

Smarter Bodies

www.smartbodiesfitness.com/

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Editor Jim Rabic



Last Chance to enter 
the 2007 Smartest Loser!



Entry deadline is
extended
to March 9, 2007!



*See the front desk to
schedule a measurement*

Get the motivation - No Picture Necessary!
Smartest Loser Teams still needing members

In 12 Weeks you'll be ready for SUMMER!



SMART RUNNING

The Advantages of running on a Treadmill

If the dark nights and the weather are causing you real problems why not take a look at treadmill running. For health, fitness and weight loss purposes, there are really no disadvantages to treadmill training. A calorie burned on a treadmill is the same as a calorie burned during any other activity. Cardiovascular fitness is improved at a similar rate whether you run on a treadmill or outside on the road or track. The treadmill provides many added benefits including injury prevention, safety, and convenience.

Here is a list of the Advantages associated with treadmill running.

Adverse Weather - you look out your living room window. The wind is howling, The rain is falling and maybe turning to snow. You have a five mile run planned. Are you really going to venture through your front door and into the miserable weather? Unless you are an absolute fanatic you are going to stay huddled in front of your fireplace (TV). In situations like that, a treadmill is the perfect answer. You can perform any of your training runs in the safety and comfort of your own home or at your gym. A treadmill takes the weather factor out of the equation. You can always jump on your treadmill and do nearly any session that you could have done outdoors. If ice or snow is present, running on the treadmill will certainly provide a better workout than running outside in those conditions.

Speed Work / Interval Training - successful interval training depends upon running the repeats at a fairly precise speed and at a precise distance.

When doing interval training on a treadmill, you can set the pace and be assured that you are running at that speed throughout the repeat. The treadmill does not allow you to slow down or speed up. It forces you to maintain your target pace throughout the repeat or session.

Consistent Pacing - when you begin to tire during your training runs, you will slow down. You do not realize that you are slowing down because you feel like you are running at the same rate of perceived exertion. In other words, you still believe that you are running at your target pace.

The treadmill will force you to maintain the pace that you had planned for the session. The only way to slow down is to intentionally reduce the speed of the treadmill. This consistent pacing benefit can actually make treadmill training a higher quality session than track or road training.

Easy Runs - you cannot run hard and fast all of the time. Your muscles need time to rest and recover. Without that recovery

time, you will not be able to complete your harder sessions and consequently you will not improve. Easy runs are necessary to allow your muscles to recover from hard, intense or long running sessions. It can be very difficult to run at a pace easy enough to allow for muscle recovery. It can feel very slow and therefore many runners have a tendency to perform their easy runs at too fast a pace.

Novice runners can also benefit by using the treadmill for easy runs. It is important for a new runner to strengthen unused tendons and muscles gradually before doing any intense or fast training. Setting the treadmill at an easy pace will help avoid any tendency to run faster than they should.

Hill Training - hill running is one of the best and most efficient training methods for building running strength, running economy and improving race performance. The problem is that many runners live in areas that have few hills, if any. So, what do you do if you have no hills around you? Easy, just get on your treadmill. Most treadmills will elevate from 1 percent to 12 percent.

Injury Prevention / Rehabilitation - running on concrete and tarmac day in and day out places a lot of stress on the connective tissues in your legs. This can lead to potential overuse injuries.

High quality treadmills that are produced today give you a stable, but more forgiving surface to run on

Great For Novices - the treadmill is ideal for Novice runners. Many new runners feel a bit intimidated by the sport and by more experienced runners. There is no reason for them to feel this way, but many do none the less. The treadmill gives novices a great place to start and to gain confidence in themselves so that feeling of intimidation melts away. Most new runners start with walking. The treadmill is a great tool for incorporating those first running steps into a training program.

Heart Rate Training

Training by heart rate is a currently popular method of monitoring running intensity. Many mid and top level treadmills have built in heart rate monitoring capabilities. Some monitor heart rate by the use of a belt that wraps around your chest and others use monitoring pads on the treadmill handle grips. You can get more information on Heart rate elsewhere on this site together with information on Polar Heart Rate monitors.

Variety of Training Sessions

Treadmill workouts have an unlimited number of possible combinations of speed, distance and incline. You are able to design a run that will provide you with the exact training that you desire. There is no outside training area that can give you everything you want in a session Only the treadmill gives you this kind of flexibility. This is an advantage to runners of all abilities from a novice to an elite runner.

Watchdog Group Sues Coke, Nestlé For Bogus "Enviga Claims"

Green Tea-Flavored Diet Soda Won't Help You Lose Weight, Despite Claims of "Negative Calories"



The nonprofit Center for Science in the Public Interest filed suit this month against Coca-Cola and Nestlé for making fraudulent claims in marketing and labeling for Enviga, a new artificially sweetened green tea soft drink. Labeled “the calorie burner” on cans, Enviga is marketed as a weight-loss aid, with claims that it has “negative calories” and that it can “keep those extra calories from building up.” Enviga’s web site also says the drink is “much smarter than following fads, quick fixes, and crash diets.” But according to CSPI scientists who reviewed the studies cited by Coke and Nestlé, Enviga is just a highly caffeinated and over-priced diet soda, and is exactly the kind of faddy, phony diet aid it claims not to be.

Enviga consists of carbonated water, calcium, concentrated green tea extract, various “natural flavors,” and ingredients typically found in diet soda, such as caffeine (three diet colas’ worth), phosphoric acid, and the artificial sweeteners aspartame and acesulfame potassium.

Many of Enviga’s claims are based on a 72-hour Nestlé-funded study of 31 people who were given a drink containing amounts of EGCG and caffeine equivalent to three cans of Enviga. On average, those subjects expended more energy, according to an abstract of the unpublished study. In any event, none of the 31 were overweight or obese—in fact all were quite lean to begin with. In other words, the company’s test may have detected some slight evidence that it increases calorie burning slightly—but only in a short-term test of thin people who were given a strictly controlled diet. And when the study was presented at a conference of the Obesity Society (publishers of the journal *Obesity* and also known as NAASO), the society disputed the study’s conclusions, insisting “it is improper to state or imply that the results of this study supports any weight loss” claim.

No test of Enviga lasted more than three days. One European study found that EGCG and caffeine did not increase energy expenditure after one month and did not help people lose weight. One longer-

term Japanese study did show that a tea fortified with EGCG and caffeine helped people lose more weight than a control tea, but then again, the study was conducted by a tea company and the subjects of the study were 38 of that company’s male employees.

Enviga costs between \$1.29 and \$1.49 per can, and the company suggests that the maximum effect is gained by drinking three cans a day, or about \$1,500 worth of the soda per year.

“There is no clear evidence that what’s in Enviga will help you control your weight,” said CSPI senior nutritionist David Schardt. “You’d be much better off giving up non-diet soda, which costs nothing to do, or by joining a gym, which is typically less expensive than paying for 3 cans of Enviga a day.” “This deceptive marketing campaign needs to be nipped in the bud before many more millions of Americans get ripped off,” said Cuker. “Enviga burns more money than calories.”

“If the Food and Drug Administration were at all credible, major corporations like Coca-Cola and Nestlé wouldn’t try to take consumers to the cleaners like this,” said CSPI executive director Michael F. Jacobson. “Imagine—two of the companies partly responsible for the general fattening of America are now urging us to pay them \$4 a day to slim down with Enviga. The chutzpah!”

U.S. Gets Bad Marks... Again

Even though Americans are willing to spend money on healthy products, they are less likely than other nationalities to make long lasting behavior changes, according to a new report from Business Insights.



The market analyst surveyed food and drink industry executives and found that looking and feeling good drives consumers more than the actual fear of disease does. The report makes comparisons between attitudes towards functional foods among major developed countries.

Time and again obesity is pinpointed as the number one health concern in the United States, yet it would seem attitudes need an even bigger wake up call.

The report reveals the U.S. has the lowest rate of life expectancy and proportionally has the greatest overweight or obese population among the seven major developed countries (France, Germany, Italy, Spain, United Kingdom, US and Japan).

About 64 percent of all U.S. adults are overweight, 30 percent of whom are obese, according to the U.S. Food & Drug Administration. This has been identified as an indisputable contributing factor to the nation's high death rate from heart disease.

According to the American Heart Association, cardiovascular disease claimed 910,614 lives in 2003 – or 37.3 percent of all deaths. This is almost double the entire death toll for all forms of cancer in the same year.

The report also concluded the U.S. has the least healthy attitude toward health of the major developed countries, while Japan ranks as the healthiest country in this category.

Garlic May Not Lower Cholesterol

Study Shows No Improvement in Cholesterol Levels From Raw Garlic or Garlic Supplements



Garlic may not improve the cholesterol profiles of people with moderately high levels of "bad" cholesterol, a new study shows. The researchers tested raw garlic and two different garlic supplements

on nearly 200 adults with moderately high levels of LDL ("bad") cholesterol.

After six months, the patients showed no improvements in their average cholesterol or other blood fats (lipids), no matter what kind of garlic they had consumed.

"Garlic supplements or dietary garlic in reasonable doses are unlikely to produce lipid benefits" in people with moderately high LDL cholesterol.

But "the jury is still out" about whether garlic prevents heart disease, states an editorial published with the study in the Archives of Internal Medicine.

Too Much 'Bad' Cholesterol

Poor cholesterol levels are among the risk factors for heart disease.

Cholesterol is measured in milligrams per deciliter (mg/dL). Here are the optimal levels of cholesterol, according to the National Heart, Lung, and Blood Institute:

Total cholesterol should be below 200 mg/dL.

LDL ("bad") cholesterol should be below 100

HDL ("good") should be 60 or higher

The 192 people who took part in the garlic study had less-than-ideal cholesterol profiles:

LDL levels ranged from 130-190. Average total cholesterol: about 227.

Average LDL cholesterol: about 150.

Average HDL cholesterol: about 55.

None had heart disease or diabetes. They didn't smoke and weren't taking any drugs to treat cholesterol or blood pressure.

Don't know your cholesterol level? A simple blood test can show you where you rank. Diet, exercise, and medications can help control cholesterol.

Garlic Study

The researchers included Stanford University's Christopher Gardner, PhD.

They gave participants sandwiches to eat and pills to take six days per week for six months.

Participants were split into four groups. One group

got sandwiches that included four to six cloves of crushed raw garlic. They took sham supplements containing no garlic or other active ingredients (placebo pills).

Another group got garlic-free sandwiches and took Garlicin, a powdered garlic supplement.



The third group got garlic-free sandwiches and took Kyolic, an aged garlic supplement. The fourth group got garlic-free sandwiches and placebo pills. Extensive tests show that all three forms of garlic contained comparable amounts of allicin, a compound studied for possible

anticholesterol effects.

Participants had their cholesterol checked monthly throughout the six-month study.

None of the three forms of garlic affected participants' total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol, triglycerides, or other blood fats, the study shows.

"The lack of effect was compelling and clear," Gardner says in a Stanford news release. "The numbers just didn't move. There was no effect with any of these three products, even though fairly high doses were used."

He says the study was large enough and long enough to have detected any cholesterol changes.

"We even looked separately at the participants with the highest vs. the lowest LDL cholesterol levels at the start of the study, and the results were identical," Gardner says.

However, the researchers don't rule out the possibility that garlic has health benefits for other groups of people (such as those with higher LDL cholesterol levels) or requires higher doses.

Second Opinion

The study's results "do not demonstrate that garlic has no usefulness in the prevention of cardiovascular disease," write the editorialists.

They included Marcus McFerren, MD, PhD, of the Center for Complementary and Integrative Medicine at New York's Weill Cornell Medical College.

Many factors affect heart disease, and allicin may not be the only compound in garlic that affects cholesterol, the editorialists suggest.

Garlic supplements are probably safe (no side effects were seen in the study), write McFerren and colleagues. "Do they prevent cardiovascular disease?"

The jury is still out," the editorialists write.

Gardner's team didn't set out to see if garlic prevented heart disease. The study only tracked cholesterol and other lipid levels.



SPRINTING IN THE SPINNING® PROGRAM

What is a SPRINT? A sprint is an all-out, short-term effort at maximum output (wattage) performed in a high gear. A sprint typically lasts no more than 30 seconds. When riders complete a true sprint, they should be “spent.”

How to perform a sprint:

1. Start in a Seated Flat:

Use Hand Position 2 with medium resistance at an intensity that requires some degree of effort (not a comfortable cruising pace).

2. Continue the Seated Flat for 15-20 seconds:

Begin adding resistance over a short period of time to begin the initial stage of the sprint.

3. Begin a Standing

Climb: As soon as you feel your legs and pedal stroke begin to “bog down” (i.e., RPMs/cadence slower), jump out to Hand Position 3 to get “on top of the gear” or on top of the resistance.

4. Continue the Standing Climb for 3-8 seconds:

Once in position 3, begin to gain leverage and leg snap (power) by using the handlebars and body weight and accelerating to a greater pedal cadence.

5. Transition to a Seated

Climb: Settle back into the saddle quickly, efficiently and

fluidly, into hand Position 2, and accelerate again (at this point you are already at maximal effort).

6. Finish the sprint: Both your heart rate and legs will be tapped out. If done properly, you will have a unique (and extremely “loaded”) feeling in your legs, a feeling that is only achieved through sprinting.

Recovery will be a necessity.

SPRINTING DOs:

- Weight centered over the bike
- Strong core
- Head level/head up looking ahead
- Sharp, fluid movements
- Determination, focus and immersion in the moment
- Forceful exhalations with proper diaphragmatic breathing
- Elbows bent with smooth, strong side-to-side movement when in Hand Position 3
- Strong, controlled movement when finishing the sprint
- Recovery period after the sprint

SPRINTING DON'Ts:

- Low resistance or no resistance
- RPMs too high or RPMs too low: you must stay within your means but challenge yourself
- Extreme forward flexion of body over the bike or too much upper body weight on the bars
- Straight arms, head down, arched back, heels up, knees out, elbows turned in
- More than 10 seconds in Hand Position 3 when completing a seated sprint
- Holding your breath
- Sprint time greater than 30 seconds

In a fitness funk? Tips on keeping your resolutions



It's now been two months since you made that New Year's resolution to adopt a healthier lifestyle.

Might your resolve be wearing thin, or might the resolution conveniently have slipped to the back of your mind along with your hopes of getting back into those skinny jeans?

Well, we're not even to March yet, so you've still got time to regain the momentum you enjoyed on Jan. 1.

Here are some tips on how to get back on track and maintain that momentum for the rest of 2007.

Start slowly:

When you begin to work out, you have to remember to start off slowly.

"People who make resolutions hit it full-force and end up quitting," said Ann Raulerson, operations manager for Gainesville Health and Fitness Center for Women. "Taking it slow helps and builds up the endurance to exercise."

Start with a few weight machines and gradually build up, rather than starting with every machine in the gym.

Find the right time:

Raulerson recommends picking a time to exercise that works best for you. A lot of people exercise during certain times of the day, even though that's not when they feel at their best.

If you usually exercise before work, but aren't feeling it, try going after work.

Raulerson warns, however, that exercising too late could throw off your internal clock, leaving you wide awake or not sleeping soundly.

Start a buddy system: Sometimes it is hard to motivate yourself to be physically active. That's where exercising with a friend or relative comes in.



"Buddy systems are good because they keep people accountable," Raulerson said.

Exercise buddies provide motivation, support and make it a lot more difficult to skip a workout.

Does it appeal to you?

If a fitness center isn't your cup of tea, there are plenty of other activities to participate in. Bowling, swimming, yoga and dancing are all forms of exercise.

You can also combine exercise with other activities you enjoy. For example, if one of your interests is photography, why not walk around town taking pictures of nature for a day?

Move more: Make it a daily challenge to find small ways to move

more. Anything that moves your limbs isn't only a fitness tool, but it is also a stress buster.

Simple ways of adding movement to your daily life are taking the stairs instead of the elevator, walking your dog, changing television channels manually and mowing the lawn.

Be willing to indulge:

When on a diet, many people try to completely avoid foods high in calories or foods they consider tempting. Complete avoidance, however, doesn't work.

"An occasional small indulgence may help people to maintain a healthier style of eating if they know once a week they can have a special dessert or meat dish," said Elaine Turner, associate professor in food science and human performance.

Turner also emphasized that a diet shouldn't be about giving up favorite foods but preparing them in a healthier way.

This could mean eating smaller portions or preparing them with healthier ingredients.

Drinks have calories, too:

Many people order a salad to be healthy, but at the same time order a regular soda or an alcoholic beverage. People seem to forget that drinks also have calories.

According to a McDonald's Web site, a large Coca-Cola, for example, has 310 calories, which is about 15 percent of your recommended daily intake of calories.

Drinking water, diet soda, unsweetened tea or coffee are wise alternatives with fewer, and sometimes no calories.

Eat like a kid:

Remember those peanut butter sandwiches and waffles you loved as a child?

Turner suggests putting those foods back into your diet ... with a grown-up twist. If you loved grilled cheese, for example, put it back in your diet, but try using reduced fat cheese and a low-fat butter spread.

Add color to your diet:



Fruits and vegetables come in all different colors and most people would benefit from having more of them in their diet, Turner said.

"Sometimes we get stuck in the same (fruits and vegetables)," she said. "Trying something new once a week could add interest to

the diet."

Along with adding variety, foods that are bright in color tend to have more antioxidants, which provide beta-carotene, lycopene and vitamins C, E and A.

Brush your teeth:

If you're a late-night snacker, try brushing your teeth, flossing and using mouthwash right after dinner. Many people find it less appealing to eat more when they have a clean mouth.

Weight Loss Similar with Exercise or Diet

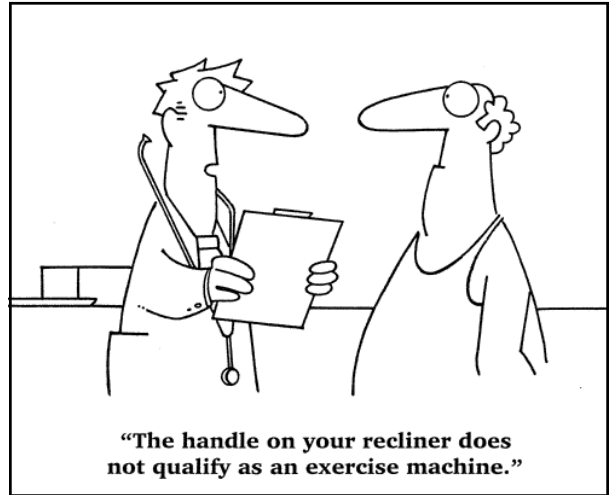


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The results of a study published in the Journal of Clinical Endocrinology and Metabolism suggest that diet alone results in a similar amount of weight loss when compared to exercise alone. The results essentially reinforce the theory that a calorie is just a calorie, regardless of whether or not an individual is classified as overweight. The study examined 24 people, 12 who ate a calorie-restricted diet, and 12 who combined a calorie-restricted diet with exercise five times per week for six months. All the food portions were carefully measured and monitored. The volunteers in both groups lost approximately 10% of their body weight, 24% of their fat mass, and 27% of their abdominal visceral fat. The distribution of fat in the body was not altered by either approach, reinforcing the fact that there is no such thing as spot reduction. Dr. Ravussin then suggested that individuals are genetically programmed for fat storage in a particular pattern and that this programming cannot be easily overcome. Dr. Ravussin's team also found that two of the key biomarkers of aging were improved when an appropriate program of diet and exercise was utilized. Core temperature was 0.4 to 0.5 degrees C lower, and insulin was reduced. This suggests that either burning more calories or taking in less calories can extend life. Dr. Ravussin states that for overall health, an appropriate program diet and exercise is still the best.



of



Save the Date

THE 2007 CLIENT APPRECIATION PARTY



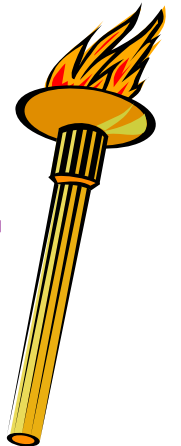
TAVISTOCK
COUNTRY CLUB
HADDONFIELD
Friday June
22, 2007

All are welcome.
More details
available soon.

Smart Bodies

OLYMPICS

Saturday April 14, 2007



Sign sheets will soon be available for the Olympics charity fundraiser. Compete on your trainer's team in obstacle courses, tug of war relay, races, and many other events. Location of local school gymnasium to be determined.



FREE FILE OF THE MONTH



iDump

Copy music off of your iPod.

This program will allow you to transfer your songs of your iPod to a PC. iDump does come wrapped in a installer but you can simply drop the .exe in the root directory on your iPod and run it from there. Connect you iPod and run iDump and you'll have access to all your songs, select the songs you want to transfer then pick a destination directory and how you would like your songs to be named. And then sit back and transfer all the selected songs to the PC

http://www.download.com/iDump/3000-2169_4-10522607.html?tag=lst-6-2

Osteoarthritis and Exercise



The results of a study published in the February issue of Arthritis Care and Research reports that exercise has no impact on knee osteoarthritis. The study was conducted over a ten year period and followed approximately 1,300 men and women in Massachusetts (average age of 53) who were all initially given surveys to assess the types of exercise and intensities that were being practiced. The participants were re-assessed twice during the research period. Researchers took knee X-rays and had participants fill out knee function questionnaires. The first re-assessment, conducted in 1993-1994, revealed that over 25% of the participants who utilized walking as a regular form of exercise had developed some form of knee pain. However, by measuring joint space loss, researchers determined that the disease onset was neither positively nor negatively influenced by physical activity. Participants who exercised at a moderate level, as is typical in activities such as running or jogging, also showed that there was neither a positive nor a negative risk in developing osteoarthritis. The study included participants who were overweight, and revealed that their routine exercise did not contribute to the risk of developing the disease. The research was conducted by Dr. David T. Felson, chief of Boston University's Clinical Epidemiology Research Training Unit.

QUOTE OF THE MONTH

"The difference between the impossible and the possible lies in a person's determination."



~ Tommy Lasorda

Weight Training Tips



1 – Warm Up

Five or ten minutes of anything that gets your heart pumping and literally warms you up. Try to move all parts of your body – if you're marching on the spot to get going, pump and swing your arms. Dancing to some good music is a great way to warm up, and has the added benefit of putting you in a good mood.

2 – Be Smooth

Aim for smooth, flowing, continuous movement when using weights. Fast, jerky or uneven movements will put unnecessary strain on your muscles and could result in injury.

3 – Breathe Freely

Don't hold your breath. Your muscles need a constant supply of oxygenated blood, by denying them that you risk broken blood vessels or even a hernia. It doesn't really matter at which point of an exercise you breathe in or out, the important thing is to breathe freely throughout the exercise.

4 - Focus

To ensure you are working your muscles in the most effective way it is important to focus on what you're doing. If your mind is elsewhere it's easy to fall into bad form or forget to count repetitions. One set done properly when you're paying attention, will be more beneficial than two sets when you're not.

Men Over 50: Medical Tests That Can Save Your Life

Once a month

Testicular self-exam
Skin self-check

Twice a year

Dental checkup

Every year

Blood pressure check
Cholesterol check
Clinical testicular exam
Fecal occult blood test

Every three years

Fasting blood-glucose test
Clinical skin exam

Every three to five years

Thyroid-stimulating hormone (TSH) test

Every five years

Flexible sigmoidoscopy

Every decade

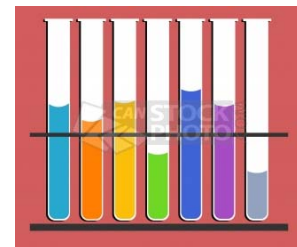
Colonoscopy

Variable

HIV test
Eye exam

Immunizations

Tetanus-diphtheria booster: every ten years
Hepatitis B vaccine: once, for at-risk people
Influenza vaccine: every year if 65 or older



Eat Smart: Five important goals to improve your diet



1. Try New Foods

Like ours, your weekly grocery list probably includes the ingredients for a couple of familiar go-to dinners and recipes but is short on new items.

The benefits: In addition to heightening your culinary prowess, experimenting with new foods expands your nutritional benefits. A diet that

includes a variety of fruits, vegetables, nuts, grains, and oils also includes "lots of vitamins and antioxidants," says Cathy Nonas, R.D., director of obesity and diabetes programs at North General Hospital in New York, "some of which have yet to be named." So eating a variety of foods ensures you get the most benefits.

How to do it: Sample at least one new ingredient each month. When you eat out, try a side dish or an appetizer that includes a new item, or if one of your dining companions orders something with which you're not familiar, ask for a taste. If you like it, add that ingredient to your grocery list, look up a recipe, and try cooking it at home. "For me," says Carlson, "it was sweet potatoes. I never knew how delicious they were until someone suggested I try them. Now I enjoy them often." (Recipe: Escarole with bacon and white beans)

2. Cook Dinner More Often

When 6 p.m. rolls around after a busy day, it's easy to turn to takeout or drive-throughs. This year, resolve to have something delicious in reserve, ready for a quick homemade dinner.

The benefits: When you make your own dinner, you control the ingredients and the portion sizes, says Bonnie Taub-Dix, R.D. "When you eat out, you're likely to get more food than you need, especially since many people associate value with huge portions."

Preparing a meal at home also reinforces the importance of the family dinner, especially when everyone is involved setting the table, cooking, and cleaning up.

How to do it: At first, set out to cook dinner at least one more night per week. Keep ingredients for a few reliable meals on hand in the pantry.

Additionally, employ two secret weapons: the electric slow cooker and a cook-ahead strategy. With a slow cooker, you can assemble and refrigerate the ingredients the night before and turn on the appliance the next morning before you leave home. By the time you return, dinner will be ready. (Recipe: Slow-cooker beef brisket with beer)

You can also cook ahead during the weekend or another day when you have time to prepare an extra dinner. Prechopped and prewashed ingredients from the produce section make this plan proceed more quickly. Assemble casseroles a day or two ahead, and then bake on a busy night when there's no time for prep. Or label and freeze the dish to reheat when needed. Reduce cleanup on busy nights by using paper

plates.

3. Eat More Whole Grains

The benefits: Whole grains may help protect against several chronic diseases, including cardiovascular disease, stroke, type 2 diabetes, and certain cancers. Whole grains also can help combat high cholesterol, and because they are high in fiber, they are satisfying and make you feel full longer.

How to do it: Add five extra portions of whole grains to your diet each week. Swap white sandwich bread for whole grain, whole-wheat pastas for refined pastas, and brown rice or barley for white rice. (Recipe: Oats and buttermilk snack cake)

Carlson has found other ways to work whole grains into her diet. "I sprinkle bran or wheat germ into pasta sauces, soups, and pancake batter. You don't taste it, and you get in another serving of whole grains," she says.

4. Eat Breakfast Every Day

You may skip it because you're short on time (especially on weekdays) or want to shave a few calories, but there's a reason this is called the most important meal of the day.

The benefits: Many studies show that adults who eat breakfast are more alert and attentive at work. "Also, the literature is very clear for both children and adults," says Nonas.

"People who eat breakfast are leaner." Perhaps there's an emotional component at work. "When you don't eat breakfast," explains Nonas, "there's a tendency to feel like you're owed something," so you may eat twice as much at lunch.

How to do it: Make time. Rely on dishes that you can prepare in advance, cook quickly, or take to go. If a bowl of

cereal isn't enticing, toast a whole-grain waffle instead, or scramble an egg and serve on a tortilla for a breakfast tostada. If you have tasty choices, you'll want to sit down for a bite. Carlson experiments with offerings in her local supermarket. "I've even found delicious waffles that have flax oil and bran in them," she says.

(Recipe: Quick breakfast tostada)

5. Snack More Healthfully

Little meals between meals are a good way to round out your day's total nutrition. For example, snacks offer an opportunity to add healthful lean protein if it will not be part of lunch or dinner.

The benefits: A diverse diet ensures you get the vitamins and minerals you need without relying just on three meals a day. Filling gaps between meals in a conscious way can also help keep blood sugar levels stable and your energy and mood high.

How to do it: Prepare healthful foods in several nutrient categories. If you haven't had enough protein during the day, for instance, have a protein-rich snack, such as peanut butter on apple slices or mixed nuts. Likewise, to fill calcium gaps, be prepared with yogurt, smoothies, and cheese. Whatever you choose, Nonas says, sidestep calories that don't offer nutritional value. "A pretzel may not be high in calories, but it's not adding to the total nutritional picture."



signsofobesity

- Because of safety concerns, the Federal Aviation Administration has instructed the airlines to add ten (10) pounds to approved passenger weights.
- When administering vaccines and drawing blood, doctors now need longer needles to penetrate thicker layers of fat on American bodies.
- Almost 25% of women in their 50's are too large to have their body-fat measured with a traditional skinfold caliper.
- Liposuction is the most commonly performed cosmetic surgical procedure in the U.S. - increasing 118% between 1997 and 2001
- Over the last decade, diabetes rates rose 60% in the U.S. (over half of diabetes cases are due to overweight, poor diet and physical inactivity.)
- Today's size 10 was sold as a women's size 14 in the 1940's.
- The Gap, Limited Too and Target are selling plus-sized clothes for youth
- Plus-sized boutique Lane Bryant is expected to increase its number of stores from 650 to 1,000 over the next five years. Catherine's Plus Sizes is projected to increase from 470 to 700 stores. The plus-size clothing market generates \$23 billion in sales each year, accounting for a quarter of women's clothing sales.
- Nike changed the size scale for it's women's fitness apparel. A small sports bra use to fit a woman with a 33-inch to 35-inch bust. Now it fits a 35- to 37-inch bust.
- One of the reasons the Boston Red Sox decided to rebuild the legendary Fenway Park was that the seats were too narrow for today's baseball fans. The seats in the new ballpark are 4 inches wider.

The 7 Most Misleading Claims in Diet Ads



"LOSE WEIGHT WITHOUT DIET OR EXERCISE!"

Achieving a healthy weight takes work.

Take a pass on any product that promises

miraculous results without the e-ort. Buy one and the only thing you'll lose is money.

"LOSE WEIGHT NO MATTER HOW MUCH YOU EAT OF YOUR FAVORITE FOODS!"

Beware of any product that claims that you can eat all you want of high-calorie foods and still lose weight.

Losing weight requires sensible food choices. Filling up on healthy vegetables and fruits can make it easier

to say no to fattening sweets and snacks. **"LOSE WEIGHT PERMANENTLY! NEVER DIET AGAIN!"**

Even if you're successful in taking the weight o-, permanent weight loss requires permanent lifestyle

changes. Don't trust any product that promises once-and-for-all results without ongoing maintenance.

"BLOCK THE ABSORPTION OF FAT, CARBS, OR CALORIES!"

Doctors, dieticians, and other experts agree that there is simply no magic non-prescription pill that will allow

you to block the absorption of fat, carbs, or calories. The key to curbing your craving for those "downfall

foods" is portion control. Limit yourself to a smaller serving or a slimmer slice.

"LOSE 30 POUNDS IN 30 DAYS!"

Losing weight is really all about losing body-fat and learning how to keep it o. At best, products promising

lightning-fast weight loss are false. At worst, they can ruin your health.

"EVERYBODY WILL LOSE WEIGHT!"

Your habits and health concerns are unique. There is simply no one-size--ts-all product guaranteed to work

for everyone. Team up with your -tness professional to design a personalized nutrition and exercise pro-

gram suited to your lifestyle and metabolism. **"LOSE WEIGHT WITH OUR MIRACLE DIET PATCH OR CREAM!"**

"LOSE WEIGHT WITH OUR MIRACLE DIET PATCH OR CREAM!"

You've seen the ads for diet patches or creams that claim to melt away the pounds. Don't

believe them. There's nothing you can wear or apply to your

skin that will cause you to lose weight.



Recipe of the Month

Sautéed Sea Bass with Mushroom Ragout



For the Mushroom Ragout:

2 tablespoons chopped shallots
 2 cups sliced mushrooms
 8 plum tomatoes, quartered and skinned
 2 sprigs tarragon, or 1/2 teaspoon dried tarragon
 salt to taste
 freshly ground black pepper

For the Sautéed Sea Bass: , 4 to 5 ounces each

salt to taste
 freshly ground black pepper
 2 tablespoons canola oil

Cooking Instructions

For the Mushroom Ragout:

1. Heat the oil in a skillet over medium heat. Add the shallots and cook until they begin to soften, about 2 minutes.
2. Turn the heat to medium-high, add the mushrooms and sauté 2 minutes more.
3. Add the tomatoes, tarragon, salt and pepper. Heat thoroughly. If using canned tomatoes, simmer for 30 minutes to reduce the acidic taste.
4. Adjust the salt and pepper to taste. (This can be made ahead and kept in the refrigerator for up to 2 days.)

For the Sautéed Sea Bass:

1. Generously season the fillets with salt and pepper.
2. Heat the oil over medium-high heat in a pan large enough to accommodate all the fillets.
3. Sear the fillets for 3 to 4 minutes on each side, turning only once. (Thin fillets will take less time, thicker fillets more.)
4. Serve the fish with the mushroom ragout spooned over and around the fish.

Serving Size: 1 fillet with 2 tablespoons of ragout

Per Serving			
Calories	176	Carbohydrate	5 g
Fat	7 g	Fiber	1 g
Protein	23 g	Saturated Fat	1 g
Sodium	229 mg		

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