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# Got Health?

## Clarke County Public Health

### Metabolism

The rate the body burns calories. Metabolism is one of the most important and most misunderstood factors when it comes to weight loss. Your resting metabolic rate (RMR—the amount of calories it takes for your body to function if you literally did nothing all day long) and diet-induced thermogenesis (how fast your body burns calories after eating) are out of your control. These two factors account for approximately 85% of total metabolism. The rest of your metabolism is accounted for through physical activity—this is where you CAN make a change. Exercise is the only way to make a long-term impact on your metabolism. You may think the changes are small, but they are powerful and can make a big difference in your weight.

Aging does not lower your metabolic rate; it's a myth that the process alone causes your metabolism to slow. However, a significant decrease in muscle mass (due to lack of physical activity) triggers metabolic slow down. People tend to continue to eat the same, or more, as they age and decrease their physical activity levels. If you're not burning as many calories, but eat the same amount—you're going to gain weight.

An increase in lean muscle mass can raise your metabolism. Every cell in your body burns calories to stay alive; some burn more, some burn less. Muscle cells burn more calories than fat cells. No matter what your weight is, if you continue to build lean muscle mass you will continue to increase your resting metabolic rate. To increase your lean muscle mass you must do two lifestyle changes: eat more heart healthy protein and stimulate your muscles by increasing exercise.



**Public Health**  
Prevent. Promote. Protect.

### UPCOMING EVENTS:

#### Care for Yourself Program

You may be eligible for the following services at NO COST:

- Clinical breast exam
- Mammogram
- Pap Test
- Pelvic exam
- Limited diagnostic tests
- Assistance with making appointments

#### Requirements:

- 40years or older
- At or below the 250% of the Federal Poverty Level
- Have—no health insurance, health insurance that does not cover these services, are unable to pay co-payment or deductible
- Are 65 years or older and do not have Medicare Part B
- Have health insurance, but need help to be sure you get screened

## 6 Ways to Finally Stop Complaining for Good

Stating the negative isn't just damaging your mood—it's hurting your health. Read on to learn ways to break the bad habit.

Complaints are everywhere! They are on social media when something doesn't go your way or according to plan, they are in most of your conversations, and probably on your mind right now (\*ugh\* Mondays). Today's fast-paced society fuels complaints. Behavioral psychologist Paul Davidson, Ph.D. states, "While we used to give people plenty of time to respond to requests, now with immediate access through our cell phones we feel more pressured and impatient to get things done in the moment." When we don't or someone takes f-o-r-e-v-e-r to do something? We complain.

*"I wish I could look like that, I can never find enough time, my co-worker is so annoying, I'm so tired."* And the cycle goes on.

Here's the thing: Complaining—and thinking that in order for the world to be a tolerable place, something or someone has to change—weakens our ability to control some of our circumstances (or at the very least, our reactions to them), says Davidson. Research shows repetitive complaining can rewire your brain so negativity becomes somewhat of a default setting. This constant stress cycle can impact immune functioning, weight, blood pressure, cholesterol and even memory and learning down the road.

**Before you complain, take a second.**

Ask yourself: What can I do to improve this situation? Maybe the answer is nothing except to focus on your reaction. Analyzing a situation can help you understand what's in your control and what's not. It allows for \*constructive\* actions you can take. Deep breaths or a short walk after a stressful situation can give you the emotional distance you need to come up with a better plan than to vent.



**Spot dysfunctional thoughts.**

We all do it—over generalizing, catastrophizing, or assuming you know what others are thinking can cause us to spiral—and then complain. Seek out \*actual\* (key word) evidence to support a more balanced perspective. Looking for proof (or a lack of it) can put the world in perspective—and take you out of your own head.

**Put yourself in someone else's shoes.**

So, your best friend has bailed on you the last three times you've tried to get together. Instead of unloading onto another friend, consider what might be making them bail. "What you are reacting to may have much less to do with you and more about what another person is going through," says Davidson. It could even lead to a productive conversation with your BFF too!



**Say thanks.**

"When you focus on what is right in your life, it takes the spotlight off the negative and creates a sense of enrichment," Davidson states. The more you do this, the more you strengthen the well-known attitude of gratitude, which dramatically decreases complaining. Before bed, write down a few things you're thankful for or start using a gratitude journal to write in every morning.

**Clean up your vocabulary.**

Being less judgmental in the language we use for ourselves encourages us to do the same for how we speak about others, leading to fewer complaints. Monitor loaded phrases like "should", "could of" and "would of" in conversations with ourselves and others. Take the time to compliment yourself and others whenever possible—even in response to small accomplishments.



**Be a little confrontational.**

If you are really bothered by something someone did or said or feel like there's injustice that needs settled for you to gain closure to move on; speak up. Say something like: "*When you \_\_\_\_, I feel \_\_\_\_, and would appreciate it if you would \_\_.*" This invites discussion in a non-accusatory way and allows you to constructively share your feelings rather than complain.