

JUNE
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Smarter Bodies

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Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

Client Appreciation Party SATURDAY JUNE 21st

Ramblewood Country Club

Free Buffet

Music & Dancing by

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Time Productions DJs

Starts at 6PM

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FREE FILE OF THE MONTH



Windows only: Moffsoft FreeCalc, a free download for Windows systems, looks just like your built-in Calculator tool, but feels like it's been listening to your complaints and requests for that app since your first days at the keyboard. FreeCalc sports an optional accountant-like history ribbon to see your recent number work, and displays the number currently in your clipboard memory in its status bar to help avoid mix-ups. It can run from your system tray, adds a few useful keys (like M-), and can be resized and color-themed, making it a worthy addition to the list of power replacements for Windows utilities. Moffsoft FreeCalc is a free download for Windows systems only; be sure to grab the FreeCalc version from the download page.

<http://www.moffsoft.com/downloads.htm>

Quote of the Month

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck! ~Author Unknown

Aerobic Exercise Training Increases Skeletal Muscle Protein Turnover



A study performed by the Department of Nutritional Sciences at the University of Connecticut, and the Department of Surgery at the University of Texas Medical Branch examined the effects of a four-week aerobic exercise training program (30-45 minutes, 3-5 days a week at a maximal heart rate of 65 percent or higher) on mixed skeletal muscle protein. Fractional synthetic rate (FSR), fractional breakdown rate (FBR), and net protein balance (FSR - FBR) (NET) was examined in eight healthy, previously unfit men and women. The participants consumed a diet which provided 0.85 g of protein a day during the six-week study. Measurements were taken at the beginning of the study, after two weeks of diet intervention only, and after four weeks of the diet and aerobic exercise training together. The study shows that endurance training improved cardiovascular fitness, but there were no significant changes in body mass or composition. A significant increase in FSR and decrease in net protein balance. FBR increased most often after training. The study concluded that aerobic training for four weeks increases skeletal muscle protein turnover in previously unfit subjects.



SMART RUNNING

Summer Running - A Great Time to Gear Up and Hit the Trail

Running and Jogging Are Excellent Ways to Get in Shape and Enjoy the Outdoors!

If the word 'running' brings images to your mind of your high school gym teacher wearing a scowl and yelling at you and your friends, you're not alone.

In fact, most runners I know at one point did not enjoy running or jogging. It is often associated with hard work, and moving around in circles with little competition or social interaction. It is also often associated with quickly growing tired and fatigued, muscle soreness, pain and sweat.

So why are so many people running and jogging on a regular basis? Once you feel runner's high or notice the effects of jogging on your overall well being, you won't want to go back!

The good news is-running and jogging can be a wonderful hobby. It is a way to relieve stress, build cardiovascular endurance, lose unwanted body fat, and build muscle.

The bad news is-getting to the point where you actually enjoy running may take some time. In today's society, taking time for anything may often seem like a waste of time.

Many people start running, and after 5 minutes, they realize they are quite tired and they stop to walk. One way to avoid getting tired so quickly is to simply jog slowly. Give your heart a chance to increase its rate at a pace that will not give it such a shock. Speed will come in time, it is more important to get your body in the habit of moving and get the blood flowing.

Running also requires appropriate breathing! Make sure you breathe in through your nose, out through your mouth and breathe deeply! Not getting enough oxygen will prevent your body from being able to have the workout it is capable of getting.

Breathing through your nose is also necessary in order to avoid a very dry throat, which will also make you want to stop. Chewing gum while running will also help with this.

Drinking a little water before you start your run is also helpful. Just be careful not to drink too much, or you will feel it sloshing around in your stomach and you will want to quit sooner than otherwise.

The same holds true for food, having a little in your stomach is a good idea, however; running right after a meal is not. Give your digestive system some time before making your cardiovascular system consume all your body's energy.

Another tip for beginning runners is to run from heel to toe. This will ensure that your feet will not slam too hard on the pavement. Also, your legs will not tire as quickly when you use the heel to toe technique.

Successful running also requires pacing. Many will start too fast, instead of building up an adequate pace. You will be able to run longer at a slower pace and not tire as quickly. It helps to run on a treadmill at a comfortable pace. When you are confident at a certain speed, bump it up a notch.

Shoes are also extremely important when it comes to running. With inadequate footwear, runners set themselves up for all kinds of injuries and potential risks. Making sure that you have the right kind of shoe for your running style is essential.

There are many running shops where you can have your running style analyzed and find a pair of shoes specially designed for you. This will prevent future pain and allow your body to get the most out of a run.

In sum, try running with the right shoes and the right conditions, you may find it to be your new favorite hobby!

Smart Bodies and Diet-to-Go Sign Partnership Agreement



The Diet-to-Go program is based on an important strategy ignored by most weight loss programs. If you let someone else prepare your meals for

you, the food will taste better and be more satisfying. Isn't this why we love restaurants? Most people who want to change their diet claim they are too stressed-out and time deprived to shop and cook. The meal plans provided by Diet-to-Go solve this problem. These balanced meals are tailored to help you meet your personal goals and accommodate any health condition, allergies, or food preferences you might have.

Foods You Can Eat

This diet acts as a personal chef that provides you with mouthwatering meals. You can choose low-fat, low-carb, and vegetarian meal programs. They all offer great variety. Mornings might offer pancakes for breakfast, while dinner might be a wonderful Grilled Italian Chicken with Vegetable Couscous. Lunch meals offer an array of gourmet sandwiches. With everything from distinctive salmon dishes to shrimp fettuccini in white sauce (and even low-fat chocolate mousse dessert!), Diet-to-Go meals are balanced and sure to include your favorites. After speaking with one of the nutritional consultants, these meals will be customized to your health needs and goals.

Foods You Can't Eat

Rather than dictating foods you're not allowed to eat, Diet-to-Go encourages dieters to pay attention to how they eat. Techniques are pro-

vided to help create a healthy relationship with food. Dieters are encouraged to eat all of the meals they purchase and not to deprive themselves. By eating tasty, nutrient-rich food, you'll be less likely to stray into eating empty calories. Diet-to-Go highlights the need to be aware of why you eat, and advocates not eating when you feel **stressed, lonely, tired, anxious, depressed, or bored.**

Eating Options

While Diet-to-Go removes the drudgery of having to shop for food and cook, that doesn't mean you have to give up your preferences. Your meal plans will be personalized to your health needs and tastes in a manner which allows you to lose weight. You won't feel like you're eating the same thing every day, and you don't have to give up your love of delicious foods. Diet-to-Go saves time and money while enabling you to eat much healthier.

Post Diet Weight Maintenance Plans

Diet-to-Go is an effective way to eat a healthy diet, lose weight, and create time in your life for exercise. Many of its customers have been faithful to its service for years. It provides a model diet program and teaches you to have a healthy relationship with food. While this can be used to meet short term goals, it is best utilized as a long-term commitment to healthy eating, unless you're prepared to start cooking healthy foods in healthy proportions for yourself.

For more information about the Diet to Go partnership see:

<http://www.courierpostonline.com/apps/pbcs.dll/article?AID=/20080527/GETPUBLISHED/805270378>

High Heels, Flip-Flops: Painful Choices

*Studies Show Both Types of Footwear Raise
Chances of Injuries and Leg Pain*



No one flaunts those killer heels like the gals of *Sex and the City*. But if this week's release of the movie has you yearning for some fab spikes of your own, you may want to opt for some fashionable flats in-

stead.

A new study suggests that walking down stairs while wearing heels raises the chance of foot and ankle injuries. But don't go too far the other way: A second study shows that flip-flops may lead to lower-leg pain.

Both studies were presented at the annual meeting of the American College of Sports Medicine.
High Heels Lead to Unsteady Gait

High-heel researcher Lalitha Balasubramanian says several studies have shown that just walking down the street in heels can lead to everything from blisters and bunions to backaches and sprained ankles.

In what she believes is the first study of its kind, Balasubramanian and colleagues looked at the motion of the ankle joint in 11 college-aged women as they descended a flight of stairs. Balasubramanian is a graduate researcher in bioengineering at Louisiana Tech University in Ruston.

Normally, when walking down stairs, you put your heel down first and then flatten the foot. Then you use your toe to propel yourself forward.

But when wearing 2-and-1/2-inch heels, the women took on an unsteady gait, she says. "They'd land much more softly than is typical on their heel, and then the foot went flat. Then, they they'd put a lot of force on their toe in order to move the body forward to the next step," Balasubramanian says.

The researchers didn't study whether wearing high heels actually led to injuries. But Balasubramanian explains that an unsteady gait could lead to exces-

sive muscle activity in the lower leg, which could precede a foot injury.

The study also showed that when barefoot, the women walked more confidently, placing more force on their heel.

The bottom line: "Limit your use of high heels, especially if you have foot injuries or back problems. And certainly limit the height of the heel," Balasubramanian says. Her suggestion: A 1-inch chunky heel at most.

Flip-Flops Linked to Abnormal Gait

As comfy as they may be, flip-flops may also lead to abnormal changes in your stride, other researchers say.

Justin F. Shroyer, a graduate student at Auburn University in Alabama, and colleagues studied 39 men and women aged 19 to 25.

Compared to when they were wearing sneakers, participants struck the ground with less force when donning flip-flops, he says.

This decreased force may explain anecdotal reports that people who wear flip-flops for extensive periods alter their normal gait and experience lower leg pain, Shroyer tells WebMD.

Shroyer says that because they lack the support that a walking or running shoe provides, flip-flops should only be worn for short periods of time, "like when you go to the beach. They should not be your primary form of footwear."

Also, replace flip-flops every three or four months, just as a runner would with running shoes, Shroyer says.

Jeffrey A. Ross, DPM, a clinical professor of medicine at Baylor College of Medicine in Houston, says forget the heels and the flip-flops: Invest in a good running shoe instead.

"Look at your shoes, and make sure they are not worn out. Over time, the soft cushiony material called EVA (ethylene vinyl acetate) breaks down and the shoe loses its resiliency. Good shoes with good shock absorption is a must.

Antipsychotics in Kids May Add Weight

Study Shows Drugs Cause Changes in Body Fat and Blood Fat Levels



Children who are taking antipsychotic drugs should be regularly monitored for potentially dangerous changes in body fat and lipids (blood fat).

So says a researcher who found that kids experienced almost immediate increases in body mass index (BMI) and triglyceride levels after they started taking the drugs.

Only 5% of people under age 20 "get their lipids regularly checked. That's a problem if they're taking an antipsychotic medication," says John Newcomer, MD, of the Washington University School of Medicine in St. Louis.

He presented early results from a study of children on three antipsychotic drugs at the annual meeting of the American Psychiatric Association.

Antipsychotic Drugs Linked to Body Fat Changes

So far, 50 children ages 7 to 18 have completed the 12-week study. The children suffer from a wide range of ailments, including autism and pervasive developmental disorder. They were prescribed one of three medications: Zyprexa, Risperdal, or Abilify.

"Virtually 100% of the kids exposed to the medications had some degree of increase in body fat," Newcomer tells WebMD.

Specifically, the kids were in the 64th percentile of BMI for their age at the start of the study. By 12 weeks later, they were in the 77th percentile on the growth curve, he says. And their triglyceride levels shot up 20 points.

Preliminary results suggest Zyprexa causes the greatest changes in body fat and lipids, and Abilify the least. Antipsychotic Drugs Have Clear Benefit

Newcomer stresses that the drugs work. "These are kids that got suspended from school due to overt aggression acts such as hitting people. For many they are a means of getting back in school."

In the study, "more than 90% had a robust clinically significant response in terms of reduced aggression and irritability. They are happier and their parents are happier," he says.

But the weight gain and changes in lipids are disturbing because studies have shown they may raise the risk of diabetes and heart disease in adulthood, Newcomer says. Heart disease is the No. 1 killer of people with major mental disorders.

Parents should bring the kids in for regular checkups, which should include blood tests for lipid levels, he says.

Recipe of the Month

Italian Shrimp Salad

Ingredients

(8 servings - 37 grams of protein 11 grams of carbs* per serving)

- 3 pounds shrimp, cleaned and deveined
- 1 tbsp old bay seasoning or shrimp seasoning
- 1/2 medium onion, peeled and sliced
- 5 oz water chestnuts, sliced
- 2 tbsp low-calorie Italian salad dressing
- 2 tbsp fresh dill, chopped
- 1 medium tomatoes
- 6 whole button mushrooms, sliced
- 1 tsp parsley
- 1 medium head romaine lettuce



In large pot, boil 6 quarts of water.

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Add seasoning (old bay or shrimp).

- Add shrimp.
- Boil until shrimp is cooked taking care not to overcook.
- Drain and rinse under cold water.
- In large mixing bowl, toss shrimp with onion, water chestnuts, and dressing.
- Sprinkle with dill.
- Toss lightly.
- Arrange lettuce leaves on 8 serving plates.
- Top with shrimp mixture.
- Arrange tomatoes and mushrooms around shrimp.
- Serve with lemon wedges, if desired.

Vitamin D research



CANCER

Vitamin D emerged as a protective factor in a study of more than 3,000 adults who underwent a colonoscopy; there was a significantly lower risk of advanced cancerous lesions among those with the highest vitamin D intake, according to the National Institutes of Health. A four-year trial at Creighton University, published in the American Journal of Clinical Nutrition, found that the higher the level of vitamin D, the lower the risk of all cancers in post-menopausal women.

MULTIPLE SCLEROSIS

An analysis of two large Nurses' Health Study groups found a reduced risk of MS was associated with vitamin D supplementation, according to a 2004 report in Neurology.

DIABETES

A study published in the Lancet in 2001 concluded that children who were given vitamin D supplementation were less likely to develop Type 1 diabetes.

RHEUMATOID ARTHRITIS

In the Iowa Women's Health Study, women consuming higher levels of vita-

min D showed a reduced risk for rheumatoid arthritis.

CARDIOVASCULAR DISEASE

A study in the journal Circulation found that those with low vitamin D levels had a 62 percent increased risk of heart failure.

FALLS & FRACTURES

Seniors taking a high daily dose of vitamin D experience 72 percent fewer fractures, according to a study in the Journal of the American Geriatrics Society. A daily supplement of 800 units of vitamin D could prevent a quarter of hip fractures in older people, suggests a study in the Journal of the American Medical Association.

ASTHMA

In a study in the American Journal of Clinical Nutrition, children of mothers with lower intakes of vitamin D during pregnancy were more likely to develop asthma.

FIBROMYALGIA

Some researchers believe this disorder could actually be vitamin D deficiency, which can cause muscle weakness and pain. One Canada study, published in 2001 in the journal Rheumatology, found that half the fibromyalgia patients tested had low levels of vitamin D.

Metabolism



Metabolism is the sum of all physical and chemical processes by which living organized

substance is produced and maintained, and the transformation by which energy is made available for the use of an organism.

Several of the hormones of the endocrine system are involved in controlling the rate and direction of metabolism. Thyroxine, a hormone produced and released by the thyroid gland, plays a key role in determining how fast or slow the chemical reactions of metabolism proceed in a person's body.

Another gland, the pancreas secretes hormones that help determine whether the body's main metabolic activity at a particular time will be anabolic or catabolic. For example, after eating a meal, usually more anabolic activity occurs because eating increases the level of glucose - the body's most important fuel - in the blood. The pancreas senses this increased level of glucose and releases the hormone insulin, that signals cells to increase their anabolic activities.

Well that isn't terribly helpful. Scientific explanations aren't what most of us need to understand things, and this is an ideal example. Let's try this another way.

Basal metabolism is what most of us are interested in. Basal metabolism is the amount of energy used for basic bodily functions. Breathing, temperature regulation, glandular activity, and even brain power require energy.

The latest "buzz phrase" in the diet and fitness world is "basal metabolic rate" or BMR. Your BMR is the rate at which you use up energy when you're resting or peaceful. A few key things to keep in mind:

- * The more you weigh, the higher your BMR is.
- * After the age of 20, your BMR drops about 2% per decade.
- * The more muscular you are in proportion to body fat, the higher your BMR will be.

Calculating your BMR is all the rage these days. The easiest approach to calculate your approximate BMR is to divide your weight by 2 and multiply that by 24 to figure your minimum calorie requirements for a day of doing nothing. Example: 200 pounds divided by 2 is 100. 100 calories per hour x 24 hours per day is 2,400 calories per day. Of course, this is a rough estimation, but it gives you an idea of what your body needs every day.

A few closing thoughts about metabolism:

- * The higher your metabolic rate, the faster you lose weight. Since muscle consumes more calories than fat, working out to build muscle and reduce fat will improve your BMR.
- * Dieting causes your body to lower your BMR in response to the starvation it believes is occurring. Severe calorie restriction has a negative effect on fast weight loss since the body has slowed down its burning of calories. Keep this in mind when planning a calorie-restrictive diet.
- * When you exercise, your BMR is increased for hours afterward.



Congratulations Christian!

Christian Thomas now a graduate of Rowan University with a degree in Health & Exercise Science.



Watch Your Shadow

The safest time to exercise outdoors without getting too much sun exposure is when your shadow is longer than your height. When it's shorter than you are, the sun is too high in the sky and you should limit your sun exposure. Wear sun screen in any case.



Give Me a Boost!

Aerobic exercise has a favorable effect on your lipid and carbohydrate metabolism. Sophisticated research has shown that this exercise-induced increase in high-density lipoproteins boosts metabolism, which in turn results in significant weight loss. According to the American Heart Association, increases in these high-density lipoproteins have been found in women who exercise at higher levels of recreational running. This is one of the important health benefits of running.

Cardiovascular fitness can also alter your body composition. By reducing body fat, you will also reduce your susceptibility to cardiovascular, disease, diabetes, cancer and muscular/skeletal disease. Even milder forms of exercise can boost metabolism.

If you have ever spent any time in Italy, you will note that while there is an abundance of heavy, delicious food, in the major Italian cities, you will rarely see people who are significantly overweight. This is due to the Italian tradition of *passeggiata*, which involves taking a walk to digest the evening meal.



SMART CYCLING

Need Help Choosing a Style of Bike?

Mountain Bikes



Mountain bikes come in a variety of frame sizes most with 26" wheels. They are the most versatile handling a wide variety of surfaces from the most extreme trails to pavement. They have a cushy ride, an upright riding position, and can easily be adapted for commuting.

Road Bikes



Road bikes are fast and easy to pedal on pavement. Available in many frame sizes usually measured in cm, new models come with either 700cm or 650cm wheels. They are incapable of operating off road.

Hybrid, City, and Comfort Bikes



versatile as a mountain bike.

Hybrid bikes typically have 700cm wheels although some are 26" also available in a range of frame sizes usually in inches. Hybrids are designed primarily for comfort and commuting with more of an upright body position, wider tires than most road bikes, and usually suspension in either the seatpost, front or in both. Hybrid bikes are almost as fast and easy to pedal as a road bike, while being almost as comfortable and

Cyclo Cross Bikes



Cross bikes are road bikes typically with slightly shorter Geometry for faster handling offroad. Available in a range of frame sizes measured in cm. The frames are designed to handle wider knobby tires. The brakes are cantilever style (rather than side pull found on most road bikes) for better mud clearance.

26" Cruisers



With 26" wheels this bike is great for Cruising. When ridden at a relaxed pace, they are ideal for admiring the scenery, exploring the neighborhood or beach. These are available in several frame sizes with gearing from 1 speed to several speeds.



SMART GOLF TIPS AND TRICKS

Ten MPH

Problem

You are playing on a windy day and cannot decide what club to use.

Cure

When you know it is going to be windy, find out the wind speed before starting your round to help you determine the proper club to use for each shot. Great sources for this information are looking at the current online weather status or asking the staff at the course.

Therapy

Use the ten miles per hour estimate. For every ten mph of wind speed, plan to play a club more or less depending on if the wind is blowing downwind or upwind. If you plan on fading or drawing the ball into crosswinds, plan on taking 2 clubs more per ten mph of wind speed.

Focus Like a Pro

Problem

You face a narrow fairway or have a limited amount of room where the ball can land.

Cure

Instead of focusing on where you cannot hit the ball, find the safest place to land it. Visualize the ball landing in that location and do not be afraid to lay up. Keep in mind that most players are better at controlling the ball with 3 wood than they are with a driver.

Therapy

Imagine you are playing in a professional tournament and there is a crowd of people along the edges of the

fairway. This is usually very nerve racking and therefore would make you concentrate even harder on hitting the ball in a safe location. The more you concentrate on an area while playing golf, the more likely the ball will land there. That is why when someone is terrified of hitting the ball in the water, they focus on the water so much that when they do swing, the ball flies right into it. Use the fear of hitting people along the edges of the fairway to scare you so much that you remember and decide to focus on your exact target instead of the trouble areas. Focus like a pro, ignore the people around you and just concentrate on making a smooth swing towards your target.

Last Few Feet

Problem

Your long putts roll true to your line yet you still miss cup.

Cure

Walk along your line, up to the cup. Pay close attention to the last few feet. Try to get a feel for how the ball will react around the hole and decide where you plan on the ball entering into the cup.

Therapy

The ball reacts to the break differently based on the speed. So, a few feet from the hole, stand along the side of your intended line and imagine that you are putting from this location. How would you expect the ball roll from here into the cup? Now go back to the ball and use this information to help you decide how to putt it.



Tips to Keep a Healthy Skin and Avoid Skin Cancer



As the new summer season approaches, more people will desire to stay out for as long as possible, enjoying activities specific for the sunny days like golf, fishing, gardening or swimming. Spending more time in the sunlight without the necessary steps to avoid excessive tanning could be dangerous for your skin, doctors warn.

According to the American Academy of Dermatology, more than 1 million new cases of skin cancer are diagnosed each year. About 62,480 people in the U.S. will be diagnosed with melanoma in 2008, the most deadly type of skin cancer. Also, about 11,200 people will die of skin cancer this year although its rate of survival is of 95 percent when caught early. According to the Skin Cancer Foundation, about 90 percent of non-melanoma skin cancers are linked to exposure to ultraviolet radiation from the sun.

To stay out of trouble and keep your skin as healthy as possible, you might need to respect some rules, doctors say. Therefore, people are urged to generously apply water-resistant sunscreen with an SPF of 15 or higher that protects against both UVA and UVB rays. The lotion should be applied 20 or 30

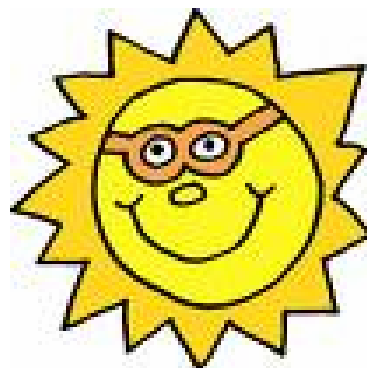
minutes before going out in the sun on the places more exposed to the sun's rays, such as face, neck, ears, lower legs, feet and hands. Also, they should reapply the lotion every two hours while staying out.

Doctors also recommend people avoid exposure to the sun between 10 a.m. and 2 p.m. when the sun's rays are most intense. Also, people should wear protective clothing and cover as much of their skin, and wear a wide-brimmed hat and sunglasses.

To be sure you are not at risk of developing skin cancer, you should also avoid tanning beds and check your skin regularly for anything suspicious, like changes in size, shape or color of an existing mole or skin growth or the appearance of a new growth on the skin or bleeding on your skin.

For more information on the negative effects of sun's rays on your skin, people are invited to visit

www.skincancer.org, www.cancer.org, or the American Academy of Dermatology's Web site at www.aad.org.





You've decided to do something fantastic for your health and your body - you're going to get moving! Congratulations - you've already taken the first step. Now all you need to know is how to begin.

If you haven't been physically active before, don't worry - it's never too late to start. Maybe you used to be active but haven't exercised regularly in a long time. Either way, it's always a good idea to talk with your doctor before beginning an exercise program. That's especially true if you're over 40 or if you have any health problems, like high blood pressure, high cholesterol, or diabetes, have a family history of heart disease, or even if you smoke. Once you get the green light, it's time to put together a fitness plan based on the four fitness building blocks.

Putting Together a Plan

You can work with a personal trainer or fitness instructor to develop a plan. You also can design your own. You're more apt to stick with your plan if you pick activities you will enjoy. Also think out whether you would prefer going to a gym, joining a community exercise class, or doing exercises at home.

Identifying which areas of fitness you need to work on most can help you design the best plan to meet your needs. For example, you might have great endurance but need to build strength.

The Four Fitness Building Blocks

- * Endurance - activities that boost your heart rate and breathing for an extended period of time
- * Strength - activities that build muscle and make bones stronger
- * Flexibility - activities that involve stretching and increase your range of motion
- * Balance - activities that help you maintain posture and balance to keep you from falling

Activities for the Four Building Blocks

Endurance (aerobics)

- * Hiking
- * Stair Climbing
- * Swimming
- * Dancing
- * Cycling
- * Brisk Walking
- * Martial Arts
- * Sports such as volleyball, basketball, and tennis

Goal: Aim for 30 minutes of moderate activity five days a week.

Strength training

- * Calisthenics or weight machines that work both the upper and lower body
- * Martial Arts
- * Pilates
- * Rowing, cycling, and hiking

An activity like rowing will improve upper-body strength, while cycling and hiking will strengthen leg muscles. Combining upper- and lower-body activities in your daily routine will also provide an overall strengthening workout.

Goal: To build strength through resistance exercises (weights, resistance bands), do one to two sets of 10 to 15 repetitions for each muscle group, two to three times a week. Try to do an activity like cycling three to five times a week.

Flexibility

- * Yoga
- * Ballet
- * Pilates
- * Martial Arts
- * Calisthenics

To avoid injuries it's important to include stretching in all workouts. For instance, stretch for several minutes before and after you walk, jog, dance, or lift weights. If you are stretching before working out make sure your muscles are warmed up. Try marching in place or brisk walking pumping your arms.

Goal: Perform a static (no bouncing) stretch routine each day, working each muscle group two or three times for 20 to 30 seconds each time.

Balance

- * Yoga
- * Martial arts, especially Tai Chi
- * Weight machines and other exercises that strengthen leg and back muscles
- * Posture exercises, such as walking with a book on your head or walking heel to toe along a straight line.

Goal: Work your balance exercises into your regular strength-training, stretching, and endurance routines.

Did you notice that some activities, such as martial arts, offer all four building blocks?

Set Specific Goals

Once you have identified your interests and areas of fitness that will benefit you most, set specific goals. For example: "On Monday, Wednesday and Friday, I will do a brisk, 10-minute walk in the morning before my shower, at lunch time and after dinner."

Along with your goals, make a list of all the reasons to be physically active-- things like decreasing stress or depression, building stronger bones or greater strength and flexibility to help maintain independence. Keep this list in a visible place as a daily reminder of the long-term rewards.

Measuring Your Success

Chart your progress using information from the National Institutes of Health site. Don't be discouraged if you don't get instant results. Getting fit takes time. Just stick with it and you'll see your endurance, strength, flexibility, and balance improve.

Reward Yourself

Once you've reached your goal, treat yourself to something that reminds you what a good job you've done and encourages you to continue. Make it something that feeds your spirit, but is not necessarily food or an expensive purchase.

The Sunny Side of Eggs



Eggs have a bad reputation because of their high cholesterol content: 210 milligrams in the yolk of a large egg. But, in fact, they do not raise blood cholesterol in most people--and they may even be good for your heart in some ways. Here's the latest on eggs.

Eggs and Your Heart

You may be surprised to learn that dietary cholesterol, found in animal foods, raises blood cholesterol in only about one-third of people. And, as shown in some egg studies, dietary cholesterol causes the body to produce HDL ("good") cholesterol along with LDL ("bad") cholesterol in these "hyper-responders," thus helping offset potential adverse effects.

Moreover, the LDL particles that form are larger in size--and larger LDL particles are thought to be less dangerous than small ones. In studies at the University of Connecticut, for example, eating three eggs a day for 30 days increased cholesterol in susceptible people, but their LDL particles were larger, and there was no change in the ratio between LDL and HDL, which suggests no major change in coronary risk.

More significantly, eggs do not appear to contribute to heart disease in most people. A pivotal study from Harvard in 1999, of nearly 120,000 men and women, found no association between eggs--up to one a day--and heart disease, except in people with diabetes. Nor did it find a link between eggs and strokes.

Studies since then have similarly vindicated eggs, including a Japanese study of more than 90,000 middle-aged people in the *British Journal of Nutrition* in 2006, and a study in 2007 from the University of Medicine and Dentistry of New Jersey, which both found no link between frequent egg consumption and heart disease. In light of these findings, recommendations about eggs have changed over the years, and cholesterol guidelines, in general, are being rethought.

The unsaturated fats and other nutrients, including B vitamins, in eggs may even be beneficial to heart health. It's the saturated-fat-rich foods that typically accompany eggs (bacon, sausage, cheese and biscuits) and how eggs are often prepared (fried in lots of butter) that can raise blood cholesterol and the risk of heart disease. A large egg has only 1.5 grams of saturated fat and about 70 calories. A Bacon, Egg & Cheese Biscuit from McDonald's, on the other hand, has 11 grams of saturated fat and 1,360 milligrams of sodium (more than half the daily limit for these nutrients) and 450 calories.

Good for Your Eyes . . . and Maybe Your Waist

Egg yolks are a rich source of lutein and zeaxanthin, relatives of beta carotene that may help keep eyes healthy and have been linked to a reduced risk of age-related macular degeneration. Not only are these carotenoids well-absorbed and better used by the body than those from spinach or supplements, but a study in the *Journal of Nutrition* in 2006 also found that women eating six eggs a week for 12 weeks had increased macular pigment, which is thought to protect the retina of the eye from the damaging effects of light.

There's some evidence that eggs promote satiety, due in part to their protein. In a study of overweight women, reported in the *Journal of the American College of Nutrition* in 2005, those who had two eggs for breakfast felt fuller afterwards and ate significantly fewer calories at lunch than women who had a bagel-based breakfast with the same number of calories.



What's in an Egg?

* One large egg contains 6 grams of high-quality protein (in both the yolk and the white). The yolk is also a source of zinc, B vitamins (including riboflavin and folate), vitamin A, iron, and other nutrients.

* In addition to lutein and zeaxanthin, egg yolks provide choline, an essential nutrient, which is especially important for fetal brain development. Researchers have also identified other compounds in eggs that may have anti-cancer, anti-hypertensive, immune-boosting and antioxidant properties.

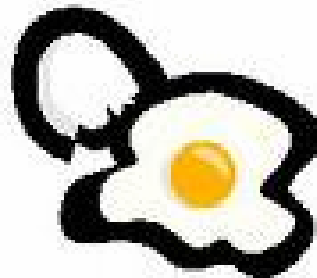
* "Designer" eggs, from chickens fed special diets, usually contain more lutein, vitamin E and/or heart-healthy omega-3 fats. But they rarely provide enough extra nutrients to be worth their higher cost. Eggs that claim to be rich in omega-3s, for example, contain only a small amount compared to fatty fish, such as salmon.

* Brown eggs are not more nutritious than white. Different breeds simply lay eggs with different shell colors--even blue and green. Yolk color depends on what the chicken ate: wheat and barley produce a light yolk, corn a medium-yellow yolk, and marigold petals a deep yellow. Though not a sure indication, darker yellow yolks may have more omega-3s and carotenoids. Organic eggs, from chickens fed an organic diet, do not have more nutrients than conventionally produced eggs, though some people may prefer them as a way to support organic production.

Words to the wise: Eggs are good food. Most people can eat one or two a day. Just don't mess them up by preparing them with fatty, salty ingredients or serving them with unhealthy side dishes. Rethinking cholesterol advice

The American Heart Association (AHA) has no specific limit on how many eggs you can eat, as long as you limit your total cholesterol consumption to 300 milligrams a day, on average (200 milligrams if you have heart disease, high cholesterol, or other coronary risk factors). Many researchers believe that the AHA guidelines are too restrictive, however, and endorse a higher daily upper limit for cholesterol for healthy people. A more reasonable goal is 500 milligrams a day (but still 200 milligrams if you have risk factors for heart disease, including diabetes). That would allow for an egg a day--even two on some days--and still leave room for other sources of cholesterol. Other countries, including Canada, the U.K., and Australia, don't set any recommended upper limits for cholesterol, citing a lack of evidence that dietary cholesterol has a major impact on blood cholesterol.

Keep in mind that even if it's okay for most people to consume more cholesterol than previously advised, this does not change recommendations to limit saturated and trans fats (from partially hydrogenated oils), as these fats affect blood cholesterol levels more than the cholesterol you eat does. Only a few foods--notably eggs, shrimp and squid--are very high in cholesterol anyway--and they are low in saturated fat. The biggest problem with meat and dairy foods is not their cholesterol, but their high saturated fat content, which is why you should choose lean cuts and low-fat varieties.



Moderate Drinking for Strong Bones?

Analysis Suggests Alcohol in Moderation May Protect Against Bone Fractures



Alcoholism is a well-established risk factor for osteoporosis and related fractures, but a drink or two a day just may help keep bones strong, a review of the research shows.

Moderate alcohol consumption -- and the key is "moderate" -- was associated with a lower risk for hip fracture and low bone density when data from 33 separate studies were combined.

Compared to total abstainers, people who drank a half to one alcoholic beverage a day were found to be 20% less likely to suffer hip fractures, while people who drank more than two drinks a day had a 39% increased risk.

Moderate alcohol consumption is generally considered one drink a day or less for women and two drinks a day or less for men.

"There is quite a bit of literature that supports the beneficial effects of moderate alcohol consumption on health, and our paper adds to that," said lead researcher Karina Berg, MD, of Montefiore Medical Center in the Bronx.

"But it also adds to the evidence that heavy alcohol consumption is detrimental."

Specifically, drinking more than two alcoholic beverages a day was associated with an increased risk for hip fracture in the analysis, which appears in the May issue of the American Journal of Medicine.

3 Drinks Is Too Many

The studies reviewed by Berg and colleagues were not specifically designed to examine the impact of alcohol consumption on bone loss and fracture risk.

These studies are needed to better understand the risk and benefits of drinking alcohol on bone health, Berg says.

She adds that it is not yet clear how much alcohol is

optimal for maximizing bone density and minimizing hip fracture risk.

But it seems clear from other studies that three drinks a day is too many, National Osteoporosis Foundation President and osteoporosis researcher Ethel Siris, MD, tells WebMD.

A fracture-risk assessment model, recently published by the World Health Organization, lists consumption of three or more alcoholic drinks a day as a major risk factor for fractures caused by weakened bones.

Her own 2001 study, which assessed osteoporosis risk in more than 200,000 women, suggested that moderate alcohol consumption is protective against bone loss.

But Siris says more research is needed to confirm the association.

"The benefits of moderate drinking are debatable," she says. "It may be true, as this (analysis) suggests, that in small amounts alcohol is protective against fracture. But the evidence linking excessive drinking to a higher risk of fracture is much stronger."

Estrogen May Be the Key

It is not known exactly how alcohol affects bone density. If moderate drinking does help protect bones, hormones may explain why, Berg says.

Alcohol increases circulating estrogen, which helps keep bones strong.

Whatever the mechanism, Berg says alcohol intake is only one of many factors that may influence osteoporosis risk. Family history, weight, calcium intake, estrogen exposure, smoking history, and activity level all influence risk.



"Each person has to evaluate their own risk, and no one who doesn't drink should start drinking based on this research," she says.