



Your Lean Team

The **S-ane** approach to
Personal Vitality

Summer
2008

Your Lean Team



Our **S-ane** approach to creating health and vitality supports the development of your **self-awareness**, good **nutrition** and effective **exercise**.

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www.apsfitness.com A Certified Fitness Trainer and martial arts instructor providing individual multi-functional fitness and self-defense training.

Nutrition.. Leslie Hayden-Malloy, PhD, CCN
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www.mynutritionnow.com A clinical nutritionist working as a "nutrition coach," emphasizing preventive nutrition care and personal programs.

Support Mary Disharoon, MA, LMFT
707.525.4789 • MaryDish@comcast.net
www.MaryDisharoon.com A licensed Marriage and Family Therapist for adults and couples using brief cognitive techniques to transform the psychological issues that inhibit achieving weight and fitness success.

Interval Training 101

If you are exercising regularly and feel like you aren't getting the most you can out of the time you are putting in, interval training might be the next step.

Using various levels of effort will help you burn more calories and fat in less time and help you build endurance.

Interval training combines high intensity exercise with moderate and lower intensity workout periods. A basic interval workout on a treadmill or elliptical trainer would look something like this:

- **Warm-Up:** 5 minutes; low resistance speed and incline (for treadmill)

Continued on back

Get Started This Summer With
Your Lean Team!



Change is easier thinking of "I" as "We"

The word multiplicity means **"the state of having many parts or aspects."** Recognizing that you have many different parts, or aspects, that make up the wholeness of who you are does not mean you are crazy. It just means that you are complex and that you are able to accept that fact.

You might have grown up hearing about someone in the news, or a character in a book or a movie, who had "multiple personalities" and you learned to associate it with being crazy. You chose to think of yourself as one coherent self, with one inner identify, operating in one body because that was your idea of psychological health and normalcy.

But in reality, **healthy people have many different inner parts that make up their "I."** When you can embrace your multiplicity and think of yourself as a "We," and begin to acknowledge the many different aspects of your own personality, you will have a much easier time making changes in your life and accomplishing the goals you desire.

Consider **weight loss**, for example. You might have a **health-oriented part** that really wants you to lose weight and is ready to help you change. You might have an **inner critic part** that criticizes you and undermines your progress. You might have an **exhausted part** that prevents you from exercising. You might have an **impulsive part** that gets you to eat without thinking, or a **comfort eater** that chooses ice cream to change your mood whenever you feel down. And you might have a **doubting part** that fills you with hopelessness whenever you try to make changes for your health.

The diversity of this group of inner parts can make weight loss challenging. **Each part has its own agenda and uses its particular power to control you for its own unique purpose.** And as each part does its own thing, your inner parts are at cross-purposes with each other, and ultimately **they will undermine any progress you might make toward your weight loss goals.**

This group of inner parts needs a leader to take charge and manage them. That leader can be YOU.

— Mary Disharoon, MA, LMFT

Mary Disharoon, LMFT, is a psychotherapist with lots of experience working with inner parts. She practices cognitive therapy, including a new technique called Voice Dialogue. This method will help you discover your different inner parts and then learn to manage them so you can ultimately achieve the success you desire.

Lifestyle Tips for Controlling High Blood Pressure

Known as the “Silent Killer” because symptoms are absent or mild, high blood pressure is the most common health problem in our nation. Here are some **S-ane** tips for lowering blood pressure through lifestyle changes.

1. Eat foods rich in calcium and magnesium. These two nutrients help relax arteries and are associated with a reduction in blood pressure.
2. Eat foods rich in potassium. Eating an equal or greater amount of potassium than sodium per day helps keep blood pressure normal.
3. Keep sodium intake under 2000mg/day. This requires giving up the saltshaker (1 tsp has 4000mg sodium) and when buying packaged foods, make choices that have under 250mg/serving.
4. Make lifestyle changes that encourage weight loss such as working with “Your Lean Team.”
5. Eat 7-10 servings of fruit and vegetables per day and use meat and cheese foods in small amounts or as a garnish.
6. Choose an exercise that you enjoy, and do it regularly. Adding a relaxing activity such as Yoga or Tai Chi can greatly reduce stress associated with high blood pressure. Sandra Machado, CPT, has many years of experience helping individuals find activities that work best to lower blood pressure.
7. Life stresses can be managed by having an advocate on your side such as Mary Disharoon, MFT, to help with coping mechanisms for dealing with the stressful world we live in. Managing stress is a key to lowering blood pressure.
8. Keep alcohol consumption to one to two drinks per day. Alcohol raises blood pressure. Do not smoke.

Remember that **Your Lean Team** is here to help with blood pressure problems and other health concerns that come up throughout your lifetime.

Interval Training 101 continued from front

- **Moderate Interval:** 5 minutes; increasing speed/resistance/incline by 2 or 3 degrees
- **High Intensity Interval:** 3 minutes; at highest speed/resistance/incline that can be maintained
- **Moderate Intensity Interval:** 5 minutes; repeat the first moderate intensity period
- **High Intensity Interval:** 3 minutes; repeat of the first, kick it up a notch if possible
- **Descending Interval:** 5 minutes; gradually lower the speed/incline/resistance until at the warm-up level
- **Cool Down:** 4 minutes; same as warm up.
- **Total time:** 30 minutes

There are endless variations for interval

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workouts for runners, strength training enthusiasts, kick-boxers, etc. The idea is to vary your effort from comfortably aerobic, to nearly an anaerobic threshold. (An anaerobic state occurs when the body’s ability to produce oxygen can no longer keep up with the demand from the muscles and cardio-vascular system). This state creates an intense calorie burn, but cannot be maintained for long, and although it doesn’t directly strengthen the heart muscle, as does aerobic exercise, it will train the body to recover more quickly from a breathless state, thereby increasing overall endurance.

Remember to check with your doctor before embarking on an exercise program, and be aware of your own body’s signals. Calibrate your intervals to meet your current fitness level and move up gradually. — **Sandra Machado, CFT**

Research Corner

Keeping readers updated on current nutritional health research, reflecting our **S-ane** approach:

Lifestyle modifications such as weight loss, restricting sodium intake, and limiting alcohol consumption are important components of treating hypertension. The Dietary Approaches to Stop Hypertension (DASH) study investigated the effects of dietary patterns in 459 individuals with borderline to mild hypertension. A diet enriched with fruits, vegetables, and low animal fat (a combination diet) was compared to a control diet (typical average diet). Calories were adjusted so that no one lost weight, and sodium was controlled for all participants to 3000mg/day. All meals were provided for 11 weeks. Those randomized to the high vegetable/fruit and low fat group had a significant reduction in blood pressure. The combination diet was well accepted and adhered to by the participants. The DASH combination diet is an effective lifestyle modification for lowering blood pressure

Cardiology Review. 1999 Sep-Oct; 7(5):284-8.

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Summertime
reading inside!
3 great articles!