

## Exercise can rev your appetite

Could exercise be hurting your efforts to lose weight? Absolutely, says Matthew Metz, MD, a bariatric surgeon and expert in weight loss.

**Exercise is essential to good health and to weight loss maintenance. But it can sabotage efforts to lose weight by causing the body to produce certain hormones that increase the appetite.** This effect is greater in women than men, Metz says.

“Exercise doesn’t cause you to gain weight, but it can lead you to eat more,” says Metz, medical director of The Bariatric & Metabolic Center at Parker Adventist Hospital. “Losing weight is a straightforward math calculation: Your caloric expenditure has to be greater than your caloric intake.”

In other words, 30 minutes on the treadmill may burn up 250 calories, but you can easily undo that by stopping on your way home to get a flavored latte. Even if you’re aware of calories, you might find that exercise is making it more difficult to stick to your New Year’s resolution—especially if you’re a woman.

Studies have shown that exercise—even moderate walking—causes women’s bodies to produce more acylated ghrelin. This hormone tells the body to consume more calories. This effect is not seen as consistently in men.

“From an evolutionary standpoint, women’s bodies are designed to maintain body fat better,” Metz says. “It takes immense willpower for a woman to lose weight.”

This is not to say that you should not exercise. In fact, repeated studies have shown that in order to maintain weight loss—or even maintain your current weight as you age—exercise is mandatory. Just be aware of the number of calories you’re consuming and be sure those don’t creep up as a result of exercise.

**Other tips Metz gives his bariatric patients apply to anyone trying to lose weight:**

Make lean proteins your first choice and the first thing you eat.

Don’t drink excessive amounts of fluids while eating.

Eat only at a table with no distractions and leave the table within 20 minutes.

To learn more about weight loss surgery, go to [bariatriccenterco.com](http://bariatriccenterco.com).

**Matthew Metz, MD  
Bariatric Surgeon**

**New Year’s Resolution:**

To bring lunch to work. “Although we have healthy options in our cafeteria, I find myself making unhealthy choices when I’m really busy.”

## Take the pressure off

It’s a blessing and a curse. You become so consumed by a sport that you can’t wait to do it over and over again. You get better and better. You set personal best after personal best.

Then the injury comes. A torn rotator cuff. A blown knee.

It’s not fair, but the fact is that the harder you train at a single sport, the more likely you are to hurt yourself—particularly your joints. Joint injuries are most commonly caused by three culprits: being out-of-shape and overweight; getting old and developing arthritis; or being in

shape but failing to train to protect your joints.

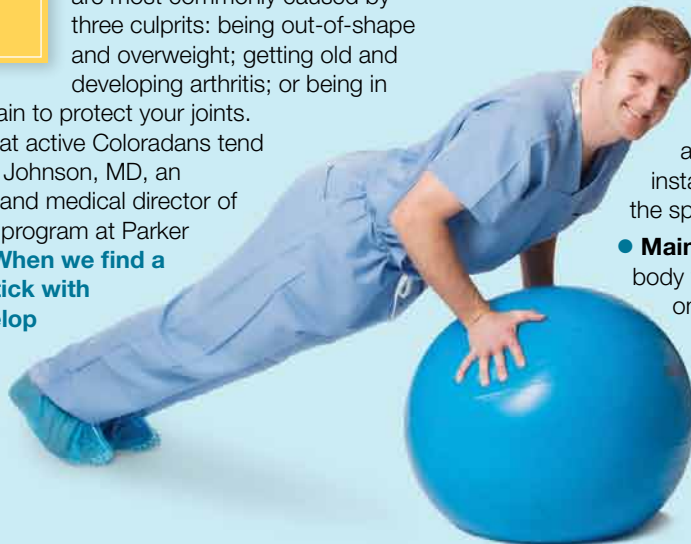
It’s that last one that active Coloradans tend to ignore, says Derek Johnson, MD, an orthopaedic surgeon and medical director of the joint replacement program at Parker Adventist Hospital. **“When we find a sport, we tend to stick with it and then we develop muscle imbalances that create pressure on the joints.”**

**To protect your joints from injury, Johnson recommends three tips:**

- **Balance your muscles**—If you’re developing strong quadriceps from running or cycling, be sure you’re adding hamstring exercises. Making opposing muscles equally strong prevents undue pressure on a joint, which in this case is the knee.

- **Train your stabilizers**—We tend to concentrate on developing large muscles for strength and speed, while forgetting about the small muscles. But it’s these small muscles that stabilize the joints while the big muscles tend to pull on the joints. People tend to concentrate on strengthening their abdominal muscles to strengthen their core, for instance, but ignore the tiny muscles that surround the spinal column.

- **Maintain ideal body weight**—Every pound of body weight adds up to six pounds of pressure on your joints, so even five extra pounds results in 30 pounds of pressure if you’re jumping or running. 📌



**Derek Johnson, MD  
Orthopaedic Surgeon**

**New Year’s Resolution:**

Build a home gym to focus on adding plyometrics to his running routine to help balance his muscles.

Talk with these docs and more at free health seminars. See pages 2 and 8.