

# THE RECOVERY

SAN ANTONIO CENTER FOR PHYSICAL THERAPY

## THE FACTS ABOUT OBESITY

### The Pandemic at Bay

So what factors lead people to become overweight or obese? **Lack of energy balance** – a lack of energy balance most often causes this. Energy balance means that your energy **IN** equals your energy **OUT**. Energy **IN** is the amount of energy or calories you get from food or drinks. Energy **OUT** is the amount of energy your body uses for things like breathing, digesting, and being physically active.

To maintain a healthy weight, your energy **IN** and **OUT** does not have to balance every day. It is the balance over time that helps you maintain a healthy weight. The same amount of energy **IN** and energy **OUT** over time means your weight will stay the same. More energy **IN** than energy **OUT** over time means you will gain weight. More energy **OUT** than energy **IN** over time means you will lose weight. Thus, overweight and obesity happen **over time** when you take in more calories than you use.

Other causes include the following:

**Inactive lifestyles** – many Americans are not very physically active with many people spending hours in front of TVs and computers doing work, school work, and leisure activities – in fact, more than 2

hours a day of regular TV viewing time has been linked to overweight and obesity; **environment** – our environment does not support healthy lifestyle habits – in fact, it encourages obesity (e.g., lack of neighborhood sidewalks and trails, poor work schedules, oversized food portions, lack of access to healthy food, and food advertising); genes and family history; health conditions; medicines; emotional factors; smoking; age; pregnancy; and **lack of sleep** – people who sleep fewer hours seem to prefer eating foods that are higher in calories and carbohydrates, which can lead to overeating – sleep helps maintain a healthy balance of hormones that make you feel hungry (ghrelin) or full (leptin). So when you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down; this makes you feel hungrier than when you are well-rested. Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Lack of sleep results in a higher than normal blood sugar level, which may increase your risk for diabetes.

It is easy to see how easily one could be impacted by any combination of these factors. Do you know your personal level of risk? It might be time to learn. Call our office if you have questions!

### WHAT ARE OVERWEIGHT AND OBESITY?

THE TERMS “OVERWEIGHT” AND “OBESITY” REFER TO BODY WEIGHT THAT IS GREATER THAN WHAT IS CONSIDERED HEALTHY FOR A CERTAIN HEIGHT.

MILLIONS OF AMERICANS AND PEOPLE WORLDWIDE ARE OVERWEIGHT OR OBESE. BEING OVERWEIGHT OR OBESE PUTS YOU AT RISK FOR MANY HEALTH PROBLEMS. THE MORE BODY FAT THAT YOU HAVE AND THE MORE YOU WEIGH, THE MORE LIKELY YOU ARE TO DEVELOP:

- CORONARY HEART DISEASE
- HIGH BLOOD PRESSURE
- TYPE 2 DIABETES
- GALLSTONES
- BREATHING PROBLEMS
- CERTAIN CANCERS

YOUR WEIGHT IS THE RESULT OF MANY FACTORS. THESE FACTORS INCLUDE ENVIRONMENT, FAMILY HISTORY AND GENETICS, METABOLISM, BEHAVIOR OR HABITS. YOU CAN'T CHANGE SOME FACTORS, SUCH AS FAMILY HISTORY, BUT YOU CAN CHANGE OTHER FACTORS, SUCH AS YOUR LIFESTYLE HABITS. FOR EXAMPLE, FOLLOW A HEALTHY EATING PLAN AND KEEP YOUR CALORIE NEEDS IN MIND. BE PHYSICALLY ACTIVE AND TRY TO LIMIT THE AMOUNT OF TIME YOU'RE INACTIVE.

REACHING AND STAYING AT A HEALTHY WEIGHT IS A LONG-TERM CHALLENGE FOR PEOPLE WHO ARE OVERWEIGHT OR OBESE. IT IS ALSO A CHANCE TO LOWER YOUR RISK FOR OTHER SERIOUS HEALTH PROBLEMS. WITH THE RIGHT TREATMENT AND MOTIVATION, IT IS POSSIBLE TO LOSE WEIGHT AND LOWER YOUR LONG-TERM DISEASE RISK.

# SAN ANTONIO Center for Physical Therapy

San Antonio Center for Physical Therapy is a privately-owned clinic offering personalized rehabilitative care to individuals with neuromuscular and musculoskeletal dysfunctions. The Doctors of Physical Therapy are certified Manual Therapists and specialists in orthopedic and sports injuries. We are committed to excellence by providing quality, cost-effective, outcome-based physical therapy. It is of utmost importance that our patients are treated with respect and friendliness in a professional, caring environment.

Dr. Jarrett and Dr. Nietz received their Manual Therapy Certification (MTC) during their Doctoral studies at the University of St. Augustine for Health Sciences in Florida. They utilize a unique manual approach to specialize in the treatment of spinal dysfunction, headaches, neck pain, and sports injuries. They are the company Physical Therapists for San Antonio's premier professional ballet company, Ballet San Antonio. Dr. Jarrett and Dr. Nietz have specialized training and certifications through the American Sports & Fitness Association and the Harkness Center for Dance Injuries. Dr. Nietz has further training and certification through BACKtoGOLF and the Titleist Performance Institute.



**Shea E. Jarrett**  
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**Brian C. Nietz**  
PT, DPT, MTC



## San Antonio Center for Physical Therapy

Located in Suite 210 of the Sonterra Oaks Medical Plaza

### From I-10:

Take 1604 East to 281. Stay on access road and take the turnaround to access road for 1604 West. Turn right on Hardy Oaks Blvd, just past Macaroni Grill.

### From 281, Heading North or South:

Take Sonterra Blvd Exit. Take right onto Sonterra Blvd. Turn left on Hardy Oak Blvd.

