



## Body REcomposition | *By Tricia Talerico, D.C., M.S., Nutr.*

Yes, we have all made health and fitness goals for 2022 and weight loss may be at the top of the list for many of us. Just for a second, let's forget about our weight (I know it's hard) and focus our attention on looking leaner and getting rid of excess body fat. In essence, we are switching our health and fitness goals toward body REcomposition instead. It is definitely a different way to approach our physical condition and it requires a change in our diet and exercise regimen.

So, what is body REcomposition anyway? Rather than setting goals based on body weight, REcomposition requires us to look at our muscle and fat in relation to each other. In order to do this we would need to know our Body Fat Mass (lbs of fat), Lean Body Mass (mostly skeletal muscle) and our Percent Body Fat. So, body REcomposition goals might center more around decreasing our body fat percentage and increasing our muscle mass. The best way to do this is to get an InBody analysis. We use the InBody in our office and love the way it helps our clients monitor their progress, instead of just focusing on the scale. Increasing our muscle mass as we age can protect us from

certain diseases and is linked to a longer lifespan. I also have seen many of my clients struggle with balance issues because of low skeletal muscle mass in their legs and core. Additionally, increasing our muscle mass results in less body fat. We also know that excess body fat can cause inflammatory responses in the body that lead to chronic diseases like heart disease and type 2 diabetes. Visceral fat or abdominal fat can also result in conditions like sleep apnea or gastrointestinal reflux disease.

So... body REcomposition requires some strength training, in other words, we need

to pick up some weights! You can start with lighter and gradually work up to some heavier weights. If you're a novice or want someone to really push you, a certified personal trainer is a must. You can look on my website under "healthcare collaborators" for some names of great trainers in the area. So, transitioning from thinking we have to be "skinny" to wanting to be lean is what we are emphasizing here. I often see people who are "skinny fat" or have low muscle mass and high body fat. These are people who are at risk for cardiovascular disease and type 2 diabetes.

Lastly, taking short cuts like starving yourself with severe caloric restriction is not going to help you build lean body mass. A moderate caloric deficit will help you burn fat but also fuel your muscles. Of course, the quality of your diet is key here. Eating or drinking protein several times a day (the amount depends on your level of training), eating healthier carbohydrates like fruits and vegetables and choosing healthier fats, like olive oil, avocado and omega-3s (as opposed to trans and saturated fats) are an integral part of this process.

So, let's stop looking at the scale and see what we're really made up of.

### IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



**Tricia Talerico, D.C., M.S., Nutr.**  
**Nutrition and Weight Loss Center of Ocean**  
 Dow Plaza • 1819 Highway 35 North  
 Oakhurst, NJ 07755

**732-609-3366**

[www.nutritionandweightlosscenter.com](http://www.nutritionandweightlosscenter.com)  
[www.facebook.com/nutritionandweightlosscenterofocan](https://www.facebook.com/nutritionandweightlosscenterofocan)  
[www.instagram.com/nutritionandweightlosscenter](https://www.instagram.com/nutritionandweightlosscenter)

