Health in a Pill?  
By Amanda Szabo

The formula is compelling and simple: 1 pill per day, and in 12 weeks, you can lose up to 27.5 pounds! Is this formula reliable? Health professionals are having second thoughts about this formula, as an increasing number of people are becoming concerned about the potential side effects. 

A recent study conducted by the National Institutes of Health (NIH) revealed that the most common side effects of taking the pill are nausea, fatigue, dizziness, and headache. In addition, the pill can cause serious health problems such as liver failure, kidney failure, and pancreatitis. 

The FDA has received reports of several cases of potential side effects associated with this pill. If you are considering taking the pill, it is important to consult with your healthcare provider to determine if it is right for you. 

Update from the ACSM on Resistance Training:  
By Amanda Szabo

Research on resistance training continues to grow, and the ACSM has recently updated its guidelines on resistance training. The guidelines recommend that adults engage in regular resistance training to improve muscular fitness. 

Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise. 

Most individuals respond favorably to two to four sets of resistance exercises per muscle group, however, a load of 60% to 70% of the 1RM is recommended to ensure overload and stimulate muscle growth. 

The health benefits of enhancing muscular fitness (i.e., strength) have become well established during the past decade. Higher levels of muscular strength are associated with significantly better metabolic profiles and reduced risk of cardiovascular disease. 

Research suggests that optimal gains in muscle function and size can occur with training two to three times per week. However, some individuals may benefit from four or more resistance training sessions per week. 

The Prevention of Weight Regain (POWeR) study is in full swing. This study involves placing participants on a weight loss program and then monitoring their weight loss and weight gain over time. 

The study has shown that participants who receive weight loss education and behavioral strategies to help them become successful managers need to be practiced just like any other skill. If you need tips for successful weight management, please contact our staff using the contact information in this newsletter. 

Weight management is a term that indicates there will be periods of weight loss and weight gain. This is pictorially represented by a downward sloping line for weight fluctuations. It is generally recognized that most individuals can lose weight but few can keep weight fluctuations in your control. Good managers use the behavioral strategies to help them become successful managers.