



## STRESS AND EXERCISE

Exercise and stress are two very linked components of life. Well, everyone has stress and hopefully everyone is doing some exercise no matter what kind. Exercise is stress relieving and exercise puts stress on the body. Sometimes just thinking about exercise, or the workout we need to do can be stressful. So what are we to do, and what should we know about exercise and the stress relief that is sure to follow?

We have all felt that great feeling after a workout. It's that refreshing "ahh" when we step off of the treadmill or finish that last set of pushups or crunches. That great feeling is made up of several factors that contribute to a global stress relief and good feelings about our self.

**The first thing** that usually hits you is the addition of endorphins to your blood stream. The endorphins can make you feel euphoric, happy, socially uninhibited, and well, stress-free. The release of endorphins usually comes in greater quantities when the intensity of the workout is moderate to high, and somewhat challenging. If you haven't been experiencing these good feelings lately try to challenge yourself a bit more in your next workout.

**The Next** contributor to good feelings is usually because of a sense of accomplishment. We usually feel good when we finish a task, more so if we did it well, and especially if it was challenging. Checking exercise off of the list of things to do today, can contribute to a feeling of accomplishment and that you reached a small goal for the day. If nothing else it can give you some momentum to get to the rest of the tasks on your list.

**Another reason** exercise, specifically resistance training can relieve stress is because we get better at it as we practice. There are many skills to learn including proper form in a variety of exercises, how to balance, how to mentally focus on the task at hand, and hopefully how to share equipment with other members. This sense of **mastery** in something that was once difficult makes us feel like we have learned something. It's something you could help a friend with or teach your kids, and it's something that you now know how to do for the rest of your life. Learning how to do resistance training exercises correctly has been shown to increase the likely-hood of sticking to an exercise program long-term.

**One of the biggest** stress relieving factors about exercise, is that it can be and often is a social experience. We often see the same folks exercising around the same times as us and we chat, and let off a little steam, while we're getting healthier. It's like free psychiatry in a way, and people usually pick you up because they are feeling good from their workout.

**Additionally,** the sense of belonging to something positive, which a health club or exercise group definitely is. It can be a de-stresser., and it's just one more positive thing you've got going in your life.

**Aerobic exercise is incompatible with stress.** That is a true statement and is a trick that coaches often use with athletes prior to competition. Public speakers and rockstars have also been known to use this trick prior to going on stage.

Yes, it's true. Physiologically, the state of aerobic energy expenditure is incompatible with anxiety. It's simply very difficult to be stressed when you are on a walk.

Anxiety is one of the biggest causes of stress for humans. We are worried about failure, or making mortgage payments, or that global warming is going to ruin the snowboarding season, or whatever. That worry, and anxiety causes us stress and it adds up and can cause us to be stressed out all the time.

Going on a 20-30 minute walk can be a great de-stresser and at the very least you won't be stressed while you're on the walk. Maybe it's the fresh air, or the fresh blood going to your brain, or maybe it's the incompatibility with anxiety, but going on a walk seems to greatly reduce the amount of stress felt by most people.

The bottom line is that exercise can help you de-stress in many ways. Even a little bit seems to go a long way. We can't eliminate stress from our lives. I'm told that even winning the lottery can be very stressful. But we can deal with it a lot better when we get out and get a little exercise. So enjoy reduced stress this month and get a few more workouts in.

Reference: Porter, K. *The Mental Athlete*. 2003.

Physiological response to exercise and stress: *Journal of Strength & Conditioning*, June 2005 pp 60-72.

# THE NEW FAT LOSS PILL- ALLI

It seems like whenever a new fat-loss pill comes out on the market, desperate dieters everywhere are ready to drop some money on a product in the hopes that this time the answers to their dream of being lean and healthy will come true and in pill form. All of the hard work they have done and time they have dedicated is put on hold while they give the new pill a shot. People have been struggling with the issue of weight loss and being healthy for many years. Many fat-loss and diet pills have come and gone. All of them have seen to have a catch. Either they are addictive and dangerous, or they must be done in conjunction with exercise and sensible nutrition (yielding similar results compared to exercise and sensible diet alone), or they just don't do anything. Fitness professionals and probably the drug manufacturers know its not the answer, and I suspect that inside, you know that a pill is not the answer to permanent fat loss either.

Alli is a new over the counter fat loss pill. Alli is the marketing name for Orlistat, which is a prescription fat loss pill that was approved on February

7, 2007 as an over the counter weight loss aid for overweight adults. Orlistat was originally approved in 1999 as a prescription drug to treat obesity at a higher dose than the over the counter (OTC) version.

Alli works by binding with ingested fat and passing it through the intestines without being absorbed. GlaxoSmithKline claims that the drug can prevent about 25% of fat from being absorbed and stored by the body. The undigested fat is eliminated through bowel movements, which can cause side effects such as gas, diarrhea, and an oily discharge. The FDA notes that unpleasant side effects include a change in bowel habits characterized as "loose stools". Additionally, eating foods that are more than 30% fat can cause an urgent need to use the bathroom. They also mention that this pill is not a "magic bullet" and should be used in conjunction with a low fat diet and exercise.

It sounds like there are some pretty nasty side effects from taking this product. The pill Alli does not do anything about simple carbohydrate

consumption, (sugar) which contributes to fat storage and preventing the release of stored fat. The potential pros of taking the drug lead the dieter to think that blocking the absorption of fat is the answer. But the reality is that excess carbohydrates are stored as fat just as easily. The product requires the dieter to eat a low fat diet and exercise. Interestingly, similar advice can be found by listening to personal trainers, weight loss specialists, doctors, nutritionists, and the surgeon general.

Research has shown that over time eating a low-fat diet and exercising will help you lose fat and feel better, without nasty side effects. My fear is that this diet drug will be seen as a quick fix, and that people will continue to fail at losing weight in the belief that they wont need to change their lifestyle to a healthier one. If you are in desperate need of losing fat, I encourage you to seek the help of a qualified, educated personal trainer or nutritionist or both. If you do decide that the pill is the right choice for you, you still need to learn to eat right and exercise for it to be effective.

## JUNE HEALTHY RECIPE GRILLED SALMON WITH ROASTED CORN RELISH

### Ingredients:

4 Anaheim chiles  
Cooking spray  
2 shucked ears corn  
1 cup diced tomato  
1/4 cup chopped fresh cilantro  
6 tablespoons fresh lime juice  
1 teaspoon salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
1 teaspoon ground cumin  
4 (6-ounce) skinless salmon fil-

Place chiles on grill rack coated with cooking spray; grill 5 minutes on each side or until blackened. Place chiles in a heavy-duty zip-top plastic bag; seal. Let stand 5 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes. Cut chiles into 1/4-inch strips. Place corn on grill rack coated with cooking spray; grill 10 minutes or until lightly browned, turning occasionally. Cool slightly. Cut kernels from cobs.

Combine chiles, corn, tomato, cilantro, and juice; toss gently. Add 1/2 teaspoon salt and 1/4 teaspoon black pepper.

Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, and cumin, stirring well. Rub spice mixture evenly over both sides of salmon. Place salmon on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with relish.

### Nutritional Information:

CALORIES 304(33% from fat); FAT 11.3g (sat 2.6g,mono 4.8g,poly 2.9g); PROTEIN 33.9g; CHOLESTEROL 80mg; CALCIUM 39mg; SODIUM 671mg; FIBER 2.7g; IRON 1.7mg; CARBOHYDRATE 18.1g

Source: Cynthia Nims , *Cooking Light*, JUNE 2007



**Mac Dodds, M.A., C.S.C.S.,** is a Strength and Conditioning Specialist, Author, Speaker, and Personal Trainer Certified through the National Strength and Conditioning Association since 2002.

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