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## Is it possible to be 'Fit and Fat'?

Regular exercise has long been touted as the key to a healthy heart, but a new study shows it is unlikely to fully reverse a woman's chances of heart disease if she is carrying extra weight.

Researchers report in the April 28th issue of *Archives of Internal Medicine* that although physical activity definitely helps improve cardiovascular health, such exercise does not **'eliminate the negative effects of being overweight.'**

The findings underscore the importance of being fit *and trim* and cast doubt on the newer notion that it's possible to be 'fit and fat.' Both obesity and a sedentary lifestyle are modifiable risk factors for coronary heart disease. Heart disease is the leading cause of death in women in the United States.

Which exerts more influence in one's risk of heart disease: exercise or weight? There's no clear-cut answer. Fat cells release chemicals that can speed up the hardening of arteries, trigger inflammation, and lead to blood clots. Exercise counteracts these potentially heart damaging processes by improving blood vessel function.

The new study, conducted by Dr. Amy Weinstein and her colleagues of Beth Israel Deaconess Medical Center in Boston, helps establish the combined effect of the two risk factors. The study involved 38,987 women from the Women's Health Study. Each woman provided information about her height, weight, exercise routine, medical history, and other health habits at the beginning of the study. About half of the women were considered to be of normal weight. A little less than 1/3 of the women were overweight, and 18% were obese. According to the Surgeon General's guidelines, 34% were considered physically active.

During about 11 years of follow-up, 984 women developed heart disease. According to the researchers, body mass index (BMI) between 25 and 29 is considered overweight. A BMI of 30 or above is considered obese.

The study showed that:

- Active women of normal weight had the lower heart disease risk.
- Heart disease risk was slightly higher for women of normal weight who were inactive.
- Active women who were overweight or obese were more likely to experience heart disease during follow-up than active normal weight women, but less likely than their inactive counterparts.
- The highest heart disease risk was seen among the most inactive, heaviest women.

"Even high quantities of physical activity are unlikely to fully reverse the risk of coronary heart disease in overweight and obese women without concurrent weight loss," the authors concluded, "Regardless of body weight, these data highlight the importance of counseling all women to participate in increasing amounts of regular physical activity and maintaining a healthy weight to reduce the risk of coronary heart disease."

## The Power of Mind

*Adventure isn't hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day to day obstacles of life. Facing new challenges, seizing new opportunities, testing our resources against the unknown and in the process, discovering our own unique potential. ~John Amatt*

### *Fountain of Youth Found in Exercise*

In a recent study out of King's College in London researchers compared telomere lengths in active people with telomere lengths in inactive people of the same age. In twins, those who exercised the most had the longest telomeres and genetically decreased their age by about ten years.

Telomeres are genetic markers that shorten with age, inflammation, and oxidative stress. Because longer telomeres have been associated with lower stress levels, researchers believe that the stress relief of exercise is the cause for keeping active people younger

## Product Review



V8 Fusion Vegetable and Fruit Strawberry Banana 100% Juice

I never liked V8 products. I really never bought into the whole “day’s worth of vegetables in one glass” because they always neglected to inform you that with that same glass you also got about 2 days worth of sodium.

When a client suggested that I try V8 Fusion I had the same reservations. She raved about the taste and nutrient content as she served me a glass of Strawberry Banana. I admitted it was very refreshing and tasty. But I needed to go to the grocery store and dissect the nutritional info before I was fully sold on the beverage.

Here’s the lowdown. It’s 100% juice and has 120 calories per 8oz serving. It’s chocked full of vitamins A,C and E, potassium and magnesium with a bit of B6 and folic acid tossed into the mix. It does have a high sugar content but these are the natural sugars you would find in a piece of fruit so it really helps satisfy your sweet craving. And what about the taste? I LOVE IT! I’ll add 1/2 a serving to my smoothie mix in the morning or drink a chilled bottle for a quick pick me up in the afternoon.

While drinking a bottle, I asked Doug’s opinion after he tried it. He said, “I wouldn’t

call it VFusion, I’d call it *Con-fusion*. Is it a vegetable? Is it a fruit? It’s like a tomato, it just can’t decide.” I really don’t know what he meant by that. When I asked him to elaborate on the taste he said, “It’s not bad.” as he drink the rest of my bottle down.

I’m sold on this product. And I’m highly recommending it, especially now for the summer. Pack it in a bag or keep it in your desk at work. It’s light, refreshing, and healthy for you with a crisp, sweet flavor that I’m sure you’ll enjoy as much as I do. Oh, and it’s low in sodium too.

## Take It Outside!

### SUNDAY 6/01

#### RUN FOR THE ZOO

8am 5k 10k  
Special Events Management  
773-868-3010  
mail@chicagoevents.com  
chicagoevents.com

### SATURAY 6/07

#### TAKEDA WONDERGIRL

5K 9am Kelly O’Brien  
312-266-8200  
gotrchicago.org



### URBAN DARE CHICAGO

**RUN** 12pm Approx. 6 miles  
Kevin Keefe 202-828-5529  
kkeefe@urbandare.com  
urbandare.com

### SATURDAY 6/07/08

#### RIDE FOR AIDS CHICAGO

6am 180miles  
Rhett Lindsay 773-989-9400 233

#### BIKE TO WORK WEEK

7am Chicagoland Bicycle Federation 312-427-3325 251  
btww08@biketraffic.com

### SUNDAY 6/08

#### SAN JUAN 8K

8am Universal Sole  
773-868-0893 universalsole.com

### SATURDAY 6/14

#### Alderman JoAnn Thompson Sherman Park Criterium

Brian Stockmaster  
312-296-1947 xxxracing.org

### FRIDAY 6/20

#### LE TOUR DE SHORE

7:30am 90 miles 2 days  
Steve Coughin 708-261-2905  
letourdeshore@yahoo.com

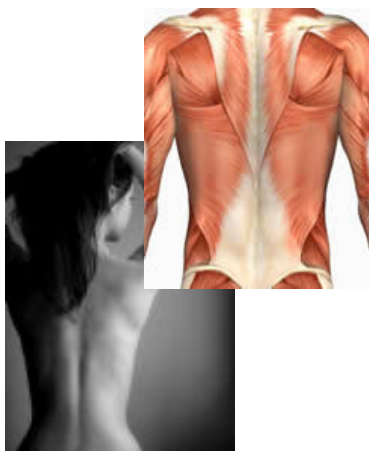
## Exercise of the Month ~ Back Extensions

Your lower back, aka Erector Spinae, supports your upper body and affects almost every activity that you do. It’s important to exercise this part of the body to prevent back pain, keep your vertebral spine aligned and to loosen tight or sore muscles caused by sitting on a chair all day. Back extensions are not only the best exercise for strengthening your lower back but they are probably the easiest

exercise to do as well.

To begin, lie on a rug or a mat with your stomach to the floor. Keep your arms and hands flat at your sides and legs extended. Slowly raise your head, shoulders and as much of your torso as far as you can but be careful not to over-extend your back. If you rise to the point where you feel comfortable but challenged you will receive the maximum benefit.

Remember to tighten your glute muscles when lifting yourself from the ground and concentrate on working the lower back. Now slowly lower yourself back to the floor. Don’t forget to breathe. Do about 2 sets of 12-24 reps, 2 to 3 times per week and you’ll have a shapely, strong back that will be able to support you in all your daily activities.



## Healthy Eats & Recipes

We've all heard of the benefits of eating more fish. But do you really know which fish are the healthiest? According to Men's Health April 2008, deciding between fresh or frozen, wild or farmed, local or imported can be more complicated than string theory.

But to make your grocery shopping much easier, they analyzed a dozen of the most popular fish choices and ranked them from first to worst. Their favorites are rich in Omega 3s, low in mercury, PBCs and dioxins, and ecologically sustainable. So take note, and try the hearty and healthy fish soup given below. It delicious and only takes about 30 minutes to make!

<b>Fish</b>	<b>Omega -3s (mg per 3oz serv.)</b>	<b>Protein (g per 3oz serv.)</b>	<b>Contaminants</b>	<b>Environmental friendliness</b>
Wild Alaskan Salmon	1,253	18	Low	+ +
Farmed Rainbow Trout	838	18	Low	+ +
Pacific Halibut	444	18	Low	+ +
Farmed Catfish	391	13	Medium	+ +
Farmed Tilapia	185	17	Low	+ +
Yellowfin Tuna	207	20	Medium	+
Farmed Salmon	1705	17	High	
Mahimahi	104	16	Low	+
Swordfish	701	17	High	+
Grouper	227	16	Medium	
Atlantic Cod	166	15	Medium	
Chilaen Sea Bass	570	16	Medium	



4 large carrots thickly sliced  
 1 red onion thinly sliced  
 5-6 sprigs of thyme  
 1 tbsp olive oil  
 1 box veggie broth (or lowfat chicken broth)  
 1 can diced tomatoes  
 1-2 cups broccoli florets  
 2 fillets of Tilapia or other dense white fish chopped in large chunks

3 ears of corn with kernels cut from cobs  
 2 limes halved  
 black pepper to taste  
 pinch of sea salt

In a soup pot, sauté carrots, onion and thyme in olive oil for about 5 minutes on medium heat. Increase heat and add veggie broth, can of tomatoes, broccoli florets, cut fish and corn kernels. Bring to a boil for 3-5 minutes. Lower heat and let simmer for another 10 minutes. To add a little heat throw in a whole jalapeño pepper while cooking.

Right before serving add a dash of black pepper to taste and serve with lime halves and a pinch of sea salt.

## How Much Wine Is Too much?

I read my clients food logs and am always pleased to see the changes toward better food and drink choices. But often I come across 2 or more glasses of red wine a day in their diaries. Questioning them about this I almost always hear “ Well I figured if one is good for me, two must be even better!” But according to clinical studies, reported in Health Magazine May 2008, 2 glasses aren't as healthy as we thought. ...Here's the lowdown on what's too much and what's 'just right.'

### ONE GLASS

- Reduces heart attack risk
- Cuts inflammation
- Protects memory
- Guards against osteoporosis
- Keeps you thin

### TWO GLASSES

- Causes bone degeneration
- Raises odds of diabetes
- Increases lung cancer risks
- May lead to addiction
- Boosts breast cancer risk in women

## *Osteoporosis Prevention: What Kind of Exercise Is Best?*

Bones love to work hard. The worst thing for bones is a zero-gravity environment followed by bed rest. A sedentary lifestyle is also detrimental because bones use the ‘use it or lose it’ philosophy. Bones respond to force by laying down more mineral and strengthening their structure to accommodate increased loading. Thinking about the forces produced by physical activities can help you to understand what kinds of exercises cause the greatest adaptation in bone tissue.

### Dynamic exercise

Activities that produce constantly changing forces result in more strength improvement than continuous force. Walking and running, with the striking of the foot on the ground alternating with cessation of force, are examples of dynamic exercise when talking about bones. Cross-country skiing, rowing machines and elliptical trainers generally do not deliver large changes in force. While these activities provide terrific

cardiovascular stimulation, they do not have as great an impact on bone strength. Similarly, wearing a weighted vest to perform low-intensity activity does not provide much bone stimulation. Jumping in a weighted vest, however, exerts a great deal of bone stimulation.

### High impact and high-intensity exercise

Lifting heavy weights causes more bone adaptation than lifting lighter ones. Running exerts greater force than walking. Jumping, hopping and skipping provide more impact than running.

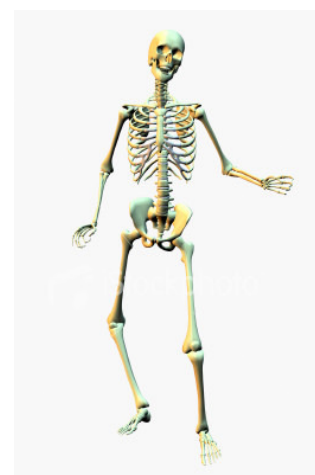
High-impact aerobics classes often include jumping moves in many directions. Step aerobics and running stairs also provide good impact. Plyometric training incorporates high-impact work of variable directions and resistances.

What if these high-impact activities are out of reach for you? Simply increasing walking pace increases the force your body receives as you take steps.

So, if you can walk, walk a little faster. If you can walk fast, start running. Take the stairs more quickly and add heavier weight to your workouts.

### Bones need a healthy environment

To build bone strength, you must also consume adequate calories, protein, and enough calcium, potassium, magnesium, and vitamins D and K. Plenty of fruits and vegetables provide good nutrition, and help build a good environment for bone growth. The worst things? Smoking, excessive alcohol, and excessive protein intake.



## *Pump Up the Volume*

Download these tunes to your MP3 player to rev up your next cardio session. Studies show that music enhances the quality of our workouts. Turn it up and plug in to a healthier you!

**Beautiful Day** ~ U2

**Bodyrock** ~ Moby

**No More Drama (Thunderpuss Remix)** ~ Mary J. Blige

**Ray of Light** ~ Madonna

**Free Your Mind** ~ En Vogue

**Dreams** ~ The Cranberries

## *Costly Kicks Unnecessary*

From flashy sports cars to name brand clothing, when the numbers on the price tag skyrocket, it is often assumed that value follows. It's not necessarily true for running shoes, says a small study published online ahead of print in the British Journal of Sports Medicine (2007; doi:10.1136/bjism.2007.038844).

The focus of the study was "to determine if more expensive running shoes provide better cushioning of plantar pressure and are more comfortable than low cost alternatives from the same brand. "

Using a Pedar™ in-shoe pressure measurement system to assess pressure from under the heel, across the forefoot and under the big toe, analysts gathered results for low, medium and high cost shoes. The scientists then did a follow-up study involving 43 participants, who were unaware of the price points, to evaluate the shoes' performance during walking and running on a treadmill. The outcome determined that low end medium cost running shoes in each of the three brands tested provided the same, **if not better**, cushioning of plantar pressure as high cost running shoes. No difference was discovered between walking and running.

## *Try It ~ Buy It*

**Studio E H2O Bottle** I thought water bottles were all the same until I started shopping around for a bottle to put my logo on. I found large ones, compact ones, some with straws and some with straps. But none of them were very useful for anything other than carrying water. Then this bottle caught my eye. It holds a full 19oz of water and has a flip top cap like some other styles, but it also has a compartment in its belly and can hold your keys, your ipod, cell phone, or money! Many of my workout clothes don't have pockets and I'm always left carrying loose stuff in my hands but now all I have to carry is my bottle of water! Genius! Get yours at Studio E for \$9.95.



## *10 Healthiest Cereals*

We all know that a good breakfast is essential for good nutrition. But how often do we settle for just donuts and coffee? Below you'll find the 10 healthiest cereals that are high in nutrients, whole grains and fiber and low in sugars, fat and preservatives. In a pinch, sprinkle a handful on top of yogurt or grab a dry serving in a sandwich bag for a healthy low-sugar snack.

- Kellogg's Kashi GoLean
- Kellogg's All Bran Bran Buds
- Kellogg's Product 19
- Barbara's Shredded Spoonfuls
- General Mill's Cheerios
- Kellogg's Complete Oat Bran Flakes
- Post's Grape Nuts
- Health Valley Organic Oat Bran Flakes
- Nabisco's Shredded Wheat n' Bran 100% Natural Whole Wheat Miniweats
- General Mill's Total Whole Grain Cereal



## *Trainer's Tip*

Every report you read states that you should have between 40-60 ounces of water a day, everyday, for optimal health. But water can be tasteless and unexciting. So to liven up the flavor and boost your antioxidant intake try putting a whole package of fresh raspberries in your water pitcher. You'll taste a delightful infusion of fresh berries and reap the benefits of their nutrients. Don't like raspberries? Try cucumbers, lemon slices, or blueberries. Leave them in the pitcher for as long as a week, and enjoy a refreshing and healthy alternative to plain water.