

evolve

The Body Dynamics Quarterly Newsletter

Weight Management—What Have You Got To Lose?

Americans are good at many things, but managing their weight is not one of them!

With all of the confusing information that is available, one thing is clear: Diets don't work. Although most people who follow one of the many popular diets are often successful in shedding pounds, few of them are able to keep those pounds off. Most gain back even more than they lost in the first place. This is often worse for their health than never having lost the weight in the first place!

The research is clear on both weight loss and weight loss management. A change in lifestyle is essential to take off pounds and keep them off. The National Weight Control Registry is a database of more than 5,000 individuals who have lost at least 10 percent of their initial body weight and have maintained the weight loss for at least 1 year.

The common characteristics of these successful losers are that they:

- ▶ Exercise 1 hour per day
- ▶ Eat a low-calorie, low-fat diet
- ▶ Eat breakfast
- ▶ Monitor weight daily
- ▶ Maintain a consistent eating pattern across weekdays and weekends

In this registry, 89 percent of individuals reported modifying both diet and exercise to achieve their goals. (Only 9 percent of individuals used calorie reduction without regular physical activity.) The average amount of exercise was equivalent to 1 hour of brisk

walking per day. In related studies, researchers have found a direct association between the amount of physical activity and the amount of weight loss.

Despite the popularity of low-carbohydrate diets, very few participants who were successful at losing weight and maintaining weight loss consumed such a diet. Further, few consumed an extremely low-calorie diet (less than 1200 kcal/day). Instead, most participants found success in weight loss maintenance by moderate modification of type and quantities of food, by counting calories, and by increasing physical activity.

Making these changes is not easy! An integrated approach to weight management must include nutrition, exercise, and behavior modification. If any of these aspects is missing, the odds of long-term success are greatly diminished. A look at some of the latest research supports this.

Researchers at Duke University, for instance, investigated the ability of exercise to lower body weight and body fat without any changes in diet in 120 overweight subjects. The high intensity exercise group experienced a 3.5-percent weight loss, while the two low-dose exercise groups experienced only a 1-percent weight loss. During the

same period, the inactive control group showed a 1.1-percent weight gain. The higher intensity exercise groups also showed a significantly

higher percentage of lean body mass as compared to the inactive and less active groups.

Weight loss without support is difficult. The U.S. Preventive Services Task Force found evidence that high-intensity counseling about diet, exercise, or both, together with behavioral interventions, produce successful weight loss in overweight adults. Other studies have shown more success in weight loss and weight management in

programs that include support and behavior

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A change in lifestyle is essential to take off pounds and keep them off.

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From the Body Dynamics Director



Happy spring to you all! I hope everyone has recovered from the “new” daylight savings schedule and is now enjoying the good cheer of cherry blossoms, daffodils, and plenty of sunshine when you get home from work.

throughout this newsletter, and take advantage of having all the expert resources you need in one place.

Enjoy your summer, and thank you for your continued support.

Jennifer M. Gamboa, DPT, OCS, MTC

Body Dynamics, Inc.

evolve is a quarterly newsletter of Body Dynamics, Inc.

Body Dynamics, Inc. (BDI)

is a comprehensive center for orthopaedic and manual physical therapy and a leader in training elite athletes and performing artists. BDI's highly evolved programs address musculoskeletal needs through a multidisciplinary approach that integrates rehabilitation with Pilates-evolved fitness programs and massage therapy.

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It's time again for class registration, so as you plan your vacations, plan your fitness classes, too. Remember, it's easy to drop in for make-ups, so don't let vacations deter you from registering. We have a full complement of Pilates, Mindful Movement, and Gravity classes, and continue to modify our offerings in each of these fitness tracks to better meet your needs. Register early to save money and reserve your spot.

We are very excited to launch our new weight management program that integrates nutrition, fitness, support, and education. Read more details

Fitness Classes Now Forming

- ▶ Weight loss and management
- ▶ Mind-body coordination
- ▶ Pilates-evolved fitness
- ▶ Cardiovascular health
- ▶ Strength training
- ▶ Stretch



Weight Management—What Have You Got To Lose?

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modification than in programs that include diet and exercise alone.

Body Dynamics is pleased to introduce our new weight management program designed for individuals who want to move away from dieting and toward a lifestyle of balanced eating and healthy living. As always, we are committed to providing accurate information based on the latest research, highly skilled clinicians, and a supportive environment to assist participants in making the difficult but necessary changes in lifestyle.

Our Registered Dietitian works closely with our Exercise Specialists and other clinicians to assure an integrated and comprehensive approach to weight management. One-on-one nutrition and fitness sessions are combined with group education and exercise classes to provide the necessary support. Ongoing monitoring of weight, body composition, and fitness levels is an essential part of the program and is important for helping participants meet their goals.

Changing what you eat and how you move your body is only part of the process of weight management. Permanent weight loss is about a different way of

thinking and living. Making small changes can add up to tremendous benefits over time. Body Dynamics is committed to providing the information and support you need to overcome obstacles and develop realistic strategies for developing a healthy and balanced lifestyle. ■

Get the Support You Need To Lose Weight

Join BDI's Weight Management Club!

This FREE program includes:

- ▶ Fitness and nutrition education
- ▶ Fitness and movement classes
- ▶ Group discussion on goals and challenges

Meetings will be held 5:30 to 7:30 PM June 13, July 11, and August 8.



Body Dynamics Launches Weight Management Program

In response to your requests, Body Dynamics is pleased to offer a new weight management program to help you lose that extra weight and keep it off.

Like all BDI programs, our weight management program is multidisciplinary, based on the latest research, and designed to be flexible enough to meet the needs of our busy clients. It is coordinated by Nancy White, PT, MS, OCS, and uses the expert services of Leah Stolbach, Registered Dietitian; Christina Vink, Certified Athletic Trainer; and other BDI clinicians as needed. Services offered through the program are described below.

WEIGHT MANAGEMENT PACKAGE

The Weight Management Package includes a comprehensive Nutrition Evaluation, a detailed Fitness Evaluation, and 10 half-hour consultations. Most clients will receive five fitness sessions and five nutrition sessions, although the ratio of fitness-to-nutrition sessions can be tailored to fit your needs

through consultation with your weight management team. The price of this package is \$825.

NUTRITION PACKAGE

Because of the popularity of our nutrition services, we are now offering a Nutrition Package as well. The price of the Nutrition Package is \$720 and includes 10 nutrition consultations plus weekly check-ins with our Registered Dietitian. Weekly check-ins can be by phone, e-mail, or in person depending on your schedule.

WEIGHT MANAGEMENT CLUB

In addition, through our new Weight Management Club, we are offering monthly weight management classes, free of charge. Classes include an hour of education and discussion followed by an hour of exercise and movement. Classes are scheduled for June 13, July 11, and August 8. Call the front desk at 703-527-9557 to reserve a spot or for more information on any of our new weight management services. ■

Current Medicare Rules Limit Treatment Options

Did you know that under current Medicare policies, if you are enrolled in Medicare you cannot choose to receive physical therapy at Body Dynamics? This applies even if you've been receiving care at BDI prior to Medicare eligibility and even if you want to pay cash.

BDI has joined forces with the American Physical Therapy Association's legislative affairs office to lobby Congress to amend the Medicare "opt-out" provision so that it includes physical therapy. This will allow out-of-network physical therapists to provide or continue providing physical therapy services to those Medicare beneficiaries who choose to go out-of-network for their care. It will also ensure that Medicare beneficiaries retain their right to choose their physical therapy providers.

To aid in our legislative pursuit, we are seeking written testimonials from BDI clients who have been adversely affected by current Medicare regulations, have had to discontinue physical therapy at BDI despite a desire to continue services out of network, or have chosen not to enroll in Medicare because of the limitations described above.

Please contact Mario Gamboa (mgamboa@bodydynamicsinc.com) with any questions, or submit your written testimonials by May 15, 2007. We go to the Hill May 22! ■

Did you know? Eating breakfast increases your metabolic rate throughout the day by 5 percent.

Ten Healthy Habits



1. Fill one-half of your plate with nonstarchy vegetables, one-fourth of your plate with lean protein, and one-fourth of your plate with whole grains and starchy vegetables.
2. Eat more fiber.
3. Consume low-fat dairy products.
4. Drink more water—64 ounces each day.
5. Keep a food journal.
6. Combine nutrients for satiety (carbohydrates, protein, and fat).
7. Practice portion control—measure your food or use smaller plates.
8. Be mindful of how hungry you are to avoid starving yourself or overeating.
9. Control emotional eating.
10. Engage in regular physical activity.

Body Dynamics News and Announcements



Calendar

Congratulations to [Amy Humphrey](#) and [Carrie James](#) for passing a rigorous and lengthy testing process to become Certified Manual Therapists. They join Jen Gamboa as MTCs.

Endless praise to [Becky](#), [Kasey](#), [Diane](#), [Steph](#), and [Mario](#), who hold Body Dynamics together with amazing grace.

[Jen Gamboa](#) and [Nancy White](#) taught an 8-hour course on integrated practice in PT at the American Physical Therapy Association's combined sections meeting in February.

[Jason Grandeo](#) became Co-director of the Health and Wellness Program at The Washington Ballet in March.

[Sonia Cronmiller](#) will launch a Pilates/cross-training program for the Washington School of Ballet Release Time Program in April.

Did you know that [Amy Humphrey](#) is BDI's Center Coordinator for Clinical Education, and [Ashley Templer](#) is BDI's Team Leader for Fitness Services?

[Nancy White](#) co-authored a paper on physical therapy management of people with multiple myeloma, which was published in the most recent issue of *Rehabilitation Oncology*.

[Amy Iadarola](#) received a scholarship that trains massage therapists to work with people living with breast cancer.

[Ella Kathryn Templer](#) turned ONE on March 24, 2007! Happy first birthday, Ella Kathryn!

Have you seen the March 26 issue of *Newsweek*? The American Physical Therapy Association used a BDI face in their ad that appeared in this issue of the magazine.

Nancy White Honored by PT Association

A hearty congratulations to Nancy White, Associate Clinical Director at Body Dynamics, who was recently awarded the Lucy Blair Service Award from the American Physical Therapy Association (APTA). This award acknowledges and honors members of the association whose contributions have been of exceptional value.

This is not the first time Nancy has been honored for service. She also received the

Paris Distinguished Service award from APTA's Orthopaedic Section in 2002.

Nancy most recently finished a 3-year term as President of the Foundation for Physical Therapy, which funds a significant amount of research in physical therapy. She has also held many positions within the Orthopaedic Section and the Virginia State chapter association. Nancy will receive her award in June. ■

Early-Bird Registration Ends	5.14
Memorial Day: BDI Closed	5.28
Summer Classes Begin	5.29
Free Weight Management Lecture	6.2
Free Weight Management Class	6.13
Fourth of July: BDI Closed	7.4
Free Weight Management Class	7.11
Free Weight Management Class	8.8
Summer Classes End	8.25

New Summer 07 Fitness Classes!

Strengthen, lengthen, and challenge your core with two new Gravity training classes!

Gravity 101

This Gravity training class is for beginning-level movers who have done the introductory Gravity training but are not yet ready for the faster pace of multilevel Gravity classes.

Gravity Gut Busters

Gut Busters offers a full hour of high-intensity Gravity training for advanced students only.



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