

SCS FIT & HEALTHY

The True Path to Health, Fitness & Longevity

SCS FAST FACTS

Did You Know?

Diet vs Exercise



3 Groups were studied. Diet, Exercise, and Diet & Exercise. After 2 years, the diet only group gained back all the weight they lost plus 2 lbs more! The exercise and diet & exercise group did the best, with the diet & exercise winning the prize for most weight loss kept off after 2 years.

(Skender, M.L., Goodrick, G.K., & Del Junco, D.J., 1996)

Lose 1 lb. a Week

Did you know that in order to lose 1 lb. per week you must create a 3,500 calorie weekly deficit (500 calories a day)? This can come from a combination of efforts such as exercise, calorie reduction, food choices, etc.



WorkPlace Stress...

Workplace stress has been linked to serious health problems — including heart attack and high blood pressure. And when cortisol is released by stress it stimulates an increased appetite for high-fat, high-sugar foods, which increases fat storage in the abdomen.

(American Council on Exercise Fit Facts, 2012)

WHAT'S INSIDE:

"IS COCONUT OIL DANGEROUS?" PG. 1

"ARE YOU RUNNING OUT OF TIME?" PG. 2

"REVIEW OF PROTEIN SUPPLEMENTS" PG. 3

"PLANTING THE SEEDS OF HEALTH THOUGH MINDFULNESS" PG. 4



"Is Coconut Oil Dangerous to Eat or Cook With?"



WHAT YOUR DOCTOR MAY NOT KNOW...

We've all been led to believe that saturated fats are the enemy and that we should avoid them at all costs lest we die an early death from heart disease. And, to make matters worse, many doctors and the media are misinformed when it comes to educating people on healthy fats verses "bad fats." Typically this means coconut oil gets branded as evil since it is composed primarily of saturated fat...

However, there's another side to the story you haven't heard about, so let's dispel the myths and find the truth:

1. Coconut Oil Contains MCTs

Did you know that coconut oil contains a specific type of saturated fat called "medium chain triglycerides (not

the bad kind you may be thinking about)? This type of fat burns more like a carbohydrate and doesn't get stored as fat, which means it can be a great energy food on exercise days!

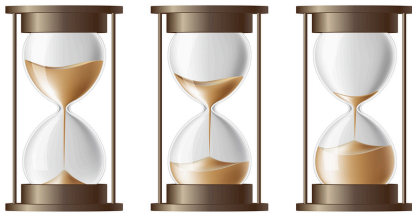
2. Coconut Oil Heals Your Gut

Did you know that coconut oil contains caprylic acid? And did you know caprylic acid acts as an antifungal that can destroy candida yeast overgrowth, as well as other digestive based bacterial issues?

It can and does... (Bredel, Matthew. (2008) *Coconut Oil: Candida Cure*)

3. Coconut





Have You Run Out of Time...?

Eating healthy, working out, and de-stressing all take time, preparation and dedication. For most of us, the real challenge of these three is *time*. We live in a society that glorifies and caters to the "on-the-go" lifestyle. Longer hours in an office, extra time in traffic, and the pressure of raising a family all play into this phenomenon.

People who choose to keep health and fitness a priority in their life all have one major thing in common; they deliberately make time each day to either exercise, prepare healthy meals, relax or live with purpose.

Your physical and mental well being are a few of the only factors in life which you can control. They are also the main factors in determining how happy and fulfilling your life can be. Often times it just takes simple time management to ensure you make both a priority for yourself and your family.

If your days get crazy as they go on, then make time to work out as soon as you get up. If weekdays are demanding, then prepare healthful meals on the weekends to have during the work week. And, if it seems like your kids have your every minute occupied, designate one half hour each morning before you start your day for either exercise or relaxation.

We all have the same 24 hours each day, so don't wait to find the time for your health, just make it!



by Julia Hayes, CPT

Julia Hayes is a nationally certified personal trainer and specializes in nutrition & wellness coaching. Julia is also a 2013 licensed

integrative nutrition coach candidate. Find more of her tips on our SCS Facebook page!

Is Coconut Oil Dangerous?

(continued from cover pg)

3. Coconut Oil Heals Cell Membranes

Did you know that your cell membranes are made predominantly of fats? Coconut oil has been proven to help solidify catabolic cell membrane structure and help strengthen the over 60 trillion cells in your body in order to get good nutrition in and energy out! (*MJA Vol 176 3 June 2002*)

4. Coconut Stops Alzheimer's, MS, and Parkinson's

Did you know that coconut oil has now been shown to not only stop some of the powerful degenerative diseases, but also to reverse



some cases? It's true and it has to do with its ability to patch back up cell membrane health (your brain is 75% fat), provide nutrition to the body, and its ability to be burned as fuel for your body and brain. (*VanItallie et al., 2005; de Lau et al., 2005; Regier et al. 2004; Cummane et al., 2002; Henderson, 2004*)

5. Coconut Oil Lowers Cholesterol

Did you know that not only can lauric acid in coconut oil can raise your good cholesterol (HDL), but it can actually lower your "bad" LDL cholesterol? Isn't the fear of raising cholesterol the reason why everyone is staying away from coconut in the first place? If so, rest easy since coconut oil won't clog your arteries or raise your cholesterol. (Just as an aside, 75% of all people that suffer a heart attack do not have high cholesterol, but we'll save debunking the "Cholesterol Myth" for another day... (*Lipids July 2009;44(7):593-601*))

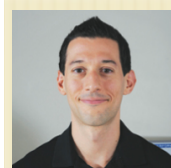
So, why does coconut oil appear to be the "King of All Fats"? The reason is that besides real butter and a few other

lesser-known fats, coconut oil does not oxidize when cooked. That means it does not create massive free radical damage to your body when ingested (*unlike regular cooking oils – including olive oil*).

Like most health foods, coconut oil has a myriad of uses and in Ayurvedic Medicine coconut oil is also highly revered as a skin revitalizer and healer, as well as a hair rejuvenator. However, this article isn't meant to portray coconut oil as a panacea, but rather explain a few of the benefits of including this healthy fat into your weekly meal planning.

Although the amount consumed will be dependent upon whether the coconut oil is to be used for therapeutic use or as a menu item, I highly recommend adding it to your breakfast protein shake, cooking with it, and even using it as a dressing on vegetables or acceptable non-processed grains.

It may take a few tastings to get accustomed to its unique flavor, but the health benefits are worth the wait. I simply can't stress enough that cooked oils (not including coconut and real butter) and sugar are literally the worst foods humans can consume and they are aging you rapidly on the inside through free radical damage, which eventually is manifested in low energy levels, poor immunity, aches & pains, and an aged appearance. Interested in slowing the effects of aging? Try adding a tablespoon of coconut oil to some of your daily dishes!



by Stephen Cabral, CSCS, CPT, NS

Stephen Cabral is was awarded "2011 Personal Trainer of the Year." He has published 2 books and over 1,100 articles on health, fitness, and weight loss. He is also the founder of Stephen Cabral Studio and StephenCabral.com.

SCS "MOST POPULAR" SOCIAL MEDIA TIPS



Most "Likes" on Facebook

For some, we are our own greatest enemies. We put road blocks in our own way with negative thoughts. We would not stand for others talking down to us... so why would we do that to ourselves? Be good to yourself today. Treat yourself with respect and love. Exercise, nourish your body with healthy foods and be positive.

by Julian Cardoos, CPT, NS



Most "Comments" on Facebook

"If a weight loss pill was approved and shown to help you lose 30+ lbs would you take it if there were potential side effects such as depression, migraines, heart disease, and stroke?" There are no right or wrong answers we'd just like to see how many people would and how many wouldn't...

by Stephen Cabral, CSCS, CPT, NS

Most "Shares" on Facebook

How to Buy the US Government:

"Monsanto recently contributed \$4.2 million to defeat California's



Proposition 37—a bill that would require labeling of genetically engineered foods." Along with other companies like Dupont, Dow Agro, PepsiCo Kashi, Odwalla, Naked, Honest Tea, and Larabar, they have raised \$25 million in opposition to the GMO labeling bill, compared to \$3 million in support of Proposition 37... (reported by Dr Mercola) Over 50 countries have either outlawed GMO foods or made labeling GMO foods mandatory. We shall soon see if the US Government really is for sale and truly only cares about profit - not the health of their own people.

by Stephen Cabral, CSCS, CPT, NS

Most "Views" on Facebook

One of my favorite snacks these days is kale chips and I am happy to share my recipe with you! After you have washed your kale make sure it is very dry. Scatter the kale on a baking sheet. Lightly sprinkle a bit of olive oil followed by some sea salt, pepper, light Parmesan and chili flakes for a kick (if you like). Watch them until they look crisp, then enjoy!

by Julia Sousa, CPT



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SCS INDEPENDENT REVIEW

Product Review

Protein Supplements

Protein is the undisputed king of supplements. Although this supplement has received universal

acceptance, most clients come in knowing that they "should" drink a protein shake, but they do not have an understanding as to why, when, how much, what type and the MOST important question of all... what flavor?

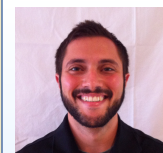


Here is a quick synopsis of protein and why drinking it proves beneficial. Protein is one of the 3 macronutrients along with carbohydrates and fats. As protein is digested, it is broken down into amino acids. These subunits are responsible for millions of functions within the body.

The most important function relative to exercise is that it plays a primary role in repairing damaged tissue used during the workout and will speed up recovery. This is critical for those taking part in an exercise program. As muscle tissue repairs it gets stronger, therefore increasing our lean muscle mass. The end result is that once our lean muscle mass increases, so does our metabolism, even at rest! You can raise your metabolism in one meal by up to 7% just by eating protein over carbohydrates or fat.

This is actually beneficial for those trying to lose body fat AND gain muscle mass. The best way to start incorporating protein powders into your diet is to add 1 shake as your 1st meal of the day. It is a great way to increase your metabolism immediately as you start your day.

In later reviews, we will discuss different types and brands. Your 1st priority is figuring the more pressing issue, *chocolate or vanilla?*



by Julian Cardoos, CPT, NS

Julian Cardoos is a NASM certified personal trainer and Manager of Stephen Cabral Studio. He specializes in postural biomechanics and helping clients achieve lasting weight loss results.

STEPHEN CABRAL STUDIO NEWS...

Chris Carreiro Gets CSCS Certified!

Chris got certified as a Strength & Conditioning Specialist in September 2012 and passed one of the more challenging exams in the industry. Congratulations!



Studio Maintenance

In the past few weeks the studio has gotten a small makeover. Freshly painted walls, a refinished floor, and new framing around our deck doors. Look for ongoing improvements & new functional equipment pieces coming soon!

The Family is Growing!

In the past 3 months Stephen welcomed his first child, Julia got married, Jared had his 2nd child, and now Julian is awaiting the birth of his first child in December... There really must be something in the SCS Water!

Comments? Questions? Suggestions?

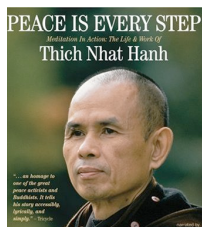
We're always looking for ways to better serve our clients, so please feel free to send us an email at results@stephencabralstudio.com with your feedback!

Planting the Seeds of Health Through Mindfulness

GIn a world that values speed and productivity, we have become a culture of human doings, forgetting that we are human beings. Conditioned to believe that we must multi-task and get as much done as possible, our stress levels are chronically high and, as a result, our health has paid a significant price.

I believe that the increased rates of obesity and chronic disease are directly related with the rapid pace we operate at on a daily basis. We are over-stressed physically, mentally, and emotionally! If we truly want to heal our minds and bodies, bringing them into balance, and improve our country's dismal state of health, we must shift our way of being.

Specifically, we need to better manage our stress by slowing down and learning to live fully in the present moment. Cultivating mindfulness is a powerful way to dramatically enhance



our quality of life as it promotes awareness and enjoyment of the here and now. The following are some simple, yet powerful practices I recommend for strengthening your immune system, calming your mind, protecting your heart, and enhancing your enjoyment of everyday:

1) Begin each day with 5-10 minutes of silence (longer if possible). We are bombarded by noise all day long, a pervasive stressor we become so accustomed to, we often aren't aware of its impact. Spending a few minutes becoming aware of your breath and concentrating on fully being in the moment sets a peaceful, mindful tone for the day.

2) Experience mindful movement. If you like to walk or run, pay attention to how each step feels, the power of the beating of your heart, and the rhythmic way air moves in and out of your body. While weight training, attune yourself with your breath, and concentrate on feeling your muscles contract and relax. Proper breathing enables you to recruit

the correct muscles for each exercise, translating into enhanced performance. **3) Eat in a relaxed environment.** It is extremely challenging to fully enjoy your food when sitting in your car, or in front of the TV or computer. These habits also promote overeating and maldigestion. Eating in the company of others slows us down and strengthens social bonds, creating feel-good hormones that enhance both our digestion and our mood. Slow down to consciously taste each bite and allow your senses to be fully engaged, enriching your eating experience while reducing stress and shrinking your waistline.

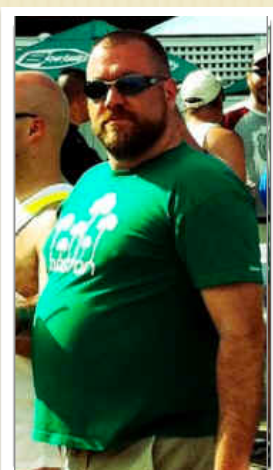
By consciously choosing to live each day mindfully, we plant seeds of health, which will bear fruit in the way of vibrancy and longevity.



by Chris Carreiro, CPT, CSCS

Chris Carreiro is a nationally certified strength & conditioning specialist and personal trainer. Chris is also working towards his MS as Wellness Coach.

SCS SUCCESS STORY OF THE MONTH



Lost 37 lbs. in 12 Weeks!

Corey Sanborn

Weight Loss

Lost 37 lbs. in 12 weeks and dropped 6 pts off BMI!

Inches Lost

Lost 5.5 inches off waist and 2 pants sizes!

Other Improvements

- * Got rid of knee pain!
- * Increased upper body strength!
- * New outlook on nutrition and on how to keep the weight off permanently!



"I took action once being advised by my doctor that I really needed to lose weight. But I didn't want just a regular gym routine that may or may not be solving the issues I really needed to address. I needed something a bit more hands-on and dealt with more than just working out. A friend recommended the Stephen Cabral Studio because of its all-encompassing approach when constructing a custom weight loss program. The right workouts and eating plans are crafted for me based on the areas of my body I want to focus on. I feel supported even when I'm not in a session. The results are real and they keep coming. This was one of the best decisions I've ever made."