

## Why It's Harder to Lose Weight as You Age

Research suggests that many people gain weight as they advance in age from young adulthood into middle age. Between ages 29 and 39, women typically gain about 7 pounds, and men put on an additional 15 pounds, according to the U.S. Department of Health and Human Services. Conversely, losing weight in your 30s and 40s is more difficult than when you're a young adult.

Beginning in your 30s, you lose muscle mass every decade, research suggests. Muscle mass is replaced with fat. This happens even if you exercise regularly. Since muscle uses more calories than fat, less muscle mass and more fat slows your metabolism, which means you need fewer calories, says Kimberly Gomer, a registered dietitian.

Women and men face other biological challenges to losing weight in their middle-age years. Because of changing hormones and loss of estrogen, women typically gain 15 pounds around the time of menopause, says Dr. Kathryn Boling, a primary care physician with Mercy Medical Center in Baltimore. Women going through menopause tend to gain weight around their tummy. Men going through middle age face different issue: the loss of testosterone, which cause the diminution of muscle mass.

In addition to biological issues, changes in lifestyle can be factors that cause some people to put on pounds in their 30s and 40s. Many people become parents during this phase of their life, and as a result, become less physically active. Career demands can also cause many people to become more sedentary than they were earlier their life. Left unmonitored, an imbalance between family and career obligations and regular physical activity can hinder an active lifestyle.

Exercising less can lead some people to bad eating habits. Physical activity releases endorphin (neurotransmitters in the brain that block pain) that help you feel calmer and happier. Eating foods that are salty,

Consuming such foods leads the brain to produce surges of dopamine, a brain chemical that's released when we experience pleasure. Some people who miss the feeling of well-being associated with exercising may turn to unhealthy foods.

While you can't do anything to slow the passage of time, there are steps you can take to lose weight as you age. Experts recommend these strategies:

**Monitor your caloric intake.** You might be able to get away with not counting your calories in your 20s. But as you move into your 30s and 40s, the number of calories you need drops. A typical sedentary 60-year old woman should consume 1,600 calories daily, while a sedentary man of the same age should have 2,200 calories a day, according to federal government dietary guidelines. To keep track of calories, read food labels and check restaurant menus for calorie counts per item.

**Remain active.** As we move beyond middle age into our later years, many men and women have to contend with chronic health issues, such as diabetes, high blood pressure, heart disease and depression. In that phase of life, you may not be able to maintain the same level of physical activity you did in middle age, but you can and should keep moving.

**Do weight-bearing exercises.** Lifting weights helps you maintain muscle mass, which becomes increasingly important as you move from young adulthood into middle age. Maintaining your muscle mass helps you burn more calories.

**Maintain good eating habits.** Whether you're still cooking or not, you should keep a healthy eating regimen. That means consuming lots of fresh vegetables, fresh fruits, healthy carbohydrates (like whole foods) and adequate amounts of protein.

<https://health.usnews.com/wellness/aging-well/articles/2018-11-12/is-it-harder-to-lose-weight-as-you-age>(Last Accessed 12/17/2019)

### Consultant of the Month Clark Dudek



Clark Dudek in our Hearing Specialist that serves the Meridian, Eagle and McCall area of Idaho. He is originally from Eastern Oregon where his family farmed. Clark made his way to Boise to attend college at Boise State, where he earned a bachelor's degree in Health Science. July of 2018 Clark joined the Miracle-Ear team. His favorite part of his career with Miracle-Ear is connecting with people. "It is truly the most rewarding career I could ask for. I have a hearing loss myself, so I can relate to what patients go through. I cannot stress enough the importance of treating a hearing loss. Leaving the loss untreated can disrupt relationships, cause isolation and in turn cause depression." When he is not in the office Clark enjoys spending time with his wife, their two Great Danes and hairless cat. He is also an avid runner and has competed in 70.3 half Ironman competitions.



# Zesty Kale and Sweet Potato Bowl

Prep Time: 20 mins

Cook Time: 40 mins

Serves: 4 (serving size about 2 cups)

- 1 pound diced peeled sweet potatoes (about 3 cups)
- 3 tbsp olive oil (plus 6 1/2 tsp olive oil)
- 1 tsp chili powder, divided
- 1 tsp kosher salt, divided
- 1/2 tsp black pepper, divided
- 1 large red bell pepper, quartered
- 1/2 cup unsalted roasted almonds, chopped
- 2 tsp grated lime rind, divided
- 1/2 teaspoon sugar
- 2 tbs fresh lime juice
- 1 tbsp chopped fresh cilantro
- 2 cups hot cooked quinoa
- 4 ounces baby kale, chopped (about 4 cups)
- 1 ounce cotija cheese, crumbled (about 1/4 cup)
- 1 ripe avocado, sliced
- 4 lime wedges

1. Preheat oven to 400F.
2. Combine sweet potatoes, 1 1/2 teaspoons oil, 1/2 teaspoon chili powder, 1/8 teaspoon salt, and 1/4 teaspoon black pepper in a bowl; toss. Arrange sweet potatoes mixture on one side of an aluminum foil-lined baking sheet. Place bell pepper on other side of pan; drizzle with 1 1/2 teaspoon oil, and toss to coat. Bake until potatoes are tender and peppers are lightly charred, about 30 minutes, stirring potatoes once halfway through. Remove pan from oven. Cut bell pepper into strips.
3. Cook almonds in a small skillet over medium heat until toasted, 2 to 3 minutes. Add 1 teaspoon oil, remaining 1/2 teaspoon chili powder, 1/8 teaspoon salt, 1 teaspoon rind, and sugar; cook, stirring occasionally, 1 minute.
4. Whisk together remaining 5 teaspoons oil, remaining 3/4 teaspoon salt, remaining 1/4 teaspoon black pepper, remaining teaspoon rind, juice and cilantro in a bowl. Divide quinoa among 4 bowls; top evenly with kale, sweet potatoes, and bell pepper. Drizzle with juice mixture; top evenly with coated almonds, cotija, and avocado. Serve with lime wedges.



<https://www.cookinglight.com/recipes/zesty-kale-and-sweet-potato-bowl>(LastAccessed12/17/2019)

## Riddle of the Month

What do you call a parade of rabbits hopping backwards?

Answer: \_\_\_\_\_

STAY TUNED! Answer will be in our February's Newsletter

December's Riddle and Answer:

What is the best present you can receive for Christmas?

*A broken drum. You just can't beat it!*

