 2 or more without struggling you could advance to a heavier weight the following week by increasing the load by 1-10%.

Frequency of exercise is simply how often you exercise. You can increase your frequency by increasing the number of days spent exercising. So progressing from 2 days per week to 3 days of exercise is an example. Or, one could also increase the number of sets from 2 to 3. This increase in frequency creates a larger volume of exercise.

The progressive overload principle should be used by everyone if they expect to see positive results from their exercise program. For adaptation to occur you have to continually stress the body more. Be aware that



**Overload—Cont'd Pg. 2**

Cont'd from **Overload**—Pg. 1

this is PROGRESSIVE overload, meaning the amount and intensity at which you progressive is very moderate and controlled. Overall, do not be scared to continually push your body to see fitness results you want.

**References**  
<http://teachfitnessconcepts.com/PDF%20files/The%20Role%20of%20Progressive%20Overload%20in%20Sports%20Conditioning.pdf>  
<http://steadystrength.com/progressive-overload-is-the-most-important-exercise-concept/>



## Deciphering the Menu

It's important to understand what's on the menu when you eat out. The good news: You can eat heart-healthy if you know what to look for. Many restaurants offer delicious meals that are low in saturated fats, trans fats and cholesterol, or will prepare your food to order. With a little bit of effort, you can ensure that the meals you eat away from home are part of a healthy diet.

- **Keep these tips in mind when deciphering the menu:**  
Remember that foods served fried, au gratin, crispy, scalloped, pan-fried, sautéed, buttered, creamed or stuffed are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods.
- If you're not sure based on the menu description how a meal is prepared or what ingredients it contains, ask your server.
- Choose entrees that feature seafood, chicken or lean meat, and avoid fatty meats. If you order meat, remove all visible fat and ask the chef to remove the skin from the chicken.
- Check the menu for items marked "healthy," or ask the server what the healthiest choices on the menu are .

Source: [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Deciphering-the-Menu\\_UCM\\_301469\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Deciphering-the-Menu_UCM_301469_Article.jsp)



# Decoding Diet Claims

By: Melissa Crone

Standing in the checkout line at the grocery store can be one of the most frustrating points of grocery shopping. You have navigated the store, found all of the items on your list, and a few items you did not know you needed until you saw them. You queue up and glance at the magazines; most of them promise a quick and easy way to lose 5-10 pounds in the next few weeks. You start flipping through, rethinking all of the items you have placed in your cart, so you add the magazine, telling yourself that you can use the tools in the article to make your next shopping trip the one that will jump start your awesome new diet! If you are like me, this has happened at least once since January. And some of the tips are good and some of the recipes have made it into my binder. But how do we know what is good advice and what isn't? Fortunately the Cleveland Clinic has put together a handy list on how to tell good nutrition advice from bad:

1. There's no science involved

Many weight loss products have very specific claims, but lack credible proof to back up those claims. Do some research; see if the claims have been proven in clinical studies. If the phrase "results not typical" appear near a personal testimony, anticipate that your results may be less than awe inspiring.

2. A food is promised as a "cure"

There are foods that can help with disease states, fruits and vegetables that contain anti-oxidants being an example. But if there is a food that can cure cancer, I guarantee you it will not be a secret known only to a portion of the internet.

3. Your expert lacks credentials

Anyone can claim to be a nutrition expert, but not everyone can call themselves a Registered Dietitian. Check the qualifications of the people who are providing diet advice, look for qualifications like RD, MD, PA, RN, or MPH behind the name.



4. Someone tells you to eliminate an entire food group

The best diet is a balanced diet, so cutting out an entire food group would put you at risk for vitamin or mineral deficiencies. The only time a person would cut out entire foods would be for a disease state, an allergy or an intolerance. In those instances consulting an RD could help you design a meal plan that is still varied and nutritionally balanced.

5. A diet plan involves selling food and supplements — but no education

Eating premade meals and shakes may be a great way to quickly lose weight, but eventually you will have to make choices about what to eat and how much. Without education all of the habits that led to weight gain in the first place will creep back into your life, and the weight will return as well.

By keeping these few tips in mind while navigating the many avenues of diet advice, hopefully you will be able to separate the good from the bad (and maybe leave that magazine on the checkout rack).

References: <http://health.clevelandclinic.org/2013/01/5-signs-of-bad-nutrition-advice/>

## Wasabi Salmon Burgers

recommended by the American Heart Association

### Description

Bring out the flavors of salmon with a Japanese-inspired infusion of ginger, sesame oil and wasabi. If you serve these patties on whole-wheat buns, consider reduced-fat mayonnaise and sliced cucumbers as condiments. Or skip the buns and set the patties atop a



### Ingredients

- 2 tablespoons reduced-sodium soy sauce
- 1 1/2 teaspoons wasabi powder (see Cook's Tip)
- 1/2 teaspoon honey
- 1 pound salmon fillet, skinned (see Cook's Tip)
- 2 scallions, finely chopped
- 1 egg, lightly beaten
- 2 tablespoons minced peeled fresh ginger
- 1 teaspoon toasted sesame oil

### Cook's Tips

**Ingredient Note:** Wasabi powder, when mixed with water, becomes the green paste most of us know from sushi restaurants. The powder is available in jars in the Asian aisle of most supermarkets or in almost all Asian markets. Store at room temperature for up to 1 year.

**To skin a salmon fillet:** Place it on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30 degree angle, separating the fillet from the skin without cutting through either. Or have your fishmonger do it for you.

Serves: 4 Prep Time: 30

### Cooking Instructions

Whisk soy sauce, wasabi powder and honey in a small bowl until smooth. Set aside.

With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy). Continue chopping, rotating the knife, until you have a mass of roughly 1/4-inch pieces. Transfer to a large bowl. Add scallions, egg, ginger and oil; stir to combine. Form the mixture into 4 patties. The mixture will be moist and loose, but holds together nicely once the first side is cooked.

Coat a large nonstick skillet with cooking spray and heat over medium heat for 1 minute. Add the patties and cook for 4 minutes. Turn and continue to cook until firm and fragrant, about 3 minutes. Spoon the reserved wasabi glaze evenly over the burgers and cook for 15 seconds more. Serve immediately.

### Nutritional Analysis

Per serving

Calories Per Serving.....	174
Total Fat.....	7 g
Saturated Fat.....	2 g
Trans Fat.....	0 g
Polyunsaturated Fat.....	0 g
Monounsaturated Fat.....	2 g
Cholesterol.....	100 mg
Sodium.....	342 g
Carbohydrates.....	3 g
Fiber.....	0 g
Sugar.....	1 g
Protein.....	25 g
Calcium.....	0 g
Potassium.....	484 mg

### Dietary Exchanges

4 lean meat