



JANUARY 2016 EXCESS

On my commute this morning, I was struck by the sight of overflowing trash bins and prone Christmas trees. There it was - tangible evidence of the end of the holidays. Perhaps you too have noticed the detritus, but it isn't as much lining the streets as it is encircling your waist or stretching your credit limit. The combination of the abandon of the holidays and the clean slate of a new calendar year make it an irresistible time to rein oneself in. The fitness and diet industries are counting on it. They report more starts in January than at any other time of year. So what are people starting in 2016?

FITNESS

The American College of Sports Medicine (ACSM) reports that wearable technology, "wearables", is the top fitness trend for 2016. Any gadget from a low tech pedometer to a high tech pair of smart glasses qualifies for this market estimated at \$8 billion per year. I am a huge fan. Wearables keep you engaged with your activity (or lack of it) in real time. I started with a pedometer in 1998 and upgraded to the Fit Bit two years ago. I moved to the Garmin VIVO Fit2 last fall and it is my favorite so far. It has very few moving parts (I am kind of a spazz), monitors activity and sleep (without emoticons) and does not require charging. At just under \$100, it is in the middle of the pack pricewise. If you are tempted to join the wearables trend, no investment is necessary. There are free pedometer apps available for both Androids and iPhones.

The ACSM's Top 10 Fitness Trends for 2016 Huffington Post

- 1 — Wearable Technology
- 2 — Body Weight Training
- 3 — High Intensity Interval Training (HIIT)
- 4 — Strength Training
- 5 — Becoming a Fitness Professional
- 6 — Personal Training
- 7 — Functional Fitness
- 8 — Fitness Programs for Older Adults
- 9 — Exercise and Weight Loss
- 10 — Yoga





DIET

Earlier this week, CBS News reported on popular diet trends for 2016. Citing nutrition experts from institutions including The Mayo Clinic, Columbia University and Harvard Medical School, they note-- without endorsing-- the continued popularity of clean eating, high protein- low carb and Paleo diets. They caution against the quick fixes that are especially tempting after a season of overindulgence. In particular, they warn consumers to avoid online schemes involving detoxes, cleanses and fat-burning supplements. They conclude that there is no one diet that works best for everyone, but that the Mediterranean diet that banishes simple sugars and processed foods and is rich in vegetables, fruits, fish, legumes, olive oil and red wine comes pretty darn close. They also endorse fresh meal delivery services such as Blue Apron, Plated and Hello Fresh. I can't argue with any of their observations. Real food, eaten mindfully has always been my mantra.

EIGHT DIET TRENDS FOR 2016 CBS NEWS

- 1 Detox, cleanses and juice diets
- 2 High protein, low carb
- 3 Paleo
- 4 Clean eating
- 5 Probiotics (see below)
- 6 Mediterranean diet
- 7 Fresh meal delivery
- 8 Bowl meals

WHAT ARE PROBIOTICS?

Probiotics is a general term for the helpful bacteria that reside in the intestinal tract. There are two main types: Lactobacilli and Bifidobacterium.

Lactobacilli act in the small intestine. They aid in the digestion of lactose (milk sugar) and improve nutrient absorption. They protect the intestinal tract from overgrowths of harmful bacteria and prevent and treat the intestinal stress caused by food poisoning or the use of antibiotics.

Bifidobacterium act mainly in the colon. They produce acids that prevent disease- producing bacteria from gaining a foothold. They manufacture B vitamins and promote regularity.

The colonies of helpful bacteria remain fairly constant in healthy individuals. They become overwhelmed due to disease, stress, and sometimes from foreign travel.

Good sources of probiotics are cultured or fermented foods such as yogurt, kefir, miso and sauerkraut.



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Patricia M. Fuller has dedicated the last 18 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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