What is the missing ingredient for weight loss?

Americans are obsessed with weighing themselves on the scale. People are constantly worried about the number that appears in their bathroom every morning, but weight is only one piece of a very complicated puzzle. Even the Body Mass Index (BMI), the new “vital sign” that assesses weight in relation to height, is only a piece of the picture. Most people can appreciate that a thin, frail smoker is less healthy than a powerful body builder – yet the number on the scale or the BMI might imply otherwise. In fact, muscle weighs twice as much as fat, and so a very muscular person will actually have a higher BMI than a person of the same size who is high in fat. While most people who are overweight or obese, are in fact overfat; there are those who are of normal weight but are also overfat. Health is significantly less dependent upon how much someone weighs than on the composition of those pounds.

For the sake of example let’s assess two women: Mary Healthy and Jane Couldobetter. If they each weigh 128 pounds at the same height of 5’ 4”, then they will both have the same “healthy” BMI of 22. But their body composition can be quite different. Mary Healthy eats well, exercises regularly and manages her stress well. Not only is her BMI well within the normal range, but her body fat is also normal at 21%. This means that 79% of her body, or 101 pounds, is lean body mass.

On the other hand, Jane Couldobetter leads a very hectic life, sleeping only 5-6 hours per night so she can wake early to get in her high intensity workout at the gym. She has mastered the art of eating on the run and doesn’t sit still until she collapses into bed late at night. While she looks great at her BMI of 22 her body composition tells us another story. Jane’s body fat is elevated at 30% – making over 38 pounds of her weight metabolically damaging fat tissue. In contrast to Mary, Jane carries less than 90 pounds of lean body mass.

What are the implications of altered body composition?

Altered body composition has been implicated in the development of hypertension, abnormal cholesterol levels, coronary artery disease, metabolic syndrome, osteoporosis and hormonal imbalance. Lean body mass (muscle, bone and organs) is more metabolically beneficial than fat.

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FREE LECTURES

“INTRODUCTION TO THE WORK BY BYRON KATIE”

Come learn about a simple and powerful process of self-inquiry that can dramatically decrease stress and suffering.

Monday, Jan 12, 6 - 7 pm
Jude Powers and Elaine Shamos

“GREEN, GREENER, GREEONEST – PRACTICAL WAYS OF GREENING YOUR HOME AND CARING FOR YOUR FAMILY”

Join the Dartmouth College Sustainability Manager for a presentation on approaches for reducing waste, feeding your family, cleaning your home, and caring for young children.

Saturday, Feb 28, 10 - 11:30 am
Kathy Lambert, Dartmouth College Sustainability Manager

QIGONG FOR HEALTH AND LONGEVITY

Qigong helps build energy and immune function along with calming the body, mind, and spirit. This class will offer instruction in a powerful form of qigong while discussing the philosophy of qigong. Teaching will include the Standing Kuan Yin form, Tibetan breathing, marrow cleansing, and meridian tapping.

Tuesdays, Jan 20 - March 31
6:15 - 7:15 pm • $120 for 12 weeks
Chas Meyers, Chinese Herbalist, Qigong and T’ai Chi Fundamentals Teacher

LOVING WHAT IS

A COURSE BASED ON BYRON KATIE’S BOOK

This course uses Byron Katie’s “four questions” to help identify and change your stressful thinking. The simple, yet powerful writing technique can help you improve your relationships, rid yourself of angry and depressing thoughts, and act with more clarity and integrity. Reading Loving What Is by Byron Katie is recommended but not required.

Jan 19 - Feb 23
5:30 - 7 pm • $80 for 6 weeks
Jude Powers and Elaine Shamos

FIRST LINE THERAPY – ENHANCE BODY COMPOSITION

Altered body composition (including overweight/obesity) is the leading cause of chronic disease. Improving your muscle-to-fat ratio can be a powerful tool in controlling the aging process and restoring vitality.

This is a 10-week, doctor-supervised program during which you will be coached to optimize your body composition. Individual progress will be regularly assessed through measurement of weight, hip and waist circumference, blood pressure and a non-invasive measurement of your body fat and lean muscle mass.

The course will also include lectures on healthy lifestyle choices, incorporating a sensible low-glycemic eating plan, exercise, appropriate nutritional supplementation, and stress management. Group discussions will help with strategies for overcoming the barriers to optimal health.

Space is limited to 10 participants, so register early and receive the tools you need to take charge of your health! This course, but not the assessment, is approved by Anthem NH for full reimbursement.

Tuesdays, Jan 13 - March 17, 5:30 - 6:30 (5:30 - 7 pm on weeks 1, 5, & 10 for individual assessments)
$300 for the course and program guidebook, plus $200 for individual assessments and body composition analysis with Bioimpedance Analysis (BIA)
Robyn Jacobs, MD, & Susan Swan, LPN, Certified First Line Therapy Lifestyle Educator

LOST AND FOUND IN THE WOODS – WINTER SURVIVAL SKILLS FOR WOMEN

Come and deepen your connection with nature in winter. Learn outdoor living skills in the snow and discover how to stay aware in the forest. This class will teach survival skills including how to:

• find your way in the snow
• build or find shelter in the wild
• build a fire for survival
• avoid hyperthermia and frostbite
• read tracks of animals in the snow
• signal for help, and much more

Please come dressed for the cold with boots or snowshoes, and bring a lunch.

Saturday, March 7
12 noon - 3 pm • $45 for the class, materials, and compass
Dan Goulet, Naturalist and Woodsman, Norwich conservation commission member; and Jude Powers, Outdoor Educator
* Held in Norwich, VT

LIVING YOUR PURPOSE – ON PURPOSE!

Based on Meredith Young-Sowers’ work, founder of Stillpoint School of Integrative Healing, this fun yet intensive weekend workshop will lead you through a series of eight steps to help identify your life’s purpose and live it. Various powerful exercises are designed to help you trust your perception and better understand your intentions as you learn from your past choices. This workshop will teach how to:

• Acknowledge and appreciate your talents, innate gifts and skills
• Discover your soul’s intention and life purpose
• Develop an 8-part personalized Life Purpose Plan
• Learn ways to eliminate blocks to your grandest possibilities
• Determine how to attract the people, resources, and opportunities you need to create your dreams

Saturday, Jan 24 • 9am – 6 pm and Sunday, Jan 25 • 9am – 3pm
(1 hour off for lunch)

Susie Hastings, MSW, Founder Creative Communications Center and Stillpoint Master Teacher

Register for classes by calling 603-650-2600
**T’AI CHI CHU’AN YANG STYLE SHORT FORM**

T’ai Chi can be thought of as a moving yoga and meditation combined. The movements taught were originally derived from the martial arts based on animal movements, and are performed slowly and gracefully. Learning to do the T’ai Chi movements can foster a calm, relaxing mind while helping with balance, alignment, fine-scale motor control and learning to move from the body’s vital center. This can translate into being better able to stand, walk, and move, thus correcting poor posture, aligning bones, and increasing strength. This class is appropriate for any level and physical capacity.

**Tuesdays, Jan 20 - March 31**
7:30 - 8:30 pm • $120 for 12 weeks
Chas Meyers, Chinese Herbalist, Qigong and T’ai Chi Fundamentals Teacher
* Held at Ancient Healing Arts, Lebanon, Mall – Call Charles Meyers at 603-442-9535 to register

**FIRST AID**

This course will cover all aspects of first aid for all ages, (except CPR - see course listing for CPR class), including: burns, poisons, seizures, animal and bug bites, broken bones, etc.

**Saturday, Jan 24**
9 - 11 am • $45/person (includes materials and certificate good for 2 years)
Sue Gregory, AHA, BLS instructor

**STRENGTH TRAINING FOR OSTEOPOROSIS PREVENTION**

This course is designed specifically to help prevent bone loss (osteoporosis) that occurs as we age – for women, this begins in their mid-30s. Participants will be led through a series of exercises using weights and bands for the upper and lower body. These exercises will help you increase bone density and improve muscle tone, and strength. This class is appropriate if you have osteopenia, osteoporosis, or as a prevention. Advice will be given on what kinds of equipment to buy for continuing the exercises at home. Please come dressed with sneakers and comfortable clothing for exercise.

**Thursdays, Feb 5 - March 12**
6 - 7 pm • $130 for the 6 weeks including materials
Beth Baras, Certified Personal Trainer
*Check with your health insurance or employer for reimbursement of this course

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**BEYOND THE KEGEL – PELVIC FLOOR STRENGTHENING EXERCISES**

Sign up for this fun and enlightening workshop to learn functional ways to strengthen the pelvic floor. Participants will learn specific exercises which mimic everyday motions, instead of those based on static positions – ensuring a much better effect on day-to-day life! Please come dressed with sneakers and comfortable clothing for exercise. **Choose one of the following classes:**

**Thursday, Jan 15, 6 - 7 pm**
- or - **Tuesday, Mar 3, 10:30 - 11:30 am**
$40 for the class including materials
Beth Baras, National Academy of Sports Medicine, Certified Personal Trainer

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**KEEP YOUR BALANCE**

Balance begins to gradually diminish as we reach our 40s. With a sedentary lifestyle, we become less able to perform activities which require moving in multiple directions and levels. Balance problems can also increase the risk for fractures in those with osteopenia and osteoporosis. Come and learn valuable exercises which will help improve your balance. **Choose one of the following classes:**

**Thursday, Jan 22, 6 - 7 pm**
- or - **Tuesday, Mar 10, 10:30 - 11:30 am**
$40 for the class including materials
Beth Baras, National Academy of Sports Medicine, Certified Personal Trainer

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**INDIVIDUALIZED EXERCISE PROGRAMS**

Private sessions for customized exercise programs focused on balance, strength, bone or muscle strengthening can be arranged for individuals or small groups in the home or workplace. Call us for more information!

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**HEARTSAVER CPR**

**ADULT, CHILD, AND INFANT**

This course teaches CPR and relief of foreign-body airway obstruction for adults, children, and infants and includes a certification card. **Choose one of the following class dates:**

**Thurs, Jan 8, 6 - 8 pm**
- or - **Sat, Feb 21, 9 - 11am**
$45/person (includes book and certificate)
Sue Gregory, AHA, BLS instructor

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**“OFF YOUR ROCKER” – A SUPPORT GROUP FOR PRIMARY CAREGIVERS OF GRANDCHILDREN**

Come to our first gathering for grandparent caregivers who are the primary caregivers of their grandchildren – regardless of the child’s age. We will share stories, make new friends, and discuss ways to support each other. If you have babies who are not yet crawling, you are welcome to bring them. Refreshments will be provided.

**Tuesday, February 24**
10 am - 12 noon • FREE
Suzanne Greeley, Certified Childbirth Educator and Lactation Consultant

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**REIKI CLASSES**

**REIKI I TRAINING**

This workshop includes an overview of the history of Reiki, instruction in hand positions used for treatment, and a summary of the energy centers in the body.

**Sunday, Jan 25**
12 noon - 6 pm • $100 for workshop

**REIKI II TRAINING**

Second degree Reiki is available to Reiki I Practitioners. The use of ancient Reiki symbols will be taught to aid in emotional issues as well as distance healing. Please bring a lunch.

**Sunday, Feb 22**
10 am - 6 pm • $150 for workshop

**REIKI III TRAINING**

This class reviews the Reiki symbols in depth and also incorporates the use of essential oils, flower essences and crystals. Participants will also learn how to give a Healing Attunement. Prerequisite: Reiki II.

**Sunday, March 29 & Sun, April 19**
1 - 6 pm • $300 for the course

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**REIKI SHARE**

Come gather with other practitioners to share and give Reiki to each other. Please pre-register for this session.

**Sunday, Feb 15**
1 - 3 pm, free of charge
All sessions lead by Linda Carley, Reiki Master Teacher
Body Composition, continued

ically active than fat mass, and processes calories in a more efficient manner.

Meanwhile, fat mass contains hormones which contribute to inflammation (a major component of all chronic diseases) and insulin resistance. Many weight loss programs have been shown to be effective in decreasing weight, but contribute to muscle loss as well as fat loss. In fact, some weight loss programs cause the loss of relatively more lean body mass than fat mass. These programs yield a false sense of security by "fixing" the numbers on the scale without addressing the critical element of body composition.

There are no quick fixes for changing your body composition. Our sedentary lifestyle and addiction to highly processed “food on the go” has led us into this epidemic.

The good news is that we know what is needed to correct the problem. First, you need to become healthy to lose weight, not lose weight to become healthy. Creating a healthy metabolism will enable you to burn off fat without breaking down lean body tissue.

A healthy, well balanced diet should consist of whole, minimally processed foods devoid of trans fats and refined sugars. Such a diet, coupled with moderate exercise (a blend of aerobic, strength and stretching exercises), along with adequate sleep and stress management, can lead us back to the path of optimal health by preserving the lean body mass which will help us to age with grace and strength.

Join us this winter for First Line Therapy, a 10-week program to enhance body composition for better health (see classes page). If you have high cholesterol, are overweight, hypertensive, or would just like to learn how to lose a few pounds safely, consider joining us for this program (this class has been approved for health education reimbursement by Anthem of NH). For more information about First Line Therapy, visit: www.hygeiawomen.com.