

FEBRUARY  
2008

# Smarter Bodies

Volume 8 Issue 2

Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

## Nutrition & Motivation Seminar



THE  
BIGGEST  
LOSER



Nicole from the  
2007 Biggest  
Loser



Smart Bodies *MOST  
SUCCESSFUL STORY*  
Billy D

**Nutrition Tips from  
Nutrition Work's  
Marty Reynolds  
&  
Smart Bodies  
Bristol Jenkins**

**February 23, 2008**

**1:00 PM**

**Marlton Smart Bodies**

**FREE ADMITTANCE**

**See the Front Desk to Register  
ALL ARE WELCOME  
BRING A FRIEND**

# **FREE FILE OF THE MONTH**



## **AirSet is a survival kit for busy people.**

AirSet uses a suite of Web and mobile applications, similar to those found in Personal Information Managers, but designed instead to be shared within groups such as families and work teams rather than solely by an individual. Shared AirSet applications include a: Calendar, Address Book, Lists, Files, Blog and WebLinks.

## **Airset.com**



# **Quote of the Month**

*“Never eat more  
than you can lift.”*

Miss Piggy

## **Stomach Full? Brain May Not Know Overweight People's Brains Seem Slow to Sense Satiety**

Overweight people's brains may not know when their stomachs are full, a brain scan study suggests.

The findings come from Gene-Jack Wang, MD, of Brookhaven National Laboratory, Nora D. Volkow, MD, director of the National Institute on Drug Abuse, and colleagues. These researchers have used real-time brain scans to explore addictive behaviors. They're also looking at interactions between eating behaviors and brain function.

In their new study, Wang and colleagues had 18 adult volunteers swallow balloons -- sections of latex condoms tied off with unwaxed dental floss -- attached to a long tube. Once the balloons were in the patients' stomachs, the researchers filled them with body-temperature water. The idea was to simulate eating enough food to fill the stomach.

While the balloons were being filled, the researchers scanned the patients' brains. At various times during the experiment -- when the balloons were partially or fully filled -- the patients were asked how full they felt, how uncomfortable they were, how hungry they were, and how much they wanted food. The patients had not eaten since 7 p.m. the night before the experiments, which were conducted between 11 a.m. and 1 p.m.

Perhaps not surprisingly -- as they had a tube going down their throat -- the patients reported only a little less hunger and a little more desire for food when the balloons were full.

Interestingly, the thinner the subject, the more likely that person was to report feeling full when the balloon was full. The heavier the patients, the less likely they were to feel full with a filled water balloon in their stomachs.

Filling the balloon triggered a response in the amygdala, the part of the brain that controls emotional responses -- and possibly feeding behavior. Removal of a specific part of the amygdala causes animals to eat uncontrollably.

Interestingly, the left rear amygdala became active when patients reported feeling full.

"This study provides the first evidence of the connection of the left amygdala and feelings of hunger during stomach fullness, demonstrating that activation of this brain region suppresses hunger," Wang says in a news release.

Wang went on to suggest that possible treatment options for obesity might include brain surgery.

"Our findings indicate a potential direction for treatment strategies -- be they behavioral, medical, or surgical," he says.



# SMART RUNNING

## How To Choose The Right Running Shoes for Overpronators



Choosing the right running shoes is a major consideration for runners. The wrong shoe can do unwanted damage to the feet and cause serious pain in other areas.

Basically, there are three types of foot motion called pronation. Pronation is a natural movement based on how the feet adapt to the surface when the foot hits the ground. A certain amount of pronation is natural, as I said, but overpronators have specific problems to consider.

Overpronation can result in several painful problems including flat feet, shin splints and hammer-toe. Whether you develop any of these conditions is dependent on how severely your overpronation is and what type of shoe you wear.

If you are unsure whether you have pronation issues, here is a simple test you can do your self. Take a piece of paper towel and lay it on the ground. Wet the bottom of your foot and step on the paper towel. An overpronated footprint will have very little arch showing. Another way is to stand still and look at your bare feet. Overpronation will cause the ankles to turn inward when bearing weight.

Also, your shoes will show wear mainly on the inside side of the shoe.

As a result of this, there are a couple of things to look at when picking out running shoes. First, consider what type of running you do. If you run

every day, you may want a really good technologically advanced shoe. These are fairly expensive and are constructed with orthotically designed padding and support features. However if you are a “weekend warrior”, all you will need is a basic supportive shoe that fits properly.

Next consider how the shoe fits your foot. A good fit will leave about ½ inch between the end of the great toe and the front of the shoe. I would suggest going to a local shoe store and having one of the assistants there size you up.

Now you are ready to choose the type of running shoe. The three major points of shoe construction are stability, motion control and support. For overpronators, motion control and stability are vital features in a running shoe. Since the ankles tend to turn inward when bearing weight, stability is very important.

Motion control is needed when the feet strike the ground during running. Support is also important as it helps alleviate the formation of flat feet.

Another consideration is the shape of the shoe. Shoes are made with three distinct shapes: straight, curved or semi-curved. Overpronators need a straight shoe for optimum stability and support to avoid injury.

If you take all these factors into consideration, you should be able to get a running shoe that will help you run and live painlessly. Choosing the right running shoe to deal with overpronation is a vital step towards future foot health.

If you think you may have serious pronation issues, talk with a podiatrist for advice.

## 2 Tips for Post-Workout Pain Relief... Without Drugs!

Want to decrease the level of muscle pain you experience after your workouts without using painkillers like aspirin and ibuprofen (Advil)? Besides the fact that these and pretty much all painkilling drugs can have seriously bad side-effects, there's also evidence that they can lower the benefits you get from your workouts (including blunting the muscle-building effects of weight training).

So how do we minimize post-workout muscle soreness without the use of drugs? Here are two methods you might want to try:

**Caffeine** -- A recent study from the University of Georgia showed that taking caffeine (the equivalent of about two cups of coffee) can significantly cut post-workout muscle pain in many people, especially those who rarely drink caffeinated beverages. The results showed that caffeine can reduce pain by almost half and was more effective than most common pain relievers.



Since caffeine is also a great energy booster and performance enhancer -- as well as an effective fat-burner -- you might want to think about taking it before your workouts. Just remember that caffeine also can have some negative side-effects. And, if you do choose to boost your caffeine intake for its fitness-related benefits, be sure to avoid all caffeinated products on the days you don't workout. That way you'll give your body a "rest" from the stimulating effects of the drug and get better results when you use it.



**Ribose** -- Evidence shows that taking the simple sugar ribose can reduce exercise-induced muscle soreness as well as prevent cramping during workouts. Taking just 3 - 5 grams of ribose dissolved in a glass of water before exercising can make a big difference in how you feel in the hours and days afterward.

Pure ribose can be found in most supplement stores and is recommended by several fitness experts and personal trainers. It's a great natural pain-relieving alternative for anyone who wants to avoid synthetic drugs and who don't like (or don't tolerate) taking caffeine supplements.

## Checklist: Your Low-Cholesterol Diet 9 Food Tips to Lower Cholesterol

A low-cholesterol diet is one of the surest ways to improve heart health. In fact, studies show you can slash your bad cholesterol by as much as 10% to 20% by giving your diet a makeover. The secret? Follow a diet rich in healthy fats like vegetable oils and fish. And avoid foods high in saturated fats and trans fats. How do you know which foods keep your cholesterol low? Here are nine tips to help you get started.

Look over the TLC diet and make a shopping list of your favorite cholesterol-lowering foods.

\_\_\_ Stock your pantry and your refrigerator with the right foods for a low-cholesterol diet. Buy your favorite canned or dry beans, fresh fruits, whole grains, vegetables, and vegetable juice.

\_\_\_ For a low-cholesterol diet, toss the butter, trans fat margarines, and polyunsaturated oil. Replace them with canola oil, olive oil, or plant sterol spreads.

\_\_\_ Look for products specifically created for low-cholesterol diets, like Minute Maid HeartWise orange juice and Benecol, Promise, Smart Balance, and Take Control margarines. These foods have been fortified with plant stanols and sterols that help to block the absorption of cholesterol.

\_\_\_ Start your day with oatmeal. Experts agree this is one of the top cholesterol-lowering superfoods.

\_\_\_ Try a cholesterol-free egg substitute instead of whole eggs.

\_\_\_ For a tasty low-cholesterol dish, switch out the cream sauce on your fettuccine for lightly stir-fried vegetables.

\_\_\_ Instead of using butter to keep your pan moist while cooking, use white wine vinegar. It doesn't change the flavor of foods and doesn't add fat -- a key to low-cholesterol cooking!

\_\_\_ Don't lean on butter, sour cream, and other fatty additives for flavoring. Instead, reach for the spices -- either while cooking or at the table. Liven up your dishes with oregano, basil, parsley, rosemary, thyme, cilantro, coriander, or cumin.

# Recipe of the Month

## Almond Drop Scones

**Serves 6**

### Ingredients

¼ cup almond flour  
¼ cup flax meal  
¼ cup whole wheat flour or rice flour  
¼ cup whey protein powder  
½ tsp baking powder  
1 tablespoon granular sucralose (Splenda)  
3/8 teaspoon salt  
3 tablespoons cold butter, cut into small chunks  
1 tablespoon Thick n Thin not Sugar product  
1 egg  
1/3 cup half and half



### Directions

1. Mix all dry ingredients together in a bowl.
2. Cut in the cold butter chunks until the dry mixture resembles coarse meal (your fingers work well for this).
3. In a separate small bowl, beat the egg and combine it with the milk. Pour the milk and egg mixture into the dry ingredients.
4. Mix with a fork until just combined.
5. Drop by heaping tablespoons onto greased or parchment-lined baking sheet.
6. Bake 12-15 minutes at 375 to 400 degrees (depending on your oven) until done.
7. Serve warm with butter.

**Nutritional Facts 9.9 total carbs 3.8 fiber 6.1 net carbs 206 calories 12.1 protein**

## 6 Tips to Ease Exercise Heartburn

*Is your heartburn triggered by running, aerobics, or other forms of exercise?*



You exercise to feel the burn -- but not that kind of burn. Muscles, yes. Stomach, no. But when you go running, do aerobics, or go to a spinning class, there it is: heartburn. It's not just your legs that are churning, it's last night's dinner as well, churning right up into your throat. Your exercise heartburn has even made you hesitate

to work out and made you wonder: What's going on here?

What Causes Exercise Heartburn?

Exercise can trigger heartburn if the LES muscle (the lower esophageal sphincter) is weak or too relaxed, and food or stomach acid "burps" back up from your stomach into your esophagus.

Exercise-induced heartburn can also be triggered by certain foods -- especially spicy foods like tomato sauce, acidic foods like orange juice, carbonated sodas, coffee, chocolate, and alcohol. These are the most common triggers for heartburn, according to the American Gastroenterological Association (AGA)

### 6 Tips When Exercise Triggers Heartburn

You don't need to give up exercise to avoid heartburn. Instead, try these tips:

1. Problem-solve your diet. Do some simple problem-solving, says Tara O'Brien, PharmD, a pharmacy manager at Pharmaca in Seattle, a national, integrative pharmacy combining Western medicine with self-care. "Specifically, do you eat relatively quickly before going for a run? And what types of food?" Cut out the offending foods -- and hold the triple mochas before running.

2. Eat something soothing before exercise. "Some people eat a yogurt before a run and don't experience any problems, while the next person may eat yogurt and experience the worst heartburn ever," says O'Brien. "Experiment with foods to see if one thing aggravates it more than another." Good places to start? A banana, yogurt, small bowl of whole-grain cereal or toast.

3. Eat two to three hours before working out. Play with how long before you exercise to eat your light snack -- a half-hour, hour, 2 hours before -- and see which works best. Maybe you can eat a small snack an hour before

exercise with no problem. Or you may need to eat two to three hours before working out to give your stomach time to empty.

4. Rethink your workout. Certain kinds of exercise may trigger heartburn for some people more than others. Experiment to see whether certain workouts trigger heartburn more or less for you. Maybe you can take a spinning class or go hiking if high-impact aerobics or running hurt. Crunches and core work on a full stomach may have to go. Headstands and Downward Dog in yoga, which reverse the natural gravity of digestion, can also trigger heartburn; ask your teacher how to modify these inverted poses.

5. Try baking soda. Taking something for symptoms wouldn't hurt, says O'Brien. Several natural remedies exist, although they only provide temporary relief. Baking soda added to water can help neutralize and wash away stomach acids. Because baking soda may add more salt to your diet, it's best to speak to your doctor first before trying this remedy.

6. Try over-the-counter relief. In your local pharmacy, look for an antacid with calcium -- that's the ingredient that neutralizes stomach acid. "Chewing a Tums or taking a calcium-based antacid is very safe, so it would be worth a try," says O'Brien. Although these are fast-acting, symptom-relief antacids, it can't hurt to try one as a preventive measure before exercise.

### Exercise Heartburn: To Eat or Not to Eat?

No doubt you've often wondered: Should you eat before exercise or work out on an empty stomach?

"That depends on how much exercise you're going to do," says O'Brien. "You always want to have fuel." She advises at least having a light snack -- a banana would be perfect fuel for exercise -- unless you're going for a 20-mile run.

Call Your Doctor or Pharmacist If:

\* Your symptoms aren't relieved, no matter what you do.

\* You have chest pain, either triggered by exercise or not. Chest pain can be a warning sign of a mild heart attack. People having heart attacks have been known to dismiss their chest pain as "just a little heartburn."

So hold the coffee and orange juice before you work out, try yogurt or a banana an hour or two before exercise, and keep your headstands short to avoid heartburn.

# Dehydration and Cold Weather

## Life's Key Element

Water is by far the most important element for human survival, comprising 60% or more of our body weight. It serves a number of valuable, life-sustaining purposes. It provides an optimal medium for cellular reactions and metabolism, promotes passage of waste products and aids in temperature regulation. It is through these functions that the human body's fluid levels are governed. The body loses water through evaporation when we sweat and breathe, and through excretion as urine and in our feces. Of these, evaporation is the body's primary means for dissipating heat during exercise.



## Water and the Environment

Evaporation, and consequently its cooling effect, are regulated by air temperature and humidity. On hot, dry days, sweat is easily evaporated from the skin. When it is very humid, your body's ability to dissipate heat is greatly compromised since the air contains nearly as much fluid as your sweat and evaporation is reduced. The heat generated through exercise remains trapped in your sweat and tissues and raises your body temperature. Your body will continue to produce more and more sweat in an effort to reduce heat, leading to dehydration. Drinking fluids well before you ever feel thirsty can avoid this danger. A loss of only 2% of your body weight through fluid loss can have a detrimental impact on performance.

## Cold Weather

When it's cold outside, an athlete may not feel like he or she is sweating as much since there's a greater difference between body temperature and air temperature. When it's cold, humidity tends to be lower, and heat dissipates through evaporation more quickly. But an athlete's body continues to produce sweat. When exercising in cold weather, you will fare better by dressing in layers. This allows you to peel them off as you warm up, thereby promoting the evaporation of sweat. A bulky jacket can trap in heat by hindering evaporation, causing you to lose more water and risk dehydration.

Making sure you are properly hydrated during the colder months is just as important to effective training and peak performance.

## Why Belly Fat Hurts the Heart

*Belly Fat, Also Called Visceral Fat, Boosts Inflammation and Atherosclerosis, Say Scientists Studying Mice*



Belly fat tucked deep inside your waistline may be worse for your arteries than fat padding the rest of your body.

That's according to University of Michigan scientists studying the health risks of abdominal fat, also called visceral fat.

Here's what Miina Ohman, MD, PhD, and colleagues learned from their lab tests in mice:

- \* Belly fat appears to boost inflammation.
- \* Belly fat is linked to worse atherosclerosis (hardening of the arteries), which makes heart attacks more likely.

In those tests, some mice got a transplant of visceral fat. Other mice got a transplant of subcuta-

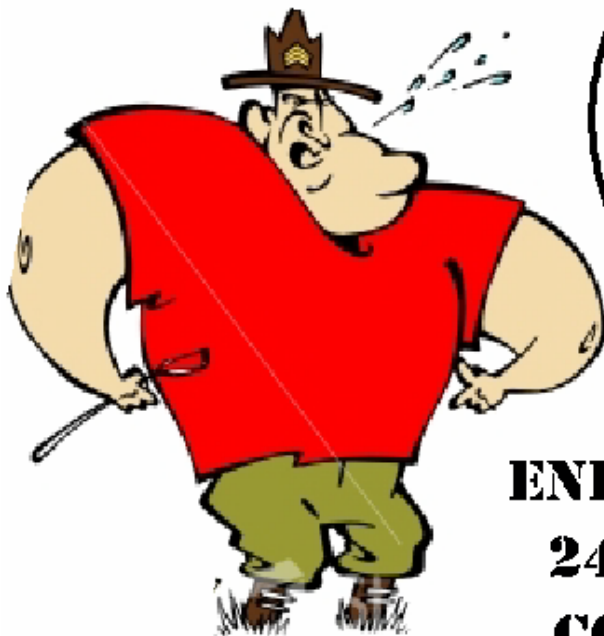
neous fat (which sits directly under the skin, not deep in the belly) or no fat transplant.

The bottom line: Visceral fat brought the most inflammation and the worst atherosclerosis.

After visceral fat transplantation, mice developed less severe atherosclerosis if their chow was laced with the diabetes drug Actos for 10 weeks. But Actos didn't affect atherosclerosis in other mice, and the researchers aren't ready to recommend any drugs for visceral fat.

Don't disregard the study, published online in *Circulation*, just because the tests were done in mice. Other studies have linked belly fat to health risks in people.

Belly fat does budge, but it takes work. Researchers have found that exercise is a must to get rid of belly fat. If you're not exercising already, check with your doctor before you start a new fitness plan



## BOOTCAMP!

FEBRUARY SCHEDULE

2/3

2/8

2/17

2/23

**ENLIST @ FRONT DESK**  
**24 HOUR CX POLICY**  
**COST: ONE SESSION**



# ***SMART CYCLING***

About 90 million American adults ride a bike at least once a year, nearly 30 million cycle regularly for recreation, and a few million even commute by bicycle, according to a recent article in American Demographics. Those numbers may rise in the next few years, thanks to federal legislation that encourages local communities to build cycling into their transit plans. That's good not only for the environment, but also for the nation's health, since cycling is one of the best forms of exercise around. It gives the heart and circulatory system a workout; it puts little stress on joints (except perhaps the knees); it can burn 400 to 700 calories per hour; and if you own a bike, cycling is free and can be done just about anywhere.

Here are some steps you can take to improve cycling performance, safety, comfort, and enjoyment:

1. Absolutely crucial: always wear a helmet. Of the nation's 800 annual cycling deaths, head injuries account for about 60%. If all cyclists wore helmets, perhaps half of these deaths and injuries—especially in children—could be avoided. Choose a bright color, and make sure the helmet fits properly. It should sit horizontally on your head and shouldn't move about.
2. Brake right. To exert optimal pressure, brake with your hands at the ends of the levers. For a quick stop, as you press the brakes firmly, slide your buttocks to the very back of the saddle. This will keep the rear of the bike down so that you don't flip over the handlebars.
3. On a long downhill, don't stay on your brakes. That may overheat the tire's rim and could cause a blowout. It's safest to "feather brake"—that is, tap the brakes, applying intermittent pressure. This is wise in wet weather, too.
4. Don't pedal in high gear for long periods. This can increase the pressure on your knees and lead to overuse injuries such as biker's knee. Shift to lower gears and faster revolutions to get more exercise with less stress on your knees. The best cadence for most cyclists is 60 to 80 revolutions per minute (rpm), though racers pedal in the range of 80 to 100 rpm.
5. Going uphill, shift gears to maintain normal cadence. On a long hill, conserve energy by staying in your seat.
6. When cycling at night or when visibility is poor, wear brightly colored, reflective clothing, and use your headlight. In fact, wearing bright colors is a good idea at any hour. Also consider a rear strobe-type light (attached to the bike or your belt) to enhance visibility at night.





## SMART GOLF TIPS AND TRICKS

### Add Flexibility to Add Consistency to Your Swing

Imagine every one of your shots in the middle of the fairway, every chip two feet from the hole, and every putt nailing the center of the cup. A consistent swing is what many golfers dream of when our heads hit the pillow.

The majority of us are aware that golf is a game that requires consistent shot making to be successful (and have fun). If we are hooking, slicing, and hitting our wedges fat, it can really start to get frustrating. Consistency is the key to hitting a low score and enjoying the game. So how do we get there?

First, let's do a little review of the golf swing. To hit the ball squarely on the center of the club head you must take the club through the proper swing path. A proper swing path will allow the club to align itself correctly with the ball to hit the shot you are trying to hit. For more advanced players this could be in the form of a draw, fade, cut, or some other variation. Higher handicappers will be happy with plain ol' straight shots. Either way, this process begins with your address, moves through your takeaway, into the backswing, on to the transition between backswing and downswing, into contact, and finishes with the follow through.

Quite a complex sequence of events for the body to perform! And we all know that if our timing is slightly off, or we are just a little off mechanically, disaster is the result.

Knowing that a consistent swing requires the execution of these complex moves over and over again is mind-blowing. But let's get back to our question: how do we develop a

consistent golf swing? The answer is two-fold, and I imagine most golfers are aware of the first point but probably only a few are aware of the second. The keys to a consistent swing are: 1) efficient golf swing mechanics and 2) the body.

#### **Golf Swing Mechanics**

Golf swing mechanics is probably the easier of the two areas to understand. It is the reason we take golf lessons and practice at the range.

Beginning at address, moving through all the stages of the golf swing, and finishing with the follow through, the body is required to move through a specific sequence of movements to perform the golf swing correctly. If the body does not move through this sequence properly then the result will be a poor, inefficient and awkward looking swing. Over time, a poor swing results in poor consistency (every once in awhile you hit a good shot regardless of your swing, that's what keeps us coming back for more). An easy example of this is when you "come over the top" with the club, which usually results in a slice.

In addition to the body performing an intricate number of biomechanical movements in the golf swing, timing of these movements is critical for you to hit the ball successfully. Each and every biomechanical movement within the golf swing has a certain sequence and timing. If they are not performed in the correct order or timing, then the golf swing will not be efficient. Poor timing results in those wonderful slices, snap hooks, chili dips and topping the ball that we know all too well.

Now, how do we improve on the mechanics of the golf swing? I would have to say it is through two things:

- 1) Proper instruction. Find a good teacher and stick with that teacher. Most of the pros do, why not you?
- 2) Practice, practice, practice. As they say, "practice makes perfect," and I believe this is true when it comes to the golf swing.

# Are You a Workaholic?

*You might as well face it -- you're addicted to work. Could your workaholism be hurting you?*

On the seventh day, even God rested.

But for workaholics, the day of rest never comes. There is always one more email to read, one more phone call to take, one more critically important trip to the office that can't wait until Monday. Weekends? Holidays? Family? As the uber-workaholic Ebenezer Scrooge put it, "Bah, humbug!"

"It used to be that I never went on vacation without my laptop and a couple of beepers," says George Giokas, who describes himself as a "reformed" workaholic. When he was starting his company, StaffWriters Plus, in the pre-BlackBerry mid-1990s, Giokas spent more than a few late nights and nearly every Saturday at the office, he tells WebMD.

As he confessed to the online edition of Business Week in 1999, "I've struggled with the weekend issue many times, trying to figure out why I absolutely have to work then. It must be ingrained in me to the point of being a kind of addiction -- like going to the health club every day. If I miss one day, I feel awful."

But Giokas has since learned that the problems that pop up when he's away from the office will still be there when he gets back, and that what happens in the office stays in the office.

"I'm not the sort of person to bring home problems," he says, "and I don't dwell on issues. I get a pretty good night's sleep."

**Workaholism: A Life Out of Balance** Not every workaholic, however, is able to achieve the balance that Giokas has found.

Justin Blanton, who practices law in California's Silicon Valley, tells WebMD that he is a workaholic and that the problem has only gotten worse in the four years since he wrote the following on his blog:

"Whether I'm reading a Harry Potter book on my PDA while waiting in the deli line, checking email on my phone as soon as my date makes for the ladies room, or heading back to my computer each commercial break (no TiVo... yet) -- I'm always checking something."

"It's gotten worse in the sense that it hasn't let up at all, and I feel more compelled to be busy," Blanton says today.

In a culture that prizes work ethic, overachievement, and financial success -- where gazillionaires such as Warren Buffett and Bill Gates are household names, and Donald Trump has his own television show -- people who are addicted to working are seen by outsiders as smart, ambitious, and entrepreneurial.

"The system is almost built to reinforce workaholics," says Simon A. Rego, PsyD, associate director of psychology training at Montefiore Medical Center in New York City. "Those are the people who end up getting positive job evaluations, get opportunities for promotion, and see themselves getting bonuses or raises. It's almost like the system has a built-in model to give them free hits of what they're addicted to."

Even when out of the office, workaholics can satisfy their cravings with cell phones, PDAs, laptops, and WiFi, which ensure that work need never be out of reach.

## **Workaholism: A Life Out of Balance continued...**

But blaming technology for workaholism is like blaming the supermarket for food addiction or the corner liquor store for alcoholism, says Bryan E. Robinson, PhD, author of *Chained to the Desk: A Guidebook for Workaholics, Their Partners and Children, and the Clinicians Who Treat Them*.

Robinson and other clinicians who treat patients for work-associated stress say that working hard and having easy access to work does not automatically make someone a workaholic. "It's important to understand the context," says Edmund Neuhaus, PhD, director of the Behavioral Health Partial Hospital Program at McLean Hospital in Belmont, Mass. "If you're working to the exclusion of your family, your marriage, other relationships, and your life is out of balance, or your physical health is out of balance -- when work takes an exclusive priority to everything else, that's the more extreme end of the spectrum where it becomes a problem," said Neuhaus.

"The preoccupation with work is really at the core of what workaholism is," says Robinson, professor emeritus at the University of North Carolina, Charlotte, and a psychotherapist in private practice in Asheville, N.C. "I always say that the difference between someone who's a true workaholic and someone who's just a hard worker is that the workaholic is on the ski slopes dreaming about being back at work, and the hard worker is in the office dreaming about being on the ski slope."

Workaholism is remarkably similar to alcoholism in some ways. Just as an alcoholic will hide bottles around the house and drink furtively, for example, workaholics may try to sneak in work when they think no one is looking.

"It's something that I did in the throes of my own work addiction, and when I think about it now it sounds pretty sick," Robinson says. He once hid some work papers in his jeans after his family went through his suitcase looking for his secret stash while packing for a trip to the beach, he tells WebMD.

## **Other key signs of workaholism are:**

- \* Trouble delegating work (workaholics tend to be control freaks and micro-managers)
- \* Neglecting other aspects of one's nonworking life (like the dad who never has time to attend Junior's school play)
- \* Incorporating other aspects of life into work (such as trying to turn a hobby into a new business)

## **Workaholics: All Work and No Play**

A workaholic might seem to be every CEO's dream: an employee who comes in early, stays late, doesn't take vacations, and takes on mountains of work. But those very qualities may make the workaholic a poor candidate for employee of the month because they often have more work than they can handle effectively, don't delegate, aren't team players, and are often more disorganized than their less compulsive colleagues, Robinson says.

In addition, workaholics may refuse to take time off, even when their work performance is affected -- although here cultural expectations and financial realities may come into play. "People are afraid to take vacations because they're afraid that with all the downsizing and the economy being what it is that they'd be the first to go," Robinson says. "I train residents at McLean Hospital," Neuhaus says, "and I tell them, 'You have to take vacations. Go away. You're not going to be any good to me if you don't take vacations.'"

## **Are Workaholics Hurting Their Health?**

Like other forms of addiction, workaholism can have significant health consequences, experts say, including significantly higher work-related stress and job burn-out rates, anger, depression, anxiety, and psychosomatic symptoms such as stomachaches and headaches.

Despite the symptoms, workaholics may be in deep denial about their addiction, like a severely emaciated teen with anorexia who looks in the mirror and sees herself as obese.

Montefiore's Rego tells WebMD that workaholics often need prodding from family and friends to seek help when "the seesaw of life is tilted too much toward work."

One highly effective treatment is cognitive behavioral therapy, a form of psychotherapy focused on identifying and modifying negative thoughts and thought patterns. "The workaholic might have a set of beliefs about the value of work which are misguided," Rego says. "And if you can intervene cognitively -- not to correct or get rid of them, but just make them a little more rational -- you might see a change in the behavior and consequent stress reaction."

Robinson helps workaholics develop a self-care plan examining five aspects of their lives: work, relationships, play, self, and spiritual life. "This helps them see in black and white where their lives are lacking," Robinson says.

He also helps patients understand that they don't have to go cold turkey or quit their jobs, but find a balance in their lives and identify what's most important to them, whether it's family, friendships, religion, or beliefs.

Workaholics Anonymous, a national support group modeled on Alcoholics Anonymous and other 12-step programs, publishes on its web site a list of questions that can help you determine whether you are a certified workaholic or just unusually diligent. Positive answers to three or more of the questions may signal the need for help. The group hosts meetings around the country where people with similar problems can share ideas anonymously and provide support and solutions that will help them balance their lives.

## Will Lifting Weights Reduce Breast Size?



Many women will not lift weights because of the myths that surround the topic. You know the most common one: "Lifting weights will make me look like a man" which couldn't be further from the truth.

Another common one is that lifting weights will reduce breast size. Let's take a look at why this is a myth:

### **Breasts are made up of mainly fatty tissue**

This means that building muscle isn't going to cause your breasts to decrease in size. When you lose fat, you lose fat all over your body, not just in one area. Therefore, if any breast reduction occurs from weight loss, it will lead to the true size of your breasts being at your healthy weight.

### **Fat doesn't turn into muscle and vice-versa**

Many people believe that muscle and fat are the same thing. It is a common myth that not working out causes your muscles to turn into fat and building muscle is turning fat into muscle. They are two separate types of tissues in the body. Therefore, lifting weights is not going to turn fatty breast tissue into muscle.

### **What causes decreased breast size then?**

A decrease in body fat is what causes a reduced breast size. If your body fat is extremely low then more than likely your breast size will decrease. Unless you are a

serious competitive bodybuilder, your body fat shouldn't drop extremely low.

Women should not be turned off from lifting weights. If your goal is to lose weight, then lifting weights can be a huge help towards reaching that goal.

## A Jagged Little Pill



Watching the new season of NBC's *The Biggest Loser* may give me a heart attack.

Why? Because every other commercial seems to be pitching the "weight loss" drug known as Alli. And that sends my blood pressure through the roof.

You see, the commercials for the drug are appealing because they say that people who took Alli lost 50 percent more weight than those who only dieted. But let me put that in perspective for you: The study they allude to was conducted over 16 weeks, and the difference in weight loss between the two groups--both followed a low-fat diet--was only 2.8 pounds. In fact, the Alli group lost 7.7 pounds; the diet-only group lost 4.9 pounds.

That's right: A whopping 7.7 pounds in 4 months. What's more, the researchers didn't measure body composition so they don't report how much fat and/or muscle was lost. (By the way, there isn't anything wrong with that amount of weight loss--it's progress--it's just that you don't need Alli to accomplish it.)

But there's more: Alli blocks fat absorption. The idea is that the fat you eat won't be absorbed, so it automatically reduces calorie intake. Unfortunately, that can lead to a nasty side effect, too.

In the study commercial touts, 33% of the Alli users experienced at least one episode of "fecal urgency" compared to 11 percent taking a placebo. What's worse is that 22% of Alli-takers had at least one incident of "oily spotting" (dirty underwear!) compared to zero of those in the placebo group. You can't make this stuff up.

Keep in mind that blocking fat absorption isn't the answer to losing weight. Eating less food is, and fat is an important part of the human diet. After all, Alli isn't picky about what fat it blocks, so it also prevents you from absorbing omega-3 fatty acids, essential fats that most of us could use more of.

## Fitness Cuts Men's Death Rate

*Exercise Test May Trump Age, Heart Disease at Predicting Men's Mortality*



The fittest men tend to live the longest, regardless of age or history of heart disease, a new study shows.

The researchers' advice: Start and maintain "a physically active lifestyle consisting of moderate-intensity activities (brisk walking or similar activities)."

Of course, it's best to check in with a doctor first, if you have been on the sidelines for a while.

The new study appears in today's rapid access online edition of *Circulation*.

### **Men's Fitness Test**

Data came from exercise tests taken by more than 15,000 U.S. male veterans (average age: 58-60).

During the test, the men exercised until they were too tired to keep going -- without hanging onto the treadmill's handrails. Most of the men proved to be moderately fit. Highly fit men ranked second, followed by men in the low fitness category. Relatively few men were in the "very high" fitness category.

The researchers also noted the men's age, blood pressure, history of heart at-

tack, BMI (body mass index, which relates height to weight), and other factors.

The men were followed for 7.5 years. During that time, some 3,900 men died, with an average annual death rate of about 3%.

### **Fitter Men, Longer Lives**

The fittest men were the least likely to die during the study.

Performance on the exercise test was the best predictor of mortality, followed by age and heart disease. In other words, fitness mattered more than the men's age or heart history.

Compared to men with a low level of fitness, death rates were 50% lower for highly fit men and 70% lower for men in the "very fit" category.

The study has some limits. The men weren't assigned to exercise, and they weren't retested as the study progressed. So it's not clear if they became more or less fit as time passed.

Fitter men may also have had other traits working in their favor, though the VA's Peter Kokkinos, PhD, and colleagues considered many factors in weighing the data.

It's not clear if the findings apply to women. But reams of research show benefits from fitness for both sexes.

# **NEW AT SMART BODIES**

## **Boxing By Bristol**

### **One on One & Group Workouts**



Get as fit as a fighter without the bruises.

Heavy Bag, Hand Pads, Ab Conditioning

All in the form of Boxing Drills

30 Minutes One on One or

**NEW** 60 Minutes in a group class.

First Time 30 Minute One on One Trial Session ONLY \$15

Make Appointment at the Front Desk with Bristol



### Group Classes

Available Tuesdays from 6:30 to 7:30 PM

Same Prices as Personal Training Sessions

Just use one of your Sessions!

12 Hour Cancellation Policy

See Bristol for More Details

## **ATHLETES IN TRAINING**

Sports Specific exercises and drills geared towards

**Athletes of all Levels and Ages.**

**Speed. Power. Endurance.**

**Great for anyone who wants to improve their game.**

Available Fridays from 5:30 to 6:30 PM

Same Prices as Personal Training Sessions

Just use one of your sessions!

Cancellation Requirement 12 Hours



**Hey Smart Bodies PARENTS!—  
This is Great for your Student Athletes!**

See Garnell for More Details