



YOUR GUIDE TO HEALTHY SUMMER LIVING

Start
SWEATING

Summer is around the corner, and after many months of inactivity, getting your beach body back can seem like a daunting task. Combining daily exercise with a healthy diet is the fastest and most effective way to get back on track.

"The best workouts for toning muscle and burning fat involve a mix of resistance training and high-intensity interval training," says Valerie Wiest, a senior instructor at Rock the Reformer® by Potomac Pilates. However,

hiking, biking, surfing, and swimming are all great ways to tone your body while taking advantage of the nice weather. "Enjoying outdoor sports is a great way to exercise and have fun at the same time," she says.

Many people worry about finding time to exercise every day. Wiest suggests thinking of obstacles that may occur and clearing them out of your way ahead of time. "People have the most success when they turn healthy behaviors into healthy habits," she says. For example, if you know you'll be too

"The best workouts for toning muscle and burning fat involve a mix of resistance training and high-intensity interval training."

VALERIE WIEST, a senior instructor at Rock the Reformer® by Potomac Pilates

tired to exercise after work, plan to go in the morning. If you struggle with motivation, group classes are great for accountability, as you'll usually have to pay for the class even if you don't show. Lastly, give temptation-bundling a try: wait to watch your favorite show or listen to your favorite podcast until you get to the gym.

EAT RIGHT

Nutrition is just as important as exercise when it comes to sculpting your summer body. "You can't out train a bad diet," Wiest cautions. She suggests steering clear of soda, trans fats, and alcohol, and incorporating more fruits, veggies, and protein into your summer diet. When it comes to water, she advises drinking to your thirst level. And if you need to eat something fast before your morning sweat? "Make a shake with berries and protein powder, or have scrambled egg whites with veggies and a side of fruit."

SLEEP WELL

Sleep also plays an important role in your health and wellbeing. "If you're sleep deprived, you don't function well," says Dr. Pamela Marzban, founder of Pamela Marzban DDS in Burke, Virginia. She says those who suffer from sleep apnea – a chronic condition that disrupts sleep – have at least five episodes a night where they stop breathing for 10 seconds or more.

Sleep apnea is diagnosed using a polysomnogram, a machine that records how many times you wake up during



DEMONSTRATION OF ROCK THE REFORMER® AT POTOMAC PILATES

"You can't out train a bad diet."

VALERIE WIEST, a senior instructor at Rock the Reformer® by Potomac Pilates



a sleep cycle and for how long. Some dental practices have ambulatory sleep polysomnograms – portable machines that allow you to monitor your sleep from the comfort of your own home instead of in a sleep center. If you suspect you may be suffering from sleep apnea, "go to a sleep center or talk to a sleep dentist," Dr. Marzban says. If apnea is diagnosed, she suggests finding the cause, and then

devising a treatment option that best meets your personal needs.

"Ultimately, [getting treatment] is for your overall wellbeing," she says. The dangers of untreated sleep apnea can be severe: "In addition to high blood pressure, it can give you a heart attack or stroke and can cause or worsen depression or headaches."

"If you're sleep deprived, you don't function well."

DR. PAMELA MARZBAN, founder of Pamela Marzban DDS in Burke, Virginia

"It's powerful... When someone truly loves their smile, it translates to every aspect of their life."

DR. PAMELA MARZBAN, founder of Pamela Marzban DDS in Burke, Virginia

LOOK GOOD

Once you've had time to establish a sleep and exercise routine and have your diet in check, it's time to focus on your oral health. From teeth whitening to undergoing a complete smile makeover, addressing any issues you have with your teeth will make you more confident and will improve your overall wellbeing. "When we're able to transform a smile, it's life changing," says Dr. Marzban.

One of the most common ways to improve your smile is whitening your teeth, and Dr. Marzban says summer is the most popular time to take the plunge. There are three ways to address teeth whitening: over-the-counter products like white strips; custom-fitting trays filled with your dentist's preferred whitening solution; and the chair-side approach, where the bulk of the whitening is done at the dentist's office. These methods vary in cost depending on how much you have to do at home, but following through with dental procedures like the whitening process can be life changing. "It's powerful," Dr. Marzban says. "When someone truly loves their smile, it translates to every aspect of their life." ✨



DR. MARZBAN'S CLIENT SHOWS OFF HER SMILE

Rock The Reformer® by Potomac Pilates

4 Convenient Locations in the DC Metro Area!

www.RockTheReformer.com

info@RTRpilates.com



Voted Best Pilates Studio by Washingtonian readers, Rock The Reformer® by Potomac Pilates delivers an addictive, upscale reformer Pilates experience that inspires the mind and challenges the body.

Receive **30 days** of unlimited classes for **\$129!**
Create an account at www.RockTheReformer.com and select "New Client Unlimited Month" in the online store.

Potomac Chevy Chase www.RockTheReformer.com Palisades McLean