The Scoop

Pilates News and Other Matters

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Play for **P.I.N.K**
Raises over $27,000

It was a glorious day with over one hundred Tuxedo Club members enjoying their annual charitable golf tournament, raffles, auction and luncheon.

Even in these challenging economic times, the outpouring of generosity prevailed as the Play for P.I.N.K Golfing event was able to raise over $27,000, surpassing last year's donations, all going to the Breast Cancer Research Foundation. Their mission is to achieve prevention and a cure for breast cancer in our lifetime by providing critical funding for innovative research and increasing public awareness about good breast health.

Good health and good fun was the theme of the day where members were able to pursue their love of golf in the name of a great cause. Whole Pilates donated 3 private Pilates lessons to a lucky winner, knowing full well how Pilates training adds yards to a player's golf stroke and increases stamina out on the links.

In addition to many generous donations by individual members, local restaurants, shops and services also donated time, services and support of this wonderful event.

Colleen's Corner

I've got Willie Nelson's version of 'September' going through my mind. Seems like summer just barely started, and already there are hints of those crisp, sunny, autumn days ahead.

Hope you made good use of the summer while you had it. I was able to get out on the back trails of Ringwood on my bike. I saw lots of you out there slipping in a power-walk or a jog to balance out your Pilates lessons.

Some folks seemed to have gotten a little overwhelmed by other things and I didn't see much of you at all, but that happens sometimes.

It took me almost 2 years after the birth of my daughter before I got back into looking after myself again and working out regularly. In the beginning the hardest thing about starting back was getting past my mind-stuff and resistance to breaking my new bad habits. If I knew then what I know now I wouldn't have let it go on so long, but eventually I was back and was reminded how good it feels to take care of myself at least as well as I take care of my family. They were happy for me too. I'm in a much better mood when I'm eating well and am active.

Exercise Minimizes Weight Regain by Burning Fat Before Carbs: New Study

Newswise — Exercise helps prevent weight regain after dieting by reducing appetite and by burning fat before burning carbohydrates, according to a new study with rats. Burning fat first and storing carbohydrates for use later in the day slows weight regain and may minimize overeating by signaling a feeling of fullness to the brain.

The University of Colorado Denver study also found that exercise prevents the increase in the number of fat cells that occurs during weight regain, challenging the conventional wisdom that the number of fat cells is set and cannot be altered by dietary or lifestyle changes.

These coordinated physiological changes in the brain and the body lower the 'defended' weight, that is, the weight that our physiology drives us to achieve, and suggest that the effects of exercise on these physiological processes may make it easier to stay on a diet.

The study is "Regular exercise attenuates the metabolic drive to regain weight after long term weight loss." Paul S. MacLean, Janine A. Higgins, Holly R. Wyatt, Edward L. Melan-

son, Ginger C. Johnson, Matthew R. Jackman, Erin D. Giles, Ian E. Brown and James O. Hill, all of the University of Colorado Denver, conducted the study. The American Physiological Society published the research in the American Journal of Physiology – Regulatory, Integrative and Comparative Physiology.

How exercise works

Weight gain is, on the surface, remarkably simple, occurring when the calories consumed exceeds the calories expended. On closer examination, the process is remarkably complex. Laboratory, animals eat according to physiological signals that may suppress appetite or arouse the desire to eat. These signals are relatively weak in humans, as their intake is largely influenced by psychological, cognitive and lifestyle factors. After dieting, however, the physiological signals emerge to play a more substantial role in controlling intake. Being persistently hungry after losing weight with restricted diets is a big part of the weight regain problem. Most people are unable to ignore this physiological cue and are pushed by their biology to overeat and regain the weight they worked so hard to lose.

Some people are successful at keeping the weight off, and those tracked by The National Weight Control Registry share a number of common characteristics, including a program of regular exercise. The aim of this investigation was to uncover how exercise affects the body's physiology to minimize weight regain.

The researchers used obesity-prone rats. For the first 16 weeks, the rats ate a high-fat diet, as much as they wanted, and remained sedentary. They were then placed on a diet. For the following two weeks, the animals ate a low-fat and low-calorie diet, losing about 14% of their body weight. The rats maintained the weight loss by dieting for eight more

weeks. Half the rats exercised regularly on a treadmill during this period while the other half remained sedentary.

In the final 8-weeks, the relapse phase of the study, the rats stopped dieting and ate as much low-fat food as they wanted. The rats in the exercise group continued to exercise and the sedentary rats remained sedentary.

Compared to the sedentary rats, the exercisers:

• regained less weight during the relapse period
• developed a lower 'defended' body weight
• burned more fat early in the day, and more carbohydrates later in the day
• accumulated fewer fat cells and less abdominal fat during relapse
• reduced the drive to overeat
• enhanced the ability to balance energy intake with energy expended

During feeding, the sedentary group preferentially burned carbohydrates while sending fat from the diet to fat tissue. This preferential fuel use stores more calories because it requires less energy to store fat than to store carbohydrates. In addition, burning away the body's carbohydrates may contribute to the persistent feeling of hunger and large appetite of the sedentary animals.

Exercise blunted this fuel preference, favoring the burning of fat for energy needs and saving ingested carbohydrates so that they could be used later in the day. Taken together, the exercise led to a much lower appetite and fewer calories ending up in fat tissue.

The researchers also found that exercise prevented the increase in the number of fat cells observed with weight regain in sedentary rats. In sedentary rats, a population of very small, presumably new, fat cells appears early in the relapse process. Small, new fat cells would not only accelerate the process of regain, but also increase fat storage capacity in the abdomen. It would also explain why sedentary rats overshoot their previous weight when they relapse.

Conventional wisdom holds that the number of fat cells is determined by genetics, rather than being regulated by diet or lifestyle. Because this effect of exercise is a novel finding, the team will do further research to demonstrate that exercise is, indeed, preventing the formation of new fat cells early in relapse and not simply altering the size of pre-existing fat cells.

September, 2009

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 11am Intermediate Pilates Mat	1 7pm Advanced Pilates Mat	2	3		5 8:30am Intermediate Pilates Mat
6	7 11am Intermediate Pilates Mat	8 7pm Advanced Pilates Mat	9	10	11	12 8:30am Intermediate Pilates Mat
13	14 11am Intermediate Pilates Mat	15 7pm Advanced Pilates Mat	16	17	18	19 8:30am Intermediate Pilates Mat
20	21 11am Intermediate Pilates Mat	22 7pm Advanced Pilates Mat	23	24	25	26 8:30am Intermediate Pilates Mat
27	28 11am Intermediate Pilates Mat	29 7pm Advanced Pilates Mat	30	31	1	2 8:30am Intermediate Pilates Mat

Classes held @
Leflein Group Focus Inn
1093 Greenwood Lk Tpk
Ringwood

Whole Pilates

Classical Pilates Mat (1 hr):
(BLUE)

$150 for 10 1 hour classes in continuing series.

Pre-Registration is a Must

Call today to register.
Phone: 973-962-1327
E-mail:
colleen@WholePilates.com

Contacts and Credits:

To include yourself on our mailing list, or if you have questions or comments contact colleen@WholePilates.com

Please go to our website, http://www.WholePilates.com to see what we've been working on, view archived newsletters, see streaming videos of the exercises, photo gallery, or learn more about how you can begin training with Whole Pilates.

To install Adobe Acrobat go to http://www.adobe.com/products/acrobat/readstep2.html

Colleen Wenrich, RN has been teaching fitness and wellness since 1981 and is certified Authentic Romana's Pilates, ASCM, AFAA, ACE, and BCIA