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Quarterly

NEWSLETTER

The Food Pyramid Got Turned Upside Down — Here's What That Really Means

For decades, the traditional food pyramid shaped how many of us thought we were supposed to eat. Grains formed the foundation, fats were pushed to the top, and protein often took a back seat. Low-fat products filled grocery carts, and calories—not food quality—became the primary focus.

Today, nutrition guidance looks very different. The updated food pyramid flips that old model—placing protein and healthy fats at the foundation, with refined grains and ultra-processed foods pushed to the top. While this may feel surprising, it reflects what research—and real-world experience—has been showing for years.

Why the Pyramid Changed

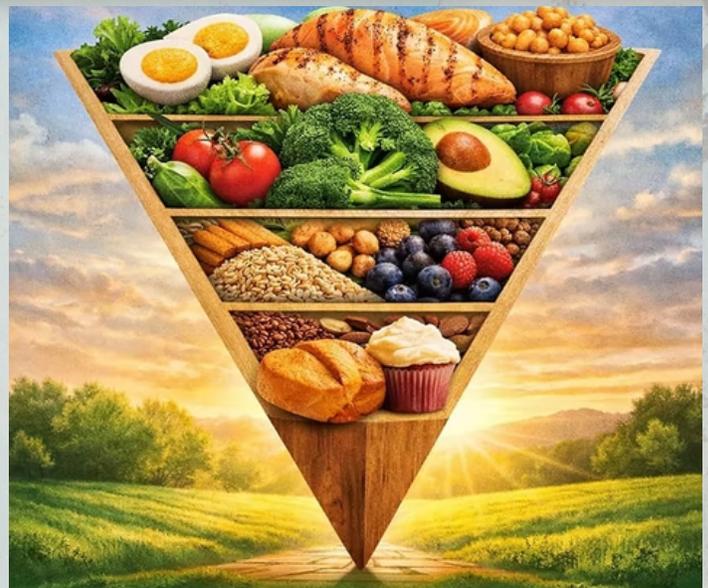
The original pyramid was designed to prevent nutrient deficiencies across large populations, not to optimize strength, metabolism, or long-term health. We now understand far more about blood sugar regulation, muscle preservation, inflammation, and how nutrition needs change with age.

Diets anchored in adequate protein, healthy fats, and fiber-rich whole foods are consistently linked to better energy, improved body composition, and stronger bones—while diets centered on refined carbohydrates often leave people hungry and undernourished.

Protein at the Foundation

In the updated model, protein is no longer a side note—it's the base. Protein provides the building blocks for muscle, bone, enzymes, and immune function. As we age, our bodies become less efficient at using protein, meaning we often need more, not less, to maintain strength and independence.

This mirrors what we see every day: when people prioritize protein, they feel stronger, recover better, and sustain energy throughout the day.



Rethinking Fat

Healthy fats—found in foods like olive oil, avocados, nuts, eggs, and fatty fish—support hormones, joints, brain health, and nutrient absorption. The long-standing fear of dietary fat has not held up under modern research.

Where Carbohydrates Fit In

Carbohydrates still matter, but quality comes first. Fruits, vegetables, and minimally processed starches provide fiber and essential nutrients, while refined grains and sugary foods belong at the top of the pyramid—consumed sparingly, not daily.

The Takeaway

The flipped food pyramid reflects a more effective approach to eating—one that supports muscle, bone, and metabolic health as we age. Just as the body grows stronger when challenged, it functions best when fueled properly.

Eating well isn't about eating less—it's about eating better.

New On Our Website: FIT Nutrition Guide

Our Nutrition Guide breaks down the foundational principles we teach our clients every day—simple, practical, and rooted in real science.

<http://www.fit.health/nutritionguide>

Balance & Mobility Group Fitness Class:

WHEN: Tuesday/Thursday 11:00 am

WHERE: Royal Palm/Grand Cypress Rooms

COST: \$5 - payable by cash, Venmo, or Zelle

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Calm the Chaos: Finding Strength in Stillness

If you feel alert on the outside but drained inside, your nervous system may be stuck in “go” mode. Many adults blame low energy on hormones, aging, or caffeine withdrawal — but often it’s nervous system dysregulation: when your body forgets how to turn stress off.

The Constant “On” Switch

Your autonomic nervous system runs two gears:

- Sympathetic (“Fight or Flight”) → mobilizes energy for action
- Parasympathetic (“Rest and Repair”) → restores calm and recovery

Modern life keeps most of us locked in the first gear. Chronic stress, poor sleep, screen time, and overtraining keep cortisol and adrenaline high — draining energy and disrupting hormones, focus, and motivation.

Signs Your System Is Stuck

These aren’t personality flaws — they’re your body asking for regulation:

- Trouble relaxing or sleeping, even when tired
- Racing thoughts or a “buzzing” feeling in the body
- Cold hands/feet, jaw tension, or digestive issues
- Afternoon crashes or caffeine dependence
- Feeling anxious, reactive, or emotionally flat

Why Strength Training Helps

Strength training isn’t just good for muscles — it’s medicine for the nervous system. Controlled, progressive resistance challenges the body, then teaches it how to recover. This rhythm of tension and release strengthens what’s called vagal tone, the communication link between brain and body that governs calm and resilience. When you pair lifting with slow breathing and full recovery between sets, you’re training your body to move fluidly between effort and ease — exactly what a healthy nervous system does.

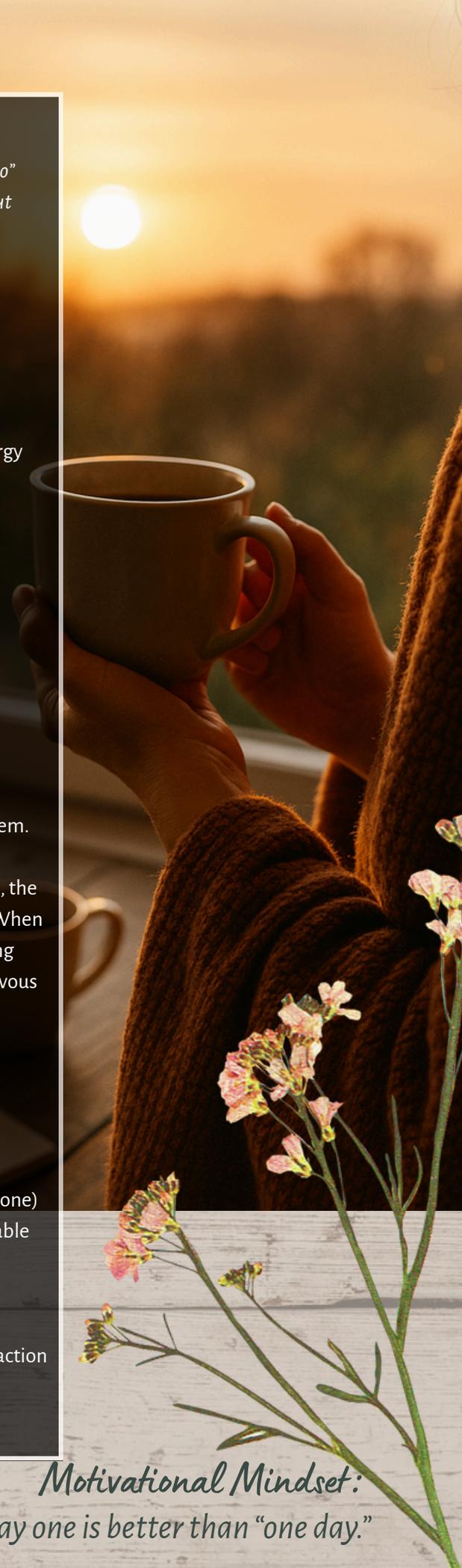
Simple Ways to Re-Regulate

You don’t need hours of meditation — just consistent micro-resets:

- Box Breathing: Inhale 4 sec → Hold 4 → Exhale 4 → Hold 4 (2 minutes)
- Morning Light: Get natural light within 30 minutes of waking
- Grounding Movement: Walk or stretch outside to calm sensory input (no phone)
- Balanced Meals: Protein and healthy fats to keep nerves and blood sugar stable
- Digital Boundaries: Power down screens 60 minutes before bed

Bottom Line

The goal isn’t to push harder but to restore rhythm — between stress and calm, action and rest. When your nervous system finds balance, energy follows naturally.



*Motivational Mindset:
Day one is better than “one day.”*

HEALTH INSIGHTS

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Nutrient in the Spotlight:

Magnesium Glycinate

The mineral your nervous system craves.

Magnesium is essential for calm muscles, steady sleep, and balanced stress hormones — but most adults don't get enough. Magnesium glycinate is the most absorbable, gentle form, helping relax the body and quiet the mind without digestive upset. Take it in the evening for better sleep and smoother recovery.

Myth vs. Fact:

Muscle Confusion

Progress Comes From Repetition, Not Randomness

Myth: You have to constantly change exercises to “confuse” your muscles and make them grow.

Fact: A recent study followed beginner women training their legs three times per week for 10 weeks. One group repeated the same two exercises every session, while the other rotated through different leg exercises. The result? Virtually identical gains in muscle size and strength across both groups.

Quads, hamstrings, leg press strength, and leg extension strength all improved the same — whether the program stayed consistent or constantly changed.

Bottom line:

Muscles don't need confusion — they need consistency and progressive overload. Variety isn't harmful, but it isn't magic. A few well-chosen movements, done well and repeated over time, still produce the best results.

The Essential Exercise:

Legs Up The Wall

A simple recovery position that delivers outsized benefits for circulation, the nervous system, and lower-body recovery — with minimal effort.

What It Supports:

- Venous return and circulation
- Parasympathetic (rest-and-digest) activation
- Hip flexors and low-back decompression
- Reduced swelling and leg fatigue

Why It's a Game-Changer:

- By elevating the legs above the heart, gravity assists blood flow back to the core, easing pressure in the lower body. At the same time, the position signals safety to the nervous system, helping shift the body out of “fight or flight” and into recovery.

Pro Tip:

- Position your hips a few inches away from the wall or headboard of your bed and let your legs relax — no forcing. Breathe slowly through your nose.
- Beginners: Start with 2–3 minutes and focus on relaxed breathing.
- More Experienced: Build up to 10 minutes after training or before bed.

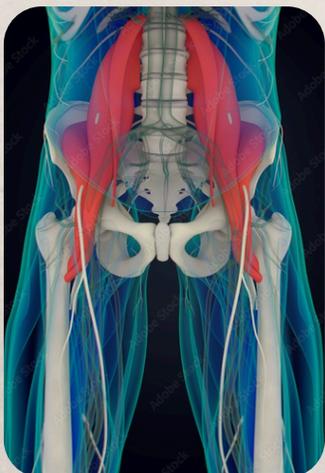


Did you Know?

People with moderate salt intake have lower mortality than those on very low-sodium diets.

Large population studies suggest that aggressively restricting sodium may be associated with higher mortality and poorer cardiovascular outcomes. When intake is too low, the body activates a regulatory hormonal system that raises renin and aldosterone to maintain fluid balance and blood pressure.

Adequate sodium is essential for hydration, nerve signaling, muscle contraction, and healthy blood volume. Salt isn't the villain — chronic under-fueling and poor metabolic health are.



The psoas is often called the “muscle of the soul” because of its close connection to stress and the nervous system.

The psoas is a deep core muscle that connects the spine to the legs and plays a key role in posture, breathing, and movement. Under chronic stress, it often stays in a shortened, guarded state, which can contribute to low back or hip tightness, shallow breathing, pelvic tension, and a constant feeling of being “on edge.”

Releasing the psoas doesn't require aggressive stretching. Gentler approaches tend to work best, including slow diaphragmatic breathing, supported hip flexor work, restorative supine positions (like legs-up-the-wall), and controlled strength exercises that restore proper hip extension. The goal isn't force, but helping the nervous system feel safe enough to let go of tension.

Leg strength is one of the strongest physical predictors of cognitive aging.

A long-term study of identical female twins found that those with greater leg power performed significantly better on cognitive tests ten years later and maintained more brain gray matter—an indicator of preserved brain health. Because the comparison was between genetically identical twins, the difference wasn't genetics, but physical capacity.

Lower-body training recruits the largest muscles in the body, improving circulation, metabolic health, and the systems that support long-term brain function. Strong legs don't just protect mobility — they help protect the brain.



Sourdough with butter and honey can be a metabolically friendly carb choice.

Traditional sourdough fermentation reduces phytic acid and partially breaks down gluten, making the bread easier to digest and improving mineral absorption. Pairing it with butter slows gastric emptying and blunts blood sugar spikes, while honey provides a small amount of quickly available glucose to support training and recovery.

When combined, protein-free carbs are buffered by fat and fermentation — supporting steadier energy rather than sharp spikes.

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

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Featured Recipe: "One Pan" Pineapple Chicken & Rice

INGREDIENTS:

- 1 pound chicken breast, cubed
- 1 cup fresh pineapple, cubed
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup jasmine rice
- 2 cups chicken bone broth
- 1 tablespoon coconut aminos
- 1 teaspoon ginger, grated
- Salt and pepper to taste
- 1/4 cup green onions, sliced
- 1 tablespoon sesame seeds



Great choice for meal prepping!

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat. Add the cubed chicken and cook until golden brown and fully cooked. Remove the chicken and set it aside.
2. In the same skillet, sauté the onion, garlic, and red bell pepper until softened.
3. Add the cubed pineapple to the skillet and cook for 2 minutes.
4. Stir in the jasmine rice, chicken bone broth, coconut aminos, grated ginger, salt, and pepper. Bring to a boil, then reduce the heat to low, cover, and simmer for 18-20 minutes, or until the rice is fully cooked.
5. Return the cooked chicken to the skillet and mix well to distribute the flavors evenly. Heat through.
6. Serve the dish garnished with sliced green onions and sesame seeds.

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