



**Fit For Sisters**  
Andrew Luscutoff  
Columnist

**Understanding weight-loss dynamics**

How many readers have made the proclamation that this new year is going to be the time to lose weight?

Do you lament over the creeping pounds the winter has layered on through holiday eats-and-treats? This is not uncommon, as it is by far the most popular new year's testimony heard around the health club.

Weight loss is tricky, containing many variables. These dynamics can lead to disappointment and the feeling that it's just another failure. Understanding how the variables play out against each other can help you be more successful.

First, it is believed the amount of calories needed is fixed, but this is not the case. Basal metabolic rate (or BMR) is the number of calories needed over the course of a day for bodily functioning. Think of all the bodily systems constantly working (heart pumping, brain processing, digestion, etc.) This number is based on one's cellular metabolic rate, body size, sex and other factors. It is unique to each person and uses 50 to 70 percent of the calories consumed daily. This number is the minimum someone must consume without causing eventual problems. Potential risks include: lethargy, diminished mental

capacity, and lack of motivation ensuring stunted weight loss.

The amount of movement throughout the day is important. A concept known as NEAT or non-exercise activity thermogenesis, is the proper way of saying that movement not structured into exercise is a big factor. We all know a person who can't sit still, fidgets, and gets up often. These types are much more likely to stay lean or lose weight when watching their diet. One study found that staying busy burns up to 350 more calories/day than being sedentary. Also, interesting to note, is that the more the busy bodies eat, the more they tend to move. One study subjected participants to eat a hyper-caloric diet to gain weight. The fidgeting types only gained about one pound compared to the others who gained up to nine pounds. They wore activity sensors and noticed those who gained less increased their activity.

Another factor many gloss over is the process of diet-induced thermogenesis. Diet induced thermogenesis is how metabolism adjusts in relation to how much a person eats. The principal is that the more someone eats, the more calories they'll burn. It is intuitive that on a diet a body which is being fed lower calories in turn will burn less. Therefore, weight loss will slow down to a trickle, but that can be avoided with the input of exercise. Diet and exercise are the one-two punch to combat the woes of lowered metabolism

Exercise has lasting

effects. Weight-lifting has been shown to burn up to 15 percent more throughout the day compared to no exercise at all. Cardio exercise ramps up metabolism for several hours after a session. This is because of a phenomenon called EPOC or post-exercise oxygen consumption. A proper term for the increases in fuel mobilization and metabolism which lasts a few hours after a hard exercise bout. Exercise is essential if someone desires to continue to lose and keep weight off.

Interviewing people who successfully lost and kept off up to 30 pounds of weight for over a year, it was found the key to success was exercise. This commonality was by far the best indicator of success. The average number was 200 minutes a week of moderate exercise. This is more than the current level of 150 minutes the American Heart Association recommends, because these individuals have post-weight-loss conditions. This challenges weight loss to stick because the body strives for a consistent set-point. Going from large to thin will upset this and cause a rebound back to the original weight.

Weight loss is hard; there are no simple tricks, despite what the gurus and pop media proclaim. Knowledge is always the best offense and knowing more about the body gives someone a better chance. Many of us know a few people trying to lose weight. Please share this with them and help to make the journey a little easier.

**Snowboarding, puppy, on list for Eatons in retirement**

By Pat Graham  
AP Sports Writer

Now retired, the Eatons are taking up snowboarding — even buying their own boards and planning a trip to Canada. The first couple of the multi-events also are welcoming a puppy to their home.

Other than that, two-time Olympic decathlon champion Ashton Eaton and heptathlon bronze medalist Brianne Theisen-Eaton haven't made many plans. They're still undecided where they want to live permanently (Eugene, Oregon, for now) or what they want to do.

One thing is clear: Stepping away in the prime of their careers is a permanent decision. The door won't be left open.

"That thing is a bank vault," said Eaton, who turns 29 in a few weeks.

Simply too many other passions to pursue. And that's what 2017 will be devoted to for the couple who met at the University of Oregon and married in July 2013.

"It's basically a gap year for us, to figure out what we do want to do for certain," Ashton said during a phone interview with The Associated Press on Thursday, a day after the couple announced their retirements in side-by-side essays on their website. "That way,

we can dabble in a lot of things. Brianne, she's more specific than I am. I have pretty broad interests — education, energy, transportation, space. I'll go see what those things hold and see if there's a way to make a difference there."

Ashton sure made a difference on the track, winning gold at the 2012 London Games and defending his title at the Rio de Janeiro Olympics. He also exits with his world record standing at 9,045 points, which he amassed at the 2015 world championships in Beijing. Brianne, who represents Canada, earned the bronze in Rio last August.

"The Olympics are like a big black hole and only when you pass through it, that's when you start to see and think about other things," Ashton said.

Shortly after the Rio Games, this notion of retirement began to hit them. The announcement was a weight off their shoulders.

"Now that it's all done and we woke up today as normal people, it does feel really freeing and exciting," the 28-year-old Brianne said. "We don't know what's ahead for us."

And that's appealing, even if they no longer know how to respond when someone asks

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- **5:30 p.m.** Gather and break bread with fellow members of the community during C4C's inaugural **"Soup & Civility"** event — a complimentary light meal made possible by generous local sponsors, including Melvin's Fir Street Market.
- **6-7:30 p.m.** Gain new, powerful skills as Gregg Walker, professor of Communication at Oregon State University, leads a workshop on **Constructive Confrontation**. An internationally recognized expert in conflict management and resolution, Walker will share techniques to safely and respectfully respond to disagreement and negotiate with others for changes in behavior. *(A free follow-up session on effective facilitation strategies is set for Thursday a.m.)*

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