

JUNE 2007

Smarter Bodies

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Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

Client Appreciation Party



Friday June 22
at
The Tavistock
Country Club

In Haddonfield

Cash Bar and Dinner

All are Welcome!

Live Music by

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& Brianna Moles



Invitations at the Front Desk - Proper Dress Required

FREE FILE OF THE MONTH

Pitaschio

Pitaschio adds lots of small customizable tweaks to Windows, allowing you to do things like add windows snapping, desktop borders (i.e., windows can't go outside your active desktop space), and lots of other handy little things.

URL

<http://pitaschio.ara3.net/index.htm>

Reminder

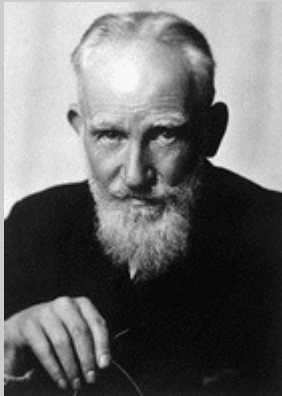
Please use a towel when using the benches and machines.

And please remember to return the towel to the hamper before you leave

BUY MORE SAVE MORE

30 Session packages are now available at Smart Bodies. The best price for personal training with No Contracts & No Memberships!

QUOTE OF THE MONTH



No diet will remove all the fat from your body because the brain is entirely fat. Without a brain, you might look good, but all you could do is run for public office. -- George Bernard Shaw



SMART RUNNING

Running in the Rain

Staying dry is usually hopeless. Staying warm isn't. Make it your business to avoid hypothermia.

- Don't wear cotton t-shirts in the rain. Many a novice marathoner can be seen struggling under the weight of a drenched, stretched cotton t-shirt weighing the equivalent of a choir robe. These tops cling, rub and weigh a gazillion pounds. Choose wicking Cool-Max tops instead. They're a little softer and don't hoard rain drops.
- If you're really in doubt about whether to wear a jacket or not, try one of those nifty jackets that folds up into its own pocket and converts to a waist packet. Better than the novice jacket- tied-around-the waist look, and much better than getting the chills.
- Most wet cotton socks are blister instigators. They bunch, wrinkle, crease and give your toes a wedgie. Pick an acrylic or polypropylene blend. Record in your log which socks are successful so on marathon day there won't be any doubts.
- Afford yourself little luxuries. A cap with some type of beak keeps the worst of the spritz off your face. Although it would probably fail in a mascara test.
- Be extra careful around car traffic. Although the impulse is to rush the crosswalk, wait for the signal. Cars and drivers have a lot less control on wet roads.
- Dry your shoes by removing the innards

and stuffing the body with newspapers to wick the moisture out of your gear. Don't put them on a radiator or in the oven.

This was a favorite trick of my Mom's. There's nothing quite as memorable as the aroma of smoldering rubber oozing from a forgotten pair of shoes inside a heating oven.

- Keep those gorgeous runner's legs warm too! Tights usually do the trick. Heavy rain requires water-repellent pants. You'll be warm, but the fabric swish swish sound of the legs rubbing together may drive you a little buggy.
- Save the Gortex clothing for cold, wet weather. It's too warm for non-winter wear. Water and wind-repellent clothing suffice most the rest of the year.

Avoiding Hypothermia

- Run the first half of the workout running against the wind and the second half with a warming tailwind that wraps body heat around you like a blanket.
- Wear a hat and gloves.
- Wind-chill is a factor in all seasons. Wear a nylon windbreaker type-shell or other jacket to keep the wind out and your body heat in. A vented, breathable jacket is the most comfortable.
- Listen for the warning sound of approaching cars spewing mud and hurry up onto the curb to avoid an icy mud bath.
- If convenient, try changing into dry clothes a few times during a run.
- Run a loop course if conditions are bad. Better not to be far from home. Just in case, carry enough money for a cab ride, phone call or emergency hot chocolate.

Company Touts Over-The-Counter Diet Pill



You won't lose weight in your sleep or shed pounds while eating anything you want - that's the sobering message from the maker of a weight loss pill poised to hit shelves next month. GlaxoSmithKline on Tuesday opened an educational exhibit in New York City to prepare the country for alli, the first over-the-counter diet pill approved by

the Food and Drug Administration.

While the cautionary marketing approach may not trigger stampedes to the counter, analysts say the drug's fate hinges on the pharmaceutical giant's ability to convince people that diet pills aren't a magic bullet.

"People's hopes are ridiculously high when it comes to diet pills. That leads to disappointment and bad word of mouth," said Steven Brozak, an analyst with WBB Securities.

That's just what happened to the prescription version of the drug, Xenical by Roche Holding, which contains twice the dosage. People were let down when it failed to deliver dramatic results and the drug never really caught on, Brozak said.

GlaxoSmithKline has apparently learned the lesson and is counting on alli to become a star money maker. The company is spending \$150 million on marketing alli this year, making it one of the drug maker's biggest campaigns to date.

"We've done everything to go out of our way to be honest," said Steve Burton, vice president of the weight control division at GlaxoSmithKline Consumer Healthcare. "We're taking a very different approach than the fad diets people are constantly exposed to."

In clinical trials, the FDA says that people using alli lost an additional 2 to 3 pounds for every 5 pounds lost through diet and exercise. The FDA approved alli to be sold over the counter in February.

When taken with meals, the drug blocks the absorption of about one-quarter of any fat consumed. That fat - about 150 to 200 calories worth - is passed out of the body, potentially resulting in loose stools.

About half of patients in trials experienced gastrointestinal side effects, including leakages and oily discharges. GlaxoSmithKline is frank about those unpleasant effects, which it says can be controlled if the drug is used properly. The campaign stresses the importance of keeping meals under 15 grams of fat to avoid effects.

Educational materials even recommend people start the program when they have a few days off work, or to bring an extra pair of pants to the office. Experts say a failure to adequately prepare consumers about the effects contributed to Xenical's limited success.

The alli event comes a day after the company's shares dropped almost 8 percent when a report this week found the company's widely prescribed diabetes pill raised the risk of heart attacks and possibly death. Some experts called it another Vioxx-like example of the U.S. government failing to protect people from an unsafe drug. Glaxo shares rose 1.4 percent to \$53.90 on Tuesday. Alli only affects the digestive system, Glaxo says, and is the only safe over-the-counter diet drug that's been shown to work.

The company estimates 5 million to 6 million Americans a year will buy the drug, translating to at least \$1.5 billion a year in retail sales.

The drug will come in "starter kits" containing a food journal, a healthy eating guide and a fat and calorie reference guide. A 60-capsule kit will cost about \$50 while a 90-capsule pack will cost about \$60. Recommended usage is one to three pills daily.

Labeling indicates alli is appropriate for anybody who is overweight, or has a body mass index of 25 or higher. A body mass index over 30 is considered obese.

Two-thirds of the U.S. population is estimated to be overweight or obese.

Just how many people find alli's benefits worth the cost of the drug is the "million dollar question," said Kelly Brownell, a food policy researcher at Yale University. Diet drugs don't deliver the big results most people expect, and are only effective when used along with diet and exercise, Brownell said.

The alli exhibit in New York City - featuring plates with sensible portion sizes and an interactive Web site - encapsulates the drug maker's marketing emphasis on that need for diet and exercise.

To prepare for alli's launch in mid-June, the company ran television spots directing viewers to a Web site where they could learn more about the drug. A retail book was also made available. The idea, Burton said, was to give "people some pause" and time to learn about the drug.

The message that alli isn't an easy fix marks a step in the right direction for pharmaceutical companies, said Michael Santoro, a professor of business ethics at Rutgers University.

"One of the things we've seen so often in advertisements is that a drug can be an alternative to a healthy lifestyle," Santoro said.

Still, he questioned whether a diet drug had any role in a campaign about healthy lifestyles.

Reminder

Please use the lockers for a change of clothes. If you only have one item, please hang it on the coat hooks provided on the back of the lockers.

Recipe of the Month

Quick and Easy Low Fat Breakfast Wrap

INGREDIENTS:

- 1 whole egg*
- 2 egg whites*
- 1 low fat flour tortilla
- 1 tbsp reduced fat shredded cheese



PREPARATION:

Whisk egg and egg whites together in a small bowl. Cook eggs in a small nonstick skillet until desired consistency. Spoon egg along center of a tortilla wrap warmed between two damp sheets of kitchen paper for 10-15 seconds in the microwave.

Sprinkle cheese on top of egg and roll up.

* You can use 1/2 cup egg substitute if you prefer

Serves 1

Calories 235, Calories from Fat 57, Total Fat 6.4g (sat 2.4g), Cholesterol 216mg, Sodium 570mg, Carbohydrate 25.6g, Fiber 2g, Protein 18.9g

With Egg Substitute: Calories 160 calories, Calories from Fat 12, Total Fat 1.4g (sat 0.9g), Cholesterol 5mg, Sodium 513mg, Carbohydrate 25.3g, Fiber 2g, Protein 11.7g

OLYMPICS SPONSORS

If you sponsored the Smart Bodies Olympics for Autism and the IRT youth community center - please see the Front Desk to finalize your contribution.

Donations are still being accepted.

10 Simple Rules for Stronger Living



DO: Something. If there's anything exercise scientists agree on, it's that you get the biggest health benefits when you go from doing nothing to doing just about anything.

DON'T: Do stuff you hate just because you think you have to. Nobody ever went soft because he lifted weights when he should've been jogging or

jogged when he should've been rowing.

DO: Your cardio after your strength workout, not before. You won't wear yourself out, and you'll dip into fat stores faster because you've already burned off some muscle glycogen.

DON'T: Skip the cardio just because you have less than 30 minutes to devote to it. But you need to add intervals-bursts of speed above your normal pace-to make it count.

DO: Take a multivitamin every day, without fail.

DON'T: Drink mass-produced fruit juices. They're almost all pure sugar. Fruit, yes. Juice, no.

DO: Eat more fish, especially salmon and other cold-water species like tuna, cod, and halibut.

DON'T: Get carried away with the fancy coffee drinks. A 20-ounce mocha can easily top 400 calories, most of them from sugar. Two mochas a week equals 4 1,600 calories a year.

DO: Exercise portion control. A portion of protein-beef, fish, chicken-should be about the size of a deck of cards. Being an American is no excuse to eat like one.

DON'T: Pass up the chance to have fun while exercising. An hour of basketball feels like 15 minutes. An hour on a treadmill feels like a weekend in traffic school.



Are Spinning Classes a Good Way to Exercise?



Whether you're out of shape or very fit, spinning classes can help you improve. You ride a stationary bicycle in a group, with a leader who tells you what to do and plays lively music to set the tempo.

Many health clubs and gyms offer these classes, and I recommend them to all of my patients. Spinning is relatively safe because it is done with a smooth rotary motion that does not involve the muscle damaging road shock of running.

The pedals drive a chain that is attached to a heavy flywheel that spins smoothly as you pedal. The amount of work you do is determined by the resistance on your pedals, not by how fast you

spin. You perform a lot of work when you spin slowly against great resistance, and do not do much work when you spin very fast against very little resistance. A brake is attached to the flywheel and you regulate the resistance on the pedals by turning the brake clockwise to increase the resistance, and counterclockwise to decrease resistance.

Before you start real training, you need to do some background work. Start out by pedaling at a very slow rate with no resistance. Stop when your legs start to feel heavy or hurt. You may be able to go ten minutes on the first day, five on the second, and perhaps not be able to exercise on the third. Persist and eventually every healthy person should be able to work up to a full 45-minute class.

Your instructor will have you warm up by spinning without any resistance until you start to break a sweat. Then you will turn up the resistance a little and spin the pedals until your thigh muscles start to burn. Then pedal easily with little or no resistance until you have recovered, usually about a minute or two. You will continue to alternate "into the burn" and "out of the burn" until your leg muscles start to stiffen, which is a signal that you are through for the day.

You need to experiment to learn how high you have to turn up the resistance. If you turn it up too high, you will burn out your muscles and not be able to finish the class. If you don't turn it up high enough, you will not achieve a high level of fitness, not feel sore the next day, and not gain the benefits of being in a high level of fitness. If you have worked out correctly, your thigh muscles will be sore on the next day. Then you have to pedal easily with little or no resistance for as many days as it takes for your muscles to feel fresh again. For most people, this will be one or two days. Then when your muscles are fresh again, you're ready for another hard workout.

Stretching Exercises at Your Desk: 12 Simple Tips

The 12 Best Stretching Exercises at Your Desk

- Just stand up and sit down -- no hands

You might have gotten a gold star in preschool for sitting still, but it just goes to show you (best sellers notwithstanding) that not all of us learned everything we need to know in kindergarten. "If you stand up and sit down (over and over) -- without using your hands -- it can be a challenge," says Smith. "Do it while you're on the phone; no one will know."

- Substitute exercise for sitting -- while you work
Get rid of your desk chair and substitute an exercise ball, suggests Smith. "I used it for a while when I was having low-back problems; it was great," Smith says. "All day you are engaging all the muscles in the back, legs, butt, everything, to stay balanced."
Hame knows one man who put a treadmill in his office and conducted all his business while walking. (He lost weight, too, Hame says.)

- Shrug your shoulders -- to release the neck and shoulders

Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold. Release and drop. Repeat three times. Shake your head slowly, yes and no. You might as well amuse yourself while you do it to relax even further. Ask yourself silly questions: "Is your boss an idiot?" Move your head up and down, "Yes, yes, yes." Side to side: "No. No. No." (Shedding tension is as much mental as physical.)

- Loosen the hands with air circles
Clench both fists, stretching both hands out in front of you. Make circles in the air, first in one direction, to the count of ten.
Then reverse the circles.
Shake out the hands.

- Point your fingers -- good for hands, wrist, and forearms
Stretch your left hand out in front of you, pointing fingers toward the floor. Use your right hand to increase the stretch, pushing your fingers down and toward the body. Be gentle. Do the same with the other hand.
Now stretch your left hand out straight in front, wrist bent, with fingers pointing skyward. Use your right hand to increase the stretch, pulling the fingers back toward your body.
Do the same on the other side.

- Release the upper body with a torso twist
Inhale and as you exhale, turn to the right and grab the back of your chair with your right hand, and grab the arm of the chair with your left.
With eyes level, use your grasp on the chair to help twist

your torso around as far to the back of the room as possible. Hold the twist and let your eyes continue the stretch -- see how far around the room you can peer.
Slowly come back to facing forward.
Repeat on the other side.

- Do leg extensions -- work the abs and legs
Grab the seat of your chair to brace yourself and extend your legs straight out in front of you so they are parallel to the floor.
Flex and point your toes five times. Release.
Repeat.
- Stretch your back with a "big hug"
Hug your body, placing the right hand on your left shoulder and the left hand on your right shoulder.
Breathe in and out, releasing the area between your shoulder blades.
- Cross your arms -- for the shoulders and upper back
Extend one arm out straight in front of you. With the other hand, grab the elbow of the outstretched arm and pull it across your chest, stretching your shoulder and upper back muscles.
Hold. Release.
Stretch out the other arm in front of you -- repeat.
- Stretch your back and shoulders with a "leg hug"
Sit on the edge of your chair (if it has wheels, wedge the chair against the desk or wall to make sure it does not roll). Put your feet together, flat on the floor.
Lean over, chest to knees, letting your arms dangle loosely to the floor. Release your neck.
Now bring your hands behind your legs, right hand grasping left wrist, forearm (or elbow if you can reach that far), left hand grasping the right. Feel the stretch in your back, shoulders and neck. Hold.
Release your hands to the floor again.
Repeat three times or as often as it feels good.
- Look up to release upper body
Sit up tall in your chair, or stand up. Stretch your arms overhead and interlock your fingers.
Turn the palms to the ceiling as you lift your chin up, tilt your head back, and gaze up at the ceiling, too.
Inhale, exhale, release.
- Substitute walks for email -- and don't eat at your desk
Instead of emailing a colleague "and copying 25 people who don't want to be copied anyway," Smith says, "walk over to the colleague you really want to talk to."
- Instead of a lunch meeting at your desk, walk together to a neighborhood sandwich shop. "Talk while you walk -- it's more efficient and productive," Smith says. "You're getting more oxygen to the brain, you have no distractions, and you're more likely to remember what is said."

5 Beauty Tips and Secrets Every Woman Should Know



Beauty Tip 1: Never Underestimate the Power of Moisturizer

Whether your skin is dry, normal, or even oily, if you can only afford one skin care product, experts say, your dollars will be well spent on a good moisturizer.

"Sometimes, all you really need is a good moisturizer and a mild cleanser, and you can take years off your face," says New York University professor Rhoda Narins, MD, president of the American Society of Dermatologic Surgery.

When skin is dry, says Narins, every wrinkle is accentuated, making you look older.

If you're in your 20s or 30s, doctors say, moisturizers will give you some of the protection you need to keep skin from prematurely aging.

"In your 20s and early 30s, a good moisturizer can take the place of a lot of products," says Park Avenue plastic surgeon Darrick Antell, MD. So what exactly is a "good" moisturizer? Dermatologist Charles E. Crutchfield III, MD, describes it this way: "It's a product that will do anything from gently adding moisture, to sealing in the moisture you've achieved, to helping your skin produce more moisture -- and which type you choose should be based on your skin's individual needs."

If skin is normal to dry, look for moisturizers containing alpha hydroxy acids. They can help skin produce more moisture on its own, Crutchfield says. Such products include Neutrogena Advanced Solutions Daily Moisturizer and Anew Advanced All In One Cream by Avon.

Products such as AmLactin XL -- the over-the-counter version of the prescription cream Lac-Hydrin -- not only contain alpha hydroxy acids, but also a new ceramide technology to seal in moisture.

"You put on when your skin is slightly damp, and it locks in all the water," says Crutchfield, an associate clinical professor of dermatology at the University of Minnesota Medical School.

If skin is very dry, he also suggests products using a technology called vesicular emulsion.

"This technology uses microscopic spheres that are alternating layers of moisture and water that slowly release throughout the day, so you get continual moisturization," says Crutchfield. Products using this type of technology include Atopalm and Curel.

If skin is oily, look for a light, gentle moisturizer -- but don't skip this step, cautions Crutchfield.

"Oil is not moisture, and even if you have excess oil you still need moisture," he says. Recommended products include Aveeno with Colloidal Oatmeal, Vanicream Light, Neutrogena Oil-Free Moisturizer, or Cetaphil Moisturizer.

Beauty Tip 2: Sunscreen Is Your Best Antiaging Product.

Before you see the plastic surgeon, before you plunk down half a paycheck on that pricey anti-aging cream, in fact, before you do anything, put on sunscreen.

While most of us know it reduces the risk of skin cancer, did you also know it's an amazing beauty secret that can help keep skin looking young?

The reason, say experts, is that when sunscreen blocks out the sun's damaging rays, it also blocks their aging effects.

"The sun impacts collagen production in the skin, and without collagen, skin won't naturally maintain that plump, moist, youthful, wrinkle-free look," says Antell. Get enough sun exposure, he says, and skin will wrinkle long before its time.

Without the protection of sunscreen, just a few minutes of daily sun exposure over the years can cause noticeable changes in how skin looks and feels, according to the American Academy of Dermatology.

Not only will you see more wrinkles and fine lines, but also more freckles, age spots, and spider veins. Skin itself can look rough and leathery or loose and slack -- all thanks to the sun.

Sunscreen can protect your skin from these damaging rays, so that even if you do spend time outdoors, your face is less likely to give away your age.

Crutchfield advises choosing a sunscreen with SPF 15 or higher. Because sun breaks down its effectiveness over time, if you're going to be

in direct sunlight for an extended period, reapply every hour or two. For longer-lasting results, he recommends Melashade, a sunscreen using new technology that remains in force hours longer than most other products.

Another option: Use your regular sunscreen before putting on makeup (it should go on first, before anything). Then, for touch-ups, use a light, translucent mineral powder to add extra protection throughout the day.

"These powders contain a natural sunscreen, and since they generally don't build up on the skin you can keep adding protection all day long," says Crutchfield. Products include Glo Minerals Powder, Neutrogena Healthy Defense Protective Powder, and BareEscentuals Mineral Veil.

Beauty Tip 3: Choose Your Cleanser Wisely

If you're a "soap and water" girl (or guy), you may want to rethink your cleansing strategy. Dermatologists say that one of the best beauty tips around is to use the gentlest cleanser you can find -- and use it sparingly. "While the temptation may be great to wash your face several times a day (or more if skin is oily), not only will over-cleansing not help you, if you're using a harsh product -- particularly soap -- you could be harming your skin," says Crutchfield.

Wash your face too often -- more than twice a day -- and you can damage the natural lipid barrier, the protective mantle of lubrication that keeps skin looking and feeling healthy.

"Once that protection is lost, and the integrity of the skin barrier disrupted, skin becomes dry -- which means it can crack, peel, itch, burn, sting, or any combination," says Crutchfield. It also means you can look older than your years.

The solution: Wash skin no more than twice a day and choose your cleanser wisely. Crutchfield's three top favorites: Dove Unscented Bar, Cetaphil, and Vanicream Cleanser.

Beauty Tip 4: Use the Right Tools for the Right Job

You can have the best eyeshadow money can buy, the world's most luxurious foundation, a bronzer straight from the cosmetic bag of a supermodel. But if you don't have the right tools to apply them, their benefits will be lost. That's the advice of Smashbox Cosmetic's director of global artistry, Holly Mordini.

"Using the right brushes, the right application tools -- it's key to making the products go on the way they are intended and to give you the look that you want. For a professional makeup artist, the tools are as important as the products," says Mordini, who has painted and puffed some of Hollywood's most famous faces.

What constitutes the "right" tools? Brushes should be soft and feel gentle on the skin, but also have substance so the product can be moved to the surface of your skin. If you dip a brush in shadow or blush and the color falls off before you make it to your face, that's a bad brush, experts say.

If you don't know what to buy, you can't go wrong if you purchase the tools sold with a high-quality beauty line, Mordini says. Most, she says, are created to give your application a professional touch and to work best with each product in the line.

"It also makes putting on makeup incredibly easy, plus it's often what sets apart women who have the 'professional makeup look' and those that don't," she says.

Beauty Tip 5: Update Hair and Makeup Every 2 Years

If you walk into your high school reunion and hear a chorus of "You haven't changed a bit," run, run, RUN to the nearest beauty salon! Experts say that if you can't even remember the last time you changed your hair and makeup, it's way overdue.

"Ideally, your image, including hair and makeup, should be updated at least every two years -- and sooner if the styles change dramatically," says Beverly Hills hair expert and QVC personality Nick Chavez.

By keeping your look current, says Chavez, you also look younger and more modern. "Nothing dates a woman more than outdated hair and makeup," says Chavez.

If it's been a while since you've had a change, visit the makeup counters at your favorite department or beauty store, and don't be afraid to ask for help. Most of the better lines are sold by makeup artists who can quickly catch you up on what's new.

To find the best new hairstyle without commitment, try wig shopping! It's a fun, fast, and easy way to try on styles and even colors before making a hair appointment.

2007 Olympics



Congratulations to Garnell's Team for Bringing Home the GOLD



OLYMPICS 2007 Scoreboard

TEAMS	Tug of War 15 pts	Ax or Battery 10 pts	Trek Team Races 20 pts	Dodge Ball 25 pts	JOUST 25 pts	Obstacle course 30 pts –1st 20 pts—2nd 10 pts—3rd	TOTALS
<i>Garnell's TEAM</i>		10	20		25	30 2:26	85
<i>Tom's TEAM</i>	15		20	25	25	2:50	85
<i>Jeff's TEAM</i>	15			25	25	10 2:41	75
<i>Bristol's TEAM</i>		10	20		25	3:26	55
<i>Dom's TEAM</i>		10	20	25		2:51	55
<i>Lamar's TEAM</i>				25		20 2:27	45
<i>Moses's TEAM</i>	15	10				2:57	25
<i>Dave's TEAM</i>	15					2:58	15

Tips for a Happy Camper



Ahh, the peace and tranquility of camping in the great outdoors. There's nothing like it. The fresh air, the sounds of nature, the

clean water, and sleeping under a blanket of stars.

Oh, wait -- don't forget the bugs, the risk of getting lost in thousands of acres of uninhabited forest, hungry bears, and an unexpected downpour. On second thought, maybe camping isn't quite the summer vacation you had in mind.

Before you pull up your tent stakes and tight roll your sleeping bag, give Mother Nature another chance. Camping really can be a vacation like no other -- in a good way. Outdoor experts give WebMD tips on how to be a happy and healthy camper, starting with a good game plan.

Plan Ahead

"One of the most important parts of camping is to plan ahead and prepare," says Bruce Jurgens, a spokesman for Recreation Equipment, Inc., or REI.

There's more to camping than packing your car full of gear and hitting the road. Savvy campers need to consider a host of scenarios, and plan accordingly. One of the first things you should think about is your destination of choice.

"Pick a location for your camping trip that your group agrees on," says Jurgens. "Everyone should feel comfortable and excited about the destination you've picked for your trip."

Like you do when you are learning any new skill, take lessons from the experts, too.

"What's in your head is just as important as what's in your pack," says Rob Burbank, director of public affairs for the Appalachian Mountain Club (AMC). "Learn about outdoor skills, and know how to do things like read a map and compass. Learn how to read the weather. And it's really worthwhile to take basic courses in backcountry navigation, wilderness, first aid -- anything that will help you have a safer and more enjoyable time."

Another very important camping tip is to never set off on your adventure without leaving a trail of bread crumbs behind -- that is, make sure that someone who is not going on the camping trip knows where you are going and when you should return, so if rescuers need to come find you, they know where to look.

"Always leave someone with information on who you are going camping with, where you are going, and when you should be back," says Jurgens. "You probably won't need to enlist their help, but it's a must when you are preparing to camp."

Camping Must-Haves

Now that you know how to prepare for a camping trip, it's time to start packing. Jurgens, an REI store manager in Reading, Mass., recommends these camping must-haves that should be the first things you stuff in your backpack.

Map, in a watertight case or bag

Compass

Rain and wind parka, and extra clothing for unexpected weather

Extra food and water -- at least 2 quarts

A first aid kit

Flashlight, maybe in the form of a headlamp to keep your hands free

Matches, also in a watertight case or bag

Fire starter, such as paper or lint in case you need help getting a fire going

Sun protection, such as sunglasses and sunscreen

Whistle, for the "just in case" scenario

Pocketknife

Toilet paper and a bag to carry it out

A space blanket in case of an emergency to retain body heat

One last thing that you should put in your pack?

"I always try to remember to bring a couple of big plastic trash bags," says Burbank. "They weigh next to nothing, and can be used for a few different purposes."

It's a pack liner, explains Burbank, if it starts to rain, but more importantly, it's an emergency shelter.

"If someone gets injured and you have to spend the night in the woods or if you get lost, you can pull on one of those over your legs and put the other over your head and cut a hole for your face, and you can be sheltered from wind, rain and snow," says Burbank. "It's a cheap and lightweight insurance."

Camping Dos and Don'ts

You're finally ready for the great outdoors. Here are some dos and don'ts to keep in mind to make your trip as fun and safe as possible.

Be good to Mother Earth. "One thing is that you should plan to pack out what you take in," says Bryan Fons, manager of the Outdoor Recreation Information Center in Denver. "Also be aware that you shouldn't create new disturbances. If someone has camped in a spot near your destination before you, you should camp there, too -- don't create a whole new area."

Be careful with campfires. "One of the first things I would do is find out if there is a fire ban in place where you're camping," says Fons, whose group partners with organizations such as the U.S. Forest Service and the National Park Service. "If you do have a fire, then you should minimize the impact."

Avoid campfires near or above tree lines, where regrowth is difficult after a fire, and use a camp stove rather than a fire to prepare meals, explains Fons.

Be self-reliant. "People think they're on their front lawn and can pick up the phone when something goes wrong," Jurgens tells WebMD. "First aid may be miles or days away. You don't have easy access to help, so you need to rely on yourself. Be self-reliant. If you are injured you need to be with the group and be prepared to deal with it."

Alcohol and camping don't mix. "You want to stay alert, pay attention, and know your route," says Jurgens. "You want to be more aware than normal. So while drinking might be OK in the comfort of your own home, it's hard to control things outdoors, so beer and hiking and camping don't mix."

Avoid finding a bear. "The goal is not to run into a bear," says Jurgens. "Use bear canisters when you store your food. Store food far away from your campsite, and use a bear sling in a tree to keep the food elevated. Don't store food in your tent or on your campsite. And if you do see a bear, remember: you cannot outrun a bear. It's impossible."

Bug off. "The days of closing your eyes and walking through a mist of bug spray are gone," says Jurgens. "DEET can be helpful, but a little can go a long way."

Walking with Weights

Question:

Is it a good idea to walk with ankle weights?

Answer:

NO!!!!

When you walk with ankle weights it alters your gait (your pattern of walking) putting you at risk for hip, knee and ankle problems.

It is ok to do floor work with ankle weights such as slow leg lifts and other moves. It gives you more resistance and will help build muscle. Just don't walk with them on.

“Do you have any healthy snack ideas?”

- Fruit and nuts (I like apples with almonds or natural peanut butter)
 - Fruit and low fat cheese (I prefer Cabot 50% light – its notGprocessed.)
 - Fruit and PLAIN yogurt (My favorite is Fage greek yogurt because it has the highest protein content.)
 - Fruit and cottage cheese (Try it with a cinnamon and slivered almonds on top)
 - Whole wheat toast with natural peanut butter
 - Whole wheat toast with low fat cheese and sliced tomato. Melted is good.
 - Celery or carrots with natural peanut butter
- In a hurry? Have a glass of skim or low fat milk.

Nutrition Tip

Sodium for Muscle Cramps

Get salty! If you're doing heavy exercise in hot weather, you may find muscle cramps become a problem. Often, this can be solved by adding a little salt to your sports nutrition diet, especially if you ordinarily avoid salt. Your body can lose up to 2,000mg of sodium in hot and severe conditions! Sports nutrition drinks and a sports nutrition supplement with sodium work too. If the cramps persist, check with a doctor to rule out serious conditions.

Healthy Snacks Boost Your Metabolism

The key to maintaining and/or boosting your metabolism is to eat 5-6 small meals a day Two or three of them should be snacks. Why ? Because eating every 4 hours also keeps you from getting too hungry and over-eating at your next meal. Over consumption of calories leads to fat storage and, of course, weight gain. Snacking also helps to maintain healthy blood sugar levels which prevent cravings.

“What is considered a ‘healthy snack’?”

The size of your snack should be about half of your meal size, therefore if you are eating 1600 calories per day, your 3 meals should be 400 calories with 2 snacks consisting of 200 calories each. A healthy snack should be balanced and consist of some (healthy!) carbs, and some fat and/or protein. If it is just a carby snack, it will cause your blood sugar to rise and actually make you hungry again in an hour.

Tips for buying shoes:

- Always shop at the end of the day, when your feet are largest.
- Wear the same socks you'll wear when walking.
- Put the shoes on and stand up.
- Have someone else press their thumb down in front of your longest toe. You should have a comfortable half inch of space beyond your longest toe.
- You might try standing on a piece of cardboard and having someone trace your foot. Cut out that template and take it to the store with you. The cardboard should fit on the bottom sole of the shoe. If it sticks over the edges, you won't be treating your feet. You'll be having your feet treated!

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