

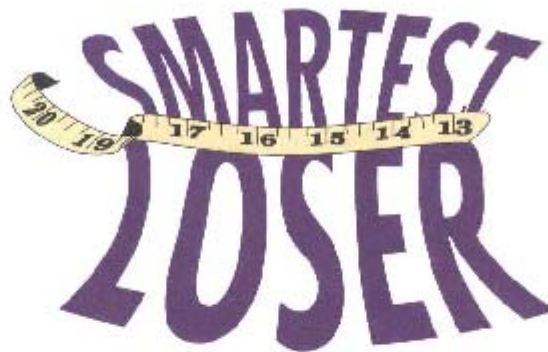
MAY
2008

Smarter Bodies

Volume 8 Issue 5

Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center



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FREE FILE OF THE MONTH

MusicIP

(Win, Mac, Linux)

If you're too lazy to make Playlists in iTunes, there's a free application that will work for you, you couch potato!

MusicIP is a free mood-matching mix software. There's nothing better than getting in your car with the sun shining, wind blowing and the radio blaring an all-new mix of your favorite music. And if you don't want to spend your precious time shuffling through your extensive music libraries in order to put together collections of similar songs, MusicIP can take care of all that digging for you!

<http://www.musicip.com/>

Quote of the Month

Your body is the greatest instrument you will ever own. It is your responsibility to care for it spiritually, emotionally, mentally and physically. Dance like no one is atching.

Eating for Eye Health

Have you had your spinach today?

The savory dark-green leafy green, among many vibrantly colored vegetables and fruits, is frequently overlooked, and often nonexistent on the plates of Americans across the country.



We often hear why we need fruits and veggies—for heart health and cancer prevention. Now we can add to that list "eye health"—something that's so often taken for granted when we're young. But, don't assume your vision will keep getting worse as you age and that there's nothing you can do about it. You can do something about it.

"Nutrition is critical," says Robert Abel, Jr., M.D., clinical professor of Ophthalmology at Thomas Jefferson University and author of "The Eye Care Revolution". A firm believer that the eyes can be a good indicator for general body health, Abel adds, "We need an orchestra of nutrients, not just one player" for good eye health. The nutrient "players" at the top of the good eye-health chart are largely found in fruits and veggies. So, make sure you're consuming a total of five servings of fruits and vegetables every day. That's a minimum!

Where to Begin

Are certain fruits and veggies better than others for eye health? Yes. But just eating more fruits and vegetables period is the best place to begin. According to the Produce for Better Health Foundation, just 27 percent of women and 19 percent of men report eating the Food Guide Pyramid-recommended five servings of fruits and vegetables each day.

Maye Musk, a registered dietitian, international speaker, and author of "Feel Fantastic" and "Executive Stamina" says, "Eating a variety of fruits and vegetables, especially dark-colored ones like carrots, broccoli and Hubbard squash" is important for the eyes. The deep-colored fruits and vegetables are typically "good sources of beta-carotene and many, many carotenoids," she adds. Beta-carotene and certain carotenoids (plant pigments) are just a handful of the array of nutrients linked to good eye health.

Let's take a closer look at some of the vital vision-healthy nutrients, especially those so richly found in veggies, fruits and other plant-based foods.



SMART RUNNING

Running is perhaps one of the most underestimated of all sports. It seems easy enough; after all, most of us have the physical ability to run. And, unlike many other sports where hundreds of dollars in equipment are required to participate, the only equipment that a runner needs is a good pair of sneakers.

Yet, for all its simplicity, running is something that many attempt, but few commit to over the long haul. Many runners give up because they don't see instant results; others set themselves up for failure by setting unrealistic goals.

How do you know if running is right for you? For many, the only way to truly know is to lace up the sneakers and take to the road. For the more analytical among us, here are a few questions you might want to ask yourself before getting started:

1. How is your overall health? While it's always a good idea to consult your physician before beginning any exercise program, it is especially important to do so if you are over age 40. Depending on your general health, your doctor may want to conduct a few tests, including an EKG or cardiac stress test to determine if undertaking a running program will be right for you.

2. Do you like spending time alone? Running can be a solitary, even lonely pursuit. If you prefer to socialize while you exercise, consider finding a running partner or joining a running club. Contrary to what you may think, membership in a running club is not limited to die-hard, experienced runners. Most clubs welcome runners of all abilities and are an excellent place to learn the latest training tips.

3. Can you make a commitment? The key to a successful running program is consistency. The best results are achieved when you complete 3-5 running sessions of 30 minutes each per week.

4. Where will you run? Do you intend to fire up the treadmill that's been gathering dust in your basement, or will you run on a treadmill at a gym? If the treadmill isn't your speed, you will need to take your show on the road – literally. To reduce the likelihood of being injured by an oncoming car or well-camouflaged pothole, you may want to consider running in a local park.

5. Are you doing this to lose weight? If you are, there is some bad news – you're still going to have to diet. You may be surprised to learn that many new runners actually gain weight. This is because they are replacing fat stores with heavier muscle. Consequently, you will need to pay particular attention to the number of calories you consume each day.

6. Do you have patience? The old adage "You need to walk before you can run" is particularly true here. Most new runners abandon their program after only a few weeks because they tried to do too much too soon. Rather than starting out with a full-out sprint, it's best to begin your program by walking briskly and then working into a jog. In fact, many experts recommend alternating walking and jogging for a full eight weeks.

7. Do you have the right shoes? While it's not necessary to go out and drop \$300 on the latest model running shoe, you should make sure the shoes you wear have adequate support and cushioning. Ill-fitting or poorly constructed running shoes can cause blisters and other ailments which will likely force you to abandon your program before you get to the end of the first week.

8. Are you going for distance or time? This is important because it will ultimately have an effect on the amount of time you will need to commit to your running program. For example, if your goal is to run for 30 minutes a day, you obviously will know how much time you will need to set aside for running. If, on the other hand, you want to work yourself into marathon (26.2 miles) shape, you will easily find yourself devoting 10 hours or more each week to your running program.

9. Are your goals realistic? For many runners, setting realistic goals may be the difference between nurturing a lifelong passion and a fleeting interest. For example, if you begin your running program with a goal of finishing a marathon in three months time, you are likely going to find yourself frustrated when that goal isn't achieved. A more realistic goal for novice runners is a 5K or 10K race; many runners don't compete in their first marathon until they have been running well over a year.

10. Do you have a sense of adventure? Running the same route for weeks on end may get a little boring after awhile, however, if you are comfortable with taking a different turn or visiting a different park, chances are you will be able to keep your run interesting.

5 Surprising Reasons You're Gaining Weight

Extra calories may not be the only cause of weight gain.



It's no mystery that a diet full of fried foods, giant portions, decadent desserts, alcohol, and sugary soft drinks will lead to weight gain. And there's little question why the pounds pile up when you take in more calories than you burn in physical activity. But how do you explain weight gain when your lifestyle includes regular exercise and a healthy diet that is controlled in calories? Gaining weight is absolutely maddening, especially when you really don't understand why the needle on the scale keeps going up.

Several things should be considered if you are gaining weight while watching calories and being physically active. More than likely, it's a variety of things working together that have resulted in the weight gain.

Here are five factors that can cause the scale to creep up when you least expect it.

1. You Might Be Gaining Weight Because of Lack of Sleep

The body functions best when well rested. "When you don't get enough sleep, your body experiences physiological stress and, biochemically, you store fat more efficiently," says May. When you're tired, you also don't handle stress as well, so you may reach for food as a coping mechanism. Further, you may be taking in extra calories from late-night snacking. Some people think eating might help them get back to sleep, but all it really does is add more calories to their daily total.

Symptoms that you may not be getting enough rest include fatigue, low energy levels, nodding off easily, and feeling irritable. Strive to get eight hours of sleep each night. "Add about 15 minutes to your bedtime and see how you feel," suggests May. "Continue to experiment with additional 15-minute increments until you find the ... amount of sleep that is right for you. "When you develop good sleep rituals and get regular exercise, you sleep better, she adds.

2. You May Be Gaining Weight Because of Stress

We live in a society that demands we do more, be more, and achieve more. Stress moves us forward and helps cope with life's demands, but it also affects our mood and emotions. "Stress response, whether it is 'fight-or-flight,' juggling too many responsibilities, or coping with financial pressures, triggers a biochemical process where our bodies go into survival mode," explains May. "Our bodies store fuel, slow down metabolism, and dump out chemicals [cortisol, leptin, and other hormones] which are more likely to cause ... obesity in the abdominal region."

Many people reach for food to help ease the stress. But, of course, this doesn't work in the long run.

"Food is a temporary fix because it does not deal with the real stressors that must be addressed in order to reduce the trigger for eating and fix the problem," says May. Susan Bowerman, MS, RD, assistant director of the UCLA Center for Human Nutrition, says stress eaters tend to prefer high-carbohydrate foods because these foods trigger an increase in the brain chemical serotonin, which has a calming effect. "It is almost like self-medicating," she says. "Many people binge on starchy foods to make themselves feel better." Both May and Bowerman recommend relaxation techniques as well as exercise, which also burns calories and provides other health benefits.

3. You May Be Gaining Weight Because of Medications

Some prescription drugs used to treat depression, mood disorders, seizures, migraines, blood pressure, and diabetes can cause weight gain, from a modest amount to as much as 10 pounds per month. Some steroids, hormone replacement therapy, and even oral contraceptives

may also cause gradual weight creep. Your medicine cabinet might be the cause of your weight gain if you've gained 5 or more pounds in a month without a change in your lifestyle. "Every drug works a little differently to cause weight gain, from increasing appetite, altering the way fat is stored, to how insulin levels change," says May. "And not all drugs have the same side effects on all people."

In the case of antidepressants, weight gain may not even be related to the action of the drug -- feeling better can also result in a heartier appetite. Some drugs can cause fluid retention that shows up on the scale as weight gain, but is not fat, and is usually easily corrected. Experts say that some of the most common types of medications that may cause weight gain are:

- * **Steroids**
- * **Antidepressants**
- * **Antipsychotics**
- * **Antiseizure medications**
- * **Diabetes medications**
- * **High blood pressure medications**
- * **Heartburn medications**

But it's important to remember that a few extra pounds may be well worth the trade-off of what a particular medication does for your overall health, experts say. Further, even if your medications are the cause of your weight gain, you still need to be mindful of eating a healthy diet and getting regular exercise. "Rarely is the problem solved with a change in meds," says May. "These things can contribute, but rarely are the sole cause of the weight gain." If you suspect your medication is causing weight gain, talk to your health care provider to see about changing your prescription. But whatever you do, don't go off your medication without seeking medical advice. "There could be very serious consequences if you stop taking your medication without consulting your physician," says May.

4. You May Be Gaining Weight Because of a Medical Condition

The most common medical condition that causes weight gain is hypothyroidism. A deficiency of thyroid hormone can decrease metabolism, causing appetite loss and weight gain. "If you are feeling fatigued, lethargic, swelling, hoarse voice, intolerance to cold, sleeping too much, or headaches, you should see your doctor for an easy test to determine if you have hypothyroidism," says May. Much rarer is a condition known as Cushing's syndrome -- a disorder caused by an excess of the hormone cortisol -- that can also result in weight gain.

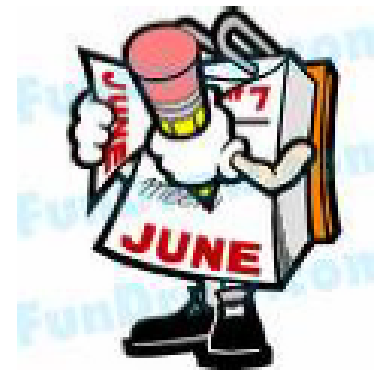
5. You May Be Gaining Weight Because of Menopause

Women reach menopause at a range of ages, but most are in midlife and are often less physically active than when they were younger. Along with aging comes a natural slowing of metabolism. At the same time, hormonal changes can trigger hunger, depression, and poor sleep. "It is multifactorial. When women go through menopause, they lose estrogen, causing their shapes to change -- usually a loss of hip and thigh weight. And they start to gain more in the middle," says Bowerman. She explains that estrogen favors fat deposition in the lower body, and when you lose this hormone, fat is more likely to be deposited in the midsection (much like men). This spare tire around the middle has been not so affectionately called the "menopot." The key to avoiding this extra belly fat is to maintain and increase the amount of lean body mass, which will, in turn, increase your metabolism or calorie burn rate.

"Women need to understand how critically important weight lifting and strength training is to their health," says Bowerman. And don't worry, doing strength training won't make women muscle-bound, experts say.

Exercise also helps offset bone loss that can come with menopause. A combination of exercise and a healthy, calorie-controlled diet rich in calcium and vitamin D is the answer to thwarting menopausal weight gain.

Save the Date



SATURDAY June 21

Smart Bodies

Client Appreciation Party
At Ramblewood Country Club

The Winners will be announced for the

All
are
Welcome!



All
are
Welcome!



Over 50 and Fabulous!

Much attention is paid to the nutritional needs of teenage girls and women in their childbearing years, but what about women over 50? Turns out, they have some special needs of their own.

Calcium — Bone Up

Women start losing calcium from their bones at the ripe old age of 30, and significant mineral loss begins after 50. In fact, the recommended daily calcium intake actually increases from 1,000 milligrams for women ages 19-50 to 1,200 milligrams for women over 50. Most women know that they need calcium to keep their bones strong, yet nine out of 10 women over 30 consume only half the recommended amount of calcium each day.

If you're over 50 and you don't think you're getting 1,200 milligrams of calcium each day from low-fat dairy products and calcium-fortified foods, you should consider taking a supplement. Weight-bearing exercise should also be part of your active lifestyle. Along with actual weight training, weight-bearing exercise includes walking, running, yoga and tennis.

Fiber — Add Bulk

Adding bulk to your diet can help prevent you from adding it to your hips! A diet high in fiber helps keep you regular, and foods high in fiber provide a feeling of fullness, which can prevent you from overeating at meals. Additionally, fiber aids in lowering total cholesterol levels and has been shown to help prevent colon cancer. Recently, 10 grams of daily fiber (in the form of three apples a day) was found to cut the risk of heart disease, the No. 1 killer of both men and women in the United States.

Keep Calories in Mind

Like bone mass, energy needs start to drop after the age of 30 due to lower activity levels. Most women don't take this into consideration, and therefore, the much maligned "middle-age spread" starts to pack on the pounds. Even active women over 50 should keep their calories to approximately 1,900 per day. Regular exercise, as with any age in life, will help keep you fit, trim, flexible and feeling younger.

Even if you're over 50, you're certainly not old. Haven't you heard? Fifty is the new 30, so take care of yourself for many more fabulous years!



Is Your Weight in Check? Check Again

Normal-Weight Obesity: Even Those Who Fare Well on the Scale Face Heart Disease Risks From Extra Fat

Even if your scale indicates otherwise, you may be packing too much fat, at least when it comes to heart health.

Mayo Clinic researchers found that excessive body fat is associated with early signals of heart disease, even in people whose weight is considered normal for their height.

Mayo cardiologist Francisco Lopez-Jimenez, MD, calls the syndrome "normal-weight obesity."

Doctors typically use body mass index (BMI), a ratio of weight to height, to determine if you're overweight and at risk for heart woes. Overweight is defined as a BMI of 25 or higher; normal weight is defined as a BMI between 18.5 and 24.9.

But Lopez-Jimenez says that measure falls short.

There are more and more data showing that we need to go beyond BMI lowering.

Patients with excessive body fat, especially around the waistline, should be evaluated for heart disease and urged to eat right and exercise, Lopez-Jimenez says.

What's excessive? A body fat percentage of more than 20% for men and 30% for women, according to Lopez-Jimenez.

The findings were presented here at the American College of Cardiology's Annual Scientific Session. Normal-Weight Obesity Linked to Heart Risk Factors

The study involved more than 2,000 men and women of normal weight.

A total of 61% of them had excessive body fat and thus were classified as suffering from normal-weight obesity.

Compared with their normal-weight counterparts that didn't have excessive fat, those with normal-weight obesity had higher cholesterol and triglyceride levels, higher blood sugar levels, and higher rates of metabolic syndrome. All these factors raise one's susceptibility to heart disease.

Lopez-Jimenez says that many gyms can calculate your body fat percentage in a matter of seconds.

"Sadly, it's easier to get body fat measured at the gym right now than at the clinic," he says.

"But I think that in the future, doctors will be forced to measure this," Lopez-Jimenez says.

Robert Eckel, MD, a past president of the American Heart Association and a professor of endocrinology at the University of Colorado, disagrees.

Waist circumference, not percent body fat, should be in the mix. If a woman has 20% body fat and it's all in the pelvis, she's probably not at increased risk [of heart disease]. But if it's around the waist, she probably is.

Eckel also challenges the study's cutoff points. "Who is to say that more than 20% [body fat] for men, or 30% for women, is abnormal? That hasn't been established," he says.

Recipe of the Month

Grilled Rosemary Flank Steak

Ingredients:

- 1/4 cup of olive oil
- 1 tablespoon balsamic vinegar
- 2 cloves garlic, crushed
- 1 rosemary sprig, chopped or 1/2 teaspoon dried
- salt to taste
- freshly ground black pepper
- 2 pounds flank steak



Makes 6 servings

Step One

- Mix the oil, vinegar, garlic, rosemary, salt and pepper, and brush on the flank steak.
- Refrigerate for at least 30 minutes or overnight.



Step Two

- Preheat the grill.
- Grill the flank steak for 4 to 8 minutes on each side, depending on the desired doneness.
- Let the steak rest on a carving plate for 1 or 2 minutes.



Step Three

- Slice the steak on the bias.



Step Four

- Voila! Now eat and enjoy this superb dish!

How do I lose this right here?!

How do I lose this right here? The surprising answer to this begins with me not even needing to know where your trouble spot is! I already know that it's fat that you're talking about! I take great joy in having the honor and privilege of breaking this news to you... If you are asking "How do I lose this right here?" that tells me something you don't know. Well, here it is!

You can't CHOOSE to lose it right there!



This fact is very profound when you compare it to today's (and especially yesterday's) infomercials and marketing schemes. This rule applies to all aerobic equipment and exercises, the total body exercisers, and especially the AB exercises and AB machines. This is one of the first things I learned in school and probably the last thing you will ever hear on an infomercial. Why? It doesn't make millions!

So... don't buy anything or start a program until you apply this rule. Do you want to burn off that spare tire, that lower abdominal pooch, those inner thighs? A guy can do 2000 sit ups a day to burn off that gut or a woman could do inner thigh exercises until she could pop a basketball between her knees. It is not going to burn the fat in that targeted area!

Blessing or Curse

Unfortunately no one (besides your plastic surgeon) can choose where the bodyfat is going to come off. It doesn't matter how effective the exercise is, we cannot choose! We all need to accept the fact that men carry their fat in the mid-section and women carry it in the hips. Most likely the first place we want the fat to come off is the last place that it will. As we start burning fat, it's kind of like a business making cutbacks. Last hired, first fired! The last place you put fat on is the first place it will come off. Remember that first bit of chub you ever noticed way back when? That is going to be the last place it comes off! Bummer, eh?

A wise woman in my life uses the perfect analogy... It's like melting butter in the microwave. You cannot choose a certain spot to melt first. It's just going to melt where it wants to. I feel that it is my job to make sure that you get your cube in the microwave. You may not like the rules but take heart my dear people! Even if that fat trouble spot on your stick of butter is not melting where you want it to, if you apply this knowledge, it will inspire you to know that your butter is cooking baby!



Now, fortunately, God does allow us to choose how we are going to melt our own butter. I look at this as a blessing in disguise. All we have to do sustain our heart rate! Get your favorite exercise up to the appropriate heart rate and you are burning calories! If you like to walk, then walk! Tennis? Bicycle? Play Frisbee? Swim? Chase the kids? Whatever! I don't care! Anything at a moderate sustainable intensity will work!



Forget about all the marketing... "half body, half the workout, neglecting your upper body, or don't you owe it to yourself to get a total body workout?" Here is a tip. Your legs are always going to have the most endurance to begin with. We use our legs everyday, month after month, year after year. They can tolerate a lot of punishment. It's the largest muscle group in your body with the most fat burning endurance fibers. You must take advantage of that! It is very important that you choose your aerobic exercise or equipment to be sport specific to what you

want to improve on. In other words runners and walkers should get treadmills, cyclists get bikes, skiers get ski machines, and so on. If you do not have a specific hobby background then just do something that you can do on a regular basis. Pick something realistic that you could see yourself doing daily. Some exercises are better than others but if you don't like to do it, who cares how good it is!

Jumping jacks on Mt. Everest ranks #1 but it's a bit inconvenient! Hiking is great but what if you live in Kansas? Keep it simple, realistic, and feasible! If walking your neighborhood is the most realistic, there you go! Stairclimber at the gym, fine! Stationary bike at home, in front of the TV, great! Keep it simple and accumulate that activity! That's the best simple answer I've got.



"I enjoy sweating the small stuff. It adds to my fitness workout."



WALKING TIPS

Walking reduces blood pressure, lowers the levels of "bad LDL" cholesterol in your blood tones up your muscles and strengthens your bones. An excellent form of exercise for persons who wish to lose weight, or simple improve their fitness level through low impact and low intensity exercise.

Requiring only simple equipment, and being able to be performed by almost anyone anywhere and at any time, walking should be promoted more for good health.

Brisk walking is an ideal way to reduce the risk of coronary heart disease. A recent study found that men who take regular brisk walks have less than half the rate of heart disease and heart attacks than those that do not.

How you can train without realizing it.

* Build a walk into your journey to work, walk to the train / park away from the office.

* Aim to walk to the shops, or any other short journeys.

* Enjoy the fresh air and countryside, take the family and dog (your best fitness) friend out for long steady walks.

TIPS FOR WALKING FASTER

1. Use good posture. Walk tall, look forward, (not at the ground) gazing about 20 feet ahead. Your chin should be level and your head up.

2. Keep your chest raised, and shoulders relaxed (shoulders down, back and relaxed).

3. Bend your arms in slightly less than a 90 degree angle. Cup your hands gently. Swing arms front to back (not side to side - arms should not cross your body.) Do not swing elbows higher than your sternum (breast bone). Swing your arms faster and your feet will follow.

4. Tighten your abs and buttocks.. Flatten your back and tilt your pelvis slightly forward.

5. Pretend you are walking along a straight line. Resist the urge to elongate your steps. To go faster — take smaller, faster steps.

6. Push off with your toes. Concentrate on landing on your heel, rolling through the step and pushing off with your toes. Use the natural spring of your calf muscles to propel you forward.

7. Breathe naturally. As you walk, take deep, rhythmic breaths, to get the maximum amount of oxygen through your system. Walk fast enough that your breathing is increased yet you are not out of breath.

WALKING DON'TS

Common mistakes made by walkers...

1. Do not over stride
2. Do not use too vigorous arm movements
3. Do not look at the ground (Common among women)
4. Do not hunch your shoulders
5. Do not carry hand weights or place weights on your ankles

How long should I walk for?

* To maintain health with regular physical activity: Walk for 20 - 30+ minutes' duration's most days of the week at a "talking" pace.

* Weight management: Walk for 30 - 45+ minutes at a comfortable pace for as many days as possible. Aim to keep the pace constant, being able to talk throughout, however finish slightly out of breath.

* Cardiovascular fitness: Walk 20+ minutes at a fast pace, ideally over slightly hilly terrain, aim for 2-3 sessions per week, increasing both your breathing and heart rate, whilst staying in a comfortable condition.

* Exercise should never be painful, if you feel any severe pain, see you doctor immediately, telling them your symptoms.

Before you start

Make sure that you are ready physically by seeing your doctor, especially if you have been sedentary for a while, and have any condition which could be affected by exercise, such as high blood pressure.

Warm-up and stretch the lower body, especially the calves. See the section on stretching in the Fitness section of the web site. Perform a gradual 5 minute walk then stretch. Likewise on completion stretch out again to help prevent muscle soreness and strain in your muscles.

Prepare your route, what you are wearing and learn how to deal with any emergencies.

Your Route

Concentrate on safe routes in busy areas that you know when starting out, just in case you feel ill, or simply to tired to continue and to avoid getting lost.

Public parks, shopping areas and zoos are all ideal beginner's routes. For those that are slightly fitter nature trails and larger parks offer both great scenery and a wider variety of routes. Make sure that you stick to both well established tracks and if possible have a map and compass of the area, with the knowledge to use it.

Your Clothes

It is important that your clothes are both comfortable and practical. I wear shorts and I find very few people do so.. Why don't guys walk like that.?

Keeping your clothing clean will enable the fibres to both keep your warm and also take the sweat away from your body; matted fibres will not do this.

Wearing layers will enable you to both keep warm, as the air is trapped between the layers of clothing, and also let you take layers off as you start to get warm.

Walking Shoes

Avoid going for looks; go for comfort when choosing your walking shoes. Training shoes with a laced fit, with rubber soles offer good support for general walking on firm ground. If walking over uneven hilly ground a hiking boot with more support is recommended.

When purchasing your shoes, wear your socks, sports socks for trainers, or two thin pairs / one thick pair for hiking boots, cotton / wool non tight socks will allow your feet to breathe. There are many good designs from fitness walking shoes through hiking boots. You will want more flex in an athletic shoe, more support in a hiking shoe.

When choosing hiking boots, you should be able to twist them a bit (torsion flexibility) . They need more of a bend than a running shoe - in the forefoot, not the arch, in order to keep the front of the boot slightly off the ground.

Inside the boot, you should have good arch support, and a correct fitting, if they feel tight, go up a size, as your feet will expand when hot and under pressure.

Boots should have a good pattern on the sole, with at least 1/2 inch of rubber to give both cushioning and grip. The rest of the boot should be made of strong leather or breathable nylon with good water proofing capabilities.

BENEFITS OF WALKING

- * Burns calories
- * Strengthens back muscles
- * Slims your waist
- * Easy on your joints
- * Strengthens your bones
- * Lowers blood pressure
- * Allows time with family and friends
- * Shapes and tones your legs and butt
- * Cuts cholesterol
- * Reduces risk of heart disease, diabetes, & more
- * Reduces stress
- * Sleep better
- * Improves mood and outlook on life
- * Can be done almost anywhere
- * Requires no equipment
- * AND it's Free

Age Activated Attention Deficit Disorder ...

I have recently been diagnosed with Age Activated Attention Deficit Disorder (AAADD). This is how it goes ...

I decide to wash the car, start toward the garage and notice the mail on the table. OK, I'm going to wash the car...

BUT FIRST I'm going to go through the mail. Lay car keys down on desk. After discarding the junk mail, I notice the trash can is full. OK, I'll just put the bills on my desk...

BUT FIRST I'll take the trash out, but since I'm going to be near the mailbox, I'll address a few bills.... Yes, Now where is the checkbook? Oops... there's only one check left. Where did I put the extra checks? Oh, there's my empty plastic cup from last night on my desk. I'm going to look for those checks...

BUT FIRST I need to put the cup back in the kitchen. I head for the kitchen, look out the window, notice the flowers need a drink of water, I

put the cup on the counter and there's my extra pair of glasses on the kitchen counter. What are they doing here? I'll just put them away...

BUT FIRST need to water those plants. I head for the door and... Aaaagh! Someone left the TV remote in the wrong spot. Okay, I'll put the remote away and water the plants...

BUT FIRST I need to find those checks.

END OF DAY: car not washed, bills still unpaid, cup still in the sink, checkbook still has only one check left, lost my car keys; and, when I try to figure out why nothing got done today, I'm baffled because... I KNOW I WAS BUSY ALL DAY! I realize this condition is serious...

I'd get help...

BUT FIRST...

I think I'll check my e-mail

Dairy Products, Weight Loss And Misleading Advertisements



There have been recent claims that dairy products can help people lose weight, and the dairy industry has hyped the assertion by investing millions of dollars in commercial advertising. However, a new review of the evidence published in the journal Nutrition Reviews reveals that neither dairy nor calcium intake promotes weight loss.

Amy Joy Lanou of the University of North Carolina at Asheville and Neal Barnard with the Physicians Committee for Responsible Medicine in Washington, DC, evaluated evidence from 49 clinical trials from 1966 to 2007 that assessed the effect of milk, dairy products, or calcium intake on body weight and BMI, with or without the use of dieting.

Evidence from the trials showed that neither dairy products nor calcium supplements helped people lose weight. Of the 49 clinical trials, 41 showed no effect, two demonstrated weight gain, one showed a lower rate of weight gain, and only five showed weight loss.

An association between calcium or dairy intake and weight loss seen in some observational studies may be attributable to other factors, such as exercise, decreased soda intake, lifestyle habits, or increased fiber, fruit, and vegetable intake.

"Our findings demonstrate that increasing dairy product intake does not consistently result in weight or fat loss and may actually have the opposite effect," the authors conclude.



SMART CYCLING

BIKE SIZING ADVICE

Buying a bike which is the right size is probably the most important part of choosing your new cycle. But how do you work out what size to get? A good shop should be able to advise you and let you try different sizes, but there are a few guidelines which help:

Childrens Bikes...

If the bike is for a child, they generally fall into age categories based on the average size of a child of a specific age. There is no hard and fast rule that says that you must buy a bike of a particular size for a child of a specific age. If the child is comfortable and not too stretched on the bike, and they can manage all the controls ie turn the handlebars safely, reach the brake levers and operate them AND touch the floor with the ball of their foot, then there is nothing to prevent you from selecting a bike in a bigger age category.

12" Wheel Cycles - Suitable for ages 2½ to 4

14" Wheel Cycles - Suitable for ages 3 to 5

16" Wheel Cycles - Suitable for ages 5 to 7

20" Wheel Cycles - Suitable for ages 7 to 9

24" Wheel Cycles - Suitable for ages 9 to 11

26"+ Wheel Cycles - Suitable for ages 11+ (These are classed as adult cycles.)

First Bikes; 12" & 14" wheels, suitable for average ages 2½ up to 5. Larger and slightly older children should benefit from the 14" wheel bicycles.

When buying 12" & 14" wheel bikes there are many many "pretenders" out there - essentially many of these "bikes" are no more than toys. It is worth looking for bikes which feature ball bearings in the hubs and main cog assembly. Many of these bikes have plastic bushes instead of steel bearings and whilst some manufacturers make a very good job using plastic bushes AND provide a back up of spare parts, many more do not. Without naming names, many of the cartoon and character branded bikes bought from supermarkets and catalogues are the worst offenders. Be cautious and ask of the seller whether you can get spare parts, as the plastic bushes commonly wear out very quickly.

Once a child has learnt to ride without stabilisers (generally about age 5) they will move up to a 16" wheel cycle. These do not normally come fitted with stabilisers but they can be added to virtually all 16" wheel bikes if required.

Once you get into the realms of 20" wheel bikes and above, you may be offered multiple frame sizes. This has the benefit

of being able to fit a younger child onto a bigger wheeled bike if they are confident riders. Although you will find that size options are generally not offered on a particular model, rather that different models have different frame sizes.

It is a very tempting thing to do, but don't buy a bike which is too big for your child in the hope that they will grow into it. They will, but in the meantime they will be riding a bike which is not easy for them to control, which can be very dangerous. It does not really save money anyway, because if you change bikes more often, the outgrown ones will have a higher resale value.

Adult Bikes...

Once you are into 26" wheel bicycles (road bikes have 700c wheels), then size is only determined by Frame Size. The size of the frame is measured from the top of the frame at the point where the seat post is inserted, down to the centre of the axle carrying the pedal arms (bottom bracket). In the UK and USA this is measured in inches, in Europe it is often in centimetres. Unfortunately some manufacturers measure their models to the centre of the intersection of the top tube and the seat tube, which can throw some of the sizings out a little. If in doubt, ask the shop and they should be able to tell you which way a particular bike is measured - or bring a tape measure!

The following rules of thumb should be applied when you try a bike for size:

Racing Bikes: Standing flat footed on the ground, you should have a minimum of 1" clearance between yourself and the top tube of the frame

Mountain Bikes: Standing flat footed on the ground, you should have a minimum of 3" clearance between yourself and the top tube of the frame.

A simple calculation can be used to estimate your required frame size if you are not able to sit astride a bike to measure: Measure your inside leg measurement to the floor, subtract 3" (for mountain bikes, or 1" for road bikes) then subtract 10" (the average distance from the bottom bracket to the ground). This will give you the maximum frame size that you will need.

But buying a bike of the correct size is not just about the height from the ground. As bikes get bigger height-wise, they also get longer. The distance from the saddle to the handle bars increases by on average 1" for every 2" increment in frame size. So you must also make sure that though you may be able to stand astride a bigger framed bike, that you can still comfortably reach the handlebars and manage all the controls. Remember that the saddles on all bikes are adjustable by between 4" and 10" so any bike can be tailored to fit you perfectly.

The main thing to remember is that a bike which is too big can be difficult to control - this can be very dangerous.



SMART GOLF TIPS AND TRICKS



PUTTING ON FAST GREENS

Most pros really like putting on fast greens. The ball rolls truer than on slow greens, reading breaks is easier and pros can depend on sound putting strokes. But, many golfers have great difficulty with fast greens. If you lack confidence on fast greens, keep focused on basic putting fundamentals while practicing:

- 1) Constant light and relaxed grip pressure throughout the stroke.
- 2) Start with the putter blade just off the putting surface, “hanging” from your shoulders
- 3) Make the stroke slowly and rhythmically by rocking your shoulders and arms together back and forward in a pendulum motion (hands and arms move back and forward only with shoulders).
- 4) “Release” the putter by following through with the forward rocking of your shoulders and arms, eyes staring at the spot where the ball was until long after the stroke
- 5) Keep legs, head and rest of body motionless all during the stroke.

With attention to these fundamentals, your putting stroke will be consistent and confident, and you will enjoy putting on fast greens.

DEVELOP a SMOOTH,



CONSISTENT PUTTING STROKE

Here is a great way to improve your putting, especially those four, five and six footers. It is so important to keep your head absolutely still throughout the putting stroke. After you have taken your stance over the ball, focus on the back of the ball. In your periphery, you can see the putter head moving away from the ball on your back swing and return to the ball. As the club impacts the ball, continue to focus on the spot where the ball was. Keep your head and eyes in the same position until the ball has had time to reach the hole. It takes practice and discipline to do this; but the reward is that you will sink more putts.



READING GREENS

Even with a sound putting stroke, we often miss putts we could have made. Here are a couple of green reading techniques, which are often overlooked. First, as you walk up toward your ball after you have hit it onto the green, take a good look at the entire green. From further away you can get a perspective of all the undulations and general direction it slopes. When you are lining up your put, this information will help you read the breaks better. Second, as your approach shot hits the green, watch as it rolls, especially if it is rolling in the direction of the hole. Also, be sure to focus on the direction your first putt rolls if it passes the hole. This will make the come-back put much easier.

Best Cardio Machines



WALK into most gyms, and it is obvious which cardio machines are the favorites. Quite often rows of treadmills are parked on prime real estate in front of the televisions. Close by, stationary bikes also crowd the floor. And rightly so: these are the two most popular machines for a cardiovascular workout at health clubs.

Lately their dominance has been challenged by a newcomer, the elliptical motion trainer, at right, a machine that aims to replicate running without the stress on joints.

But of all the machines at health clubs, which one is really the best, the latest fads aside? Stair climbers, which were a huge hit in the early 1990's, are used by scarcely more than half as many exercisers today, according to the Sporting Goods Manufacturers Association. Does that mean they are no longer effective?

These questions are particularly apropos today, when many feasts of turkey and trimmings will add up to 3,000 calories, according to the American Council on Exercise. Leaving aside New Year's Day and its compulsory rituals of atonement, perhaps no other moment illustrates the uphill battle for fitness than Thanksgiving. Even the most dedicated exerciser is unlikely to run the four hours it would take a 160-pound person to burn off such a heavy meal.

Once folks do get around to working off the pumpkin pie and Zinfandel, which machine at the gym will help the pounds come off quickest? Which will do it without undue joint stress? And which will best condition the heart?

To help gymgoers make an informed choice at the unofficial start of the indoor exercise season, Thursday Styles asked 10 experts - physiologists, researchers, doctors and personal trainers - to rate the five most popular cardio machines according to these three criteria plus two others: the overall muscle conditioning they offer; and how tedious regular workouts feel, or what we dubbed the "monotony factor."



	Cardio Benefit	Calories Burned	Muscles Used	Wear And Tear	Monotony Factor	Grand Totals
Elliptical Machine	80	76	78	76	59	369
Treadmill	88	86	68	49	49	340
Rowing Machine	78	71	83	68	40	340
Stair Climber	79	77	69	59	50	334
Stationary Bike	75	69	61	59	49	313

The experts not only chose a winner among the treadmill, stationary bicycle, stair climber, elliptical trainer and rowing machine, they also offered advice on how to get the most out of the equipment.

The winner, by a solid margin, is the elliptical trainer. Our 10 experts thought it had many virtues, chiefly that it allows a low-impact, high-energy workout that is fun. Used correctly, an elliptical trainer works the muscles of the central core as well as the lower body, although some experts think research is needed to determine how hard a workout its users really get.

"These devices are not always effective in providing much resistance to movement," said Edward F. Coyle, the director of the Human Performance Laboratory at the University of Texas at Austin. "People seem to be able to move effortlessly."

But for the most part the panel of experts felt that the elliptical was the best all-around choice.

The rowing machine, which has plummeted in popularity in the last 15 years, ranked a surprising second in our survey, tied with the treadmill.

Several panelists argued that rowing machines are highly underrated; when used properly they offer a thorough workout of the major muscle groups, including the back, hips, arms and legs. But despite its advantages, rowing machines demand an intensity of effort that many exercisers find too challenging.

Whatever machine might become the next big thing, the experts cautioned that no one of them is right for everyone at all times. Instead, gymgoers should rotate among machines at least once a week. Cross-training, as this is called, addresses a variety of muscles and will help to avoid injuries from overuse.

"People are always asking me, 'What is the best exercise?' " said Dr. Paul D. Thompson, a cardiologist at Hartford Hospital. "My answer always is, 'What do you enjoy doing?' "

The best exercise machine, the experts agreed, is the one that gets you moving each day.



Family Fitness

Social changes over the last 50 years have had a huge impact on the American family. The effect of these new living patterns and family arrangements has been to reduce the amount of exercise most people get. Results vary from survey to survey, but the following statistics provide an approximate health and fitness profile of the American family. Children:

- 50% do not get enough exercise to develop healthy heart and lung systems
- 13% have at least 5 or more risk factors
- 20% to 30% are obese
- 75% eat too much dietary fat

Adults:

- 64% do not get enough exercise to maintain healthy heart and lung systems
- 24% never exercise
- 35% are overweight
- 30% smoke cigarettes

Studies show that parents participate with their children in strenuous physical activity an average of once per week. Families can improve their health and fitness by taking the following steps.

- Parents should act as good roles models when it comes to health habits.
- Parents and children should talk about the importance of exercise.
- Parents should help children realize that exercise can help them meet life goals such as happiness, popularity, and longevity.
- Parents should teach children to take time to exercise.
- Families should participate in exercise activities together. This might include taking a walk or cycling.
- Parents should set examples of how to incorporate exercise into everyday life. An example would be taking the stairs rather than the elevator.
- Families should find ways to make reaching fitness goals fun. For example, miles walked can be plotted on a map. Family celebrations can be held when major milestones are reached.
- Families should keep in mind that exercising together contributes to better family relations as well as better health.
- Parents should limit their children's television watching as well as their own. In addition to reducing physical activity, TV watching adds to obesity. People tend to snack on fatty foods when they watch TV. A study of teenage girls showed a 2% increase in obesity for every hour of TV watched.

DASH Diet Improves Women's Heart Health

Diet Rich in Fruits and Vegetables and Low in Fat Can Cut Rates of Cardiovascular Disease



A healthy diet rich in fruits and vegetables and low in fat has long been touted as heart smart. Now, increasing evidence suggests that a similar diet reduces blood pressure and decreases a woman's risk for heart attack and stroke.

Scientists reporting in the April 14 issue of *Archives of Internal Medicine* have found that healthy, middle-aged women who closely followed the Dietary Approaches to Stop Hypertension (DASH) diet have lower rates of cardiovascular disease (CVD) than women who do not follow such diets.

"Our study provides, to our knowledge, the strongest evidence to date on the long-term benefits of the DASH diet in the primary prevention of CVD among healthy subjects," writes Teresa T. Fung, ScD, of Simmons College, Boston.

National dietary guidelines promote the DASH diet as an example of a healthy eating pattern. The diet comprises plenty of fruits, vegetables, and plant proteins from legumes and nuts, and moderate servings of low-fat dairy products. It is low in meat. Considerable research has shown that such a diet substantially lowers blood pressure in people with high and normal blood pressure while also reducing LDL "bad" cholesterol. Restricting salt while on the diet provides an even greater blood pressure reduction.

High blood pressure and high cholesterol are both risk factors for cardiovascular disease. However, little is known about the DASH diet's effect on heart attack and stroke. Fung and colleagues studied the eating patterns of 88, 517 female nurses aged 34 to 59 to determine if sticking to a DASH diet affected a woman's risk of such diseases. The women did not have CVD or diabetes when the trial started.

Seven times over a period of 24 years the women told the researchers what types of foods they regularly ate over the previous 12 months. Fung's team grouped the foods into specific categories, giving them a DASH score for each type. The more fruits, vegetables, whole grains, nuts, and legumes a woman ate, and the closer she stayed to dairy recommendations, the higher her DASH score. Eating more red and processed meats, salt, and sweetened drinks lowered the scores.

The women who had the highest DASH scores had the lowest risk for heart disease and stroke. Closely following a DASH diet resulted in a 24% reduction in heart disease risk and 18% lower risk of stroke when compared to those with the lowest DASH scores.

The authors point out that the women with the highest DASH scores also appeared to live overall healthier lifestyles. They were less likely to be current smokers, more likely to exercise, and tended to consume high amounts of fiber and omega-3 fatty acids than the other study participants.

Do Sweeteners Help or Hurt Weight Control?

Why drinking diet soda may be the wrong choice.



Grabbing a diet soda may seem like a smart choice for the calorie-conscious consumer. But a new study suggests that products containing artificial sweeteners have the potential to actually promote weight gain.

A recent Purdue University study suggests that artificial sweeteners (like the kinds found in diet sodas) might lead to biological or behavioral changes that make weight control more difficult, instead of easier. Putting this study within the context of overall research, however, we have little reason to believe that calorie-free sweeteners cause weight gain. How much they actually help weight loss may vary depending on how people use them.

Also important to note, the aforementioned study did not involve people; it was a laboratory study involving 17 rats. In the five-week long experiment, rats given yogurt sweetened with zero-calorie saccharin consumed more total calories (and gained more body fat) compared to rats that ate sugar-sweetened yogurt.

The psychologists who performed the study theorize that when our body tastes sweetness it prepares itself for a calorie load. If sweetness comes without calories – as is the case with artificial sweeteners – we keep on eating or reduce our calorie-burning metabolic activity.

For now, however, these theories are little more than speculation. And many researchers are quick to point out that a small, brief study involving rats cannot be used to form conclusions about humans.

True, there has been other research to support the hypothesis that artificial sweeteners thwart weight control efforts. But these findings are the result of

observational studies that show that artificial sweetener use is more common in overweight than normal weight people. These types of studies can show us associations between people and behaviors, but they cannot prove that sweetener use causes overweight. In fact, it is highly likely that people who are overweight or are gaining weight might be more likely to choose diet soda and other foods with artificial sweeteners in an effort to control their weight.

Other studies refute the concerns about sweeteners. In a 10-week study of overweight men and women, subjects who were given a sugar-containing supplement increased their calorie consumption and gained body weight and fat, while those given a supplement with a low-calorie sweetener showed a small decrease in sugar consumption, body weight and body fat.

One of the few longer-term studies to examine this hypothesis involved obese women in a weight control program. Some women were asked to consume and some to avoid artificially sweetened foods and drinks during a 19-week weight loss program and throughout a 2.5-year follow-up period. Initial weight loss was similar, but the artificial sweetener group showed better weight maintenance during follow-up.

For now, studies provide little reason to fear that non-calorie sweeteners increase appetite or cause weight gain. Eating foods or beverages that contain artificial sweeteners can help your weight control efforts, but only if you use them wisely (for example, substituting them for higher-calorie foods to decrease overall calorie consumption). However, if using these sweeteners becomes an excuse to indulge in other high-calorie foods or to skip the physical activity that is so important to health and weight control, you will probably see no benefit.

Of course, “diet” drinks and foods are not essential. You could just as easily cut calories by swapping your soda for water, coffee or tea rather than a diet variety. Alternatively, you might put the focus on optimizing your nutrients and skip the zero-calorie snack foods altogether for a low-calorie piece of fruit with beneficial vitamins, minerals, fiber and phytochemicals.

Portion Control



3 oz (75 g) cooked chicken
or meat (4 oz raw);
deck of cards



1 cup (250 ml) cooked rice,
pasta or ice cream;
tennis ball



1 oz (30 g) cheese;
4 dice or 1 domino



medium piece of fruit;
baseball



1 tsp (5 ml) butter or
margarine; one die



1 small baked potato;
a computer mouse



average woman's fist;
1 cup (250 ml)



2 tbsp (30 ml) peanut butter,
jam, salad dressing; golf ball



1 oz (30 g) of chocolate;
a packet of dental floss

Compare to control

A really nifty way of learning to control portions is to mentally compare them with common, every day objects that you are used to seeing.