

# FAIR WINDS TO FITNESS

Volume 1, Issue 2

September 15, 2008

## BENEFITS OF EXERCISE by CAPT Theresa Wade

It is generally accepted that doing enough activity to burn 700- 1000 calories a week is required to achieve some health benefits. Of course, the more exercise you do the more health benefits you get, and if you take in fewer calories than you are burning, you will lose weight at the same time. Walking at a moderate pace- 20 minute miles (3 mph)- for 60 minutes 5 days a week equates to about 1000 calories expended.



Routinely doing aerobic exercise is one of the best things you can do to prevent or control heart disease, high blood pressure (hypertension), and type 2 diabetes. Exercise improves the flexibility of arteries which helps reduce blood pressure. Exercise

also improves cholesterol levels by increasing high density lipoproteins (HDL), "good" cholesterol, and lowering low density lipoprotein (LDL), "bad" cholesterol. LDL often gets deposited in blood vessels as plaques, when these rupture they can cause heart attacks and strokes. HDL removes these plaques, cleaning the blood vessel, and lowering the risk that they will rupture.

Weight-bearing exercise, like walking, also reduces your risk of developing osteoporosis. Aerobic exercise can help relieve chronic muscle pain; people with fibromyalgia generally have symptom improvement when they exercise. Likewise, aerobic exercise increases endorphin release which helps lessen depression and is very effective in helping people with chronic fatigue feel better. Aerobic exercise does other "miraculous" things such as increasing your immune response, making it much less likely that you will get infections such as colds. Exercise also reduces the risk of developing some cancers and gallstones.

It sounds too good to be true doesn't it? If there was an exercise "pill" we could take to get all of these benefits- we would all do it! Unfortunately there is no magic pill, but aren't all of these health benefits worth a little effort? Again, walking 30 minutes a day, or on most days, is recommended and walking a little longer just gives you more health benefits!

Sources: Harvard HEALTH beat [www.health.harvard.edu/healthbeat](http://www.health.harvard.edu/healthbeat) and Harvard Health Letter, SEP 2008.



### Inside this issue:

Lack of Sleep Causes Weight Gain	2
Lack of Sleep May Increase Your Risk....	3
Frisbee?!?!?	3
Keep It Simple and Sensible	4
We Want to Hear From You	4

Commander, U.S. Coast Guard  
Maintenance & Logistics  
Command Pacific (k)  
1301 Clay Street Suite 170N  
Oakland, CA 94501  
Phone: 510-637-1350  
Fax: 510-637-1227  
E-mail: D11-PF-FWTF@uscg.mil

## Lack of Sleep Causes Weight Gain by Dr. Christopher Kowalsky

“Tips for better sleep are ...”

**Poor sleep habits:** (referred to as hygiene) are among the most common problems encountered in our society.

### Tips for better sleep are:

- \* Fix a bedtime and an awakening time
- \* Avoid napping during the day.
- \* Avoid alcohol 4-6 hours before bedtime (or avoid alcohol).
- \* Avoid caffeine 4-6 hours before bedtime. (or avoid caffeine)
- \* Avoid heavy, spicy, or sugary foods 4-6 hours before bedtime.
- \* Exercise regularly, but strenuous exercise within 2 hours before bedtime can decrease your ability to fall asleep.
- \* Use comfortable bedding.
- \* Find a comfortable temperature and keep the room well ventilated. A cool (not cold) bedroom is often most conducive to sleep.
- \* Block out all distracting noise, and eliminate as much light as possible.
- \* Reserve the bed for sleep and sex. Don't use the bed as an office, workroom or recreation room.
- \* Try a light snack before bed. Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you to sleep.

\* Practice relaxation techniques before bed. (Stretching, Yoga, deep breathing)

\* Don't take your worries to bed. Write down your chores or problems for the next day then close the note book.

\* Take a warm bath or shower

\* Get into your favorite sleeping position. If you don't fall asleep within 15–30 minutes, get up, go into another room, and read until sleepy.

\* Watching television or the computer screen activates the brain before bedtime and often is a bad idea.

\* White sound such as a fan or CD playing Environmental sounds (Ocean, forest, brook, etc) can help.

\* Work with your doctor to improve your Arthritis, acid reflux, menstruation, headaches and hot flashes that may keep you awake.

\* Many medications can cause sleeplessness as a side effect. Ask your doctor or pharmacist if your medications may cause sleeplessness.

\* To help overall improvement in sleep patterns, your doctor may prescribe sleep medications for short-term relief of a sleep problem.



## LACK OF SLEEP MAY INCREASE YOUR RISK OF WEIGHT GAIN

by CAPT Theresa Wade

There is evidence that people who sleep for fewer hours are at risk for being heavier and perhaps at higher risk of developing diabetes. Even children who report less sleep hours tend to be heavier than those who sleep more. In the 1960s adults slept on average 8- 9 hours a night. In 1995 this average was about 7 hours per night. As we have all heard, there is an "obesity epidemic" happening in the U.S. and it is possible that poor sleep habits have a role in this.

Studies have found that lack of sleep can impair the breakdown of glucose (blood sugar) which can lead to increased levels of insulin. High blood sugar and high insulin levels can increase the risk that a person will develop diabetes. Additionally, inadequate sleep also seems to be associated with changes in the hormones that regulate appetite, resulting in an increased appetite.

Other factors may also have a part in this process of inadequate sleep and weight gain. It is conjectured that a person who sleeps less has more time to eat. Additionally, if

one is not getting enough sleep, it may be more difficult to participate in physical activities. Finally, there is a question of whether inadequate sleep may actually reduce a person's metabolic rate. As the metabolic rate decreases, it takes fewer calories to fuel the body, thus people can gain weight without even adding additional calories to their diet

Getting enough sleep is important for your emotional health, for your mental alertness, and apparently for your waistline. Take time to get the rest you need.

### How Much Sleep Is Enough?

Adults: 7-9 hours

Adolescents: 8 ½ - 9 ½ hours

Children: 9- 13 hours

Toddlers: 12- 15 hours

Infants: 10 ½ -18 hours

Source: Impact of Sleep and Sleep Loss on Glucose Homeostasis and Appetite Regulation, Kristen L. Knutson, Sleep Medicine Clinic, 2, 2007.

Website: Sleep Founddation.org

"How Much Sleep Is Enough?"

## Frisbee?!?!?! By David Bonachea

In the 51 years since a company called Wham-O made a plastic saucer and named it Frisbee, we've gotten disc golf, a team disc sport called Ultimate and even an annual World Canine Disc Championship, featuring disc-catching dogs performing jaw-dropping aerial gymnastics.

Those dogs are on to something. As you twist your body, whip your arm, then run after and catch a flying

disc, you stretch your muscles, strengthen your back, build coordination and burn as much as 200 calories an hour, according to [www.fitday.com](http://www.fitday.com). It's stealth fitness, masquerading as pure fun, that you can do anywhere at any age.

Roy M. Wallack, co-author of "Bike for Life: How to Ride to 100." Reach him at [roywallack@aol.com](mailto:roywallack@aol.com)



## Keep it Simple and Sensible by CDR Deborah Thompson

Websites of Interest:  
• [www.sparkpeople.com](http://www.sparkpeople.com)  
• [www.mypyramid.gov](http://www.mypyramid.gov)  
• [www.realage.com/homepage.aspx](http://www.realage.com/homepage.aspx)

As we approach the US Coast Guard bi-annual weigh-ins, many experience panic, knowing that once again weight loss is needed to meet the standards. The human body is a miraculous and resilient machine that operates on numerous levels simultaneously as it powers us throughout our daily routine. As bodies age, metabolic changes occur, our tastes may become more indulgent and we may become more sedentary, adding additional weight that is not so easily removed.



**Diet pills**-Should only be used under the strict guidance of the medical provider. These are medications that must be approved by the FDA and can be very dangerous if taken incorrectly. Side effects include high blood pressure, insomnia, heart arrhythmias, heart attack and dependency.

**Diuretics**-These are drugs that increase the discharge of urine, so the effect you are getting is a loss in water weight, which can trigger the cycle of retaining water to replace the fluid lost and depleting vital electrolytes, which are needed to maintain the proper function of important vital organs.

**Laxatives**-Generally ineffective in weight loss, food that is responsive to laxatives has already been absorbed. Water and electrolyte loss may

result initially, causing the cycling as stated above with diuretics. Repeated use of laxatives can result in bowel damage, causing more dependency on the product.

**Fad diets**-Claims are made for quick weight loss and some are endorsed by celebrities as to their effectiveness. Keep in mind that some may require too much or too little of one type of food and important nutrients may be lost that help the body to maintain its functions.

**Herbal supplements**- Weight loss claims on herbal supplements are many and few, if any, are substantiated. These products are not regulated by the FDA and significant side effects and drug interactions may be present.

There is no quick fix to the weight loss issue. Be aware that most retail outlets offer some type of "Weight Loss" magic and they are offered to lure the unsuspecting consumer in parting with their hard earned dollars without guarantee of results. Simply stated, the calories consumed must be less than the calories expended. Sensible nutrition, regular exercise, and adequate hydration are reasonable starting points and will achieve the desired result with time and persistence.

Segments of this article were derived and printed with permission from LifeScript.com ([www.lifescrpt.com](http://www.lifescrpt.com)).

### We want to hear from you.....



The publication of *Fair Winds to Fitness* is new and with your assistance we can keep the ideas and suggestions fresh with your input. If you have a favorite healthy recipe, an

informative website or a suggestion that would be of interest to others for a healthier lifestyle, please submit it to us. We have set up a special e-mail address and we would greatly appreciate your submissions. The address is

**[D11-PF-FWTF@uscg.mil](mailto:D11-PF-FWTF@uscg.mil)**

We hope to hear from you soon.