



Fit For Sisters

Andrew Loscutt
Columnist

Don't overlook the details in weight loss

Weight loss is usually the No. 1 goal for people for the New Year, and it's no wonder. Our country faces an epidemic of obesity which has begun to turn the lifespan of our citizens from continued growth to a current decline. This is a stark reality and at the dawn of a new year, people harness the monumental social momentum and resolve to lose their extra pounds.

While weight loss or gain is entirely dependent on how many calories a person eats, there are a lot of other behaviors and considerations to align. Don't forget that a diet supposes a means to an end, and a better idea might be to focus on the key lifestyle habits below to ensure the weight stays off once lost.

The first of these to talk about is stress. A body under the low-level stressors of finance, scheduling, demanding work produces cortisol, a hormone which increases blood glucose and insulin. This response is evolutionary to the need to be able to quickly get out of harm's way. In today's world we need not be on the lookout for wolves or threats of other tribes. Instead, we open our phone, see a news article and up goes the cortisol. This increased insulin gives our body the signal to store excess energy as fat. It causes cravings for sweets.

For successful weight loss, stress management is

paramount.

Are you sleeping 7-9 hours a night, going to bed and waking up at the same time? You might be surprised to know that even one night on compromised sleep will affect the hormones that signal to the brain whether or not we are hungry or full. There are some anecdotes which figure sleep to be one of the most important mechanisms for fat loss.

Movement is another key player. If you aren't making an effort to do some movement throughout the day, it is very easy to overeat. Movement doesn't particularly have to mean formal exercise; non-exercise movement is the biggest calorie expenditure in a person's day-to-day lifestyle. Aim for 10,000 steps a day. Walking will burn almost 250 percent more calories than sitting on the couch.

With any weight-loss plan, a key component is what comprises the diet. As studies have shown, weight loss doesn't have allegiance to paleo, vegan, keto, or other popular diet programs. They all work. The reason why is because they get a person to watch what they're eating, and buy into a program. There are three main constituents of food that, once broken down, provide energy to our bodies and have their own particular role in metabolism and health. Fats, protein, and carbohydrates all are needed for a healthy sustainable diet.

Fats are the conduit for

many hormones in our bodies and such are needed to optimize our health. Emphasize the right types of fats. Nuts, avocados, fish, olive oil, among others, are the healthy fats which are typically not consumed enough.

Protein is a building block for tissue made up of amino acids. These acids are found in different quantities per source and serve different functions. Protein also has the biggest effect on a feeling of fullness. Therefore, it's smart for the dieter to increase protein at the expense of empty, less-wholesome foods. It also would be wise to get a variety of different proteins to ensure a robust source of amino acids.

Last and the most arguable are carbohydrates. These are broken down easily and utilized as the primary source of energy for our muscles. A low-carb diet eschews the carbs in favor of breaking down fat. This however isn't always practical for those who engage in activities where plentiful energy is essential. It's better to look at reducing the empty carbs, such as sugars, flours, and processed foods because the rate at which these are digested is so fast our bodies respond is a huge increase in insulin and it can be easily stored as fat unless used right away.

The other problem is that eating empty carbs is going

to leave you hungry again in a few hours. Opt for whole grains, and non-processed carbs. These are broken down over a longer time which in turn leaves us with more stable energy and satisfaction with a meal.

Reduce stress, sleep well, move, and make sure carbs, fats, and protein are all utilized to give the best chance at weight loss this year. Keep these habits and enjoy a healthy, "diet"-free, lifestyle sure to improve healthspan for the rest of life.

HAPPY HOUR
MON-FRI 4-7pm

ROCKIN ROBIN'S KARAOKE NIGHTS!
FRIDAY • SATURDAY

Prime Rib Fridays 5pm!

175 N. Larch St.
541-549-6114
hardtailsoregon.com
Facebook darcymacey

SISTERS AREA

Entertainment & Events

JAN 23 WED **Sisters Saloon Poker Night** 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersaloon.net. ♣

JAN 24 THUR **Cork Cellars Tasty Thursday Hosted Wine Tasting** 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com. 🍷
Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersaloon.net. 🎤

JAN 25 FRI **Downtown Sisters 4th Friday Art Stroll** 4 to 7 p.m. Galleries and shops feature live entertainment and refreshments, every fourth Friday of the month! For additional information go to sistersartsassociation.org. 🎨

Hood Avenue Art Winter Studio Sale Artists' Reception 4 to 7 p.m. With live entertainment and refreshments! For more info go to hoodavenueart.com. 🎨

Sisters Library Annual Art Exhibit Reception 6 to 7:30 p.m. Music and refreshments served. Results of public voting for People's Choice Awards will be announced. For more information call Zeta, 541-549-6157. 🎨

Hardtails Bar & Grill Karaoke Night with Rockin Robin 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com. 🎤

JAN 26 SAT **Caldera Arts Center Artists in Residence Open Studios** 12:30 to 3:30 p.m. Program begins at 1 p.m. Call 541-595-0956 or go online to CalderaArts.org for more information. 🎨

The Belfry Live Music with Hillstomp 8 p.m. Portland junkbox blues duo. Tickets online for \$12, \$15 at the door. For information call 541-588-6211 or go to BelfryEvents.com. 🎸

Cork Cellars Live Music with Dry Canyon Trio 6:30 to 8:30 p.m. No cover! For information call 541-549-2675 or go online to corkcellarswinebistro.com. 🎸

Hardtails Bar & Grill Karaoke Night with Rockin Robin 9 p.m. Every Saturday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com. 🎤

JAN 28 MON **Hardtails Bar & Grill Open Mic & Jam Night** 7 p.m. Every Monday, no cover! For information call 541-549-6114 or go to hardtailsoregon.com. 🎤

JAN 29 TUES **Sisters Saloon Trivia Night** 6:30 to 7:30 p.m. Sign-up is at 6:15 p.m. Free, every Tuesday! For additional information call 541-549-7427 or go to sistersaloon.net. ❓

JAN 30 WED **Sisters Saloon Poker Night** 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersaloon.net. ♣

JAN 31 THUR **Cork Cellars Tasty Thursday Hosted Wine Tasting** 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com. 🍷

Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersaloon.net. 🎤

FEB 1 FRI **Hardtails Bar & Grill Karaoke Night with Rockin Robin** 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com. 🎤

Events Calendar listings are free to advertisers. Submit items by 5 p.m. Fridays to lisa@nuggetnews.com

bliss
HAIR AND NAIL DESIGN

Hair, Skin & Nails
Specials:
Facials \$55
Brows \$15

541-549-6566
484 W. Washington Ave., Ste. B

The Belfry

Jan. 26 / Sat / 8PM
* **HILLSTOMP** *
Portland junkbox blues duo brings memorable performances that tap into a magic that cannot be rehearsed. 🎸

Feb. 15 / Fri
* **DRY CANYON STAMPEDE** *
7-piece Country Western dance band performing classics to contemporary with a blend of rockin' rhythms & moving ballads. 🎸

Feb. 21-24 / Th-Sun
* **SISTERS ONE ACTS PLAY** *

Mar. 16 / Sat **Mar. 23 / Sat**

TOMMY CASTRO AND THE PAINKILLERS **THE BRIAN ODELL BAND**

PUB OPENS 1 HOUR PRIOR TO SHOWS
BelfryEvents.com
541-815-9122

Caldera's
Artists in Residence

Open Studios
January 2019

SATURDAY, JANUARY 26
12:30 p.m. - 3:30 p.m. / Program begins at 1:00 p.m.
Caldera Arts Center / 31500 Blue Lake Drive, Sisters, OR 97759
Learn more at www.CalderaArts.org

