

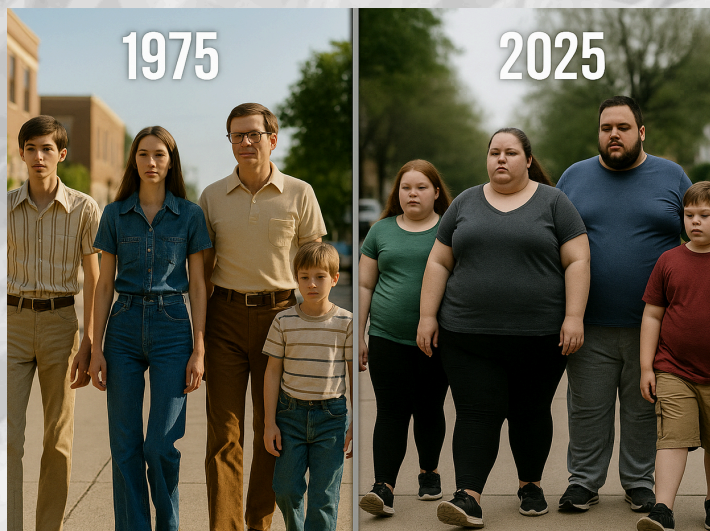
F.I.T. Health + Wellness

Pain Management | Rehabilitation

Quarterly Newsletter

Summer 2025

The Hidden Truths Behind America's Obesity Epidemic



More than 40% of Americans are obese, 70% are overweight, and 80% struggle with metabolic issues. Instead of focusing on prevention and lifestyle education, our "healthcare" system prioritizes prescription drugs. The \$4.3 trillion industry profits from sickness—not health. Here's what they don't want you to know:

Your doctor is dangerously wrong about protein:

- The current Recommended Daily Allowance (RDA) for protein is intended to prevent deficiency, not to promote optimal health. In reality, most people would benefit from consuming at least twice the amount typically recommended by physicians or dietitians—aiming for 0.8 to 1.0 grams of protein per pound of body weight daily. Concerns about high-protein diets often stem from outdated and flawed studies from the 1980s.

Breakfast is making you fat:

- The idea that breakfast is the "most important meal of the day" originated as a marketing slogan promoted by cereal companies. Common breakfast foods like oatmeal and orange juice can spike insulin levels and suppress fat burning for hours. Rather than eating out of habit, listen to your hunger cues. Opting for protein-rich foods like eggs and bacon is a much healthier choice over that sugary bowl of cereal.

Cardio is sabotaging your fat loss:

- The hour on the treadmill is making you hungrier while depleting muscle that keeps your metabolism active. Excessive cardio increases cortisol (stress hormone), potentially damages joints, and creates "skinny-fat" physiques. The leanest people at your gym are prioritizing strength training, not spending an hour on the elliptical.

"Low fat" products are making your fatter:

- When food manufacturers remove fat, they often replace it with sugar and artificial additives that harm gut health and increase cravings. In contrast, full-fat, whole foods are more satisfying and support hormonal balance. The diet industry thrives on repeat customers—not lasting success.

The food pyramid is corporate propaganda:

- The recommendation to "eat 6–11 servings of grains daily" was driven more by agricultural lobbyists and food industry giants like Kellogg's than by sound nutritional science. Far from promoting health, this advice has fueled rising rates of obesity and diabetes. Unfortunately, government dietary guidelines often reflect industry interests at the expense of public well-being.

✓ **The trillion dollar food and pharmaceutical industries do not profit from your health** – they profit from your dependence.

✓ **The most rebellious act** you can take is rejecting their guidelines completely. Your body knows exactly what to do when you stop following the advice from institutions that created the obesity epidemic.

Motivational Mindset >>>

"If you don't sacrifice for what you want, what you want becomes the sacrifice."

www.fit.health

BALANCE + MOBILITY GROUP FITNESS CLASS

When: Tuesday/Thursday 11:00 am

Where: Royal Palm/Grand Cypress Rooms

Cost: \$5 - payable by cash, check, or Venmo



*Some classes may not meet due to Town Center Events.

For up-to-date calendar, visit www.fit.health/groupfitness



Creatine: Not Just For Body-Builders

Creatine is a naturally occurring compound found in small amounts in foods like red meat and fish and is also produced by the body, primarily in the liver, kidneys, and pancreas. It plays a crucial role in energy production, particularly during short bursts of high-intensity activities such as weightlifting or sprinting.

One of the most popular and extensively studied supplements in the fitness world, creatine monohydrate has earned its reputation for enhancing athletic performance and promoting muscle growth. It works by increasing the amount of phosphocreatine in muscles, which helps regenerate adenosine triphosphate (ATP)—the primary energy carrier in cells—during high-intensity efforts.

Key Benefits of Creatine:


1. **Improved Exercise Performance:** Creatine enhances strength, power, and endurance in high-intensity workouts, making it especially beneficial for weightlifters, sprinters, and athletes in explosive sports.
2. **Muscle Growth:** It supports muscle hypertrophy by allowing for more intense training sessions and increasing water content in muscle cells, which may promote muscle protein synthesis.
3. **Faster Recovery:** Some studies suggest that creatine may reduce muscle cell damage and inflammation following intense exercise, aiding in quicker recovery.
4. **Cognitive Support:** Emerging research indicates potential cognitive benefits, including improved memory and mental fatigue resistance, particularly in older adults or those under stress.
5. **Neurological Protection:** Creatine may have neuroprotective properties and is being investigated for its role in conditions like Parkinson's disease, ALS, and other neurodegenerative disorders.

Safety and Usage:

Creatine is generally safe for long-term use in healthy individuals, with minimal side effects. A common protocol includes a loading phase of 20 grams per day (divided into 4 doses) for 5–7 days, followed by a maintenance dose of 3–5 grams daily. Alternatively, users may opt for a consistent 3–5 grams per day without loading.

Conclusion:

Creatine is one of the most effective, well-researched supplements available, with proven benefits for athletic performance, muscle growth, and even brain health. When used correctly with adequate hydration, it can be a valuable tool for athletes, fitness enthusiasts, and potentially, those seeking cognitive support.



“Imagine a future where your doctor hands you a prescription for strength training instead of medications. The future of medicine will focus on movement, whole foods, sunlight, nature, stress reduction, and meditation. The doctor of tomorrow isn't prescribing pills, they're prescribing a lifestyle.”

Featured Recipe

American Flag Taco Dip

INGREDIENTS:

Base Layers:

- 1 lb ground beef
- 1 packet (or 2 Tbsp) taco seasoning
- 1/4 cup water
- 1 cup roasted red pepper hummus
- 1 cup guacamole
- 1 cup sour cream

Flag Toppings:

- 1 cup diced tomatoes or pico de gallo (for red stripes)
- 1 cup finely shredded mozzarella or colby jack cheese (for white stripes)
- 1/2 cup sliced black olives or crushed blue corn tortilla chips (for blue field)
- Optional: chopped green onions around the edge for garnish
- Tortilla chips, pita chips, or sliced veggies for serving



INSTRUCTIONS:

Cook the Beef:

- Brown ground beef in a skillet over medium heat. Drain excess fat.
- Add taco seasoning and 1/4 cup water. Simmer for 4-5 minutes. Let cool slightly.

Layer the Dip in a 9x13 Dish:

- Spread roasted red pepper hummus on the bottom.
- Add taco-seasoned beef as the second layer.
- Spread guacamole evenly over the meat.
- Smooth sour cream on top to help toppings stick.

Decorate as the American Flag:

- In the upper-left corner, create a square of sliced black olives or blue corn chips for the blue field. (*Note: if using chips, wait until ready to serve otherwise they can get stale)
- Optional: Place small dots of sour cream or cut out mozzarella as stars
- Use diced tomatoes or pico de gallo for red stripes. Use shredded mozzarella for white stripes, creating a horizontal striped pattern across the rest of the dish.
- Optional: Add sliced green onions along the dish's edges for color and crunch.

Serve:

- Chill if making ahead (up to 4 hours).
- Serve with tortilla chips or veggie dippers.



DID YOU KNOW?

- **The first-ever trial of creatine in Alzheimer's dementia was just published – here's what you need to know:** Researchers tested creatine supplementation (20grams/day) for 8 weeks in Alzheimer's patients. The results? Significant improvement in brain energy and cognition. Participants showed an 11% increase in brain creatine after 8 weeks and notable improvements in cognitive functions, including memory, fluid intelligence, and reaction speed. Participants taking creatine showed meaningful improvements in memory, quick thinking, attention, and overall cognitive abilities. These results suggest creatine could be an effective, affordable, and accessible therapeutic tool for supporting brain health and function in Alzheimer's disease.
- **Eating just 100 extra calories per day = 36,500 calories per year.** That's over 10 pounds of fat gained per year. That's HALF of a protein bar. A splash of creamer. ONE bite too many ... daily. Your body tracks everything, even when you don't.
- **One in four adults sit 10+ hours a day.** Sedentary living kills more people than smoking. Body composition is worsening. Depression and anxiety are skyrocketing. Maybe it's not a "chemical imbalance" but a movement imbalance. Walking 10-15k steps/day -- boosts your lymphatic system, increases blood flow and oxygen to your brain, reduces cortisol (stress hormone), regulates blood sugar and blood pressure, strengthens the heart and lungs, helps avoid toxic build up, and aids in digestion. Walking in nature (not on a treadmill) provides fresh air, sunlight, and grounding that alkalizes the body and lowers inflammation and stress. Sunlight boosts serotonin and vitamin D (i.e. "happy hormones"). Walking isn't optional for human health – it's essential.
- **80% of antidepressant medications in the US are prescribed by a primary care physician, not a psychiatrist.** A startling statistic.



Looking for a beautiful nature walk?
Visit Corkscrew Swamp Sanctuary
<https://www.audubon.org/corkscrew>

recommendations & referrals are the core of our
businesses and always greatly appreciated!

THE VILLAGE WATCH
— Home Watch | Handyman Services —



F.I.T. Health + Wellness
Pain Management | Rehabilitation

Is your home alone? Not on our watch!

THE VILLAGE WATCH

— Home Watch | Handyman Services —

Our Home Watch Services Include:

- Weekly Visits: a lot can go wrong in a short period of time
- Detailed Inspection Reports: you will be informed of our visit and assured that your home is receiving proper care
- We are: your neighbor, an advocate in your absence, and a trusted resource while you are away

 **Starting at
\$70/month!**

Optional Additional Services:

- Opening/Closing Services
- Storm Preparation
- Auto/Golf Cart Care
- Concierge Services

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*Rest assured, your
home is in good hands!*