
Healthy South Shore

HEALTHY TIPS E-BOOK



Edited by Stacey Shipman

www.healthysouthshore.com

ABOUT THIS E-BOOK

Thank you for downloading the Healthy South Shore Healthy Tips e-book. Whether you want to eat better, increase your physical activity or need simple strategies for stress relief, this e-book provides the simple tips you need to get started.

Healthy South Shore collaborated with health and fitness professionals on the south shore and asked them to provide their best health and fitness tips. We also included comments from every day people (non fitness professionals) who make healthy and fitness activities a consistent part of their life.

How to use this e-book

Consider this book a starting point or quick reference guide when you need a jolt of inspiration. This e-book is not a comprehensive fitness book, nor is it a replacement for seeking professional health and fitness advice.

Included at the end you'll find a series of questions and a sample journal page both designed to get you thinking proactively about your health and fitness activities. Use these templates to stay on track with your health and fitness goals throughout the year.

DISCLAIMER

The information contained in this e-book is for informational purposes only and should not be considered professional health or fitness advice. The fitness and health advice offered in this e-book is not suitable for all populations. Always consult your physician or qualified health/fitness professionals before starting any health or fitness program.

The tips provided in this e-book are the sole opinion of the contributing writer and not the opinion of Healthy South Shore. While we make every effort to ensure content accuracy, Healthy South Shore is not liable for errors or omissions in the content. If you have a question about a specific tip, please contact the tip author directly. Contact information is included.

Wishing you much success on your road to a fit and healthy lifestyle.



Find a Fitness Buddy

Partnering up with one person or a small group is a great way to keep motivated, stay on track and achieve your fitness goals. If you miss a workout, someone will encourage you to make the next one. You have someone to talk to if you're falling behind on your fitness or healthy eating goals. Accountability is a big factor, too. When you are scheduled to meet a friend for a workout, you are less likely to break plans than if you workout alone. The most important part: picking the right partner(s). Instead of a "workout buddy" who will coax you to skip a session and grab dinner instead, make sure your partnership or group is mutually beneficial: you help them and they help you.

Brilene Faherty - 25 years old
Quincy, MA



Importance of Resistance Training in Aging

Do you shy away from lifting weights and engage only in cardiovascular activities like walking and biking? Did you know that as you age you can lose 2% of bone mass per year? Lifting weights 2-3 days per week helps prevent bone loss, muscle loss, and weakening of tendons. Weight training also helps alleviate physical aches and pains. With the right program and assistance, incorporating weight training into your fitness routine can be fun and empowering at any age! Consider hiring a personal trainer or engaging in an at home fitness program to get you started. Cheers to living a long and functional life!

Denise McDonald
Independent Team Beachbody Coach
www.beachbodycoach.com/changing4good

Exercise Efficiently for Weight Loss

Do you spend hours on the treadmill and never get noticeable results? Do you want the most calorie and fat burning benefits from your cardio training? Often people overestimate the quantity versus the quality of their fitness program.

Below are a few tips to help you exercise more efficiently to save time and maintain good health.

Work within your target heart rate.

To know whether or not you are working in your target heart rate zone you want to calculate heart rate max (MHR). The calculation for MHR is: 220 minus Your Age. For example, a 40 year old's MHR is 180 beats per minute (BPM) (220 – 40). When you are completing your cardio exercise, you want to keep your heart rate between 60 % and 90% of your heart rate max. In the example above that would be: 108 – 162 beats per minute.

High Intensity Interval Training

The most efficient cardio training for weight loss is high intensity interval training.

1. Interval training combines short, intense efforts with periods of active recovery. For example, bike at 85% of your MHR for 20 seconds, followed by 20 seconds of lower intensity pedaling. Alternate between high and low intensity for 20 minutes. Interval training research shows that you benefit from fat and calorie burn both during and after exercise.

The Talk Test

If you're not confident in your ability to calculate your heart rate, try the "talk test." If you can comfortably carry on a conversation, you are not exercising hard enough. You want to be able to speak, and have to take a breath after saying a few words. *Note: The heart rate monitors built into the handles of cardio machines are not always accurate*

Quick Tips for a Safe and Effective Exercise Program

- Always consult a physician prior to starting an exercise program
- If you feel dizzy or lightheaded during exercise, stop immediately
- When starting a new exercise program, start slowly and gradually build into the program

Alicia Golden

A Healthy Balance Inc

www.ahhealthybalanceinc.com



Move More

Rather than thinking about “working out” as something you need to do before you start your day, consider incorporating more movement and fun into your day. For me that means kayaking and enjoying the sunshine during the summer, snowshoeing or cross-country skiing in the winter, walking with friends while we catch up on life or hula-hooping to some fun dance music. By weaving the activity into my day and making it part of what I do with friends, I always have time for it and never feel rushed to finish.

Leanna Hamill

Elder Law and Estate Planning Attorney, Hingham

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Exercise to Feel Better Emotionally

Exercise not only burns calories it helps you feel better emotionally thanks to the release of endorphins or “feel good” chemicals in the brain. On days when you have a hard time motivating make a small promise to fit in 10 to 15 minutes of exercise. After that, give yourself permission to stop. Before you stop, notice how you feel. If you feel good and you have the time, keep going! The hardest part is getting started. Once you get going you will feel happy that you started.

Tracy Yemma, Registered Dietitian

Energy Center Nutrition

www.energycenternutrition.com



‘2 Rep Rule’

Is your primary fitness goal to build muscle? Focus on lifting heavy weights. However, if this is not your goal, training this way could be counterproductive. You can make positive gains by following a simple ‘2 Rep Rule’. For example, if you are doing bicep curls and want to complete eight bicep curls, eight curls is the number of “reps”. Next, choose a weight that is challenging for those eight reps. Once you reach 8, you feel as if you could squeeze out 2 more bicep curls with that weight. Think about how many reps you want to complete (8) and choose a weight that allows you to complete two additional reps. This is an appropriate weight to help your muscle grow without problems.

Steve Ferreira

Owner SNF Fitness (personal training, Quincy)

<http://www.snf-fitness.com>

Take a Hike!

Hiking. It's easy and there is so much of it nearby. Hiking does not always mean reaching the summit of a snow capped mountain; it can be strolling on a flat wooded path, bird watching, or taking the kids out for a walk and a picnic in the woods. Reconnect with nature and feel how your body and mood change for the better. Rain or shine, a walk in the woods can lift your spirits.

Follow these steps for a fun and safe hiking adventure.

- Get the right gear. From boots and socks to backpacks and a compass. The right gear will make your hike more pleasant. Not sure what to buy? Stop in to your local outdoor outfitter for some help.
- Be prepared. Weather changes especially when your hike takes you up in elevation. Even if you're not intending to go far, always be prepared for emergencies like taking a wrong turn, or staying out after dark. Dress in layers, and bring clothing that includes long and short sleeves, a fleece and/or a windbreaker. Always carry a flashlight, water, snacks, matches, a basic first aid kit and a compass. Once you arrive at your hiking destination, pick up a trail map and learn how to read it. Most local state parks and reservations are very well marked.
- Hike with a friend. There is safety in numbers so bring a friend along to share the day. If you do hike alone make sure you tell someone else where you plan to go.
- Bring a camera. You never know what you might see – flowers, birds, wildlife, and foliage.
- Have the right attitude. Be open to exploring and have fun.

Stacey Shipman

Founder, Healthy South Shore

<http://www.healthysouthshore.com>



Keep a Food Diary

If I told you that in just 15 minutes per day you could take a step towards reaching and maintaining your goal weight and feel better would you take 15 minutes to accomplish this? A food diary is a great way to achieve your weight loss goals. With consistent journaling, a food diary keeps you accountable. When you record what you eat, you identify your eating patterns and stay on track with your calorie needs during the day. Any notebook will do and consistency is the key.

Tracy Yemma, Registered Dietitian
Energy Center Nutrition
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Listen to Your Body

Healthy eating doesn't mean eating fresh greens all the time, though it can help. It's more about eating a well balanced diet and listening to your body. Sometimes your cravings mean more than one thing. For instance if you are craving chocolate, it can be your body telling you need more magnesium in your diet, try filling that craving with some dry nuts or seeds, broccoli or fresh fruits!

Stacy Mafera
Errands Etcetera
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How Hungry Are You?

Having trouble avoiding that second helping of dinner?

Use the hunger scale to rate how hungry you are at any given moment. On a scale from 1 to 10, you want to stay within a rating of 3 to 6. You never get too hungry or too full. Below is the scale. Use it to test your own hunger levels on a daily or meal-to-meal basis. Note: To keep hunger in check, consider eating a small meal or snack every 3 – 4 hours.

The Hunger Scale

10. Stuffed. You may feel nauseous.
9. Very uncomfortably full. You need to loosen your clothes.
8. Uncomfortably full. You feel bloated.
7. Full. A little bit uncomfortable.
6. Perfectly comfortable. You feel satisfied.
5. Comfortable. You're more or less satisfied, but could eat a little more.
4. Slightly uncomfortable. You're just beginning to feel signs of hunger.
3. Uncomfortably hungry. Your stomach is rumbling.
2. Very uncomfortable. You feel irritable and unable to concentrate.
1. Weak and light headed. Your stomach acid is churning.

Nikki Tierney, RD, Personal Trainer
A Healthy Balance, Inc
<http://www.AHealthyBalanceInc.com>



Grow your own herb garden!

I like to grow sage, thyme, chive and oregano in my garden. They grow back every year and dry easily for use year round. Not to mention they're chemical free.

Michael Shipman
Weymouth, MA



Limit Alcohol Intake to Avoid Toxins

Did you know alcohol is a toxin to the body? The body metabolizes alcohol at the expense of the other nutrients so they are more likely to get stored as fat. Also, alcohol is high in calories. More importantly people tend to crave fat and salt when they drink (no one eats apples or broccoli when they drink!). To reduce your body's exposure to toxins and help maintain your weight goals, limit alcohol to 1-2 drinks per week.

Tracy Yemma, Registered Dietitian
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Boost Your Mood with Vitamin D

Vitamin D is a mood elevator, promotes healthy bones, improves overall health and is helpful for people with Seasonal Affective Disorder (SAD). Many people aren't getting enough. Research suggests adults need approximately 2,000 IU daily and children need approximately 1,000 IU daily. Vitamin D is available through sunlight and supplements. Consult a physician or nutrition professional to identify your Vitamin D needs. Too much can have a negative impact on your health.

Kathleen Ogar, C.Hom., Dipl. ABT, CHC
Certified Natural Health Coach
<http://www.YourInfiniteWellness.com>

Macronutrients

Are you familiar with macronutrients? Each and every new ‘diet’ needs to start with a solid understanding of the 3 macronutrients: Protein, Carbohydrates, and Fat. You need to learn what they are, what they do for your body, what foods contain which nutrients, and how much of each you should be eating. When you fully understand the goals and importance of each, it will be easy to understand why a meal is ‘built’ a certain way, why it’s important to eat more or less of each during the day, and how they will hurt or help your individual health and fitness goals.

Steve Ferreira

Owner SNF Fitness (personal training, Quincy)

www.snf-fitness.com



Be your own personal chef

When preparing meals at home, cook more than you need. You’ll have extra servings for the next day or to freeze when you are in need of a quick meal. Use glass containers — not plastic — to store your leftovers. Your home cooked dinners are likely healthier and more appealing than having cereal for dinner the next time you’re too tired to cook.

Darlene Calcagno

Cuisine by Darlene

<http://www.cuisinebydarlene.com>

Alleviate Sugar Cravings

Help alleviate sugar cravings and empty carbohydrate cravings by consuming an appropriate amount of protein in your diet. The general rule of thumb is: 44 grams of protein for a 120 pound person, 55 grams of protein for a 150 pound person, and 66 grams of protein for a 180 pound person.

Kathleen Ogar, C.Hom., Dipl. ABT, CHC
Certified Natural Health Coach
<http://www.YourInfiniteWellness.com>



Get Back to Basics

Did you know that the “healthy foods” you eat could cause an unhealthy reaction in your body leading to illness? When that happens you may experience health problems such as Irritable Bowel Syndrome (IBS), headaches, depression, and fatigue to name a few.

More than 70% of diseases are preventable through diet. To get started consult a professional who can help you identify toxic foods in your diet. Next, remove those toxic foods from your diet and replace them with appropriate alternatives. Finally, assess current medications that may deplete your body of necessary vitamins.

By going back to basics, you can eliminate chronic illness, missed work, the need for unnecessary medications, and bring more energy into your life.

Laura Bonetzky-Joseph
Medspa New England
<http://www.medspane.com>

———— TIPS TO MANAGE STRESS/TENSION ————

Keep Muscles Loose

To keep neck muscles from tightening, wrap with heat for 15 minutes each night & then stretch your neck in every direction. Also rub your neck from top to bottom to alleviate muscle tension that builds during the day.

Caryn Bellew

Bellas Bodyworks, Weymouth, MA

www.bellasbodyworks.webs.com



Yin and Yang

In Chinese Medicine, each season of the year is associated with an organ in the body. During the Fall, the yin organ we look at is the Lung. The associated Yang organ is the Large Intestine. To help keep the lungs healthy, add pears to your diet. Pears help dissolve phlegm and add needed moisture for someone who may have a chest cough or cold, bronchitis or pneumonia. Avoid dairy until you feel better and your symptoms disappear!

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5 Tips to Better Sleep

- Take a media fast. Give some distance between you and the bad news.
- Create new and positive thoughts. The thoughts you think and the words you speak affect your body and your health.
- Avoid the late night glass of wine.
- Breathe! I can't emphasize this one enough. Try breathing from your belly instead of your chest.
- Relax with CranioSacral Therapy (CST). CST will release tension in your nervous system and assist you in getting a good night's sleep.

Martha Tassinari

Physical Therapist/Certified CranioSacral Therapist

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Simple Stress Relief Tips

Sigh. Take a medium deep breath in and a longer exhale out. It refocuses you to think about breathing and creates distance from issues that create stress and tension.

Speak well. For example, “I can” and “I will” language resets your mind to accomplishment and credit.

Decrease TV. No righteousness here, rather an effort to get away from violent, negative, traumatic images that create anxiety and depression. Start with one day and see how you feel.

Unplug. Schedule a massage or other enjoyable stress free activity. Think proactive not reactive.

Rosemary McLaughlin
Elements Therapeutic Massage Hingham
<http://www.elementshingham.com>



Get a dog! (or, spend time with a friend’s dog or volunteer to walk shelter dogs).

Studies show that spending time with a dog reduces emotional stress (including depression) and lowers blood pressure. Walking with a dog provides social support and increases overall health and fitness. Dogs provide unconditional love to the people they spend time with and are great listeners. Most dogs encourage you to keep regular routines (they’ll come get you when they need to walk) and can relate to people of all ages and personalities.

Ruth Hegarty, CEO/Founder
Creature Good | a Nonprofit Corporation
<http://www.creaturegood.org>

Make the Time

When I noticed the stress associated with caring for aging parents, a husband, two children, my home and my full-time job increasing I knew I needed to make a change. I researched my options and found a program that fit my lifestyle. Even though I still felt guilty, I made the time to do the work. I made difficult decisions, including calling my mother less, in order to make time for me and my health. I had an accountability group, kept a journal and planned meals in advance. I lost weight, smiled more and made others happier, too. My business increased and I felt great.

I succeeded because I made the time. You can, too.

Barbara Case
Financial Advisor
Moors Cabot



Make a Plan

If you fail to plan, then plan to fail. Once you have the knowledge you need to achieve your fitness goals your results are achieved by taking action. Want to keep moving forward toward your goals? Prevent getting off track with daily planning. Pick a day when you have extra time (i.e., Sunday) and plan meals, workouts and other obligations. Keep appointments with yourself. Make planning a habit and you will experience positive progress.

Steve Ferreira
Owner & Head Trainer, SNF Fitness, Quincy
<http://www.snf-fitness.com>

Make Health and Fitness a Priority

One of the most important things you can do for your health: put yourself first. Women tend to have a caretaker nature: care for those around you including your job, family, kids and sometimes people you barely know. As a result, you forget about your own needs. You deserve the same care you give everyone else. Put yourself first today and be an inspiration to everyone around you. Good health starts with you!

Beth Bellew, Owner and Personal Trainer

TNT Fit Club

www.tntfitclub.com



Time Saving Tips: My Top 3

Learn to say “NO”. For now, not forever. If you’re anything like me, saying no can be very challenging. I think I’m going to hurt someone’s feelings and as a result I forget about my own. Saying no can be liberating, like a weight lifted off my shoulders. Try it, you might feel lighter, too.

Ask for help. Do you have an “I can do it all” attitude? Are you exhausted and irritable by the end of the day? If so, then it’s time to ask for help. Asking for help is not a sign of weakness, nor is it nagging or demanding. Asking for help is about communicating effectively using words like *consider*, *please* and *thank you* so you can make time for your health.

Prioritize. What are your priorities, your “first things”? Are you making time in your day to get them done? Plan your day in advance and be realistic about what NEEDS to get done. Think, too, about convenience. If you’re in the car a lot running errands, figure out which errands take place in similar areas to avoid driving from one end of town to the other. Instead of heading to your favorite grocery store go to the one that is convenient.

Stacey Shipman

Founder, Healthy South Shore

<http://www.healthysouthshore.com>

Your Personal Plan

The following questions will help you get started with your personal health and fitness plan.

When you think about your health/fitness goals, what is it you want to achieve?

What small step can you take today to accomplish your health/fitness goals?

What support do you need to succeed?

How will you celebrate your success?

How will you continue to take steps towards a healthy, fit you?

What have you tried in the past with success? How can you do more of that?

Sample Daily Journal Page

(Use this template to track your progress)

Date:

Today's Exercise:

Today's Meals:

Breakfast

Lunch

Dinner

Snacks

How I felt today:

How do I want to feel tomorrow and what action do I need to take to get there?

ABOUT HEALTHY SOUTH SHORE

Healthy South Shore is your best resource for practical health and fitness information south of Boston. Topics include fitness, nutrition, cooking, outdoor activities, family activities, stress relief, alternative health, as well as up to date news and information related to health and wellness on the South Shore and beyond. Healthy South Shore is available 24 hours per day, 7 days per week online. New content is added weekly.

The Healthy South Shore Mission

- To make healthy living as easy as possible
- To dispel myths associated with healthy living and staying fit
- To connect South Shore community members with their health, fitness and wellness resources.

The Healthy South Shore Vision

To become the go-to resource for health and fitness information South of Boston.

What You'll Find at Healthy South Shore

- **Articles.** Providing the information and inspiration you need to stay fit and healthy.
- **How-to Videos.** Take action towards a healthy life today.
- **Resource Directory.** To connect the community to available health/fitness resources.
- **Events.** To bring like-minded people together stay active and healthy.
- **Community Events Calendar.** Connecting you to fitness and health events on the South Shore (not necessarily associated with Healthy South Shore)
- **Marketing Opportunities.** For health/fitness and other business looking to connect with health conscious consumers on the south shore.

Stay connected to Healthy South Shore

- **Free e- Newsletter & Monthly e- Magazine Delivery.** Get Healthy South Shore delivered straight to your inbox each month at no charge. You'll also get updated on upcoming events.
- **Twitter:** Follow @healthyss (<http://www.twitter.com/healthyss>)
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Have questions?

Contact Stacey Shipman, Founder/Editor at sas@healthysouthshore.com. We'd love to hear from you.

Wishing you much success on your road to a fit and healthy lifestyle.