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POINTE FITNESS

The monthly health and fitness newsletter of the City of Ballwin, MO

Resting Metabolic Rate, Exercise, and Weight Loss

Resting metabolic rate (RMR) is simply the amount of calories a person expends in one day without performing any activity. When considering energy expenditure (or calories burned), RMR makes up the largest piece of the pie . . . so to speak. Other factors include physical activity and a small contribution from the thermic effect of food (the amount of calories it takes to digest and absorb the food you eat). Since resting metabolic rate is the most significant factor in one's daily use of calories, it would make sense to try and alter (increase) it when weight loss is the primary goal. The questions, then, are "Can this be done?" and "Can exercise help?"

Increasing one's resting metabolic rate is something that can be done, but there is a catch. RMR is controlled by several factors. These include: body mass, age, sex, and heredity. We will focus on the factor you have control over, body mass. As body mass (specifically fat free mass/muscle) increases, so does RMR. If the goal is to lose weight, an increase in total body mass is obviously undesirable. An increase in fat free mass (muscle), specifically, can be achieved through strength training. Here's where the catch is. Generally a weight loss program will include some sort of **calorie restriction**. Calorie restriction itself has an effect on RMR, a negative one. In other words while you are restricting calories (ie. reducing RMR), you are trying to increase RMR through strength training. There is an offset. This does not mean that strength training is a waste of time when exercising for weight loss. To the contrary, not strength training only allows a further drop in RMR due to the calorie restriction. This is exactly why diets without exercise have a high failure rate with losing weight and **keeping**

the weight off. Even if strength training will not completely counteract the drop in RMR due to calorie restricted weight loss, it is very important to incorporate it into your weight loss plan. It is also important to avoid extreme calorie restriction. This will only slow RMR even more.

If strength training exercises won't significantly increase RMR (while restricting calories); what about aerobic exercise? Aerobic exercise has an effect on metabolic rate, but it is an acute effect. During and shortly after an aerobic exercise bout, metabolic rate is increased. After a couple of hours, RMR will return to its normal level. There are instances of metabolic rates staying elevated for up to 24 hours after an exercise bout. These occurred in elite athletes after an intense training day. For the average person, it's best not to depend on an increased metabolic rate after an aerobic exercise bout for burning extra calories.

Other factors affecting RMR that can make a significant difference include: 1) women generally have lower RMRs than men due to less fat free mass/muscle, 2) as we age there is a natural reduction in RMR, and 3) our genes can be a major contributor. So, outside of choosing our parents properly to achieve a desired RMR, there isn't anything we can do to drastically increase our RMR while losing weight. This means that focusing on proper diet (quality and quantity of food) and physical activity (aerobic training for acute calorie expenditure and strength training to offset decreased RMR due to calorie restriction) will be more advantageous when weight loss is desired. Although RMR is the largest piece of the energy expenditure pie, altering it should not be the main focus of a sound weight loss program.



Ballwin Race Series

Conquer Castlewood

This team adventure race at Castlewood State Park challenges you to canoe (canoes provided), mountain bike, and run to conquer the park.

Day : Sunday
Date: May 21
Time: First Wave at 8am
Fee: \$80 per team
\$100 after April 30
Location: Castlewood State Park

Ballwin Days Run

Choose to run the annual 5K or 1M fun run!

Day : Sunday
Date: June 11
Time: 8am
Fee: 5K: \$30(\$40 after May 21)
1M: \$15
Both: \$35(\$45 after May 21)
Location: Vlasis Park

Upcoming Pointe programs!

Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays
Dates: May 10-June 14
Time: Beg-6:30-7:30pm
Int-7:30-8:30pm
Fee: VIP-\$54 Reg-\$78
Age: 6 and up, including adults

Basic Training

This 24-class program is sure to get your workout routine kickstarted!

Days: Mondays-Thursdays
Dates: May 30-July 6
Time: 5:45-6:45am
Fee: VIP-\$129 Reg-\$149
Age: 14+

Tumbling Tykes

Days: Mondays
Dates: June 5-July 10
Time: 6:30-7:15pm
Fee: VIP-\$34 Reg-\$44
Age: 4-6



Pointe Member of the Month

This monthly program is designed to acknowledge all the hard work that is happening every day at The Pointe at Ballwin Commons. It is also meant to encourage and inspire our members to continue accomplishing their goals. If you know someone who works especially hard or has a great attitude, nominate them by filling out a form at The Pointe's front desk, or email Kirsten at khochstetler@ballwin.mo.us.

The Pointe is excited to recognize Ben and Zita Reyes as May's Members of the Month. Congratulations!
<http://www.ballwin.mo.us/Departments/Parks-and-Recreation/The-Pointe-at-Ballwin-Commons/Newsletter-and-Info/>

Black Bean Quesadillas

- 1 15oz can black beans, rinsed
- 1/2 cup shredded pepper jack cheese
- 1/2 cup salsa, divided
- 4, 8 inch whole wheat tortillas
- 2 teaspoons oil, divided
- 1 ripe avocado, diced



1. Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

4 Servings: 375 Calories, 16g Fat, 45g Carbs, 13g Protein