

GET FIT!

W I N T E R 2 0 0 9

EAT YOGURT... LIVE LONGER?

Higher quality yogurts contain live bacteria that provide a host of health benefits. Yogurt with live bacterial cultures may help you live longer and fortify your immune system.



Research studies have actually shown that increased yogurt consumption may enhance the immune response, which would increase resistance to immune-related diseases.

Healthy Foods You Should Be Eating!

Try adding these healthy foods to your grocery list ...

- Kale
- Spinach
- Bok Choy
- Butternut Squash
- Grape Tomatoes



Size Matters

Research has shown that Americans underestimate how many calories they are consuming each day by as much as 25%. Did you know that:

- Mocha Coffee packs 350 calories
- 2 slices of pizza has a whopping 850 calories
- Today's turkey sub has as many as 820 calories

It is therefore not surprising that over the last 20 years the number of calories that Americans consume has risen from 1,854 to 2,002 on average. This equates to an additional 15 pounds of weight each year! Much of this difference relates back to the increase in portion sizes that we are all consuming.

One of the best ways to maintain a healthy weight is through portion control.



Portion Distortion - portion sizes have increased dramatically over the last 20 years.

Try using these serving size guidelines to help determine the amount of food you have been eating and start becoming healthier today!

SERVING SIZE GUIDELINES:

- **Fruits and vegetables** - about the size of your fist
- **Pasta** - about the size of one scoop of ice cream
- **Meat, Fish, or Poultry** - about the size of your palm
- **Snacks** (chips, pretzels) - the size of a cupped handful
- **Potato** - the size of a computer mouse
- **Bagel** - the size of a hockey puck
- **Pancake** - the size of a compact disc
- **Steamed Rice** - the size of a cupcake wrapper
- **Cheese** - the size of a pair of dice

Resolution Reality

Every year our top New Year's resolutions include exercising more, losing weight, and eating better. Each year, most of us give up on these goals within the first 60 days of the New Year.

Make this year different! Try the following strategies for success:

• **Develop a positive perspective** - stop thinking of exercise as punishment. Instead, view your time at the gym as a way to boost energy, as a break from your stressful day, and

perhaps the only time you will have to yourself for that day.

• **Set small, specific goals** - Rather than setting one big goal, set smaller goals that you can accomplish as you go. (Ex. Set a goal of losing 11b per week, rather than a goal of losing 20 lbs). Keep an exercise log to help you track your progress.

• **Make a plan** - Schedule exercise into your day with its own spot on the calendar - treat it the same way you would treat any other appointment.

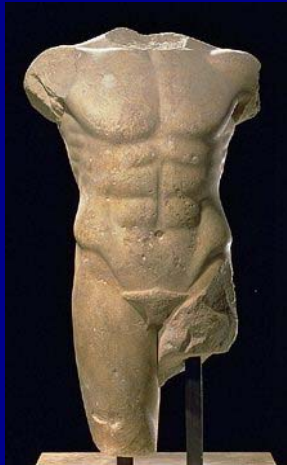


A workout partner can make exercise more enjoyable.

• **Keep a food diary** - It will help you identify your bad habits so you can replace them with healthy ones.

• **Make it FUN!** - If you hate to run, don't get on the treadmill. Try a bike, elliptical or even swimming. Choose activities you enjoy, so you are more likely to continue exercising.

Getting to the “Core” of It



A strong core is the powerhouse of the entire body.

If you have ever tried an exercise program, you have probably heard the term “core.” In relation to fitness, the “core” refers to the muscles making up the abdominals, lower and mid back, and the hip musculature. These muscles provide strength, but even more importantly, provide a foundation of stability for the spine.

Sit-ups and crunches remain at the center of core training in many exercise programs; however, they may be causing more harm than benefit.

For women with osteopenia or osteoporosis, these type of “flexion” based exercises lead to increased risk of fractures within the spine. Anyone who has ever suffered from low back pain will benefit more from “extension” based exercise and an exercise program based on core stability. You may be increasing your risk of a repeat bout of low back pain with flexion exercises such as sit-ups and crunches.



Example of “Flexion”

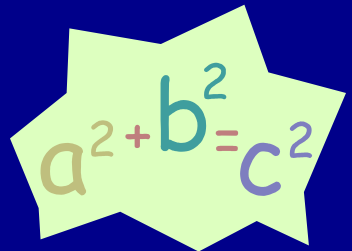


Example of “Extension”

Do the Math:

Calories In > Calories Out = Weight Gain

Calories In < Calories Out = Weight Loss



Exercise
+
Healthy Eating
=
The Right Answer

GET FIT!



Everyone battles the challenge of fitting exercise into an already hectic schedule. One form of exercise that can save time and offers total body conditioning is Circuit Training. Circuit training classes incorporate a series of exercises into one training session. Instructors can alternate between strength intervals and cardiovascular stations which give participants the benefit of both types of exercise.

Strength training will help class members increase lean body mass, improve posture and overall muscle balance, increase bone

Short on Time?

density, and will help increase metabolism, helping participants burn extra calories.

Circuit classes are creatively designed to keep the participant’s heart rate elevated above a resting level throughout the class which helps increase energy levels, lower blood pressure, lower cholesterol levels and reduce the risk of heart disease.

Research has shown that the unique structure of circuit classes (combining strength training with cardiovascular conditioning) enables participants to burn more calories than a traditional strength training session. Increasing lean body mass results in a higher resting metabolism, which burns more calories throughout the day!



Ready to try Circuit Training? Call FIT Works about our FIT Fusion class.