



# Be Well For It All Newsletter

"If you advance in the path of your dreams overcoming life's hurdles, to live the life you always imagined, you will meet a success unexpected in common hours."

-Daniel T. Silveira,  
Life Coach

## Live For It All... Mind, Body, & Spirit

### Does a Calorie Walking Equal a Calorie of Sprinting?

By: Abby E. Solomon M.S. Exercise Physiologist & Certified Personal

How come when we seem to count our calories, making sure to exercise and burn even more than we consume, that we're still gaining weight? Why are we still fat? The truth is, not all calories are created equal.

For example, 100 calories of a candy bar does not equal 100 calories of almonds, or eggs, etc. Certain foods cause our bodies to "store fats" by releasing the hormone called Cortisol. The same is true for exercise. Exercising by walking for 100 calories does not equal the same response as

strength training, or any higher intensity exercises burning the equivalent 100 calories.

Though the body burns mainly sugars during higher intensity exercise (such as sprinting), and fats during lower intensity exercise (such as walking), the higher the intensity, the more growth hormone the body produces. This will actually help the body to "burn fats" long after the exercise bout ends. (up to 24-48 hours later). Our goal is for our bodies to work for us when we're not working! Let's ac-



quire efficient, fat burning bodies, so that we can achieve our weight loss goals. By incorporating higher intensity strength training into our workouts, we may not burn as many calories during the workout, but we'll end up burning many more, even in our sleep.

Come get 2 great workouts each week at The Challenge, beginning September 8!

## LIVE FOR IT ALL'S FEATURED EVENTS AND FRIENDS:

### THE CHALLENGE!

Kicking off on Sep. 8th, join Coach Abby as we achieve the fitness & weight loss dreams that we set for ourselves back in January! There's Still Time to reach our New Years Resolutions! The Challenge consists of Outdoor Fitness Classes,

Nutrition Lectures & Overhaul program. The Challenge lasts 3.5 months, and is designed to be fun, effective, and rewarding. Weekly homework Challenges will help you improve not only your physical wellness, but your mind and spirit wellness too.

### Get a Massage & De-Stress with A Bridge To Healing!

Live For It All is proud to be friends with Nichole Petter, CMT, owner and massage therapist at A Bridge to Healing. Contact Nichole at 916-879-7303 or [www.abridgetohealing.com](http://www.abridgetohealing.com) and ask about the \$20 off Live For It All discount!

### Life Coach Daniel T. Silveira:

Are you looking for direction in your life? Need some guidance? Or do you just need someone to talk to? Daniel will help you overcome the obstacles and challenges in your life. He'll help you get back on the right-track For your free consultation, call 916-698-1439 or [DanTSilveira@gmail.com](mailto:DanTSilveira@gmail.com)

# WWW.LIVEFORITALL.COM

