

Volume 7 Issue 7



Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

Summer Referral Rewards



Throughout the Summer

All Referral Rewards are DOUBLED!

Get 4 Free Sessions

*for every referral you send in
that purchases 10 or more sessions*

FREE FILE OF THE MONTH

TheLastStream

. Windows/Mac/Linux: Freeware app TheLastStream saves and parses Last.fm streams into MP3s. But that's not all! It also automatically downloads album art, assigns ID3 tags, creates playlists, and organizes recordings according to artist, album, and track.

TheLastStream requires that you have a Last.fm account (it's free if you don't), and is a free download for Windows, Mac, and Linux.

<http://www.last.fm/>

Diet and Weight Training

No fat, no muscle gain. Sumo wrestlers in Japan know this. (So does Hilary Swank, who had to eat 210 grams of carbs per day while weight training for "Million Dollar Baby").

Before embarking on a weight training routine, adjust your diet. Try infusing your diet with flaxseed oil, high in fat (Omega-3 fatty acids), and also egg whites, which are high in protein. Drinking protein shakes can also give you energy during your weight training program.

You might not need to eat quite as demanding a diet, depending on how demanding your strength training exercise is. But as Suzanne Somers has said, fat is not the enemy. This is doubly true if you're doing strength training. "Eat your greens," Mom's sage advice, holds true for a weight training diet as well. You'll need to add nutritional supplements, particularly if a high-protein diet (or egg whites) doesn't agree with you).

QUOTE OF THE MONTH



If you don't do what's best for your body, you're the one who comes up on the short end.

Julius Erving



The day after a workout or race

Here's a tough one! Do you take off running the day after a hard workout or race? That might not be the best idea (even though we all do sometimes). First of all, definitely cool down after a workout or race. This flushes the majority of lactic acid out of your muscles and will GREATLY reduce soreness the next day. You can run as slowly as you want, even practically walk. My ex-coach was the slowest cool down runner I've ever met, but he could run sub 4:00 minutes for the mile, so pace is NOT important! The point is to get your heart rate up enough and get your blood flowing to move all the pooled lactic acid out of your legs. Lactic acid is basically a fuel used on the cellular level that kind of FERMENTS when it hasn't been used up. This exacerbates soreness in your muscles. The next day run is for the same purpose. Get increased blood flow to remove lactic acid and move more blood to your muscles (which have a bunch of micro tears) so as to speed healing and recovery!

The hard/easy training method

This tip is for all the folks who train hard in search of Personal Records! Do you all understand the concept of hard/easy training? You know that the hard part is to break down your muscles, and the just-as-important easy training/rest is crucial to rebuilding those muscles. Of course you do! How often do you listen? I've done lots of different running

in my 10 years of running, and I've only recently really BELIEVED in hard/easy training. I've found that even though I've GREATLY reduced my mileage (from 80 miles a week to 30-50 miles a week), I'm in better shape than I used to be. I do 2-3 days of quality (hills, track or tempo runs), one long run and some recovery runs with my girlfriend when I get the chance. I am far healthier and less injury prone, less habitually exhausted, and I have improved much quicker than in previous years. I feel being well rested for some quality workouts with a good training group is the secret. I just ran a P.R. in the marathon and half-marathon using this training methodology. Basically, the moral of the story is this: every training method may not work for you! Super high mileage just got me hurt and exhausted, so I wasn't doing the REAL workouts hard enough. Something else might work for you. But don't forget to rest, whomever you are!

Dehydration and summer running

Did you know that you can actually become dehydrated even if you are constantly running? Your stomach can only absorb approximately 28 ounces of water per hour. You can lose four or five pounds of water per hour. That means that even while constantly drinking can have you lose three pounds per hour. If you lose 4 to 5 percent of your body weight in water, you can induce heatstroke. The moral of this story is HYDRATE! Make sure you are hydrated BEFORE you run. Especially in the summer in Houston! Be careful out there!

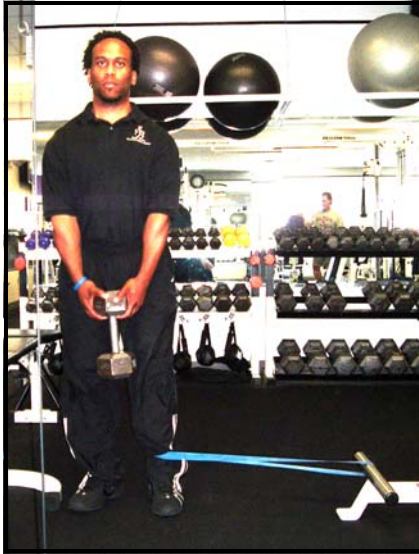
Garnell's



Exercise of the Month

Inner Thigh Sumo Squat:

Using an ankle resistance band, this is a great calorie burning lower body exercise with emphasis to inner thigh strengthening.



Policy Reminder: Please let the *Front Desk* and NOT your trainer of any days you will be out of the appointment schedule. This is especially important when your permanent time is going to change.

PLEASE ask for assistance

When changing anything other than the channel on the Cardio Room TV's, please ask the front desk for assistance.



Recipe of the Month

Steamed Vegetable Medley

This dish is one of those gems that is easy, delicate, and delicious, giving you a way to have the benefits of fresh vegetables in your diet with little effort. Because it is steamed it gives you a healthier way to enjoy these vegetables without using heated oils. For a wonderful variation try steaming a piece of salmon or chicken on top of vegetables for a 1 dish meal that is quick, clean, and healthy

Prep and Cook Time: 15 minutes

Ingredients:

1 cup thinly sliced carrot
2 cups chopped collard greens, stems removed
1 medium onion sliced thick
1 cup cubed zucchini (quarter lengthwise and slice about ½ inch thick)

Dressing

extra virgin olive oil to taste
1 medium clove garlic pressed
1 TBS fresh lemon juice
salt and cracked black pepper to taste
*optional 1 tsp soy sauce



Directions:

1. Bring lightly salted water to a boil in a steamer with a tight fitting lid. Add carrots, cover, and steam for 3 minutes. Without removing carrots add collard greens, and steam for another 3 minutes. Then add onion and zucchini and steam for another 3 minutes.
2. Remove from steamer and place in bowl. Toss with dressing ingredients. **Serves 2**

Healthy Cooking Tips:

It helps to toss the steamer basket up and down with the cooked vegetables to drain out excess water. This will keep the flavor from being diluted. Make sure you don't over cook the zucchini, as it also will dilute the flavor if over cooked. It will start to look a little translucent when it overcooks

Healthy Grocery Shopping



Healthy grocery shopping is a critical part of eating healthy to lose weight. Choosing healthy foods to eat instead of high fat foods can benefit you in so more ways than just losing weight.

Eating healthy can affect the way you look and feel every minute of every day. When you shop for healthy foods to eat, there are a few basic things that can make it a little easier.

Here are a few healthy grocery shopping tips.

1. Never go grocery shopping on an empty stomach. It's obvious that all food looks better when you are hungry. But you can make better choices if you don't shop when you are hungry. Another benefit to this is you will spend less.

2. Select canned fruits and tuna that are packed in water, not oil or syrup. Anything packed in water including fruit in its own juice is a much healthier choice.

3. Look at the labels for the words "hydrogenated" or "partially hydrogenated". The earlier you see them appear on the label list, the higher the amount of unhealthy trans fatty acids the food will contain.

4. Don't buy turkey or chicken with the skin on it. If you are eating healthy to lose weight, breast or white meat is a much healthier food to eat. The skin is really all

fat and not very healthy food to eat.

5. When you select frozen dinners, select those that are not only low in fat, but low in sodium and cholesterol as well. Salt makes you retain water and can increase your blood pressure.

6. If you aren't consuming enough dairy products or they don't agree with you, buy calcium fortified orange juice instead. Getting enough calcium is an important part of eating healthy.

7. Buy whole grain breads, cereals, and rolls. Healthy breads are whole wheat, pumpernickel or seven-grain. Healthy cereal choices are All-Bran, Bran Buds, 100% Bran and Raisin Bran.

8. You may want to give cantaloupe a try. With just 95 calories, half of the melon will provide more than a day's supply of Vitamin C and cancer-fighting beta carotene.

9. Don't be tricked into buying yogurt covered by nuts or raisins, on top because they are normally loaded with sugar and partially hydrogenated oils. If you are eating healthy to lose weight, this could make the difference of you losing weight for the week or not.

10. Buy low fat snacks and treats, such as pretzels, ginger snaps, and angel food cake. Make sure you can grab these low fat snacks when you get the need to munch on something.

There are many different healthy foods you can buy at the grocery store, and all it takes is making the right choices to put in your cart.



Tips For Fitness Spinning Class

To help you get the most out of your workouts, we have compiled a list of tips for fitness spinning class. By following our simple hints, you will gain more benefits and enjoy your exercise spinning classes even more!

Tips for spinning class: What to expect

The first of our tips for fitness spinning class is to know what to expect before you attend. Classrooms are set up with a number of exercise spin bikes, as few as 12 or as many as 30, which all face the instructor's bike. During exercise spinning classes, certified instructors lead riders through a cycling routine, including imagery and visualizations to help participants "feel" the ride. Classes are typically 40 to 50 minutes long, including the warm-up and cool-down. The special bikes used in exercise spinning classes look like stripped-down models of the stationary bikes you see in the cardio area of the gym – they lack fancy gauges and lights, and feature a huge, weighted flywheel in the front of the bike. The intensity of your workout is determined by two factors:

- Cadence, or frequency of pedaling.
- Resistance, controlled by operating a knob in the front of the bike, which acts upon the flywheel.

Tips for fitness spinning class: What to bring

- Two towels: one to put across the handlebars to prevent slippage during the workout, and one to wipe away sweat
- A water bottle or two: filled with water or electrolyte drink.
- Stiff-soled athletic shoes cut low on the ankle: very flexible shoes may leave your feet feeling numb by the end of class, and high top shoes will impede your ability to spin the pedals correctly
- Comfortable workout clothes: synthetic, sweat-wicking material, lightweight and breathable.

Mild Weight Loss Cuts Type 2 Diabetes

Type 2 Diabetes Patients May Benefit Even From Modest Weight Loss

Weight loss doesn't have to be dramatic to help the health of people with type 2 diabetes, a new study shows.

The study, called Look AHEAD (Action for Health in Diabetes), included 5,145 people with type 2 diabetes.

The key finding: Losing a modest amount of weight -- about 8% -- reaped big health rewards, including better blood sugar control and less need for diabetes and blood pressure drugs.

"We're encouraged, based on our experience with Look AHEAD, that many overweight individuals with type 2 diabetes are able to achieve and maintain 7% to 10% or greater weight loss over the course of one year," researcher Mark Espeland, PhD, tells WebMD. Espeland works in the public health sciences division of Wake Forest University's medical school.

Weight Loss and Type 2 Diabetes

In type 2 diabetes, the body doesn't respond properly to insulin, a hormone that controls blood sugar. Being overweight or obese makes people more likely to develop type 2 diabetes.

Look AHEAD participants first weighed in, got checkups, and took exercise tests. Then they were randomly split into two similar groups.

Participants in one group got an intensive lifestyle makeover to help them lose at least 7% of their body weight in the study's first year. They attended dozens of group meetings, ate portion-controlled diets, and got help from behavioral psychologists and exercise specialists.

Their portion-controlled diets included liquid meal replacements or structured meal plans. Those participants were encouraged to walk or get other physical activity at home.

For comparison, participants in the other group got standard care, education, and support for their type 2 diabetes, with few group meetings and no specific diet or exercise plan.

Weight Loss Diabetes Results

In a year, participants in the intensive lifestyle program lost 8.6% of their body weight, boosted their aerobic fitness by 21%, improved their blood sugar control, and cut back on their need for diabetes and blood pressure medications.

Those in the comparison group lost less than 1% of their body weight. But they did upgrade their fitness somewhat, though not as much as those in the lifestyle program.

"Many markers of health improved in both groups," Espeland tells WebMD.

Look AHEAD will continue to see if the short-term results hold up over time. "This is the primary reason for Look AHEAD," says Espeland.

Many Ways to Lose Weight

In the journal, the researchers note that the Slim-Fast Foods Company and other firms -- as well as many government and educational grants -- support Look AHEAD.

But liquid meal replacements weren't necessarily essential to the results.

"While we felt that liquid meal replacements were helpful for many individuals to achieve and maintain weight loss, we viewed them as one of several strategies that could be jointly used," Espeland tells WebMD.

"Our protocol was designed to enable individuals to meet study goals for weight loss using a toolbox of approaches that were tailored to individual's success. We cannot attribute our overall success to any single approach," says Espeland.

The Best of the Light Ice Creams



Americans love their ice cream – and have ever since Thomas Jefferson brought the recipe for it home from France more than 200 years ago. The

combination of sweet taste and creamy texture is in a word, magical. The good news is that you can now find most any flavor you might desire in a low-fat version. And the even better news: Many of these "light" ice cream brands are great-tasting!

All sorts of product lines are now using the new churning technologies, which allow manufacturers to use the same ingredients as in full-fat ice creams while still cutting fat and calories.

You can also find plenty of ice cream treats in which manufacturers have reduced the sugar by adding sugar alcohols. (But keep in mind that sugar alcohols can cause intestinal distress for some people – especially those with irritable bowel syndrome -- if they consume too much of them.)

Do Fat Grams Matter?

Some of the well-known premium (that is, higher-fat) ice cream brands, like Haagen-Dazs and Ben & Jerry's, are now making "light" ice creams, too. Of course, their light ice creams can be nearly as high in fat and calories as other brands' regular ice creams. Do these richer light ice creams, which have around 8 grams of fat per serving, really taste much better? Well, I've got to say, there are some awesome flavors out there with only around 4 grams of fat. It depends partly on

the flavor and the brand, but overall, I don't think you get that much more satisfaction by taking the calories and the fat up a notch.

Some might really enjoy the Slow Churned yogurt blends like Dreyer's/Edy's Cappuccino Chip (with 110 calories and 3.5 grams of fat per serving). Others might be drawn to the Dreyer's/Edy's Loaded Chocolate Peanut Butter Cup (140 calories and 6 grams fat per serving). Both of these taste so good, that I can't imagine that it would that much more enjoyable to eat one of the premium ice creams, with 15 or more grams of fat per serving.

Reading the Label

There are five main things to look for on the label of an ice cream treat. It's not all about fat grams! Per half-cup serving (the standard serving for scoop ice cream), your best bets will have:

4 grams of fat or less

Around 120 calories

3 grams or less of saturated fat

No more than 10 milligrams cholesterol per serving

15 grams of sugar or less per serving. Many ice creams have almost double this amount.

More Fiber Than Whole-Wheat Crackers?

You might be surprised to learn that some ice cream bars actually have more fiber than a serving of whole-wheat crackers. It seems that 3 to 4 grams of fiber per serving is becoming the nutritional norm in this dessert category. It might help make your serving seem more filling.

There are also a few types of ice cream that have 2 grams of fiber per serving. They include Starbucks Lowfat Ice Cream, Ben & Jerry's Lowfat Frozen Yogurt Strawberries & Cream, and Dreyer's/Edy's Loaded Chocolate Peanut Butter Cup.

It's official - Stress Makes You Fat



Australian scientists have discovered why stress can make us fat.

New research published in an international journal has revealed that chronic stress triggers the body's fat cells to grow and multiply.

The link between stress and obesity has been known for more than a decade but these findings are the first to explain how exactly the connection works.

The research by Australian, US and Slovakian scientists could lead to new therapies that shrink fat cells or make them die.

Professor Herbert Herzog, director of neuroscience at the Sydney's Garvan Institute of Medical Research, said he expected the findings to have a profound effect on the way society deals with the obesity epidemic.

The research team made its discovery by feeding stressed and unstressed mice a "comfort food" diet high in fat and sugar.

The stressed mice gained twice as much fat as unstressed mice, because the stress caused fat to be stored differently.

Prof Herzog said a molecule called neuropeptide Y, released by the body when stressed, appeared to unlock receptors in the body's fat cells, stimulating the cells to grow in size and number.

This same mechanism was expected in humans.

While the stress reaction was normal and unavoidable, scientists are working to block the dangerous knock-on fat reaction that it triggers.

"If we can interfere before it causes fat to amass, it could have a major impact on cardiovascular disease, diabetes, and cancer which all have links with obesity," Prof Herzog said.

Study leader Professor Zofia Zukowska, of Georgetown University, said they also hoped to be able to target obesity directly.

"We may be able to reverse or prevent obesity

caused by stress and diet, including the worst kind of obesity - the apple-shaped type," Prof Zukowska said.



Emotional Stress Inhibits Physical Healing

A recent report from Ohio State University evaluated whether or not emotional stress affected healing. Forty-two married couples participated in the research project in which they received small blisters on their skin (ouch!) and then engaged in either a loving, supportive conversation or an angry, hostile disagreement.

The researchers measured the concentration of immunological chemicals in the blood and tracked how long it took for the wounds to heal. The results showed that one hostile interaction slowed healing by almost 24 hours.

In other studies, medical scientists have demonstrated that in addition to high blood pressure, high cholesterol, and smoking, hostility is an independent risk factor for heart attacks.

Hostility means that you carry the belief that you are always carrying more than your fair share, that other people cannot be trusted to meet your needs, and that having an anger outburst is an acceptable way to express your frustration.

If you score in the highest ranges of hostility, your risk of a heart attack is as great as if you smoke a pack of cigarettes per day. Some studies suggest that psychological stress accounts for 30 percent of the risk for a heart attack.

We now have scientific evidence that bringing peace into your life is not only good for your relationships, but also good for your body. If we needed another good reason to bring peace to the world, we now have it.

Sizing Up Sunscreen



Sunscreens were seriously burned this month, when a new ranking of more than 700 sunscreen products found that 84 percent did not provide adequate sun protection. The study, conducted by Environmental Working Group (EWG), a Washington-based nonprofit, looked at over 400 peer-reviewed articles on sunscreen ingredients. It found that many of the most popular

sunscreens break down quickly in the sun or are not blocking many harmful ultraviolet (UV) rays.

Rankings in the July 2007 issue of Consumer Reports revealed a similar problem: not all sunscreens are created equal. Rather, they found that sunscreens with the same sun protection factor (SPF) ran the gamut from "excellent" to "poor" in their overall ability to block ultraviolet rays. While many people rely solely on SPF when selecting a sunscreen, these rankings show that the single number only tells half the story. SPF measures a sunscreen's ability to block UVB rays. But it says nothing about its strength against UVA rays, an equally damaging form of radiation that causes wrinkles and, more seriously, skin cancer. And unlike UVB rays that cause sunburns, UVA rays do not leave an immediate mark.

"We don't have a physical, visible way to know if we're protected against UVA radiation," says Jane Houlihan, vice president of the Environmental Working Group (EWG). "Your skin looks fine, you're not burnt, and you could have a massive dose of UV radiation."

The issue is largely in the labeling—the Food and Drug Administration does not have any regulations on how sunscreens can accurately indicate their level of UVA protection, no quick and easy number like SPF. The agency began developing guidelines in 1978 but they have largely been at a standstill since 1999, when today's requirements were finalized.

In a statement this month, the FDA reports that a new regulation addressing UVA protection is "currently in its final clearance" and will likely be released by the end of the summer. Until those guidelines take effect, the FDA stands by its previous assertion that "approved sunscreens are safe and effective when used as directed."

Dermatologists, however, are not buying it. "Currently, there are no truly effective ways to measure the strength of UVA protection in sunscreens," says Hensin Tsao, an assistant professor of dermatology at Harvard University. While sunscreens have begun using labels like "broad-spectrum" to indicate comprehensive UVA/UVB protection, no federal guidelines regulate how sunscreens can use the term and what level of protection it indicates. Says Darrell Rigel, a clinical professor of dermatology at New York University, "Anyone can put the words broad-spectrum on a bottle

so there's no easy way for the consumer to understand the labeling."

Overexposure to either UVA or UVB rays can lead to serious consequences—8,000 Americans die of melanoma each year, a form of skin cancer often caused by too much UV-exposure. "There are all these reasons to use sunscreen but this labeling is making it hard to do so correctly," says Rigel.

Looking for particular characteristics that aren't on the label, he says, can help make sunscreen decisions easier and smarter. Here are tips for navigating the sunscreen aisle: SPF still matters: While SPF does not say everything about a sunscreen, it should still be an important factor in selection. Rigel suggests never going lower than 30.

Be ingredient savvy: Unlike SPF, there is no quick and easy number to indicate a sunscreen's strength in blocking UVA rays. The best way to tell whether you are getting adequate UVA protection is to take a look at the ingredients. There are two ingredients that Rigel says are a good indication that you're UVA-safe: avobenzone or parsol 1789.

Stay stable: While UVA-blocking ingredients are important, they also tend to cause the sunscreen to break down faster in the sun. This is why a third element is also necessary: ingredients to stabilize the sunscreen. Neutrogena with Helioplex Technology or anything with Mexoryl are Rigel's top choices for stable sunscreens.

Check the rankings: The new EWG database allows consumers to compare sunscreens on different characteristics—without scanning labels for complex chemicals. Overall, Badger SPF 30, Peter Thomas Roth Titanium SPF 30, and Lavera Sunscreen Neutral SPF 40, received top marks. This does not mean they are perfect, cautions Houlihan, but that they will do the best in keeping you sun safe.

Apply early and often: If you apply sunscreen when you start feeling the heat, you're already too late. "Some people only think about sunscreen when they start feeling warm," says Martin A. Weinstock, professor of dermatology at Brown University. "Meanwhile, they've gotten a dangerous dose of UV long before then." He recommends putting on sunscreen a half hour before heading outdoors and reapplying every few hours.

Want a tan? Fake it: "It's best not to bathe yourself in carcinogens to make a fashion statement," says Weinstock. A change in skin color is always an indication of heavy exposure to UV rays. The safest and best color, Weinstock says, is the one you were born with.

Listen to your mother: No matter how well a sunscreen ranks, Houlihan cautions that there "isn't a perfect product or ingredient and there isn't perfect knowledge that sunscreen can do enough to completely protect us from skin cancer. It's important to not only use sunscreen but also follow the safety tips we've been told again and again." Those safety tips—make sure to cover all areas liberally, stay out of the sun at peak hours, and, most importantly, keep skin covered with hats and light clothing—combined with a safe sunscreen should give you one less thing to worry about when enjoying that day at the beach.

The 2007 Client Appreciation Party

I want to take this opportunity to thank everyone involved in making the 2007 Client Appreciation Party and Smartest Loser Awards Ceremony last week a great success.

Thanks to Tara Aviles for organizing everything from the extravagant prizes from our sponsors to the wonderful evening at Tavistock Country Club.

Thanks to our Smart Bodies Idols for their talented performances:

Kenyatta Jenkins

Dominic Favieri

Billy D. Light -check him out at: www.billydlight.com

Brianna Moles – check her out at: www.briannamolesmusic.com

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