

Top Resolutions to Improve Your Health and Become More Vibrant



Dr. Robert Silverman

It's a new year and that means resolutions to lose weight, eat properly and get more exercise. But many are not equipped with the proper information to keep their resolutions.

Below are some of the key areas to focus on.

Food Choices

Choose organic over non-organic foods.

Avoid trans fats and saturated fats. (No donuts or deep-fried foods)

Eat lean proteins such as fish, wild game, poultry, egg whites, tofu, legume.

Fill up on fruits and vegetables.

Consume carbohydrates in the form of whole grains and fiber. Avoid bleached flour products, white flour and sugar cane.

Pick foods lower on the Glycemic Index/Glycemic load charts. (Choose berries over bananas, sweet potatoes over regular white potatoes; consume some protein along with carbohydrates rather than just eating the carbohydrates.)

Add foods high in antioxidants to your choices—and get colorful. Load up on the colorful antioxidant-rich fruits and vegetables.

Eat five meals a day at three-hour intervals.

Watch your portions. A serving of fish is the size of a checkbook, a serving of poultry is like a deck of cards, a serving of cheese is like a pair of dice.

Preparation is key. Grilled, broiled, steamed, boiled or charbroiled are your

best bets.

Drink plenty of water. A minimum of half your body weight in ounces.

Manage stress. Stressful situations cause cravings for carb-rich foods while our hormones ramp up fat storage in our bodies. Make time for stress relief, such as yoga or just go out and have some fun.

Sleep more, lose more. Lack of sleep causes the release of the ghrelin hormones, which triggers hunger. Hence, we think we're hungry when we're not.

Exercise

All exercise routines should consist of weight resistance, cardio and flexibility. Weight resistance can include physioballs, bands and free weights. Swimming is an excellent choice as well.

Weight Resistance

Here are four of my personal favorites on weight resistance that you can perform anywhere.

1. Squats: Works your glutes, quads, hamstrings and calves all at once.

Form: Feet hip-width apart, toes pointing straight ahead or slightly angled outward. Sit back on your tailbone, not down, by keeping your torso straight and your abs pulled in tight. Keep knees over your toes and lower from hip to 90 degrees (thighs parallel to floor). Try 50 air-squats now.

2. Push-ups: These work your chest, shoulders, triceps, back, and abs.

Form: Position face down on the floor balancing on your toes (or knees) and hands. Position hands slightly stacked over your shoulders, body in a straight line and buttocks level. Definitely no sagging in the abdomen area. Lower your arms to the floor and push back up, while keeping your body straight and abs pulled in tight. Let

me know when you're able to do one-arm push-ups. Give me 25 chest-to-floor push-ups.

3. Lunges: Works your quads, hamstrings, glutes and calves.

Form: Stand with feet together, then take one big step forward. Bend your knees and lower your body into a lunge position keeping both the front and back knees at 90-degree angles. Make sure the front knee is stacked on top of, and not over, the toes. Keep the weight in your heels. Push

back up to the original position. Try walking around the room with arms raised above your head.

4. Plank: Works the back, arms, legs, and abs, including the

internal abdominal musculature.

Form: Hold your body in a push-up position. (If you have wrist problems, lower to your elbows and forearms instead.) Hold up as long as you can--don't let your abs sag--with tailbone tucked in. Hold for up to one minute per set.

Cardiovascular Training

You can get your heart rate up by walking, running and swimming. Here's the most commonly used cardio equipment.

Treadmill. It burns the most calories of any cardiovascular machines available at most gyms; expect to burn about 100 calories per mile, walking briskly; and it poses a balance challenge for those new to exercise or for those who haven't worked out in a while.

Elliptical or Stair Steppers. It packs a little less punch on the joints; the calorie-burn rate is pretty high due to the standing position as more muscle mass is used; and those pieces with the arm components will further increase calorie burn.

Stationery Bikes. Experts agree that

stationery bikes cause the least impact on the joints, beneficial for those with knee pains.

Flexibility Training

Try a yoga class to increase flexibility or stretch daily on your own. As you stretch, don't bounce up and down. I prefer a five-to 10-minute dynamic warm-up before any exercise (jumping rope, running or walking in place). To avoid tightness and to prevent injuries, it is important to stretch all the muscle groups that you've worked on in each aerobic or strength training session.

Last, but not least, incorporate omega-3 fatty acids into your lifestyle. Omega-3 fatty acids, such as EPA and DHA, are much needed for the structure and function of every cell in your body. These help fight inflammation, maintain healthy, supple skin, improve cardiovascular health and support a healthy brain and nervous system.

To get the recommended levels of omega-3 fatty acids, consume two to four servings of fish per week. (Wild salmon is a great choice.) Or if fish is not an option, take the appropriate amount of EPA/DHA supplement in capsule form. (1 to 2 grams daily)

Chappaqua resident Dr. Robert G. Silverman is a certified nutrition specialist, certified clinical nutritionist and certified strength and conditioning specialist. He is also a chiropractor and sports injury consultant with a practice in White Plains and serves as a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlon and multiple international Iron Man events and local sports venues. Dr. Silverman can be reached at 914-287-6464 or by e-mail at info@DrRobertSilverman.com. Also visit www.DrRobertSilverman.com.

Dr. Rob



Wrestling to the end

Dominick Rendina of Westlake battles Mark Taino of Pleasantville at 126 pounds in last Thursday's wrestling match, won by the host Panthers.

Pleasantville's Odum Anyichie battles Westlake's Mike Manzo at 285 pounds in Thursday's match at Pleasantville High School.

Mark Taino of Pleasantville tries for a pin in his 16-9 decision over Dom Rendina of Westlake, in photo at right



James Bathon of Pleasantville was a winner over Westlake's Eric Pezzulo at 106 pounds.



Constantine Coffinas of Westlake has control in the 170-pound match vs. Pleasantville's Pete Salzarulo.



Savvy swimmers

Fox Lane's Scott May swims in the 400 free relay during last week's meet at Pace University. Pleasantville's Ruan Zorgman of the combo team B/BH/P/V/W is on his way to victory in the 100 breaststroke at last Thursday meet vs. Fox Lane, in photo below left.



Chris Cerutti swims the second leg of Fox Lane's winning 400 freestyle relay last Thursday afternoon..