



SMARTER BODIES

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Editor Jim Rabic

Aerial Workouts are Now Here at Smart Bodies!



One Thing Red Wine Can't Do

Red wine (in moderation) is as good for your health as it is to your palate. At least that's what we're consistently told.



Red wine and heart health have long been linked, with studies suggesting a glass or two a day lowers heart disease risk.

The heart-healthy benefits are often credited to antioxidants called polyphenols. Experts have different opinions, however, about exactly how the polyphenols may benefit the heart.

Now, Dutch researchers have found that the polyphenols don't seem to promote heart health by reducing blood pressure.

"Our findings do not support [the idea] that potential cardiovascular benefits of red wine consumption result from blood pressure lowering by polyphenols," says researcher Ilse Botden, MD, a PhD student at Erasmus Medical Center in Rotterdam, Netherlands.

The findings don't suggest red wine isn't still heart-healthy -- just that it doesn't seem to work by lowering blood pressure, Botden says.

The benefit of red wine and heart health, she says, "apparently occurs in a blood pressure-independent manner."

Botden is due to present the findings today at the American Heart Association's High Blood Pressure

Research 2011 Scientific Sessions in Orlando.

[Lowering BP: Exercise Tips for Getting Started](#)

Red Wine and Heart Health: Study Details

Botden asked 61 men and women, average age 61, to drink three types of dairy beverages. One drink contained placebo. The other two contained either 280 milligrams or 560 milligrams of red wine polyphenols. That is equal to about what is found in two or four glasses of red wine.

They were randomly assigned to drink one of the three choices every day for four weeks.

The researchers measured blood pressures after each four-week study period. Blood pressures were taken in the office and using 24-hour measurements while the people went through their day wearing a monitor.

At the start, the men and women had borderline high blood pressure or early high blood pressure. Their readings in the office, on average, were 145/86. Ideally, blood pressure should be below 120/80.

However, in the new study, neither dose of the polyphenols lowered blood pressure.

Is it possible that something else in the wine may be needed to interact with the polyphenols, that they can't act alone?

"No," Botden says. "I don't think something else in red wine causes a decrease in blood pressure since previous human studies showed no effect of red wine drinking on blood pressure."

The same polyphenols she tested in people, when tested in animals, did produce a blood pressure decrease, she says.

In other studies done in people, polyphenols from red wine seem to work by improving the health of the cells lining the blood vessels, in turn improving blood flow and heart health. One possibility, she says, is that perhaps more severe problems in the health of the blood vessel linings may be needed before the red wine polyphenols affect the blood pressure.

Red Wine and Heart Health: Another Expert's View

The findings don't surprise Arthur Klatsky, MD, a senior consultant in cardiology at Kaiser Permanente Northern California. He has researched the relationship between drinking alcoholic beverages and health since 1977.

"I don't think there is any substantial thought by experts that lowering of blood pressure is the mechanism for [red wine reducing] heart disease," he tells WebMD. He reviewed the findings for WebMD but was not involved in the study.

Among other explanations, experts say substances in red wine may benefit heart health by increasing good (HDL) cholesterol or producing anti-clotting actions, Klatsky says.

Looking at the big picture, "polyphenols may play a subsidiary function in reducing the risk of coronary artery disease," Klatsky says. He says they may be less important than the alcohol.

What is known, he says, is that heavy drinking raises blood pressure. Studies about light drinking and blood pressure lowering have mixed results, he says. Most show no effect, although some show a slight reduction.



Good nutrition proves essential to keeping an older brain healthy

What makes us uniquely ourselves? Certainly, memories play a key role in shaping our uniqueness. We are clearly shaped by our past experiences, and the memories of these experiences strongly influence how we relate to the world. As we age, memory-related concerns develop that are rarely entertained before the age of 50. Surveys show that the top two fears that develop with age are loss of independence and declining health. Memory loss and dementia both relate to these two fears.

For normal function, the body and brain require adequate intake of all essential nutrients. Deficient intake of even one essential nutrient compromises one or more basic body functions. Even consuming water inadequately can compromise concentration and memory along with creating other problems.

Question: What key nutrients are needed for normal brain function and memory?

Answer: Many essential nutrients are associated with brain function and memory, and these nutrients become increasingly important with age.

Vitamin B12

B12 deficiency causes direct damage to nerve structure that results in many problems, including impaired memory. If caught quickly, B12 deficiency is easily treated and symptoms are reversible. However, there is potential for B12 deficiency in the elderly to be misdiagnosed as Alzheimer's disease.

Brain scanning techniques show that brain shrinkage is associated with mental function decline in older people. One study found that supplementation with vitamins B12, B6 and folic acid helped to slow this brain shrinkage.

Vitamin D

Adequate dietary intake of vitamin D is associated with

better cognitive performance in older women and probably men. In addition to likely benefiting brain function, adequate vitamin D also appears to enhance other neural functions in ways that benefit muscle control and decrease the risk of falling.

Vitamin C, E, carotene

Intake of foods and supplements providing the "antioxidant nutrients" vitamin C, vitamin E and carotene is linked to delayed cognitive decline in the elderly. These nutrients, commonly found in fruits, vegetables, nuts, whole grains and vegetable oils, play an important role in protecting cells in all parts of the body from oxidative damage.

These foods, along with herbs and spices, provide a wide variety of antioxidant nutrients and phytochemicals that likely provide overall benefits difficult to quantify. However, it seems clear that including a wide variety of these wholesome foods balanced with modest amounts of meat and dairy products goes a long way toward benefiting the body and brain in many ways.

Omega-3 fatty acids

The fish oil fatty acid commonly called DHA is a major component of brain tissue. Not surprisingly, low blood levels of DHA are associated with cognitive decline in otherwise healthy elderly individuals. Higher levels of DHA are associated with decreased relative risk of Alzheimer's disease.

The Bottom Line

When calorie needs decline with age, meeting these important nutrient needs becomes more challenging. This is when the judicious use of dietary supplements can potentially fill nutrient gaps and support healthy aging. But to accomplish this primarily with foods, consider the Japanese bento as a good example. Traditional bentos provide variety and appropriately small portions. This can deliver healthful nutrient variety without calorie overload.

Smart Swimming

Proper Breathing Technique for Swimming



Breathing—it comes completely naturally to all of us. It is an activity

that will function without interruption or conscious thought under the control of the autonomic nervous system. When necessary, we can assume conscious control in order to increase oxygen supply while under stress or in a fight/flight state of mind. In our world, triathlon equals a fight/flight state.

Breathing is easy on the bike and run. While there are a few tricks to rhythmic breathing in both of these legs, you don't have to move around and ask your surroundings permission in order to get a breath. In swimming, you do. From a beginner standpoint, the two most important aspects of breathing in swimming are becoming comfortable with:

1. your face in the water while swimming
2. a rhythm to your breathing

Face In the Water

Keeping your face in the water is step one, because if you swim with your head up or your face out of the water, your legs and hips will invariably drop. A high-head/low-hip position requires you to push more surface area through

the water, creating more drag. This makes it harder to swim because there is more resistance. Imagine cycling with a parachute attached to your back. This will force you to take additional rest breaks in training or on race day as your heart rate increases and you cannot keep up with the oxygen demands of your muscles.

There are different tricks to keeping your face in the water. Be sure to have comfortable goggles. Focus on looking at the bottom or staring at the black line down the center of the lane in the pool. If you experience anxiety related to submersion, take a lot of rest breaks and remember that as far as pool training goes, you are never very far from the wall and an exit. Private swim lessons and a lot of practice will help.

Rhythmic Breathing

Once you are comfortable keeping your face/head in the water while swimming, you need to figure out how and when to breathe. The critical action here is to begin exhaling through your nose/mouth as soon as you finish breathing in.

The major problem I see with beginner swimmers related to breathing is that they hold their breath while their face is in the water, then tries to exhale and inhale very quickly when turning to breathe. This results in a poor, shallow breath and a quick buildup of carbon dioxide in the lungs. Swimmers will have to stop and take a break in training or roll over on their backs to catch a few deep breaths in racing.

You must exhale while your face is in the water. So when you turn to breathe,

your lungs are mostly empty and ready to accept a fresh breath of air. You do need to force the rhythm a bit. You should forcefully exhale through your nose/mouth as soon as you complete the breath. There's no pausing. It is a constant rhythm.

Two- or Three-Stroke Breathing

The good thing about three-stroke or bilateral breathing? It will help you create and maintain an even stroke and improve mechanics on both sides of your body. The bad thing? It increases the time between breaths by 50 percent over a two-stroke or one-sided breathing pattern. That is a huge decrease in total oxygen flow while swimming.

My advice is to include bilateral breathing in your workouts during warm-up, drills, easy aerobic sets and short sprints like 25s and 50s. Switch to one-sided breathing for moderate/hard-distance and mid-distance sets. If you want to continue working on stroke balance, breathe to the left going down the pool and to the right coming back.

The main problem with breathing to one side all the time is that it usually creates a hitch or imbalance in one side. Typically one side becomes a bit stronger and you will veer off course in open water. The main benefit, however, is more air, which is nice when you are trying to swim fast.

Smart Tennis

Backswing: Keys to Racket Preparation



Shot preparation is as important to making good shots as the actual execution itself. Without good preparation, your body isn't capable of producing the power, balance and control needed to hit an effective shot.

Good shot preparation is made up of two key elements: footwork and racket preparation.

Footwork in shot preparation is basically getting to the ball. Most coaches will tell you that you should split-step, pivot the foot that is in the direction where the ball is heading and get to the ball as soon as possible. This is critical for establishing a solid foundation for a properly timed backswing.

Racket preparation is the backswing taken before the point of contact.

It may not sound like much, but racket preparation is a key to generating power because it is the source of your racket head speed, an essential to a hard ball. Here are the keys of getting the most out of your racket preparation.

For your shot to become the most effective, timing is critical. Late and early backswings lead to misplacement of your shots.

After the split-step, your racket should be taken back at the same time as you pivot your foot and move to the ball. In other words, your racket should be back by the time the ball has gotten to your side of the net.

After mastering the basic timing of the backswing, you should decide which kind of backswing you want to take. Most tennis players use two different types, whether they know or not.

Straight Backswing

The simplicity of taking the racket back in a straight line is attractive to many players, especially beginners. The racket should be parallel to the ground at waist level, with the tip of the racket head back first.

When hitting your forehand, your elbow should be comfortably close to your body and slightly bent as the arm extends back. (If you are struggling to get out of the habit of having your elbow away from your body, try keeping a tennis ball in between your body and elbow).

The left hand is used to direct the racket head into ready position. The hitting arm should be slightly bent.

Circular Backswing

Most professionals use a circular backswing which provides a continuous and rhythmic motion. The tip of the racket head still goes back first, with the arm and wrist following.

The racket head ascends to eye level, the arm bends at the elbow (not wrist), and the body rotates to the side. Near the end of the backswing, the racket head starts to drop down as the arm straightens somewhat at the elbow (not by dropping the wrist) to the ready position. The arc of this swing should appear like a large oval.

Here are some common errors players often encounter with their backswing:

The backswing is started too late or too early. This leads to misplacement of the ball. This can be caused by having to run out to get a ball or simply a bad habit.

- The elbow gets too far away from the body causing excessive wrist movement
- The wrist drags the racket back
- The backswing is too high

The arm is too straight on the forehand or too bent on the backhand

If you notice that you are having these problems you can seek the advice of a professional coach or, for some problems, practice muscle memory.

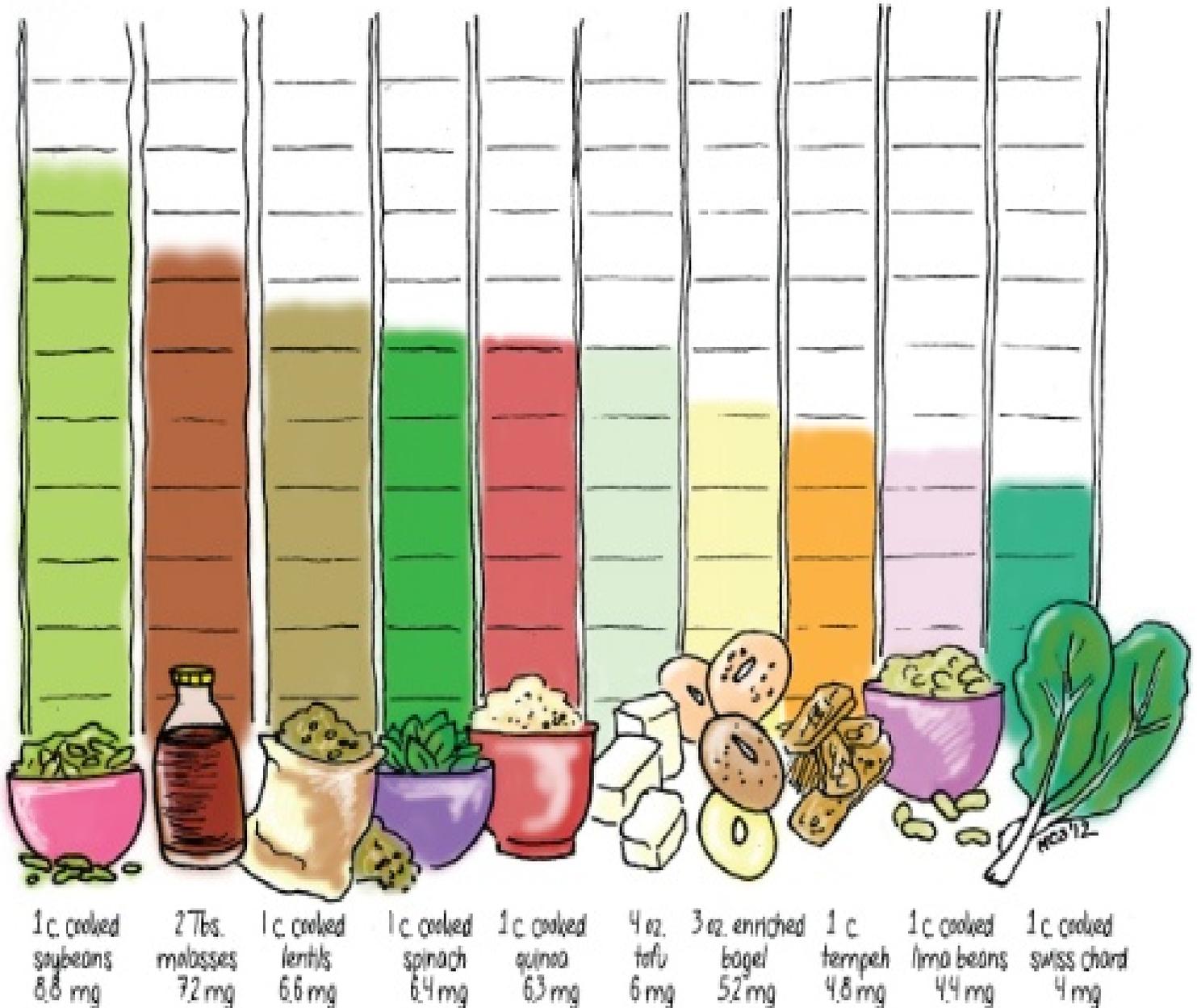
If you are having a problem with your arm being too straight, for example, try practicing the correct swing repeatedly without actually hitting a ball. This will re-teach your muscles the correct way of hitting the shot.



Smart Vegetarian

Ten Great Sources of Plant-Based Iron

If you're eating a wide variety of whole-foods, you likely have nothing to worry about. However, including these ten foods in your diet will help ensure you meet your iron needs.



Smart Golf Tips

Swing Like A Pirate?. Use Your AARRRRMS!

The contribution of the body to the golf swing has been over emphasized for years. I guess one reason for this fact is that body positions were easy to point out in a golf magazine. Problem is, the over use of the body or excess body motion continues to be the killer of the golf swing for many a golfer, holding them back from their true potential.

The biggest killer by far is the starting of your downswing with your shoulders. The body has such a small territory to cover in the downswing while the arms have so far to travel that you MUST start your downswing with your arms or you will travel over the top on your downswing causing you to pull the ball and more importantly release the power angle created at the top of your backswing too early.

Another by product of starting your shoulders first on the downswing is swinging on too steep a plane during your approach to the golf ball. You can get away with swinging a little steep with a wedge up to a seven iron. Once you get in to the longer clubs you need to get the arms going first so the club shallows out on the approach.

The lie angle on a wedge (the lie angle is a measurement from the center of the shaft to the ground in degrees) would be about 64 degrees. On a driver the lie angle is 55 degrees. All clubs are swung on plane, being the shaft angle at address and every golf club has it's own plane. The longer the golf club the flatter or more shallow the plane. To get the longer clubs to shallow out you need to start your arms earlier on the down swing.

You may feel a little flat or rounded on your swing with a driver but that's a good thing. A perfect example of what I'm saying here is Sergio Garcia. He starts the arms down early about as well as anyone has since Ben Hogan did. Ben Hogan described his

downswing as like pulling an arrow out of a quiver. Tiger Woods says his down swing feels like his arms are falling out of the sky in front of his chest. Al Geiberger said the downswing was like ringing a bell. They are all saying the same thing, get your arms going first in the downswing.

Take a look at Jim Furyk. You may think he has a funny swing but watch how he drops his arms first on the down swing. Many a golfer like Jim Furyk, (Tony Lema, Lee Trevino, Freddy Couples) swing steep on the back swing so they can fall to a shallow position on the downswing. It is a lot easier to fall down to the plane rather than rise up to it. Taking the golf club back low and behind you might cause you to swing steep on the down swing because you need to turn your shoulders first to get the golf club out in front of you to get to the golf ball.

Pretend like you're facing 12 o'clock while at the address position. Then take your club to the top of the backswing. Pick your head up and look at the 2 o'clock position. Hold that position in your chest and head and start pumping the golf club down with your arms holding the body perfectly still. That's the feeling you need to get the arms going first.

Another great drill is to put a stick in the ground about three feet high and one foot outside your back foot and even with the golf ball. Try to put the stick in the ground at the same angle as the shaft on your golf club. Take the golf club back outside the stick and bring it down to the ball inside the stick.

Whatever drill you use get your arms going first! Swing like a pirate...use your aarrrrms!

"Competitive golf is played mainly on a five-and-a-half-inch course... the space between your ears."

Bobby Jones

Saucy but Healthy

Eating bland foods is boring, unsatisfying, and if that is what your diet consists of, more than likely, you will be off it shortly after you start. If you enjoy good tasting food, some sauces and spices can enhance your food while not adding calories to your food. The next you grill meat, consider using one of these:

- **Reduced-salt Soy Sauce**
- **Mustard**
- **Salsa**
- **Worcestershire Sauce**
- **Vinegar- this comes in wonderful flavors**
- **Teriyaki Sauce**
- **Tomato Sauce**
- **Hot Sauce**

WEB TIPS

Five Best Free Data Recovery Tools

While the best defense against data loss is redundant and real-time backup, we understand that sometimes data loss sneaks right up on you. Whether your vacation pictures didn't make it safely from your camera to your computer or a bumbling roommate deleted the paper you've been working all week on, having emergency data recovery tools handy is crucial to getting your data back before it's gone forever.

<http://lifehacker.com/5237503/five-best-free-data-recovery-tools>

Diet Excuses

- But the doughnut was calling my name.
- But it was my birthday, so I had to eat the whole cake.
- I had to get the bitter taste out of my mouth from eating the so-called dish, so I had an ice cream.
- If you eat something and no one sees you eat it, it has no calories.
- If you drink a diet soda with a candy bar, the calories in the candy bar are canceled out by the diet soda.
- If you fatten up everyone else around you, then you look thinner.
- Cookie pieces contain no fat -- the process of breaking causes fat leakage.
- Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.
- Only eat things that have been broken into pieces; that way, all the calories fall out.
- Chocolate is a vegetable. How, you ask? Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived from either sugar CANE or sugar BEETS. Both are plants, which places them⁸ in the vegetable category. Thus, chocolate is a vegetable.

SUMMER SKIN



Once again, winter has faded into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's arch-enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection,

but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

Sunscreen

Every sunscreen has a sun protection factor, or SPF, which is a measure of its strength or effectiveness. Each of us needs a different SPF, depending on whether, and to what degree, our skin burns or tans. A tan is the direct result of melanin, a brown pigment found in the epidermis that is produced when skin is exposed to sunlight. Melanin protects the skin by absorbing, reflecting and scattering ultraviolet radiation before it penetrates the dermis, or underlying skin. However, armor that it is, melanin can't prevent all the negative effects of the sun, and is often representative of damage. That's why we need to use sunscreens. To determine what SPF your skin requires, you must know how long it takes your skin to burn when unprotected and exposed to sunlight. As a rule of thumb, anyone whose skin burns, whether or not it turns into a tan, should use an SPF of 15. Check with your doctor or pharmacist if you are taking antibiotics, antidepressives or antidiuretics. Some of these medications increase your skin's sensitivity to sunlight and may decrease the time it takes your skin to burn.

Creating a Barrier

When exercising outdoors on a hot, sunny day, lightweight, light-colored clothing combined with plenty of sunscreen on both exposed and unexposed skin is the way to go. However, if overheating isn't a concern, dark-colored, tightly woven clothing is more effective at blocking UV rays than say, a white T-shirt, which allows UV rays to reach the skin. Another barrier against sun damage comes in the form of eyewear. Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays.

And, last but not least, wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

Sunscreen Facts

- Wear sunscreen every day if you will be outside for more than 20 minutes, even when it's cloudy.
- Sunscreen should be applied 15 to 30 minutes before going outdoors, and reapplied every two hours or after swimming or sweating.

- Don't skimp: One ounce—enough to fill a shot glass—is considered the amount needed to properly cover exposed skin.
- Limit your exposure to sunlight from 10 a.m.–4 p.m. during Daylight Savings Time (9 a.m.–3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- Throw out old bottles of sunscreen, which can lose strength after three years.

Source: American Academy of Dermatology

Start with the Inside

Now that you know how to protect the skin's surface, it's time to start thinking about what you can do to make it glow from the inside out. You're already off to a good start with exercise, which gets the blood circulating and delivers fresh oxygen to the skin all over your body. The next step is to drink plenty of water. Outdoor exercise, especially in the summer, increases your risk of dehydration. This is one risk you don't want to take since it not only affects your performance and robs your skin of its vitality, but may be potentially hazardous to your health. Be sure to drink fluids before, during and after activity. To replenish your fluids after any outdoor activity, weigh yourself before you participate and then again after. Any weight you lost is water and should be replaced by drinking two glasses (16 ounces) of water for every pound you have lost.

Everyone Needs a Little Sunlight

It's been shown that a lack of sunlight can cause depression. After all, most plants won't even grow without sunshine. And when the sun comes around and makes the days longer, our first instinct is to peel off our sweaters and bask in it. Go ahead. Just take precautions so you won't have to deal with the unpleasant (and unnecessary) consequences.

What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes)

Knowledge is power -in running as in any other pursuit. The more you know about training, nutrition and health, the better you'll be at getting the most from your running, whether that means fitness, weight loss, great race performances or just plain fun. So we've compiled lots of useful information to help you reach your goals.

Some of these facts and tips apply to all runners, but many address the specific needs of women. You may find things you already know, but we're sure you'll discover many new ideas that can help you become the runner you want to be.

1. Running is a state of mind. The only thing that determines your success, or lack of success, is the way you think about your running. If it works for you-if it relieves stress, burns calories, gives you time to yourself, enhances your self-esteem-then it doesn't matter what any other person or any stopwatch says about your running.

2. For female runners, controlled anaerobic training-intervals, hill repeats, fartlek training-may lead to gains in strength and speed similar to those produced by steroids but without the noxious side effects. Why? High-intensity anaerobic running is one of the most potent stimulators of natural human growth hormones-those that contribute to stronger muscles and, ultimately, enhanced performance.

3. In the United States, heart disease kills 10 times more women than breast cancer does each year. One of the best weapons for fighting heart disease is exercise. Exercise lowers your blood pressure and resting heart rate, raises your "good" HDL cholesterol levels and helps you maintain a healthy weight.

4. Running with headphones outdoors is a safety hazard in more ways than one. You won't be able to hear cars, cyclists or someone approaching who intends to do you harm. Attackers will always pick a victim who looks vulnerable. When you have headphones on, that means you.

5. Fast running burns more calories than slow running, but slow running burns more calories than just about any other activity. In short, nothing will help you lose weight and keep it off the way running does. Besides, it's inexpensive, it's accessible, and, if necessary, it can be done while pushing a stroller.

6. We all have our strengths and weaknesses. One important study of running injuries shows that women are much more likely than men to suffer ankle sprains, shinsplints, stress fractures and hip problems. (Yet women are much less susceptible to Achilles tendinitis, plantar fasciitis and quadriceps injuries.) To help you avoid injuries, make cross-training-such as pool running, bicycling and weight lifting-part of your program.

7. Statistically, women run approximately 10 percent slower than men at all distances (based on the average difference between men's and women's world records). And although a University of California analysis showed that elite women have been improving twice as fast as elite men over the past three decades (14 meters a minute per decade versus 7 for men), women are not going to "catch up" with men. The improvement can be traced to, among other things, dramatic increases in the number of women competing, opportunities to compete and better coaching. Of course, certain individual women can far outpace most men. Ingrid Kristiansen's marathon world record of 2:21:06 is faster than what 99.9 percent of the world's men are capable of achieving.

8. You don't have to be the competitive type to enter a race every now and then. You'll find that lots of other racers aren't overly competitive, either. They're out there because it's fun and social, and it motivates them to keep on running.

9. Medical wisdom upholds that moderate exercise during a normal pregnancy is completely safe for the baby. The most important precaution: Avoid getting overheated (a core body temperature above 101 degrees could increase the risk of birth defects). To make sure you're staying cool enough, early in your pregnancy take your temperature rectally immediately after a run. As long as your temperature is below 101 degrees

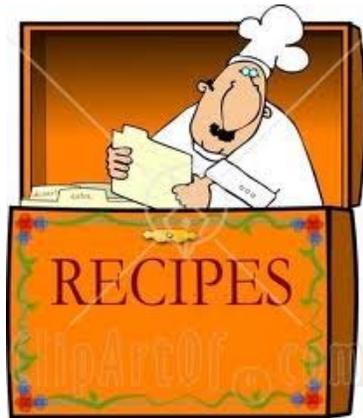
10. Women generally have narrower feet than men, so when you're buying running shoes, your best bet will probably be a pair designed especially for women. But everybody's different; if your feet are wide, you may actually feel more comfortable in shoes designed for men. Bottom line: buy the shoe that fits your feet. If there is any question-or if you suffer blisters or injuries because of ill-fitting shoes-consult a podiatrist who specializes in treating runners.

Smart



Burns

SMART RECIPES



Sourdough French Toast with Peaches

Simply halve the quantities to make for two people. For just one serving you'll only need 1 peach and 1 slice of bread, but you'll still have to use 1 egg, 125 ml milk and 2 teaspoons of maple syrup and you'll have a little mixture left over.

Serves 4

Preparation time: 10 minutes

Cooking time: 8 minutes

2 eggs

250 ml (10 fl oz) low fat milk

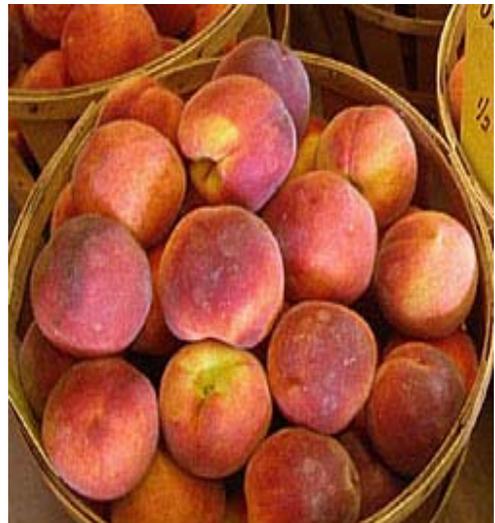
1 tablespoon pure 100% maple syrup

pinch nutmeg

olive oil spray

4 slices of wholemeal sourdough, each about 2 cm (3/4 in)

4 fresh peaches, sliced



1. Whisk the eggs, milk, maple syrup and nutmeg together in a shallow bowl. Lightly spray a non-stick frypan and heat over a medium heat.
2. Dip the bread in the egg mixture and turn to coat completely. Place the bread in the heated pan and cook for 2–3 minutes on each side until golden brown. Set aside and keep warm.
3. Spray the pan lightly again, and cook the peach slices for 1–2 minutes on each side, until just softened. Serve the French toast topped with the peaches.

Increase calorie expenditure

To lose weight continuously its important to increase calorie expenditure and the obvious way to increase calorie expenditure is more exercise, however its not just about having enough motivation to get up and force yourself through the motions in an exercise video or drag yourself down the gym after a hard day at work.

Going to the gym can be a help but in reality there are many people who wish to avoid exercise not because they're lazy but simply because its not for them. To increase calorie expenditure without a gym membership requires a concerted but gradual effort to change lifestyle slowly towards a more beneficial level. To find piece with activity that requires extra movement and effort, thus increasing calorie expenditure.

Spend more time:

- *doing extra chores around house and garden*
- *walking or cycling to local destinations*
- *doing a hobby that requires some movement or standing up*
- *doing fun activities for social and family gathering*
- *preparing foods from natural ingredients*
- *calorie burning*

Spend less time:

- *meeting in restaurants or pubs for social gatherings*
- *watching TV*
- *driving*
- *on the computer*
- *saying to yourself "I can't be bothered "*

Try to introduce the calorie expenditure changes slowly so not to disturb your lifestyle much, also remember you only need to adhere to changes until you reach your weight loss goal, obviously it would be better to continue but you will be in better shape to decide how your going to maintain your new lean body!

Night Eating Can Make You Fat

Maybe you try counting sheep or reciting the lineup of the New York Yankees to fall asleep, but to no avail. Bored, you make a trip to the fridge for a late-night snack. Sound familiar? If so, you may be the victim of a nighttime eating syndrome that could be making you fat. Scientists think this disorder is caused by disturbed biological rhythms resulting from low levels of the sleep hormone melatonin and by problems with the fat-regulating hormone leptin. University of Toronto scientists found low levels of melatonin-triggered by overactive adrenal glands-in women who often ate at night but weren't hungry in the morning. Giving melatonin supplements to nighttime eaters may help these people control nighttime eating and thereby control weight.

Exercise Essential for the Health of Your Arteries

To keep your arteries healthy, a regular exercise program is essential, reports the June issue of the Harvard Men's Health Watch.

Arterial diseases are responsible for heart attacks and strokes, the first and third leading causes of death in American men. The culprit is atherosclerosis, in which cholesterol-laden plaques build up in the arteries. As the plaques enlarge, the arteries narrow, impairing blood flow. If a plaque ruptures, a blood clot forms that can block the artery completely, killing the cells that depend on that artery's blood supply. If this happens in an artery leading to the heart or brain, the result is a heart attack or stroke.

Exercise helps prevent atherosclerosis in a number of ways. It keeps arteries healthy by lowering bad cholesterol and boosting good cholesterol. And it reduces other risk factors for atherosclerosis and blood clots, such as

high blood pressure, diabetes, obesity, and stress.

Regular exercise also helps arteries by boosting the production of nitric oxide by the cells lining the arteries, which helps circulation. And new research in mice suggests that exercise stimulates the bone marrow to produce new cells for the arterial lining, which replace aging cells and repair damaged arteries.

Even in healthy people who are free of atherosclerosis, age takes its toll on arteries. As you age, arteries become stiffer, stickier, and narrower. But scientists in Italy found that in people who exercised regularly, age had a much smaller effect on arteries.

"You don't have to be a triathlete to help your arteries stay young. Just two to three miles of brisk walking nearly every day will help," says Dr. Harvey Simon, editor in chief of the Harvard Men's Health Watch.



Tips for the Best Cycling



About 90 million American adults ride a bike at least once a year, nearly 30 million cycle regularly for recreation, and a few million even commute by bicycle, according to a recent article in *American Demographics*. Those numbers may rise in the next few years, thanks to federal legislation that encourages local communities to build cycling into their transit plans. That's good not only for the environment, but also for the nation's health, since cycling is one of the best forms of exercise around. It gives the heart and circulatory system a workout; it puts little stress on joints (except perhaps the knees); it can burn 400 to 700 calories per hour; and if you own a bike, cycling is free and can be done just about anywhere.

Here are some steps you can take to improve cycling performance, safety, comfort, and enjoyment:

1. Absolutely crucial: always wear a helmet. Of the nation's 800 annual cycling deaths, head injuries account for about 60%. If all cyclists wore helmets, perhaps half of these deaths and injuries—especially in children—could be avoided. Choose a bright color, and make sure the helmet fits properly. It should sit horizontally on your head and shouldn't move about.
2. Brake right. To exert optimal pressure, brake with your hands at the ends of the levers. For a quick stop, as you press the brakes firmly, slide your buttocks to the very back of the saddle. This will keep the rear of the bike down so that you don't flip over the handlebars.
3. On a long downhill, don't stay on your brakes. That may overheat the tire's rim and could cause a blowout. It's safest to "feather brake"—that is, tap the brakes, applying intermittent pressure. This is wise in wet weather, too.
4. Don't pedal in high gear for long periods. This can increase the pressure on your knees and lead to overuse injuries such as biker's knee. Shift to lower gears and faster revolutions to get more exercise with less stress on your knees. The best cadence for most cyclists is 60 to 80 revolutions per minute (rpm), though racers pedal in the range of 80 to 100 rpm.
5. Going uphill, shift gears to maintain normal cadence. On a long hill, conserve energy by staying in your seat.
6. When cycling at night or when visibility is poor, wear brightly colored, reflective clothing, and use your headlight. In fact, wearing bright colors is a good idea at any hour. Also consider a rear strobe-type light (attached to the bike or your belt) to enhance visibility at night.
7. Make sure your bike fits. Handlebars, saddle, wheels, gears, and brakes can all be adjusted to match your size and riding ability, but the frame has to fit from the start. To find the right frame size, straddle the bike and stand flatfooted: on a road bike, there should be one to two inches of clearance between your groin and the top tube. On a mountain bike, the clearance should be two to three inches or even more.
8. Position the saddle right to protect your knees. At the bottom of the stroke, your knee should be only slightly bent. If your knee is bent too much, the seat is too low, and you will lose stroking power and strain your knees. If the knee locks when extended, or if you have to reach for the pedal, the seat is too high, which can also stress the knee. The saddle should be level.