

MARCH
2008

Smarter Bodies

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Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

OLYMPICS

Saturday April 5, 2008



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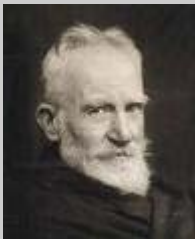
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Quote of the Month

**"We don't stop playing
because we grow old; we
grow old because we stop
playing."**

- George Bernard Shaw

Experts think that people with arthritis

may fear that exercise will worsen their pain or harm their joints, but that couldn't be further from the truth. Physical activity really does make a difference! And research shows a positive relationship between arthritis and exercise:

- A 14-year study published in *Arthritis Research and Therapy*, found that aerobic exercise was associated with a substantial and significant reduction in pain, among men and women of various shapes and sizes.
- A 2003 study published in the *Journal of Arthritis and Rheumatology* found that people with arthritis can safely improve their levels of physical fitness using a regular



strength and endurance training program.

- Long-term studies have shown that moderate weight-bearing activity can reduce bone loss and joint damage in people with arthritis, without increasing pain or disease severity.

- According to a study in the *Journal of the American Medical Association*, strength training can help people with arthritis preserve bone density and improve muscle mass, strength and balance.

It's no secret that exercise is beneficial for people with arthritis. Regular exercise helps decrease pain, delays disability, reduces stiffness, and improves mobility, range of motion, and overall function. And exercise doesn't have to be strenuous to offer benefits. Chiropractic care should also be considered.

It is a natural branch of the healing arts which deals with structure and function. Your chiropractor's job is to determine if such a problem exists and if it can be relieved. Your chiropractor can help in such problems as neck, back, headaches, arthritis, fibromyalgia, numbness and tingling, sciatica, carpal tunnel, repetitive motions, and injuries



SMART RUNNING

Uphill Battle



To many runners, hills spell trouble. Fortunately, much of that sentiment is more in their heads than their legs. Running hills is an acquired skill, and a little practice can

give any runner the confidence to overcome a hill phobia and make peace with the dreaded incline. And not least, a consistent regimen of hill workouts goes far to build leg strength.

The rather obvious benefit of hill workouts is that they make you better at running hills. Even better, you will see benefits on the flats, too. The muscle groups you use to overcome hills are virtually the same as those you use for sprinting, so hill work enhances your speed by building strength. This strengthening effect is supplemented by the fact that hill workouts help increase both the frequency and length of your stride - you get even faster. As a final added bonus, hill training also strengthens the muscles around your knees, helping to reduce knee injuries.

You should, however, be cautious about hill work if you have an injury in your calf or Achilles tendon. Even if you do not, you should still be sure to stretch these areas of your legs especially well before starting.

Remember that the idea of hill work is to negotiate the hills efficiently, with as little disruption as possible to your rhythm. Think of yourself rolling over the hill, almost as if it isn't there. Concentrate on keeping your upper body relaxed, while you let your legs do the work.

On gradual inclines, try to run a bit harder than you had been running on the flat before the hill. On

steeper inclines, concentrate on lifting your knees and pushing off hard with every step. This attention to your "vertical" motion is at least as important as your forward motion up the hill. The steeper the hill, the more you should lift your knee; on the steepest inclines try to lift your knees so high that your thighs reach horizontal. The strong push-off and high knee lifts will increase both your stride length and the range of motion in your hips: voila, you've increased your speed.

Even for very long hills (a mile or longer), try to maintain the exaggerated knee lifts. The benefits will make themselves known soon enough. The knee lifts, incidentally, are not easy. But even with the extra workout, your legs take less of a pounding running uphill than when running hard on the flat or downhills - you're not hitting the ground as hard.

As you reach the top of each hill, focus on running all the way over the top until you reach the flat, and pick up your regular running rhythm again. Use the flat or downhill on the other side for recovery. As always during the easy portion of any speedwork, keep running - even if at a gentle jog.

Go carefully on the downhill's - they can dish out a nasty pounding, particularly to your quads. The best way to run downhill's is to lean into them, to the point that you feel you're about to fall on your face. Try to get your legs turning over as fast as you can with short, quick strides. Not only does this help reduce the pounding on your legs, but it also helps you increase your stride frequency. With a little practice, you'll find yourself running down hills with less effort, less pounding, and more speed. Not a bad combination.

Those just beginning hill workouts will likely find hills a struggle at first, but before long hills become more of a friendly challenge than a mortal enemy. The more you run hills, the more you'll find yourself adjusting to them automatically and your stride shifting to "hill mode" without any thought or effort.

Top 10 Ways to Control Your Blood Pressure

Simple lifestyle changes make a difference



1. Lose weight. Get your BMI (body mass index, a measurement of weight in relation to height) into the range of 18.5-24.9, and you will be doing your heart and blood pressure a favor. Think of it this way: Extra weight you carry around is like bricks in a backpack, putting pressure on every part of your body.

2. Eat plenty of whole grains. Have seven to eight servings per day of grains and grain products (these can include breakfast cereal, whole grain bread, rice, pasta, etc.)

3. Eat plenty of fruits and vegetables. Having at least eight to 10 servings of a variety of colorful fruits and vegetables will ensure you get all the healthy antioxidants, vitamins, minerals, and fiber you need.

4. Dairy up. Consuming two to three servings daily of low-fat or nonfat dairy foods will also help build strong bones and teeth, and enhance weight loss.

5. Limit meat, fish, and poultry to two servings a day. Move the meat off the center of your plate, and enjoy more grains and produce. When you do have meats, fish, and poultry, always choose lean varieties.

6. Go nuts. Incorporate four to five servings a week of nuts, seeds, and legumes into your diet. They provide plenty of protein and healthful fats.

7. Limit fats and oil to two to three servings per day. Fats are the most concentrated source of calories. Limiting them will help you control your weight.

8. Hold the salt. Limit your sodium intake to approximately 2,400 milligrams a day (a moderate level). This means eating fewer canned and processed foods, and more fresh foods.

9. Get off the couch. Exercising at least 30 minutes per day can significantly reduce blood pressure. Any form of physical activity, done most days of the week, will do the trick.

10. Drink in moderation. If you do it at all limit yourself to two drinks per day.

Recipe of the Month

Beef Stew with Winter Vegetables



$\frac{3}{4}$ lb well-trimmed beef tenderloin, cut into 1" cubes

$\frac{1}{2}$ c dry red wine

4 cloves garlic, minced

$\frac{1}{2}$ tsp dried, crushed thyme

$\frac{1}{2}$ tsp ground cinnamon

$\frac{1}{4}$ tsp ground black pepper

3 c fat-free beef or vegetable broth

3 med onions, each cut into 6 wedges

1 can (28 oz) diced tomatoes

1 med butternut squash, peeled and cut into 1" pieces

1 bag (6 oz) baby spinach

1. In a re-sealable plastic bag, combine the beef, wine, garlic, thyme, cinnamon, and pepper. Seal, and marinate in the refrigerator overnight.

2. The next day, preheat the oven to 325°F. Place the meat mixture, broth, onions, and tomatoes (with juice) in a Dutch oven. Place over high heat, and bring to a boil. Cover, and place in the oven. Bake for 1 hour.

3. Stir in the squash. Cover, and bake for 1½ hours. Remove from the oven, and stir in the spinach until it's wilted.

Makes 6 servings

Selling Cereal With Science

For the most part, I don't particularly like cold cereal. But the companies that make these products are fantastic marketers. Case in point: The three examples that follow, which show how clever the manufacturers have become in using "science" to sell their products.



Kellogg's Smart Start Healthy Heart

The sell: "Contains ingredients that may help lower both blood pressure and cholesterol."

The science: This cereal is high in potassium, a mineral that helps lower

blood pressure. It also contains soluble fiber, which has been shown to lower LDL (bad) cholesterol.

The fine print: One serving contains more sugar—17 grams (g)—than a serving of Froot Loops—13 g. So before you think you've found the ultimate cereal—"It's healthy and it tastes like candy!"—consider all the nutrition facts, not just the ones they tout on the front of the box.



Cheerios

The sell: "You can lower your cholesterol 4 percent in 6 weeks."

The science: This claim is based on a 1998 study in which people who ate 3 cups of Cheerios a day low-

ered their LDL (bad) cholesterol by 7

points. The box says this makes Cheerios "the only leading cold cereal proven to lower cholesterol."

The fine print: The University of Minnesota researchers who conducted this study credit this LDL reduction to the cereal's content of soluble fiber (1 g per cup). So any cereal that provides the same amount of soluble fiber should have the same effect. But here's a more important point: Is lowering your LDL by 7 points really that significant? I'm a bit of a cholesterol skeptic, so I don't believe so. Beyond that, though, if you eat the cereal, but don't control your overall calorie intake—thinking simply that Cheerio's has the magical power to lower your cholesterol—what happens to your triglycerides? How about your good HDL cholesterol? In the study, the Cheerio eaters, 65% of whom were men, consumed about 1900 calories a day, so they weren't overeating. And remember, to experience this reduction, you have to eat 3 cups of Cheerio's every day—and that means you'll be going through boxes pretty fast.



Cocoa Pebbles

The sell: A recent television commercial states, "Cocoa Pebbles are a smart afternoon snack for kids."

The science: Research from Purdue University shows

that when eaten in portion-controlled servings, ready-to-eat cereals can aid in weight loss.

The fine print: Any food eaten in portion-controlled servings can "help" you lose weight. But no doubt you—and your kids—can do better than Cocoa Pebbles, a cereal that's loaded with sugar.

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Pick Up Weights to Take Off Pounds

Stronger Muscles Burn More Fat, Rev Up Metabolism in Overweight People, Lab Tests Confirm



Weight training may be a health boon for overweight people, new research shows.

Boston University scientists report that "strength training, in addition to ... endurance training, may be of particular benefit to overweight individuals."

The researchers aren't talking about fitting into a smaller-sized pair of jeans or shrinking the numbers on the scale. Instead, they're focused on the metabolism benefits of getting stronger at any size.

Here's their key finding from lab tests on mice: Stronger muscles means more fat burned and a perkier metabolism, even with less-than-stellar diet and exercise habits.

But there's a catch. Muscles don't stay that way without work, so you've got to be in it for the long haul to keep reaping the benefits.

Mighty Mice

Yasuhiro Izumiya, MD, PhD, and colleagues used genetic engineering to turn a certain muscle gene off and on in mice.

When the gene was on, the mice got a lot more muscular and stronger, mimicking the effects of weight training.

But when the gene was switched off, the mice lost their buff physiques, as if they'd slacked off a strength-training program.



Those mice shed more fat, had livelier metabolisms, and responded better to insulin (a hormone made by their bodies to control blood sugar) when they were muscular.

That pattern held even when the mice ate fatty, sugary chow and didn't get much exercise. However, those mice did wind up fatter than active mice on a healthier diet.

The mice's metabolic benefits stemmed from their type 2 muscle fibers, which are strengthened by weight training, Izumiya's team notes in *Cell Metabolism*.

But strength training is just one part of fitness. In Izumiya's study, when the mice got very muscular, their grips became stronger, but they didn't fare too well on a treadmill test. So while weight training may help with weight loss, endurance training is still important.

Consult your doctor before starting a new exercise program, especially if you've been on the sidelines for a while.

Fitness Tips Make It Easy To “SPRING” Into Shape



The arrival of warmer and longer days means that many people are getting off their sofas and heading back outdoors to resume their fitness routines.

But before hitting full stride, exercisers should heed a few tips from Roberta Anding, instructor of pediatrics - adolescent medicine and sports

medicine, at Baylor College of Medicine.

Fitness doesn't happen overnight

"The key issue as far as getting back into reasonable shape after you've taken the winter off is to remember that it doesn't happen overnight," Anding said. "Whatever you were doing before the winter, don't expect to resume right where you left off. Give yourself time to ramp up your fitness routine."

For example, if you had been jogging for 45 minutes, start back with a 20 minute walk and then graduate to a walk/run program that includes five minutes of walking, running for 10 or 15 minutes and then another five-minute walk. Resuming your exercise routine slowly is the best way to prevent injury and increase stamina, and before you know it, you'll be back to your old routine, said Anding, who is also a registered dietician.

And if time is a factor, don't push yourself to complete your exercise all at one time. Consider taking a 15 minute walk at lunch and then 30 more minutes after work, she said.

Determine your fitness goal

Most people want to lose weight, but others want to maintain their weight while still others are trying to gain weight or muscle. For

those trying to maintain their weight, it may be necessary to eat a snack, like a piece of fruit or a cup of yogurt, before exercising, while those trying to gain need an even more substantial snack or a small meal. But people trying to shed pounds shouldn't add a snack to their diet even if they're reintroducing exercise. Don't overestimate calories burned

"Most people out-eat their exercise because they tend to overestimate the calories they burn during exercise," Anding said. "The rule is that you burn about 100 calories for every mile you run or walk."

And if you think you're feeling tired or sluggish before exercising, remember that physical activity—not food—is the best prescription because it increases the heart rate and blood flow.

While food may not be a necessity before exercise, eating afterward is a good practice, Anding said. It aids in the body's recovery process and provides fuel for the next activity. A combination of carbohydrates and protein is best, she said.

Remember fluids

Finally, the importance of drinking water and other fluids, especially when it's warm and humid, cannot be overstated, Anding said. The Institute of Medicine guidelines state that men need about 3.7 liters and women 2.7 liters per day of fluid from beverages and food "Water is fine for exercise lasting less than 60 minutes, but if your exercise is intense, outdoors and longer than an hour, a sports drink is desirable," Anding explained.

She also encourages people to remember that there are many benefits of exercise. "We all need to be more physically fit. The benefits go beyond just weight loss," she said. "Exercising also reduces the risk of diabetes, heart disease and other health conditions. So don't look at your exercise program as just a mechanism for weight loss."



BOOTCAMP!

MARCH SCHEDULE

3/2

3/8

3/16

3/21

3/30

ENLIST @ FRONT DESK

24 HOUR CX POLICY

COST: ONE SESSION



SMART CYCLING

How to Ride in a Group

Pacelines are organized. They have specific rules. But in big groups like you find in centuries or charity rides, things will be disorganized. This can intimidate even experienced riders.

Sooner or later you'll find yourself in a big group amid some riders with sketchy skills. It pays to learn how to survive (and also make yourself welcome) in a crowd.

- **Look for Risky Riders.** These are the unsteady people who wobble, appear nervous, have a tense grip on the handlebar, and frequently grab the brakes. Avoid them! Move up to keep them behind you, or slide to the other side of the road.
- **Stay at the Front.** This is easy to say but hard to do in some groups. At the front you have more control over your destiny because most crashes occur in the rear two-thirds of the bunch. It may take a bit more work to reach the front and stay there, but it's worth the effort.
- **Watch the Wind.** Wind direction determines on which side the greatest draft is found. If the wind is from the right side of the road, smart riders move to the left of the wheel in front of them for greater protection. If you're doing this, beware of overlapping wheels with inexperienced riders. They may swerve and take out your front wheel.
- **Be Wary on Climbs.** A major cause of group crashes is riders who stand abruptly. They slow for a second, causing the rider behind to hit their rear wheel and spill. To avoid this danger, let the gap open a bit on hills or ride a foot to either side.

To avoid being the one who causes such a crash, pull your bike forward as you leave the saddle. Don't lunge and make a hard pedal stroke. Keep your speed steady. When sitting again, push the bike forward a bit.

Cycling isn't a contact sport, but it's not uncommon to have your arm brushed when riding near others in a group. It pays to learn how to bump into other riders without swerving or falling. First, go with a cycling friend to a large grassy area like a soccer field. Ride side-by-side at a walking pace. Keep both hands on your bar. Start by gently touching elbows, then shoulders. As you gain confidence, lean more vigorously on the other rider. Soon, you'll be bumping each other with abandon and throwing in a few head butts for fun, all without going down. (Of course, always wear your helmet just in case.)



Riding relaxed is the key to absorbing contact without swerving. Have slightly bent elbows, a firm-not-tight grip on the bar, and loose arm and shoulder muscles. If you're relaxed, your body can absorb the shock before it gets to the handlebar.



SMART GOLF TIPS AND TRICKS

Golf Tips to Improve Your Fairway Iron Accuracy and Distance

Greens in regulation is one of the most important statistics in golf. If you can hit the greens in regulation, your score will drop dramatically. Easy said than done, right?

With consistent iron play, you can improve your handicap by getting the ball on the green, instead of green side bunkers or rough. By having the ball on the green you are less inclined to make mistakes by shanking or muffing a chip. By using the Golf Tips below, you can not only improve the number of greens in regulation you have in a round, but you will also learn how to hit punch shots and high draws that will help you land the ball right by the pin.

Making the Perfect Divot

Have you ever watched a professional hit a golf ball with a mid to high iron? Odds are you will see them hit a huge divot. I'm talking something the size of a small animal pelt goes flying through the air 10 feet in front of them. You might wonder why when you hit a divot the ball doesn't fly into the sky? You might wonder why when you hit a divot the ball was hit flat and only goes 100 yards instead of 170. Today's Golf Tip of the day will teach you how to create the proper divot.

Unlike most of you, professionals make their divots in front of the ball not behind it. When you make a divot behind the ball you will chunk it. When you make a divot in front of the ball you will launch it high into the sky.

You can tell a lot about a divot: such as alignment. If your divot is pointing directly at your target, then you had an excellent swing hitting the ball square. If the divot is pointing slightly to the right of the target, then you have an open swing.

Now to the important question: How do you make a divot in front of the ball? It is really quite simple, but it requires a lot of practice. You need to get your hands forward in your swing. Your hands should cross the ball before the club does. A way to practice making divots in front of the ball is to line up at the driving range like you're taking a shot and place a tee about 2-3 inches in front of the ball. And leave the tee raised about an inch. Your goal is to hit that tee. Try to knock the top of it and make it fly up. If you take a few swings and do not hit the tee, then you are still keeping your hands back. Keep practicing this many times until you can successfully make a proper divot.

Hitting a Punch Shot

So you've found your ball stuck behind a tree in the woods. You have a small clearing but a large branch is keeping you from hitting your normal shot. You need a punch shot. The perfect punch shot is a low trajectory shot that will allow you to gain maximum distance by keeping the ball low to the ground. In today's Golf Tip we will discuss how to hit a proper punch shot.

When hitting a punch shot you want to select a low lofted club like a 4 or 5 iron to help minimize the height of the ball once you hit it. To hit a punch shot you will need to place the ball in the back of your stance. You will want to choke down on the grip just a little bit so the club is not fully extended from your hands.

When attempting a punch shot it is best to use a hand position that is known as the forward press. This simply means your hands are pressed forward in front of the ball. You will want to take a half to three-quarters swing and a half to three-quarters follow through after striking the ball. Punch shots are ideal in shallow rough and pine straw from the woods. Do not attempt a punch shot from the deep rough because it is harder to control and likely you will chunk it.



Glucosamine: No Help for Hip Arthritis? **Dutch Study Shows Popular Supplement No Better Than Placebo; Industry Disagrees**



The popular supplement glucosamine, used by many arthritis sufferers, was found to be no better than placebo pills for relieving the pain of hip osteoarthritis or increasing the ability to do everyday activities, according to a new study from the Netherlands.

"In our study, there was not much room for doubt," says Rianne Rozendaal, MSc, the study's lead researcher.

"The differences between the glucosamine and placebo group were all very small," says Rozendaal, a researcher at the Erasmus Medical Center in Rotterdam, Netherlands.

But representatives of the supplement industry disagree, with one manufacturer saying the researchers may have focused on people too early in the arthritic process.
Glucosamine and Arthritis

An estimated 21 million Americans have osteoarthritis (or "wear-and-tear" arthritis) affecting the hips, knees, and other joints, according to the Arthritis Foundation. The condition is marked by the breakdown of the joint's cartilage, which cushions the bone endings and allows you to move easily.

A substance found naturally in healthy joint cartilage, glucosamine stimulates the formation and repair of cartilage, according to the American Academy of Orthopedic Surgeons, but over-the-counter supplements come from animal or plant sources. Studies of the effectiveness of glucosamine have yielded mixed findings.

Study Details: Glucosamine and Arthritis

Rozendaal and her team assigned 222 patients, all with hip osteoarthritis that was generally termed mild, to take either 1,500 milligrams of glucosamine sulfate or a placebo pill every day for two years. On average, patients were in their early 60s.

About equal numbers in each group underwent total hip replacement surgery during the study. The researchers evaluated the patients at three, 12, and 24 months after they began the treatments, collecting information about the patients' pain levels and how well they could perform everyday activities.

X-rays were taken to measure the joint space in the hip. As osteoarthritis gets worse, this joint space gets narrower.
Glucosamine and Arthritis: No Hip Help

At the study's end, the pain scores of those who took the supplement didn't differ much from those who took the placebo, Rozendaal says. On the scale used, "the pain scores range from 0 to 100," she explains in an email interview, "where 0 equals

no pain and 100 equals [the] most severe pain."

The average difference between groups in pain scores was a decline of just 1.5 points, she says. To be statistically significant, there would have to have been a difference of at least 10 points, she says.

"Our trial does not suggest an effect of glucosamine for hip osteoarthritis," she adds.

No differences were found between groups in the joint space narrowing, either, Rozendaal says. The study is published in the *Annals of Internal Medicine*.

Another View: Jury Is Out

In an editorial accompanying the study, authors from another Dutch medical center note that "the study is indeed negative" but caution that the results apply only to hip osteoarthritis. They conclude that the role of glucosamine in arthritis treatment is still under debate.

They also note that when the authors looked at a subset of people with osteoarthritis in other parts of their bodies, they found a small trend toward pain reduction and improved functioning, but the change wasn't significant.

A better group of patients to study would have been those with more severe arthritis because the disease progresses more rapidly then, and it might have been easier to see any effect of the supplement, wrote Johannes W.J. Bijlsma, MD, PhD, and Floris P.J.G. Lafeber, PhD, of the University Medical Center Utrecht.

Industry Responds

"What they did was study people too early in the arthritic process," agrees Luke Bucci, PhD, vice president of research at Schiff Nutrition International in Salt Lake City, which makes a glucosamine supplement.

He says that "they were starting to see some small advantages for the glucosamine group."

A Clinician's View

The study findings don't surprise Jay Mabrey, MD, chief of orthopedics at Baylor University Medical Center in Dallas. Nor does he expect this study to be the last word on the supplement.

"There are people who really believe in this and I am sure they will proceed with their own studies," Mabrey says.

His advice about its use? "I don't discourage it, and that's different from encouraging [its use]," he says. "It seems about half my patients [who use the supplement] report some type of relief, but that could very well be placebo effect." When patients ask, he tells them: "So far the studies don't show any definite advantage." But "as far as we know," it doesn't appear to do harm, he says.

Cardio Tips



Cardiovascular exercise is an important component of general health. While certain people may require different amounts and types of cardio, everyone should engage in at least a little cardiovascular activity each week. There are many methods for training which all have their advantages. You should learn what works for you and what you truly enjoy so that you will continue to perform cardio and reap benefits of good health.

Depending on your goals and body type, different amounts of cardio may be required. A

lean "hard-gainer" trying to add mass may benefit from only one or two cardiovascular sessions per week. On the other hand, someone like myself who is extremely prone to storing fat and sensitive to carbohydrates may require 3 or more sessions in order to maintain peak physique. Since you can only get better at a particular exercise by performing it, those interested in running marathons or participating in endurance events such as a triathlon must increase their frequency of cardio in order to prepare for the event.

1: Your body type and goal for training will dictate the type, frequency, and length of your cardio

When your goal for cardio is general health, you have a few decisions to make about what type of cardio you will perform. Many people enjoy taking long, slow runs. Enjoying cardio is important, so if you find an enjoyable method of cardio, there is no reason why you should discard it. The same decision should influence your choice for timing. Many people claim that you must perform cardio first thing in the morning and/or on an empty stomach to see maximal benefit. I disagree. If you have trouble waking up or putting a full effort into morning cardio, and will get a much more vigorous workout in the evening, then why not do it then? Perform cardio when you feel the best, when you are ready and know you will stick with it and give it 100%.

2: Find cardio that you enjoy, and do it when you feel you have the most energy
There are many styles of cardio. There is some debate about what cardio is best for you. People preach about training in the "zone" of a particular heart rate for maximum fat burning benefit. While it is true that your body will utilize more fat for energy during this period, this is not the entire picture. Moderate cardio means your body will recover quickly - your heart rate will return to normal within a short period. Intense cardio, which elevates your heart rate beyond the "zone", may not burn as much fat during the exercise, but your body will take longer to recover. Your body must process waste and your heart rate will remain elevated for hours after the bout of exercise. You will burn more calories throughout the day, and therefore you will receive a superior benefit.

To better understand this, let's consider a situation where you burn 200 calories during exercise. You have a choice: you might burn those calories walking at a brisk pace and reading a book, and it will take you 1 hour. Or, you might burn those calories performing short sprints followed by periods of moderate jogging, and you will burn those calories in 20 minutes. While the "hour" cardio kept you in the "zone" for fat burning, guess what? The 20-minute cardio elevated your heart rate and took you into an anaerobic zone where your body accumulated an "oxygen debt" - a need for oxygen and fat burning to help flush waste from your system and recover from the intense exercise. So during a 24-hour window, you will burn MORE than the 200 calories, and therefore be closer to your fat loss goal.

While there is no hard, scientific evidence to support this next maxim, I truly believe in it. I have witnessed this not only in my own transformation, but also with countless others as well.

3: The less time it takes to burn the same amount of calories, the more calories you will expend later that day

This maxim may seem confusing, but it's very simple. It means that if you are going to burn 200 calories, when you burn that 200 calories in 20 minutes instead of 1 hour, your metabolism will increase throughout the day and you'll end up burning MORE than 200 hours when that day is done. This is why high intensity interval cardio is so effective - it burns the most amount of fat in the shortest period of time

Just because high intensity cardio may burn more calories doesn't make it superior to moderate cardio except with respect to calories burned. There is some evidence that you may improve your cardiovascular health more quickly with high intensity cardio, but this is no reason to discard your long runs. If you have a busy schedule and wish you fit 3 short, 20-minute sessions, then intensity is the way to go. If, however, you truly enjoy your long bike ride or jog on the weekends, then go ahead and do it - you will still be improving your health and burn-

ing calories, and if it is something that you enjoy, you will stick with it! Remember, too, that if you are training for a marathon, all of the 20-minute high intensity cardio in the world will not prepare you fully to run 20+ miles. You must perform the moderate, long duration cardio to prepare your body for the event.

This leads us to another maxim. Your heart rate can provide you a lot of information about your training. Over time, your resting heart rate should decrease. Mine went from the high 60's to a current value of 48 due to my cardiovascular conditioning. When you train with weights, you can use a heart rate monitor to see what your target heart rate is (weight training will take it to the anaerobic levels, or about the maximum heart rate you would want to train at) - this will provide much better feedback than a generic formula. By tracking your heart rate, you can monitor your effort. If you train today at 160bpm then have a lousy day and don't feel like you're receiving any benefit, use your heart rate as a guide. As long as you are pushing hard enough to hit that 160bpm mark again, you know you are getting at least the same intensity from your training as the time before.

4: Use your heart rate as a tool for feedback about your progress, not as a "RULE" for fat loss (i.e. the "zone", etc)

Many people are very intrigued by the readouts on machines when they perform cardio. Unfortunately, those numbers are based on generic equations that fit the "general population" rather than you as an individual. For example, calories burned are based on your weight. A 200-pound person at 8% body fat will have the same formula applied as a 200-pound person at 30% body fat. However, the more that you train and the leaner you are, the less calories you will burn during the same activity. In this example, the 8% person will actually burn fewer calories than the 30% person, due to their level of health and amount of lean mass. There are also issues with metabolism, activity throughout the day, nutrition, and many other factors that are not taken into account.

Does this mean that the readouts are worthless? Not at all. In fact, they are very useful. When I did my morning run this morning, the readout said that I burned 610 calories in 30 minutes. While I may not have truly expended that amount of energy, it is a great reference for me. Why? Because the next time that I perform cardio on that machine, I'm going to push myself harder and try to burn 650 calories. Again, I may not actually be burning 650 calories, but you can be certain that if the readout gives me that number, I will be working harder next week than I did today. So it is a great tool to gauge your own progress. It is also a great tool to mix up your style of training. If I do a high intensity workout and burn "400" calories, then I know if I come back and perform moderate training, I can shoot for "400" calories and expend about the same amount of energy during the activity.

5: Do not take the readouts on cardio machines literally - use them as a scale to gauge your own progress

It is interesting to learn the various ways that different styles of cardio expend energy. A slow, moderate run may take 45 minutes to burn 400 calories. However, the same amount of calories might be expended in a 15 minute, high intensity run. This is due to the fact that your heart rate becomes extremely elevated, and your muscles begin performing extreme work in order to help you accelerate through the intense periods. On the same token, a "slow" jog on a steep incline may burn the same amount of calories. In this situation, your body is fighting against gravity, so again you are still performing "high intensity" effort despite the slower pace.

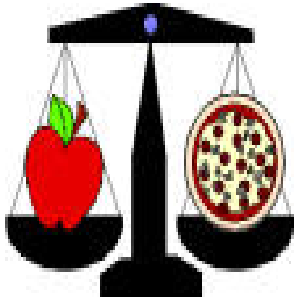
6: Variety is key - whenever possible, vary not only your style of training (i.e. moderate, high intensity, etc) but also the terrain or equipment that you train on
I often have clients complain that they don't have access to the right equipment to perform much variety with cardio. If you simply purchase an inexpensive jump rope, you can easily train two different exercises: jogging, and jump roping. Now consider different styles of training: moderate (low intensity), high intensity interval training, and just high intensity training (where you try to elevate your heart rate and maintain that throughout the duration of the exercise). This alone provides 6 different possibilities for a cardio session, which is more than enough variety to change things throughout your training cycles.

Cardiovascular exercise is an important component of general health. While certain people may require different amounts and types of cardio, everyone should engage in at least a little cardiovascular activity each week. There are many methods for training which all have their advantages. You should learn what works for you and what you truly enjoy so that you will continue to perform cardio and reap benefits of good health.

Don't let someone fool you into thinking cardio isn't necessary. Even if you are in top shape, a little cardiovascular exercise can still benefit your general health. The key is to change the style and frequency of cardio to suite your lifestyle and fitness goals. Consider various styles of training, different terrains, and new types of equipment to train on. As always, learn your body and don't use any one else's rules to dictate your training. Keep a good journal, and find out what works for you. Peak cardio is a sure way to move closer to your peak, natural physique.

TREAT YOUR BODY AS GOOD AS YOUR CAR

What did you eat yesterday? When did you eat? Did you actually take time to taste the food? Did you drink water throughout the day? What are you going to eat today, tomorrow...? Would you tolerate



someone else taking care of YOUR body the way that you do? If you own a vehicle, do you give more consideration to what goes into the gas tank of your car than you do your body?

These are all simple inquiries that seem trivial at first glance. In truth, these are some of the most significant questions in regards to your body's health, performance, and appearance. After all is said and done, what you DO and what you neglect to put into your body on a daily basis will determine what manifests from the hard work you do in the gym. Sure, training is the cause for the body to change for the better. But nutrition is the key factor to bring the desired effect and result that you can feel and see.

LOW FAT, HIGH CARB, HIGH PROTEIN, NO FAT, LOW CARB, FOOD COMBINING, FOOD SEPARATING, Simon says: NEVER EAT "fill-in-the-blank", Simon says: ALWAYS EAT "fill-in-the-blank"..... STOP IT!

The #1 characteristic to a sound nutrition program (aka healthy eating) is AWARENESS. Yes, right beside all the special diets and weight-loss programs is the "golden key" to taking command of your personal nutrition. It's really that simple. It's in that simplicity that the difficulty arises. Considering all the separate agendas well-meaning experts pursue in their lust to "reinvent the wheel", it's no wonder people become frustrated and give up before they start. In most cases, we've been misled by some sincere marketing. Yes, but sincerely wrong!

We, as people in this multi-info society, want to make things either too difficult to follow or too simple to be of any good. Kind of like: "I just don't have the time or means" OR "if it's THAT simple it must not work". We know about all the right ways to eat and what we should do but don't follow that information with appropriate action. We say things like: "well, I wasn't too bad today" or "aren't I just awful" when confronted with a question on our eating habits.

EATING FOR HEALTH IS NOT A MORAL ISSUE

What you do and don't eat on a regular basis is a matter of cause and effect. Nutrition, or lack thereof, is the cause. NOT the effect! Let's look at it this way: Take your body as it is right now. From this moment forward, YOU are in command of what you eat or don't eat. YOU are the one that makes that decision (or non-decision) and no one else. In truth, people tend to treat their body with 2nd class status compared to their pet, vehicle, or home. And then proceed to spend an inordinate amount of time complaining and worrying over its condition. There are as many rationales for this neglect/abuse as there are thumbprints. Your mission is to go BEYOND those "excuses" and take command of your body. After all, IT goes everywhere YOU do. The majority of ills that attack the body and mind can be prevented via a sound and consistent approach to nutrition. Now, optimal nutrition is all about using food and food supplements to work FOR you. It's not about "filling your tummy" or "curbing your appetite". Eating for health is driven neither by emotions, urges, or appetites. It's about a conscious practice of consuming adequate quantities of proteins, carbohydrates, and fats, along with sufficient amounts of vitamins and minerals. Your body needs nutrients.

Food is your advocate, not adversary.



Every bride wants to look perfect on her wedding day. Selecting a dress that will make you look and feel great is an important first step. But what happens when you look in the mirror and notice trouble spots? When this happens it's not uncommon for brides to try quick-fix diets or other unhealthy ways to help them get in shape. Unfortunately, many dieting brides make fitness mistakes that not only prevent them from reaching their goals but also cause unnecessary stress and sometimes even illness. Those are two things no bride needs! Here are five of the most common diet mistakes as well as some tips to help you avoid them.

1. Too much, too late.

One of the most important things to remember if you are trying to lose weight is to start early. For example, don't try to lose 20 pounds two months before the big day. The key is to plan ahead so that you can lose the weight (or just tone up) gradually. So if your dream-wedding day includes you being in great shape, then include fitness as a "to-do" on your overall wedding checklist. That way it will be a priority in your wedding planning.

2. Setting unachievable goals.

Many women get engaged and begin imagining themselves drastically thinner or more sculpted. Be realistic with yourself. If you've never been a size 6 in your life, then it is probably unrealistic to think you can magically transform just because you are getting married. And, do you really want to look so different on your wedding day that most people (including your fiancée) hardly recognize you?

3. Radical diets or fitness programs.

Brides typically are short on time and long on

to-do lists. This leads many to try unhealthy fitness programs or starvation diets. Don't be tempted by diets that promise quick, drastic results with little effort from you. You should avoid any programs that suggest taking "diet" pills or eating unbalanced meals (like eating only cabbage soup for a week). And, don't be lured into trying dangerous things, like laxatives.

4. Not exercising.

It's very easy for brides to say "I don't have time to exercise" or "I'm too tired to exercise". But diet and exercise should always go hand in hand. Consider them to be like yin and yang. Without activity your body can't burn as many calories. If you are very short on time, try to exercise in small 10-minute bursts throughout the day. And, keep in mind that little things help too, like taking the stairs or parking at the outer edge of the mall parking lot. Plus, if you are tired from all of your planning, exercise will help give you back some energy.

5. Skipping Meals

It's not uncommon to get caught up in your planning and then realize at 9 p.m. (as your head begins to ache) that you haven't eaten a thing all day. While it may not be an uncommon scenario, it is unavoidable. Not only is skipping meals unhealthy, it can lead to binge eating. That often means eating very fattening foods and/or overeating all at once. To avoid this, try packing light snacks to keep on hand throughout the day.

Getting in shape doesn't have to be complicated and it doesn't require a lot of time. If you are trying to lose weight or firm up before your wedding, keep in mind that the most important thing is for a bride to feel good about herself. And no matter what size or shape, all brides are **beautiful** on their wedding day

Protein Shakes



As interest in health and nutrition grows, more and more people are checking out protein shakes as a way to lose weight or enhance their sports performance. What do protein shakes consist of, and what are their true benefits? Here's some information to guide you.

What Are Protein Shakes?

Protein is one of the body's main building blocks for muscle, bone, skin, and other tissues. Used often by athletes, protein shakes come in many combinations of protein, carbohydrates, and fats. They can range from 100% protein to mostly carbohydrates with a little added protein and fat. Protein shakes come in a variety of flavors in powder form or in ready-to-drink packages, such as aluminum cans or foil packs.

What Are the Benefits of Protein Shakes?

Safe for people who are healthy and fit, protein shakes are used mainly by athletes who need nourishment right after their workouts, says Jose Antonio, PhD, FACSM, CSCS, chief executive officer and co-founder of the International Society of Sports Nutrition (ISSN). "Most people can't make a meal immediately post-workout," he says. "So these ready-to-drink shakes are really your best alternative."

They're a safe way to ensure enough protein, when used as part of a balanced, nutrient-rich diet, according to the ISSN, countering the view that protein shakes can be harmful to kidneys or bones.

Although research hasn't proven their role in sports performance and muscle strength, protein shakes may offer certain benefits.

** An endurance athlete may find it easier to train with the help of protein shakes, says Antonio. That's because they help the body recover from intense exercise. Protein shakes do this mainly by restoring muscle glycogen, a fuel source for exercise, which gets used up during workouts.*

** For the strength athlete, protein shakes can also help repair damage to muscles that can occur with serious bodybuilding.*

** The general fitness enthusiast who works out hard but doesn't want to be a marathon runner or bodybuilder may also benefit, says Antonio. This is the kind of person who might run twice a week and lift weights twice a week.*

Some research shows other benefits as well. For example, a study of 130 U.S. Marines looked at intense exercisers who supplemented their diet with 10 grams of protein, 8 grams of carbohydrates, and 3 grams of fat. They had fewer infections, less heat exhaustion, and less muscle soreness. Some protein shakes may help with weight management, as well. But more research is needed to confirm this.

How Much Protein Do You Need?

Almost all people can get the protein they need from whole foods and beverages in their diet. The recommended daily allowance for healthy men and women ages 19 and older is 0.8 grams of protein per kilogram of body weight, or about 46 to 56 grams of protein a day.

Because most Americans consume closer to 1.5 grams of protein per kilogram of body weight daily, they don't need protein shakes or supplements for extra protein. In most cases, only those who are active and restrict calories or are strict vegetarians are at risk for low protein.

People who exercise regularly do need more energy. They may also need a little more protein than people who are less active. Adding protein doesn't add muscle mass, though, as many people believe.

The ISSN recommends that exercisers get 1.4 to 2 grams of protein per kilogram of body weight daily. Endurance athletes should be at the lower end of this range and strength athletes at the higher end. How much you need depends on the type and intensity of your exercise, the quality of the protein you eat, and your energy level and carbohydrate intake.

This is what the ISSN recommends:

** For endurance athletes: 1 to 1.6 grams of protein per kilogram of body weight daily, depending on intensity and duration of exercise and the training status of the athlete*

** For strength or power athletes: 1.6 to 2 grams of protein per kilogram of body weight daily*

What Is the Protein Content of Protein Shakes?

Everyone, including athletes, can meet their protein needs without supplements or shakes. When choosing protein shakes, read the label to select the one with the composition that fits your needs.

Protein shakes vary in protein content. "If you're a body builder, you're going to shift to the drinks that have a bit more protein," says Antonio citing the product Worldwide Sport Nutrition as an example. "If you're an endurance athlete, you're going to go for the drinks that have a bit more carbs." The most important thing is simply to drink something after your workout, he says.

If your goal is to lose body fat, shift to a protein shake that's mainly protein, has few carbs, and only a little bit of fat, such as Slim-Fast. "Make sure the product is more than 50% protein if your goal is body fat loss," Antonio says.

For those in the middle range -- someone who works out regularly but isn't at the competitive level -- a popular protein shake is Muscle Milk. It fits somewhere between high-protein and high-carbohydrate shakes, says Antonio. Muscle Milk contains milk protein, combined with carbs and fats. It contains more fat than the average protein shake, he says, but it's a type that does not increase cardiovascular risk.

What Are the Different Types of Protein in Protein Shakes?

Protein shakes contain many different types of protein in varying amounts. They may include:

- * Milk
- * Whey
- * Casein
- * Egg
- * Soy

The source of the protein and how it's purified during manufacturing may affect how well your body can digest and absorb its amino acids, the building blocks of protein. Although it's best to obtain protein through your diet, supplementing it with a combination of whey and casein is a good option.

What Are the Different Types of Protein in Protein Shakes? continued...

Whey protein is:

- * A protein found in milk
- * Fast-absorbing
- * In your body for a shorter time
- * A good supplement after intense workouts

Casein protein is:

- * The main protein in milk
- * Slow-absorbing
- * In your body for a longer time
- * A good supplement for meal replacements or to take before bed

Soy protein is as effective as most animal sources of protein, although many male athletes think of it as a "girl's protein," Antonio says. "But this is where public perception and scientific reality clash." Research doesn't support the fears that soy protein lowers blood levels of testosterone or reduces lean body mass.

Many women do take soy protein shakes in the hopes of curbing menopausal symptoms. But research results have been mixed.

Soy protein is:

- * A plant-based source of protein
- * As digestible as other sources of protein
- * Known for its antioxidant capabilities
- * A good supplement for meal replacements

