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2021



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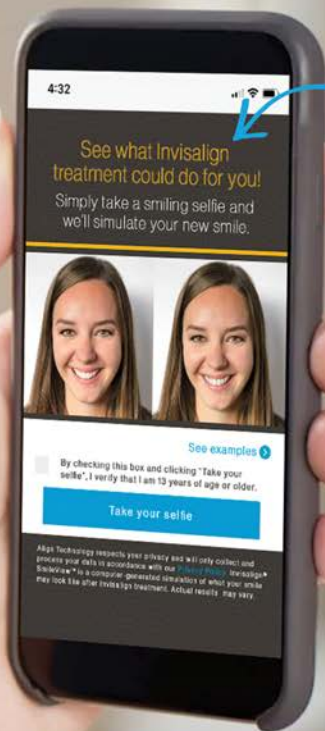
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Local Life

MORE THAN JUST A MAGAZINE!



WHELP, WE MADE IT to 2021! There were a few times when I wasn't sure if it was really the end of the world! There were also a few times I was hoping I was dreaming. Like the one time, I ordered a meal from Raising Canes, took a bite and, it tasted like mush. I was really hoping I was dreaming when I lost my taste. I figured that losing my sense of taste meant that I had the dreaded Covid-19. I started googling all the symptoms like a crazy

person trying to figure out when all the bad symptoms would take over my body. I was stressed to the max and thinking I might end up in the hospital or even die. Later, when my daughter tested positive for Covid, I found myself doing the same thing. I even had to call a friend to calm myself down. Many of you have been in that same scary boat. Luckily, my daughter and I both ended up having a mild case, but so many others have had our good fortune. Everything is so unpredictable right now. Those with Covid can be really sick or be asymptomatic. There's just no way to control how it affects each person. It's been hard to make plans because someone has the virus or has been exposed. Events get canceled because people are scared to come out or don't have the money to do much right now. Holidays looked way different because people aren't really getting together. I don't blame them for trying to stay safe and do the right thing. These are scary times. But, guess what!!! I can see the light at the end of the tunnel! In this issue, I wrote about some ways to get back on track for the start of 2021. I hope you enjoy reading it. I truly hope that by spring we will be well on the way to getting back to normal, whatever that looks like moving forward. Anyway, can the pandemic be over already?

Have you thought about what you are looking forward to most when the pandemic is over? I am looking forward to traveling again (my favorite thing) and seeing a part of the world I haven't seen yet. I am also looking forward to Mavericks basketball with actual fans in the seats. It just doesn't seem right without fans. Plus, I want to go to the what kind of games again. AND school, please let school start getting back to normal for everyone's sake. I genuinely hope the seniors get to have a normal second half of their year.

See ya next month!

Tiffany J. Griffin
Publisher

PUBLISHER

Tiffany Griffin

817-937-2360 | tiffany@locallifetx.com

SMALL BUSINESS ASSISTANT

Courtney Horn

817-480-7677 | courtney@locallifetx.com

SOCIAL MEDIA MANAGER

Stacey McCarthy

817-925-1947 | stacey@locallifetx.com

SALES & EVENTS COORDINATOR

Kristin Meirose

817-524-8671 | kristin@locallifetx.com

CREATIVE DIRECTOR/
ADVERTISING DESIGN

Marty Yawnick

ADVERTISING DESIGN

Matt Mabe

SOCIAL MEDIA SPECIALIST

Molly Dorton

ADDITIONAL WRITING

Levi Memmer

LOCAL LIFE

279 W Hidden Creek Parkway, Set. 1301

Burleson, TX 76028

LocalLifeTX.com | (817) 937-2360

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LOCAL GYMS & FITNESS EDITION

From time to time, we want to know what you think. This month, we asked for your favorite Local gyms & fitness businesses. You voted and told us.

Here are the top nomination recipients and *Local Life* favorites.

GYMS

- 1 **WORLD GYM**
- 2 **HUGULEY FITNESS**
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- 3 **TONY'S GYM**
- 4 **THE BRICK**
- 5 **TEXAS FIT CLUB GYM**

CROSSFIT

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- 2 **CROSSFIT BURLESON**
- 3 **CROSSFIT SUCCESS**

FAVORITE LOCAL YOGA/PILATES

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- 2 **AMANDA RACHEL**
- 3 **SARAH NICOLE**
- 4 **C3 CRYO CLUB**

GROUP FITNESS

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TRAINING SYSTEMS**
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- 2 **FITABILITYTX**
Page 9
- 3 **CAMP GLADIATOR**
- 4 **FIT4MOM**
- 5 **ORANGETHEORY FITNESS**

PERSONAL TRAINING

- 1 **RICHARD MARTINEZ**
- 2 **HAYDEN COBB**
- 3 **ERIN WEST**
- 4 **ALAINA COTTON**
- 5 **ASHLEY THOMPSON**

THE 10 COMMANDMENTS OF

• HEALTHY, LONG-LASTING •

WEIGHT LOSS



by LEVI MEMMER

IN A WEEK OR SO, many Americans will set New Year's resolutions to lose weight...again. Last year didn't workout but this year will be different. Unfortunately too many of us will turn to crash diets, fad diets and/or super low calories diets that work really well for a short time but come to a bitter end with weight regain. You see, weight loss is not the problem. Six out of every seven people who try to lose weight succeed. The issue is sustainability. Within one year 50-70% will regain all of the weight that they lost. Within two years 85% will regain all of the weight they lost. Within 3 years 95% will regain all of the weight they lost. Between $\frac{1}{3}$ and $\frac{2}{3}$ of people who lose weight will regain even more weight than they lost during the diet. So how do you diet for sustainable, long lasting, healthy weight loss? How do you put yourself in the 5% that doesn't gain everything back within three years? I give you The Ten Commandments of Sustainable, Long Lasting, Healthy Weight Loss. (One important note: 'diet' isn't a bad word. It's the food you eat. That's it.)

1. THOU SHALT ASSUME AND MAINTAIN THE RIGHT MINDSET

Nothing you can do in regard to weight loss will work unless you approach it with the right mindset. A mindset of gratitude, positivity and abundance. Get rid of the negative mindset. Get rid of the scarcity mindset. You have enough time. You have enough energy. You can do this.

2. THOU SHALT CONTROL CALORIES

Weight loss ultimately comes down to calories in versus calories out. You have to burn more calories than you consume over the long term. You absolutely will not lose weight if you are not in a caloric deficit. All diet strategies - paleo, weight watchers, keto, flexible dieting, intermittent fasting and many many more - they all work because they ultimately put you in a caloric deficit. Which weight loss dietary strategy or combination of strategies is best for you really comes

down to three things: 1) it should put you in slight caloric deficit, 2) it should improve your overall health and 3) you have to be able to stick to it long term. How many calories does your daily double caramel mocha frappe latte with extra pumps and extra whip have? Do you know? If not, losing weight is going to be very difficult.

3. THOU SHALT BE CONSISTENT

So many people do great with their diet during the week only to fall off the wagon, drag it into the woods and set it on fire. As I outlined above, you **MUST** be in a caloric deficit to lose weight. Let's say you create a 500 calorie deficit each week day. That's 2500 calories total for those five days. A pound of fat is 3500 calories so if you were to keep that 500 calories deficit over the weekend, you'd lose a pound of fat that week. But your friends are going for drinks on Friday night so you'll drink a few margaritas, lowering that caloric deficit to 2000. Your family goes out to eat Saturday night and you just can't do that without lots of chips, salsa and a few more margaritas. That caloric deficit is now down to 500 calories. The post church brunch is most certainly going to put you in a calorie surplus which will cause you to gain weight. Does that scenario sound familiar? I see it all the time. A perfect week is completely wiped out, plus some, due to lack of consistency. Notice "perfect" or "perfection" is nowhere to be found in this section? You'll never achieve perfection in any area of weight loss but you can most definitely achieve consistency.

4. THOU SHALT PLAY THE LONG GAME

When most people set out on a weight loss journey, they expect immediate and spectacular results. Mentally, they grasp the idea of playing the long game. Emotionally, they are typically much less realistic. We as Americans live in a microwave society. We want same day shipping, instant access and instant gratification. The super tricky thing about weight loss is that you can see immediate, spectacular results by way

of crash diet, but that's not conducive to healthy, sustainable, long lasting weight loss. By playing the long game the results won't be as spectacular in the beginning but will be much more spectacular and much healthier months and years into your weight loss journey. I tell all participants of our six week Fat Loss for Life program, "The next six weeks absolutely matters, but it doesn't matter as much as following six weeks or six months or six years." Play the long game!

5. THOU SHALT CONSUME ADEQUATE PROTEIN

If weight loss is your goal, protein should most certainly be a cornerstone of your diet strategy. Hunger control is of the utmost importance for dieters and protein is the most satiating macronutrient (carbs and fat being the other two macronutrients). It will help you feel more full for longer than carbs or fat of equal calories. Muscle loss can be an issue while dieting for weight loss as it results in reduced strength as well as reduced metabolism. Adequate protein intake can help maintain the muscle that you already have and possibly even help you gain a bit of muscle. Another super cool benefit of adequate protein intake, especially since achieving a caloric deficit is a must for weight loss, is how many calories you burn just digesting protein. We call this the thermic effect of food (TEF). The TEF of protein is around 25-30%, meaning that if you ate 100 calories of protein, you'd burn 25-30 calories just to digest it. The TEF of carbs and fat is 6-8% and 2-3% respectively. Mix a healthy amount of meat, eggs and fish into your diet to achieve adequate protein intake.

6. THOU SHALT CONSUME ADEQUATE FIBER

There's a mountain of evidence that adequate fiber intake is one of the best things you can do for your gut health, overall health and longevity. Fiber, like protein, is also very satiating. Again, hunger management is critical to long lasting, sustainable weight loss. Mix lots of vegetables, some fruits and some nuts into your diet to increase fiber intake.

7. THOU SHALT STRENGTH TRAIN

When it comes to exercise, strength training is KING. No other form of exercise has a list of benefits as extensive as strength training. Want to gain muscle? Strength train. Want to get stronger? Strength train. Want to improve joint health? Strength train. Want to lose weight? Strength train. In regard to exercising for weight loss, strength training should be the main priority. As mentioned earlier, maintaining and possibly even gaining muscle while losing weight is optimal. The more muscle you can maintain, the more calories you burn at rest (metabolism). Strength training is the only way to possibly maintain muscle as you lose weight. Strength training also helps with blood sugar regulation which helps with weight loss in a roundabout way. Keep in mind, strength does not necessarily mean lifting heavy weights. There are many tools and methods to train for strength. Also, because I know you're probably thinking it, strength training DOES NOT make you bulky. Too many calories makes you bulky.

8. THOU SHALT GET ADEQUATE SLEEP

You're not always going to feel like working out. You're not always going to feel like eating according to your weight loss goals. Now imagine how much stronger those feelings will be when you're tired and cranky. Not the best recipe for weight loss. You're more likely to snack at night when you're tired. You're more likely to lean toward carby foods when you're tired. As an aside, carbs aren't the devil like most people think, but most of them are delicious which means you're more likely to overeat calories from carbs. You're more likely to eat bigger meals when you're tired. Lack of sleep also has a negative impact on hormones like insulin and a few others. We could just summarize by saying that in regard to weight loss, lack of sleep has no upside.

9. THOU SHALT CONSUME ADEQUATE WATER

Most people have issues determining whether they are hungry or thirsty. I know it sounds crazy, but many times a person

will feel hungry when they are in fact dehydrated. Staying hydrated will soften this issue. Another issue with dehydration is that it's the leading cause of daytime fatigue. See above for how being tired impacts weight loss. Adequate water intake can help with energy throughout the day as well as energy during your workouts. The more energy you have during workouts, the more likely you are to put in full effort. You're also more likely to stay consistent with workouts if you have good energy in and around them.

10. THOU SHALT NOT BE A CARDIO QUEEN

Long, slow cardio is overrated for weight loss. There I said it. Don't get me wrong, cardio is valuable in other ways. It's great for your cardiovascular system. But for some reason, most people assume you just need to do more cardio to lose weight. It does burn calories and you can lose weight using cardio as your form of exercise. Long, slow cardio has a very low return on investment though. If you look at the time invested versus calories burned and other benefits gained, long, slow cardio has a lower ROI than strength training, high intensity interval training, pilates, yoga and pretty much every other form of exercise. All of that said, if long, slow cardio is the only form of exercise you enjoy, by all means do it. It's still better than no exercise at all.

There you have it! The ten commandments of healthy, long lasting weight loss. It's simple but definitely not easy. Will you be perfect in each area all the time? Nope! Should you be perfect in each area all the time? Probably not. But in the words of the great strength and conditioning coach Dan John, "Pretty good is pretty good and pretty good will get you a long way." If you can be pretty good in most of them, most of the time, you'll make very sustainable progress. Work toward progress and consistency, not perfection! ①

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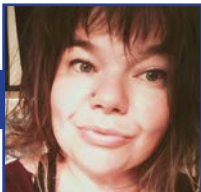
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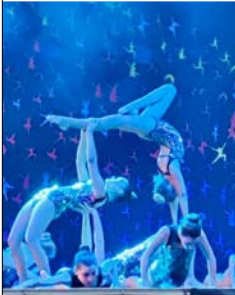
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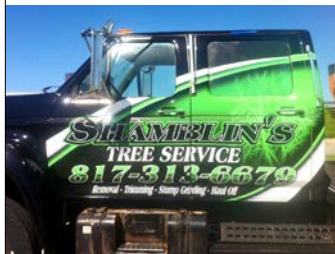
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THE COVID-19 BLUES

The year most people want to forget is finally over!

With the 2020 holiday season coming to an end, many of you, like me, and have had mixed emotions about the holidays this year. You might be dealing with the Covid-19 blues, missing a loved one, stuck in quarantine over Christmas vacation, lost your job, and many more. All of these are reasons that could have made this holiday hard for you. We are all hoping 2021 will be better so we can start fresh. I know life isn't going to magically change the moment the clock strikes 12 New Year's Eve, but we can start getting our minds going in the right direction. In order to do this, we, as a community, have to wake up in the morning and start putting one foot in front of the other. I asked a few of my colleges for some tips on how we as individuals can personally grow.

FIND A ROUTINE AND STICK WITH IT

Disruption of our schedule can really throw us off. You need to find a way to maintain your day-to-day plan. The sooner you get back on

track, the better it will be. Start waking up at the same time every morning and going to bed at the same time every night. This does become quite a challenge when you are involved in a stay-at-home job or even if you're on a 14-day quarantine. Shower and get ready for your day, even though you aren't going anywhere. It's still healthy for you and helps you wake up and do activities while you're in your home. Add some rest time into your schedule. We all need at least an hour to sit and think and let our bodies go. Think about what you have planned for the rest of the day and do your best to complete it.

KEEP MOVING

Exercise is one of the best ways to increase hormones in the brain that lower feelings of sadness and loneliness. If you have an at-home exercise routine, keep it up. Add some extra minutes each week. There are many gyms and workout groups that have virtual and in person training.

GET OUTSIDE

A little fresh air is always a good pick-me-up. When you are working on your routine, be sure to add in a walk around the neighborhood or even some yard work. Taking the dogs on a walk, picking up trash, shooting the basketball with your kids all give you a good reason to go outside.

TURN OFF THE NEWS

We all know how depressing the news can be and the amount of misinformation it gives you. If you don't like the silence, you could try listening to an audiobook or a TED talk to help you feel better and might lead you to learning something new.

WRITE DOWN YOUR GOALS

We have all heard the "New Year, New Me" saying. Thinking of the future and getting your priorities straight is the first step to figuring out your goals. Next, write them down. Remember to keep your objectives attainable. If you can't complete the goals you set for yourself, why write them in the first place? Look up, S.M.A.R.T goals on Google to help you get started.

SHARE WHAT YOU'RE GOING THROUGH

Some of the things we experience are unbearably sad. If we've lost a loved one, our business is in jeopardy, or we can't see our children or grandchildren, we should talk to someone. Talking about how you feel to someone close to you has been proven to be a healthy release for the mind and body.

KEEP YOUR SENSE OF PERSPECTIVE

Right now, it's easy to feel like we are living near the end of the world. But history shows that our species has dealt with other pandemics and all sorts of crises before, and we've survived. We are actually better equipped this time around to battle this new challenge. To find out more, reach out

to friends to talk about this unique point in human history.

TRY TO LAUGH

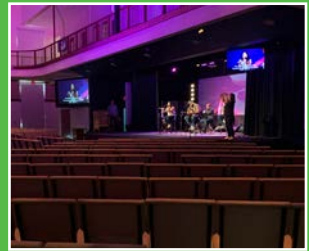
Humor is a way we humans cope with stress, there are many people out there who put their own spin on comedy and share it with the world. Check out recent videos on YouTube or join the popular app TikTok. Call a friend and crack some jokes or turn your TV to any sort of comedic series like *SNL*, *Modern Family*, *The Jokesters*, or everyone's favorites *Americas Funniest Home Videos*. We all need to experience some joy during this rough time.

If feelings of depression don't improve, help is available. Therapists and other healthcare professionals are conducting remote counseling sessions through telehealth and teletherapy. Ask your doctor for a recommendation. And remember that you are not alone! Millions of us are experiencing and worrying about the same things, asking the same questions, and dealing with the same uncertainty all around the world, though we are isolated from each other, we have somehow never been so close.

Don't forget you can always call the Suicide Prevention Hotline if you are struggling. Call 800-273-8255



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