

Road to Better Health

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Health & Wellness
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Located at **Pilot**

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Ask the Nurse Practitioner



Metabolism

Q: Is it possible "speed up" metabolism?

A: It is possible to increase your Basic Metabolic Rate (BMR, or energy expenditure at rest) through aerobic exercise. This type of energy expenditure will raise the BMR and burn more energy expressed in calories.

Q: Does water temperature have an effect on metabolism?

A: Several studies relating to metabolism recommend drinking cold water in an effort to boost metabolism.

Q: Does skipping meals affect metabolism?

A: Skipping meals will cause the metabolism to become sluggish, because cells require energy consistently.

Understanding and Ways to Boost Metabolism

By Patricia Smith, FNP – Knoxville, TN

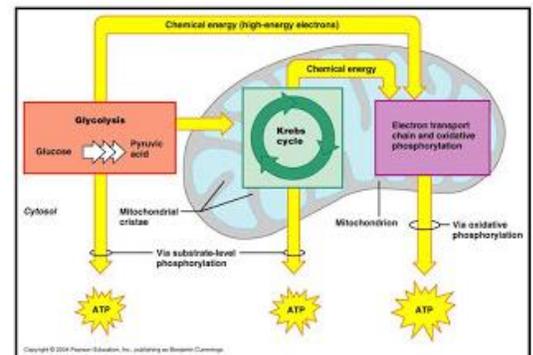
Metabolism (from Greek meaning "change") is the set of life-sustaining chemical transformations within the cells of living organisms. Metabolism and metabolic pathways have been studied over several centuries. Some people refer to a "slow metabolism," or how metabolism slows down later in life. Metabolism slows down about 1 percent after age 30. Some diseases and medical conditions have an impact on metabolism, such as Diabetes Mellitus and starvation diets, where a cell does not use any or enough nutrient for effective metabolism.

Nutrition, Metabolism and Energy

Exercise and nutrition are the keys to metabolism. The pathways of metabolism rely upon nutrients that they breakdown in order to produce energy. This energy in turn is required by the body to synthesize new proteins, nucleic acids (DNA, RNA) etc. Exercise increases thermogenic "burn" resulting in weight loss.

Essential nutrients supply energy (calories) and supply the necessary chemicals which the body itself cannot synthesize. Food provides a variety of substances that are essential for the building, upkeep, and repair of body tissues, and for the efficient functioning of the body.

Proteins are the main tissue builders in the body. They are part of every cell in the body. Proteins help in cell structure, functions, hemoglobin formation to carry oxygen, enzymes to carry out vital reactions and a myriad of other functions in the body. Proteins are also vital in supplying nitrogen for DNA and RNA genetic material and energy production. Proteins are necessary for nutrition because they contain amino acids.



Metabolic Gateways

The chemical reactions of metabolism are organized into metabolic pathways. These allow the basic chemicals from nutrition to be transformed through a series of steps into another chemical, by a sequence of enzymes. Enzymes are crucial to metabolism because they allow organisms to drive desirable reactions that require energy. Think of an enzyme as a key; the protein is lock to begin metabolism.

UrgentCareTravel

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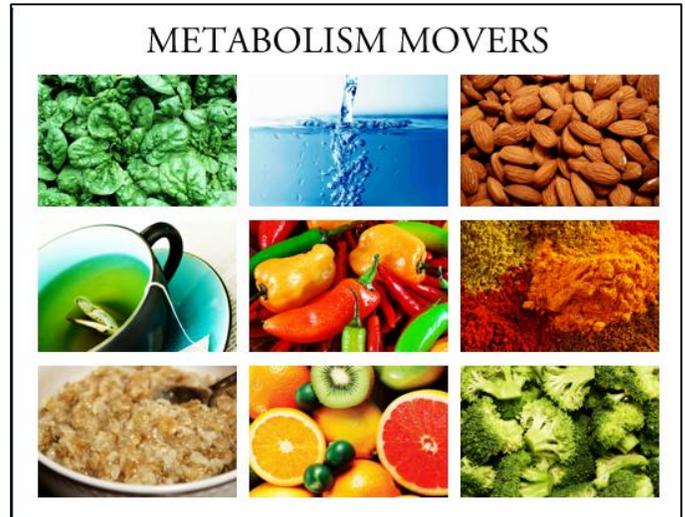
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Understanding and Ways to Boost Metabolism (continued)

Ways to Boost Your Metabolism

- Drinking 6 cups of cold water a day (48 ounces) can raise resting metabolism by about 50 calories daily —enough to shed 5 pounds in a year.
- Include protein with every meal. Add a serving, like 3 ounces of lean meat, 2 tablespoons of nuts, or 8 ounces of low-fat yogurt, to every meal and snack. Research shows protein can up post-meal calorie burn by as much as 35%.
- Eat Protein-rich food. Shellfish, lean meats, beans, fortified cereals, and spinach are excellent sources. Shellfish, lean meats, beans, fortified cereals, and spinach are excellent sources.
- Get more Vitamin D. Get 90% of your recommended daily value (400 IU) in a 3.5-ounce serving of salmon. Other good sources: tuna, shrimp, tofu, fortified milk and cereal, and eggs.
- Exercise is important, but when you cannot exercise, thermogenesis performed by small muscle movements helps boost metabolism. Small movements such as stretching your legs, taking the stairs, even just standing to talk on the phone can add up to an extra 350 calories burned a day.
- Don't skip meals. Eating less than daily requirements results in the breakdown of muscle tissue for energy. Eating breakfast jump- starts metabolism and keeps energy high all day. Eating a 150-calorie snack midmorning and midafternoon between three meals keeps you feeling full, especially if the snacks are high in protein.



About UrgentCareTravel

UrgentCareTravel is an organization dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea screening, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel's **GOLD Healthcare Membership program** provides members with DOT Physicals and unlimited no deductible / no co-pay visits (in-clinic services) at UrgentCareTravel locations for a low monthly fee. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel's **GOLD Healthcare Membership program** is an affordable option to address the healthcare needs of drivers, local businesses and communities. To enroll or request additional information about the **Gold Healthcare Membership Program**, please contact an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com.

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OPENING mid-August

