



# TIER 1

## HEALTH AND WELLNESS

### How Much Physical Activity Do I Need?

There are many benefits of physical activity! It helps reduce body fat and insulin resistance which decreases the risk of cardiovascular disease, diabetes, and several cancers. The Center for Disease Control recommends that adults engage in 15 minutes of moderate-intensity aerobic activity each week. Anything that increases your heart rate counts: biking, swimming, playing a sport, walking your dog, or gardening to name a few. Being active improves mood and increases energy levels .

It is also recommended to perform activities that make your muscles work harder than usual such as lifting weights, or performing bodyweight exercises: squats, push-ups, pull-ups, lunges, planks, and mountain climbers. The choices are endless. Find something that you enjoy, and do it regularly!



## New Year, New You

Each new year brings new opportunities to change habits and improve aspects of our lives that are not bringing us joy or enhancing the quality of our lives. Many make resolutions at the beginning of the year to get in shape, organize their homes, improve productivity at work, spend more time with friends and family, quit smoking, stop drinking, improve diets, and reduce the amount of daily stress. Change is difficult, and according to a U.S. News & World Report, the failure rate for New Year's resolutions is said to be about 80 percent, by mid-February. Factors that contribute to failure are: setting unrealistic goals, failure to identify and implement actions that will make achieving the goal possible, and not having adequate support necessary to reach goals. This year we encourage you to take a new approach, and focus on achieving the best quality of health possible! If you have not already joined the closed Facebook group, Tier 1 Health and Wellness: Home of Evidence Based HRT, I encourage you to do so immediately ! The Tier 1 Team along with Dr. Charles Barnes and Waqid Janjua are there daily to offer advice and encouragement to help you reach your optimal state of health. It is free, and all you have to do to join is make a request via FB and answer a few simple questions! We hope that you will have much health and prosperity in this new year. Exciting things are happening at Tier 1, and we will continue to keep you informed as things develop.

## Dispensary Now Open

The Tier 1 Dispensary is now able to provide a limited number of prescriptions at discounted rates including:

Tadalafil (Cialis) for erectile dysfunction

Metformin for insulin resistance and preventive medicine applications

Spironolactone for treatment of PCOS and to reduce acne and/or hair growth due to testosterone treatment for women

Call Dr. Scott Howell today for more information

## Risk Factors for being Overweight

- ◆ Increase in all-cause mortality
- ◆ Hypertension
- ◆ Dyslipidemia (High LDL cholesterol, low HDL or high levels of triglycerides)
- ◆ Type 2 diabetes
- ◆ Coronary heart disease
- ◆ Stroke
- ◆ Gallbladder disease
- ◆ Osteoarthritis Sleep apnea and breathing problems
- ◆ Cancer
- ◆ Low quality of life
- ◆ Mental illness such as clinical depression, anxiety, and other mental disorders
- ◆ Body pain and difficulty with physical functioning

## Question From FB Group:

**Is there a recommended regimen of diet, exercise and supplementation for this group based on scientific evidence to maximize optimization?**

By Dr. Scott Howell

"I do not like making general statements about any specific regimen for diet, training, and supplementation because although there are commonalities to most sound regimens, there is no one size fits all. For supplements, there are basically no supplements I can stand behind excluding creatine, n-3 pufas, water soluble vitamins, quality protein powders etc. With diet, I tend to advise avoiding any diets that drop any class of macronutrients and contain mostly calorie dense foods and instead increase nutrient dense foods, establish baseline caloric and nutrient requirements, and cut out processed foods as much as possible and simple sugars except when training requires replenishment of glycogen quickly to manage and facilitate recovery. The important point here is that a plan is in place and adherence to the plan occurs. Consistency is the key with diet and training but there are no magic bullets. If someone wants to drop into single digit body fat, they must have a deficit in energy just as if someone wants to gain LBM there has to be a surplus that allows a mostly positive nitrogen balance over time. With the former, calories do matter whether they are consumed or expended. When people ask me about a regimen, I ask them their goals. All sound training in recreational lifters, elite athletics, and health enthusiasts must be derived from the main goals of training. When I develop long-term training plans, it is basically a mapping of targets and the work required to get from point A to point B. Many individuals have no clue what real physical training is, and the level of effort required to direct adaptation to training targets. If someone is comfortable after a training session, we can assume the adaptation threshold has NOT been met unless the individual was overreaching and in the process of deloading stimulus intensity and fatigue."

If you want to take your fitness to the next level, call Dr. Howell to get scheduled for a consultation.