

Weighty Matters - PWC Newsletter

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Quick Tips: Get Moving!

By [Jennifer R. Scott](#), About.com Guide

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"Quick Tips" for effective weight-loss that you can begin putting to use right away.

This installment is all about exercise.

Reap the Benefits

Even if you have been sedentary a long time, you can reap significant health benefits from exercise, even if it isn't intense or a long duration. Getting active may improve your mood, too. People who exercise have typically have more confidence and self-esteem. And a self-esteem boost will *keep* you exercising.

Survive Spring Fever

Spring fever symptoms like a scratchy throat, a bit of a cough, or sneezing shouldn't keep you from walking. You can always cut back on the intensity level if you decide to do your normal workout when you're feeling unwell, without giving up altogether. But if you're very ill or your symptoms include a persistent cough, achy muscles, or nausea, don't exercise -- the extra stress exercise puts on your body may make your recovery time longer or even make you sicker.

Early to Rise?

Not a morning person? At least try getting in a little activity in the morning such as a brisk walk. You'll have more energy and an increased metabolism later on in the day.

Walking Shoes Required

You really should buy special shoes just for walking. A quality walking shoes needs a beveled heel that angles about a half inch up at the back and the sole should curve toward the front, something shoes designed for other purposes may not feature.

Don't Dread Your Treadmill

Is your treadmill a drag? Put it in a favorite room, not hidden away in the basement or garage -- you'll never feel like using it there and it will just gather dust. Try placing it by your favorite window so you can enjoy the view or in the living room so you can watch TV while hoofing it.

Get Real About Post-Exercise Refreshments

Considering a non-diet-friendly *apres*-workout treat at the coffee shop across from the gym? It's natural to overestimate how much effort you put into your workout. Sadly, you probably didn't burn as many calories as you think (Thousands, maybe? Don't we wish.), so resist the temptation to treat yourself to a post-workout nosh and undo all your hard work. It's most important to hydrate after working out and thirst can be mistaken for hunger. If you're still filling hungry and downing the contents of your water bottle, have a small protein-rich snack like yogurt or a smoothie.

Today's Tip: The Basics of Cutting Cooking Fat

By [Jennifer R. Scott](#), About.com Guide

Updated: February 26, 2009

Cutting cooking fat will not only help you manage your weight, but it may also improve your health: Trimming fat from your diet may reduce your risk of diseases, such as cancer and heart disease. As a rule of thumb, saturated fat and trans fat should be avoided as much as possible. Here are some pointers to remember about cutting cooking fat: Saturated fat isn't found only in animal products; some oils contain it, too, including coconut oil, palm kernel oil, and palm oil. A little oil goes a long way. Choose extra virgin olive oil, sesame oil or walnut oil. Use non-stick pans so you can sauté and stir-fry with little or no added fat. Grill, broil, roast, bake, or boil food so you don't need to add oil or fat at all. Use nonstick cooking spray in lieu of butter. About.com low fat cooking Guide, Fiona, can even tell you how to [make your own cooking spray](#). Use little oil or butter with vegetables, pasta and rice. If you are interested in consuming more "healthy" fat ([unsaturated fat](#)), be sure you don't add them to your diet while keeping "bad" fats in it. Instead, replace solid fats typically used in cooking with liquid oils (preferably canola oil or olive oil). Substitute [polyunsaturated](#) and [monounsaturated fats](#) for saturated fats and trans fat.

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Reflect on Your Day

Asking these questions can be an effective tool in avoiding problem areas of your diet.

*Did you eat something today only because of habit? Y/N

*Did you skip any meals today? Y/N

*Did you go longer than four or five hours without eating? Y/N

*Did you eat too little in the morning? Y/N

*Did you eat more at night than any other time? Y/N

*Did you eat a lot of high-fat foods, such as whole dairy, fried foods, and desserts? Y/N

*Did you eat the same foods as you do every other day? Y/N

*Did you eat according to mood rather than hunger today? Y/N

If you answered YES to one or more questions, take some time to plan how you can avoid these problems in the future. Keeping a food diary can also help with your trouble areas, try our [online journal](#) to help you keep track of your diet and exercise. Also, try our [online store](#) for healthy choices & menus.

B-12 Complex Shots

What is a B12 Complex?

A B-12 complex is B-12 Lipotropic Injection. With many more advantages than a regular B-12,

- ◇ Increases your average energy level and physical sense of wellbeing
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- ◇ Metabolizes fats and cholesterol
- ◇ Aids in transporting and removal of fat in your blood stream
- ◇ Enhances the reduction of fat in your body.

Only \$10.00 Weekly

Ask for it on your next office visit

No-Show Policy

The Physician's Weight Control & Wellness Center is dedicated to providing the highest quality care to our patients and we want to thank you for the privilege of being able to help you succeed in becoming a healthier you.

Recently we have been experiencing an increased number of patients who have either not shown up or have failed to call and cancel their appointment. In an effort to correct this problem we have found it necessary to implement a No-Show Policy for our office. **Effective August 1, 2009 you will be charged \$25.00 after two (2) occasions per calendar year of not giving 24 hours notice to cancel your appointment.** We truly regret having to implement a policy such as this, but in fairness to our patients who need to make an appointment and could have been scheduled at the time of a No-Show patient, we need to take actions necessary to see that our appointments are open and available for our patients.

A No-Show is defined as failing to cancel an appointment by talking to someone on our staff or by not calling and leaving a clear message (first and last name, date and time of appointment) canceling your appointment at least 24 hours before your appointment time. After hour cancellation messages may be left by calling 214-827-1060. All messages are recorded and kept.

Showing up tardy 15 minutes or more is also considered a No-Show and will result in rescheduling.

PWCWC Quote of the Month

**It is exercise alone
that supports the spirits
and keeps the mind in vigor.**

-Marcus Tullius Cicero



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A Little About the History of PWCWC

Dr. Puempel opened the doors to his family practice in 1962. After a short time in practice, he quickly realized there was a great need in the area of Bariatrics (weight management). He has expanded his original Arlington location to three locations and has helped thousands of patients lose weight and reach their healthy goals. His son, Christopher Puempel, MD joined the practice and contributes an expertise in Exercise Physiology. Additional doctors and a Nurse Practitioner round out our team of caring providers.