

First Things First

Did you know that exercise helps you build a brain that not only resists shrinkage as you age but also increases cognitive abilities? Exercise encourages your brain to work at optimum capacity by causing your nerve cells to multiply, strengthening their interconnections, and protecting them from damage.

Exercise is also one of the most effective prevention and treatment strategies for depression. We know that endorphins are triggered by exercise which help boost your mood, make you feel good, and sharpen your cognition.

It's hard to think of a downside to exercise, but if there were one it would be this: most of the benefits are not permanent. Hard-earned benefits of exercising quickly disappear if you stop exercising. How long does it take for your body to notice that you've stopped hitting the gym? Experts suggest just about two weeks or less. If you're a life-long exerciser, you'll have an easier time getting back into shape than someone who only recently started. And your age also plays a role. The older you are, the faster your muscles atrophy if you're not regularly engaging in appropriate exercise. In addition, it will take you longer to gain the benefits back.

When comparing 30 year-olds with 65 year-olds, the older group lost strength nearly twice as fast during six months of inactivity. But the good news is, among older adults, it doesn't take long to see benefits from regular workouts. Older adults can gain a two- to three-fold increase in strength after just three or four months of regular exercise that includes strength training. **In summary: Make it a habit to exercise 3 times a week.**



**Lucky you!
You belong
to Body
Buzz!**



TaiChi Flow Class

30 min. \$4

Mon. 10:00am (30 min)
Wed. 11:00am (30 min.)

Cardio Dance Class

30 min. \$4 ~ 60 min. \$6

Tues. 9:30am (30 min.)
Wed. 9:30am (choose 30 or 60 min.)
Thurs. 9:30am (30 min.)
Thur. 6:00pm (60 min.)
Sat. 9:30am (choose 30 or 60 min.)

Beloved Yoga

60 min. \$8

Tues. 11:00am
Wed. 6:00pm
Friday 11:00am

Beloved CHAIR YOGA

(A second class coming soon?)
Friday at 9:45am

Massage by Jana

Friday, **Mar. 6**, 6:30am-5pm
Saturday, **Mar. 14**, 8am-Noon
Friday, **Mar 20**, 2pm-Close
Wed., **Mar. 25**, 3:30pm-Close
Make your appointment now!

JOINT HEALTH

Keep Moving. Your joints will be stiff if you aren't moving them.

Lose Weight. Every pound you lose takes 4 pounds of pressure off your knees and 6 pounds off your hips.

Strength Train. Strong muscles surrounding your joints means less stress on those joints.

Strengthen your Core. The stronger your core muscles the better balance you have which means you're less likely to fall and cause injury to joints.

Enjoy a **FREE AVON catalog** from Carmella!
Convenient Order & pickup at Body Buzz.
Easy order online at youravon.com/cmatusin



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M.T.W.Th. 630a-730p Fri. 630a-700p

SAT. 800a-Noon SUN. Closed

**Workout 10 times
in MARCH for a
chance to win a
\$10 Gift
Certificate!**



Common Diet Mistakes

- Forcing yourself to eat foods you hate. Eating should be enjoyable.
- Weighing yourself too much. Once a day at the same time, under the same conditions is okay. Multiple times a day? NO NO NO.
- Sneaking back to your old bad habits after a week or two of success.
- Trying to eat 'perfect'. That will get old fast! You can't eat boiled chicken with no salt and expect to enjoy that long term. Build your diet on recipes that are healthy and tasty.
- Drinking too much fruit juice. A glass of orange juice delivers the same amount of sugar as soda pop.
- Relying only on cardio for exercise. Muscle is very important for fat burning. Lean muscle mass increases your strength and your ability to burn calories even while resting. Strength train!
- It will take about 6 weeks for your new healthy eating habits to feel natural to your brain. Give yourself time to adjust to new behavior.
- Ignoring portion sizes. You can eat foods you love if you eat them in proper portion sizes.
- Not listening to your hunger. Teach yourself to only eat when you're hungry and stop eating when you feel full.



IMPORTANT!

If there are changes to your **insurance**, health history, medications, emergency contacts, address, telephone or email, please let us know! Thank You!

Broiled Tilapia Parmesan

Makes 4 servings Calories: 177 Fat: 10.5g (Sat. Fat 5.4g) Fiber 0g Carbs: 1.2g Protein: 19.6g Sugar: 0.4g

Ingredients

1/4 cup Parmesan cheese
2 tablespoons butter,
softened
1 tablespoon and 1-1/2
teaspoons reduced-fat
mayonnaise
1 tablespoon fresh lemon
juice
1/8 teaspoon dried basil
1/8 teaspoon ground black
pepper
1/8 teaspoon onion powder
1/8 teaspoon celery seed
1 pound tilapia fillets



Directions

Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.

In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.

Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to overcook the fish.

“You’re So Lucky!”

While genetics plays a role in your shape and size, the truth is, most of it is choice and not genetic luck.

- It's committing to exercise even when you don't 'feel' like it.
- It's making nutritious food choices that support health and energy levels.
- It's learning about nutrition, reading labels and making smart choices most of the time.
- It's planning your meals and stocking healthy foods in your kitchen.
- We are what we repeatedly do. Success is not one single action but a series of actions & habit.



Make your own luck!

Losing Weight After 40

- ✓ Your Metabolism starts to slow down in your 30's. Beginning in your 30's, you will lose about 1% of your lean muscle mass every year. This process accelerates when you reach your forties.
- ✓ Aerobics is not enough. You need to strength train and protect your muscle. Muscle burns calories even at rest.
- ✓ You need lean protein and less sugar. Protein feeds muscles while excess sugar builds fat cells.
- ✓ Lack of sleep plays a role in weight gain. When you don't sleep enough, hunger and stress hormones surge the next day, causing you to overeat, especially on sweet and fatty foods. The areas of our brain responsible for rational decision-making are compromised, making it harder to say “no” to temptation. We lose our lean muscle mass and burn less fat when we don't sleep enough, setting us up for weight gain. Make good sleep a priority and watch your weight loss efforts improve dramatically.

*The greatest compliment
you can pay us is to refer
your friends!*



*Thank you for
your referrals!*

6 GOOD HABITS FOR AGING WELL

1. Eat Healthy – Proteins, fresh fruits & vegetables
2. Exercise 3 or 4 times a week
3. Watch portion sizes and schedule your meals
4. Maintain a positive attitude
5. Stay Social
6. Develop good sleep habits.

