

### IN THIS ISSUE:

- How much do you have to exercise to lose weight?  
by Rocky Elsasser PT, DPT ..... 1
- How to figure your exercise number  
& Business of the month ..... 2
- Have you recently had a baby & now suffer from  
urinary incontinence? by Erica Bunnell PT, DPT... 3
- Patient Success Stories & Holiday Recipe ..... 4



## HOW MUCH EXERCISE DO YOU HAVE TO DO IN ORDER TO LOSE WEIGHT?



Rocky Elsasser, PT, DPT

It's important to keep moving and movement burns calories. But, you have to exercise at the right intensity level in order to achieve the desired results. Taking a leisurely walk every night is better than sitting on the couch, but it won't give you that body you want. If you want to lose weight, you are going to have to sweat. I always tell people that want to lose weight, **"if you are not sweating a lot, you are not working hard enough."**

**There are two types of exercise that will give you the greatest results: aerobic exercise and resistance training.** Aerobic exercise will give you the quickest results, but will eventually end in a plateau of weight loss unless you keep increasing your exercise time per week. **Resistance training is often overlooked because it's hard. In the long run though, resistance training will give you the longest lasting results.**

Aerobic exercise makes your engine (your heart and muscles) more efficient, but resistance training makes your engine bigger. A bigger engine burns more fuel. Fuel in this case, is calories. More calories burnt, is more lost weight. **It takes an extra 1200 calories burnt per week in order to lose weight.** This is not as hard as it may seem. In most cases, it will require exercising less than 45 minutes 3-5 days a week. A person should start an exercise program at an intensity level that gets their heart beating around 60% of their age-predicted maximum heart rate. After a few weeks to a month, it should be at 70-85% of their age-predicted maximum heart rate.

### What do you need to know? A couple of formulas:

Age predicted maximum heart rate = 220-age.

Body weight (in kilograms) X Exercise intensity level (MET level) / 57 = number of calories burnt per minute. 1200 calories per week / number of calories burnt per minute = minutes of exercise needed per week in order to lose weight. Weight in pounds/2.2 = weight in kilograms

### What is a MET?

A MET is a metabolic equivalent. It shows us how efficiently your body uses oxygen as an energy source. A MET level of 1.0 is considered the basal rate. So, if you sat on the couch and watched TV, you would be at a MET level of 1.0. All MET levels are compared to the basal rate. For example, if you were to walk on a treadmill at 3.5 mph at a 10% incline, you would be at a MET level of 8.3. If you subtract out the basal rate of 1.0, you are working at a rate that is 7.3 times greater than sitting on the couch watching TV. Makes sense, right. There are tables that show all kinds of activities and the associated MET level. Do an internet search for MET levels and you should find some cool information.

### Heart Rate

In order to measure your exercise intensity, you must be able to accurately take your heart rate. I am a big believer in purchasing and using a heart rate monitor. They are invaluable because they can tell you just how hard you are working. Your heart never lies about the work it is having to do. **Exercise and weight loss is a matter of heart rate.** The longer you can exercise with an increased heart rate, the greater the results. Think of it this way. **Every time your heart beats it is burning calories. If you can increase the beats, you will increase the calories burnt.**

### Resistance Training

**You want to work major muscle groups 3-5 days per week.** It is a good idea to switch off days. Work your upper body one day, the lower body the next, and so forth. Major muscle groups include: biceps, triceps, deltoids, lats, quads, hamstrings, calves, gluteals. If you want bigger muscles, do 3 sets of 4-6 reps of high weight. If you want strong muscles, do 3 sets of 8-12 reps of moderate weight. If you are shooting for endurance, do 3 sets of 15-20 reps of light weight. In each case, you should pick a weight that causes you to fatigue by the end of the set. Remember, resistance training will pay big dividends in the end. Keep it up!

If you want to lose weight, you are going to have to sweat. I always tell people, **"if you are not sweating a lot, you are not working hard enough."**

### HOW DO YOU FIGURE YOUR EXERCISE NUMBER?

**Example: 220 pound man.**

220 lbs/2.2 kg per lb. = 100 kilograms

100 kg X 7.3 METs / 57 = 12.81 calories per minute

1200 calories per week / 12.81 calories per minute = 94 minutes per week

If this man were to exercise 94 minutes per week at a MET level of 7.3 (walking on treadmill at

3.5 mph at 10% incline), he would be in the weight loss range. 94 minutes divided by 5 days a week = 19 minutes of exercise per day. Of course, in order to lose weight a person must also take into account one's diet. I am only addressing the exercise component in this article, so we will assume he is eating his carrots and taking it easy on the sweets.

**Good luck**

**It isn't easy to start an exercise program, but stick with it and in a few weeks you will be well on your way to the health and body you desire. It's almost a new year and a perfect time for a New Year's resolution.**

**Make dropping a few pounds and increasing your health one of your's. Good luck!!!**

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Advanced Family Medicine is a physician-owned primary care practice established in 2004. We primarily serve the communities of Kuna and Melba, and provide quality care to the whole family.

Our clinic focus is diverse, and includes obstetrics, pediatrics, geriatrics, sports medicine, women's health and preventative care, in addition to procedures such as fracture care, vasectomy, colonoscopy and minor skin procedures. Our physicians are board certified in Family Medicine. Dr. Michael Foutz received his medical training at the University of Utah School of Medicine and completed his residency at the Family Medicine residency of Idaho. Dr. Katherine Elstun graduated from the University of South Carolina School of Medicine and the Family Medicine Residency of Idaho. Dr. Molly Armijo trained at the University of Washington School of Medicine and the Family Medicine Residency of Idaho.



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### Business of the Month

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Erica Bunnell, PT, DPT

### HAVE YOU RECENTLY HAD A BABY AND NOW SUFFER FROM URINARY INCONTINENCE?

Don't worry... you're not alone! **Urinary stress incontinence may affect up to 50% of women in their postpartum period, afflicting 15 million women in the US alone.** In fact, this is a medical condition that over 50% of women will experience to varying degrees at some point in their lives. Stress incontinence is an involuntary loss of urine that occurs during physical activity, such as coughing, sneezing, laughing, or exercise. Stress urinary incontinence is the most common type of urinary incontinence in women. Most often incontinence is the result of unfit pelvic floor muscles that have become weakened due to any number of reasons including childbirth, hormonal changes, poor diet, or the aging process.

#### Who's most likely to suffer from urinary incontinence after pregnancy?

- If you suffer from stress incontinence prior to pregnancy or develop it during pregnancy
- Vaginal birth
- Assisted vaginal delivery (i.e. use of forceps)
- Prolonged pushing during labor or having a large baby
- Obesity (*4 times as likely to develop stress incontinence*)
- Genetic predisposition
- Mothers who have had many children (especially if all delivered vaginally)
- Other risk factors include menopause and pelvic surgery

#### How long will the incontinence last?

Most women that develop incontinence during pregnancy find that it goes away soon after delivery. For some moms, the leaking stops completely or becomes much less frequent within weeks of giving birth, while for others it can

persist in varying degrees for several months. If bladder control is lost immediately after childbirth, the pelvic floor muscles may recover within 6 weeks. If continence is not regained, treatment may be required. Sometimes incontinence develops months or years after childbirth.

#### What can you do about incontinence once it develops???

Most women with mild to moderate cases of incontinence do not seek treatment because of the embarrassment of the condition. However, there is a conservative, non-invasive treatment option that you can use in the privacy of your own home.

**Pelvic Muscle Trainer (PMTx)** is a biofeedback device that will help you learn how to contract and strengthen your pelvic floor muscles. Although Kegel exercises seem to be a common term tossed around these days, most women are unaware or improperly instructed in how to perform them. This device is used in conjunction

with Kegel exercises to ensure proper technique and isolation of the pelvic floor muscles. You will be able to visually see if you are contracting the pelvic floor muscles and measure improvements in strength utilizing the device. The trained physical therapists at RehabAuthority will instruct you in how to assemble and use the pelvic muscle trainer and provide you with a training manual and CD on the device to take home with you. You will be given specific parameters to follow for your exercise routine depending on your starting point. No matter what your starting point, you should see improved strength within 4-6 weeks in conjunction with improved symptoms with regular exercise. The best part is that you will be able to use the device in the comfort and privacy of your own home. If you suffer from this medical condition, suffer no more!

**Contact a physical therapist at RehabAuthority and we will get you back to life as you knew it!**

Have you visited our updated website?

Go to [www.RehabAuthority.com](http://www.RehabAuthority.com) to learn more about us and how we can SOLVE your back or neck problem.





**PATIENT SUCCESS STORIES**

**Jerry's Story - Eagle Clinic**

"I started treatment at your Eagle Road location in mid May for low back, left hip and knee treatment as a result of a fall in March. This was the second time I have required your expertise. Most of the pain and discomfort has disappeared. I have learned various exercises that I hope will keep me in better shape and avoid similar problems in the future. I want to especially thank Tyler, Adam, Nikki, Cala, Ashley and other staff members for their professionalism and attention to my health needs."

**Patrick's Story - Kuna Clinic**

"Erica is awesome! I doubted every bit of it until about the middle of the second week. I worked for five weeks and completely relieved my back pain-it's 100% gone."

**Madeline's Story - Sunnyside Clinic**

"I have spent my whole summer doing physical therapy here at RehabAuthority - something I did not think would turn out as well as it has. I have to say the staff at RA has become almost like family. They have been so outgoing, friendly and fun in addition to being the best physical therapists I have encountered in my 4 years of back pain. Nate and the various techs, Adam, Devin, Aubrey and Ty have been very professional and helpful in helping me get to the point where I am able to carry on with my life knowing that keeping up with my exercise program I can keep my pain to a minimum. Thanks to all you dear folks! I will miss you!"

**Carl's Story - Vista Clinic**

"I feel that my overall strength has increased since I have been here. The exercises that I have done here have done my body a lot of good, I feel a lot better since I started. I will continue to do my workouts at home. I also feel a lot better when I leave here each day. I know that if I continue to work hard I will get stronger.

The therapists have been very good to work with. They seem to care about everyone and take time to explain all the exercises. They have all been very kind-they all ask how I was doing and greeted me with a smile every day. This includes everyone that I worked with along with Monica who was also very polite and kind. I would recommend your business to anyone. Thanks for all of the good knowledge. You have very good employees."

**Sharon's Story  
Overland Clinic**

" When I first came to RehabAuthority, my back was having spasms and to get relief, I had to lie on the floor on my stomach. Now I am mobile, no pain and strong. Matt and everyone at RehabAuthority are compassionate, knowledgeable and fun. I recommend RehabAuthority to anyone with back and neck issues."

**Apple Raisin Coffee Cake**

**INGREDIENTS**

- 5 cups cored, peeled, & chopped apples
- 1 cup raisins
- 3/4 cup brown sugar
- 1/3 cup chopped walnuts
- 1/4 cup extra-virgin olive oil
- 2 tsp. vanilla
- 1 egg, beaten
- 2-1/2 cups whole-grain flour
- 1-1/2 tsp. baking soda
- 2 tsp. ground cinnamon
- Olive oil cooking spray
- 13" x 9" x 2" baking dish or pan
- Large mixing bowl

**Got relatives staying with you over the holidays?  
Here's an easy breakfast recipe, chock-full of  
healthy fruit and nuts, that'll serve a small army.**

Preheat oven to 350 degrees. Lightly spray a 13" x 9" x 2" baking dish or pan with cooking spray. In a large mixing bowl, combine apples, raisins, sugar, and walnuts, and mix them together well. Allow mixture to stand for 30 minutes. Then stir olive oil, vanilla, and egg into mixture. Sift flour, soda, and cinnamon together, then slowly stir into apple mixture, making sure it stays moist. Fold mixture into pan and bake 35 to 40 minutes, or until toothpick inserted in center comes out clean. Let cool slightly before serving. Makes 20 servings. Preparation Time: 10 minutes / Cook Time: 35 to 40 minutes

*Nutritional Information (per serving)*

Calories: 164 / Protein: 3 grams / Fiber: 3 grams / Carbs: 28 grams  
Fat total: 5 grams / Sat. Fat: 1 gram