

GET FIT!

WINTER 2010



FIBER FACTS

Fiber is “roughage,” the part of plants you can’t digest. Even though our bodies allow it to pass through undigested, it is a very important part of our diets.

- Fiber helps digestion and our ability to absorb nutrients from the foods we eat.
- Fiber decreases the risk of cardiovascular disease, Type II diabetes and certain types of cancer.
- Fiber helps reduce constipation and can aide in the treatment of irritable bowel syndrome.
- Fiber fills you up without added calories. In fact, fiber rich diets have been proven to be more effective in losing weight.

The Institute of Medicine recommends eating 14 grams of fiber in every 1,000 calories of your diet. Whole grains, fruits, and vegetables are high fiber foods.



Managing Stress

Most of the time it feels as if there is nothing we can do about our current stress level - bills to be paid, career and family responsibilities, not enough hours in the day - but we do have the ability to help control our own stress level. Our health demands that we must.

An increase in long-term stress level has been proven to have a negative effect on your body. Your immune system becomes compromised, making it easier to get sick. Your heart is also affected, making you more susceptible to high blood pressure, Coronary Artery Disease, and heart attack. Do you suffer from reflux or frequent stomach ulcers? Both can be related to stress. Even asthma can be made worse and acne more prevalent.

So what can we do to stay healthy when stress comes our way?

It’s all about taking charge.

- Identify sources of stress in your life and identify the thoughts, feelings and behaviors you have that may play a part.
- Avoid unnecessary stress. Learn how to say “No,” avoid people or topics that stress you out, and start to slim down your “to-do list”.
- Alter the situation, when you can. Express your feelings, assert yourself, and learn how to compromise.
- Adapt to the stressor. Look at the big picture, adjust your expectations and focus on the positive.

• Manage your time better! This means making time for yourself! Read a book, call a friend, work in the garden, EXERCISE!



Exercise is a proven stress reducer!

Weight Loss is the #1 New Year’s Resolution

Year after year, millions of Americans make the same resolution...to lose weight and become healthier. Will this year finally be your year to reach your weight loss goal? Try these simple steps to success!

1. Give yourself permission to make “you” the focus. Starting an exercise program means taking time out for yourself. Remind yourself this is ok.
2. Start slowly. Hitting the gym 5 days a week after not working out for months is likely to cause soreness and possibly injury.

Gradually build your way up as exercise becomes part of your lifestyle.

3. Don’t forget the cardio! Activities like walking, riding a bike, swimming, or using the elliptical allow you to burn calories and shed pounds. The American Council of Sports Medicine recommends at least 30 minutes of cardiovascular exercise 5 days/wk.
4. Diets don’t work. Drastically changing your eating habits all at once, or eliminating specific foods from your diet leads to frustration. Instead, try reducing portion sizes,

adding fruits and vegetables, and cutting back on soda. Small steps equal long term success.

Losing weight doesn’t have to be difficult, but it does have to be consistent. Experts recommend losing no more than 1 to 2 pounds a week to be safe and to keep it off long term. Start with what you know you can do, and as the pounds come off, challenge yourself to do more.



“We do not stop exercising because we get old...

we get old because we stop exercising.”

Dr. Kenneth Cooper - Cooper Institute

F·I·T Works

Exercise of the Month: *Seated Row*



The Seated Row:

Primary Muscles Worked:

- Latissimus Dorsi
- Teres Major
- Middle Trapezius
- Rhomboids

Equipment required:

- Resistance band

Getting started:

If you have a well-anchored object at chest height (such as the doorknob of a closed door), thread the band through it. If you don't have an object to

attach the band to, sit on the floor with your legs fully extended in front of you and use your feet as the anchor. Position the resistance band with the midpoint around your feet. Grasp one end of the band in each hand. Position yourself so there is some tension on the band to start, and there will still be tension when you fully extend your arms forward.

How to do the Seated Row:

- Extend your arms forward with the palms facing each other, feeling a back stretch.

- Pull straight back, keeping your elbows close to your body, ending the backstroke when your elbows are at your torso.
- Keep your shoulders relaxed, you will feel your shoulder blades squeezing together in back.
- Keep your back upright and tall. Don't lean backwards on the backstroke or collapse forward on the forward row.
- Repeat 10-15 times for each set. Perform 2 sets with 30-60 seconds rest between each set.

Osteoporosis Update

With nearly 50% of women age 50 and older diagnosed with osteoporosis, the effects of this disease are staggering. Walking, a wonderful and heart-healthy exercise, has always been an exercise of choice among those diagnosed.

Recent research shows that while walking may help to prevent osteoporosis it actually has little effect in treating and reversing the effect of the disease. If you have been diagnosed with osteoporosis, **resistance training** is a necessary part of a treatment exercise program.



Contact the fitness professionals at FIT Works for a **FREE** consult!

(757) 925-2100

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Get Stronger...Live Longer

Research has proven time and time again that cardiovascular exercise designed to strengthen the heart and lungs is vital to our health. New research suggests that strength training may hold the key to helping prevent disability.

Our bodies start to lose muscle mass at a surprisingly young age, normally around the age of 40. Between the ages of 50-70, we begin to lose muscle mass at a

rate of almost 15% per decade. Strength training can halt much of this decline and restore muscle strength you had decades earlier. Regardless of age, your muscles will respond quickly to resistance training.

New research shows that resistance training may also create changes at the cellular level to slow the aging process!



Strength Training is important because it has cardiovascular benefits for the heart. In fact, most heart attack rehabilitation programs now include some form of strength training. It can help to prevent diabetes by increasing muscle and reducing fat thus enabling the body to control blood sugar more effectively. It also helps to build bone, to prevent or even reverse the effects of osteoporosis.

Guilty Pleasures

PIZZA! Is there any more perfect food out there? Pizza is delicious and convenient, but it can be loaded with calories. One slice of pizza packs about 300 calories and would take almost 40 minutes of biking to burn off.

The solution...? No, you don't have to give up pizza altogether! Save calories by making these simple changes:

- Choose a pizza topped with vegetables rather than meat and extra cheese
- Try thin crust rather than the greasier, thicker crust
- Eat one slice and then fill up on a healthy salad
- Make a homemade pizza on whole wheat thin crust, top it with vegetables, and use low fat cheese **ENJOY!**



Don't give up pizza... give your pizza a healthy makeover!