

Smarter Bodies

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Editor Jim Rabic

**T-Shirt
Tuesdays**

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Tuesdays**

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**T-Shirt
Tuesdays**

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Tuesdays**

SMART RUNNING

Like any physical activity, you'll only keep it up if you enjoy what you're doing – not just the endorphin high that envelops you at the end of a good session, but also the actual process. With running, this means a greater focus on technique, which encompasses how your body moves and – most importantly – how it feels to move with the least amount of tension. These running tips have been prepared for you by the Canadian Physiotherapy Association (CPA) and its members to help you stay healthy and active, while getting more enjoyment out of running.

- Plan your running route for your comfort (fairly flat for beginners, low hills for intermediate and steeper inclines for advanced);
- Run three-to-four times a week. Rotate routes (from incline to flat, sidewalk to grass) to keep it interesting and avoid over-use injuries.
- Set goals and plan to run throughout the whole season, rather than focusing on intensive weekends.
- Buddy up! Find a neighbor or friend to run with. If you can't carry a conversation while you run you are going too fast for your activity level;

Running can be an activity the whole family can enjoy, while bringing exercise into everyone's lives

STRETCHING IS IMPORTANT BEFORE AND AFTER YOUR RUN – Stretching will help to prepare the mind, body, muscles and joints for the physical activity to come. Stretching will improve performance, reduce muscle tension, promote circulation and reduce the risk of injury and / or restore full mobility after an injury.

A good cool-down after your run also plays a vital role in helping to prevent injury. It will prevent blood from pooling in your limbs and lactic acid building up in your muscles. A good cool-down will help your muscles and tendons relax and loosen, stopping them from becoming stiff and tight.

MOVE – TODAY FOR TOMORROW – Running is a great activity to get your whole body in motion. Be aware of your posture and body mechanics when running to help lessen the strain on your body and get the most of your run

ADD IT UP – AN HOUR IS POWER To gain and maintain mobility, make every movement count. Start slow and build up your running routine. Planning and pacing are very important. Don't over exert yourself. With proper clothing, you can plan your runs 12 months of the year.

- In winter, wear a hat to minimize heat loss and dress in layers.
- Your base layer should be a moisture-wicking fabric (avoid cotton);
- The middle layer should be a little heavier that fits loosely over the base layer, also moisture wicking fabric, like Polartec, Thermax or fleece;
- The outer layer should be a lightweight, breathable, windproof jacket that will protect you against cold, wind, rain or snow while still allowing perspiration to evaporate. Also be sure to wear moisture wicking gloves and socks; and

In summer, drink water or sports drink before, during and after your run to ensure proper hydration. You need to be drinking two-to-five cups of water per hour during your run; and two to three cups of water per pound lost in sweat, after your run. You may even wish to

weigh yourself before and after your run to get an idea of the amount of fluid lost through perspiration.

REDUCE STRAIN – USE WHAT WORKS BEST FOR YOU – Because of the repetitive nature and impact of running a majority of foot related injuries become apparent in those who run. Here are a few key tips to follow:

- Don't do too much too soon. When it comes to staying healthy, under do it rather than over do it. Limit any increase in your mileage to 10 percent per week, and limit the percentage of intense running to less than 20 percent of your total weekly mileage.
- Don't let little hurts turn into big hurts. Pain and discomfort are the body's signals that something is wrong. If the pain gets worse after your run, it's time to take some time off.
- Stretch and strengthen regularly. Proper stretching and strengthening exercises can counteract the impacts and imbalances that running causes. A physiotherapist can diagnose your individual muscle imbalances and biomechanical faults and suggest which exercises will help you the most.
- Buy proper shoes. A good pair of running shoes are essential for preventing injury. Go to a specialized running store and get properly fitted with a shoe tailored to your individual needs and biomechanics.
- Consider getting orthotics. Custom-made orthotics can correct or reduce improper motions which lead to chronic injuries.
- Allow for adequate recovery between runs. Tough workouts result in micro traumas to the muscles. Without adequate recovery, the muscle is continually broken down until an injury occurs.
- Ease into changes to your training. If you are incorporating something totally different into your training (e.g. repeat hills, circuit training, longer runs), a cautious and conservative approach is better.
- Do a proper warm up and cool down. A proper warm up readies the muscles and connective tissues for the range of motion needed to do the workout - this should lessen the chances of muscle tears and pulls. A cool down is an excellent time to work on flexibility - a warm muscle can be stretched to its optimal range of motion.

Avoid hard or uneven surfaces. The ideal running surface is both smooth and soft. Most roads are smooth, but hard, whereas many trails are uneven, yet soft. Given this, varying your running routes to include both roads and trails is usually the best answer.

TALK TO A PHYSIOTHERAPIST A physiotherapist will assess your injury and provide appropriate treatment that will promote an earlier return to running as well as advice on how to prevent recurrence of injury. Physiotherapists are healthcare professionals who help people of all ages and lifestyles gain and maintain their desired level of active living and physical functioning. With their applied knowledge and understanding of the human body in action, physiotherapists are able to help you to increase mobility, relieve pain, build strength and improve balance and cardiovascular function.

Physiotherapists not only treat injuries, they also teach you how to prevent the onset of pain or injury that can limit your activity. If you would like further information on a general stretching program, or if you experience persistent pain after running or other activities, make an appointment with a physiotherapist.

Spinning News

Are You Ready for Indoor Cycling?

Imagine taking your trusty old three-speed--or your rugged new mountain bike--onto the open road for an exhilarating 40-minute ride. It's a beautiful day . . . there's a gentle breeze . . . and before you know it, you're back home, tired but refreshed from a workout that seemed more like fun than work.

The simple pleasure of riding a bicycle is so appealing that this traditional pastime has been revived as a hot new way to exercise indoors--where weather, traffic, terrain and plain old lack of motivation are less likely to foil your good intentions.

Indoor cycling classes are popping up in gyms and studios around the world. If you haven't witnessed the real thing, no doubt you've seen the advertisements: groups of exercisers huddled over stationary bikes, looking determined and even a little euphoric as they listen intently to an instructor and pedal their hearts out. Have you ever wondered about joining them?

Taking Your First Indoor Ride

Feel a little intimidated at the thought of trying a class? You're not alone. The most common misconception is that indoor cycling is an intense, overwhelming experience that only the very fit can handle, says San Diego certified Spinning™ instructor Jill Flyckt. I tell newcomers to remember they're in charge of their own ride. They set the pace and they do it privately--unlike in other classes where everyone can see if they make a wrong step.

Ultra-endurance cyclist, motivational trainer and internationally acclaimed fitness expert Johnny G, who created the original Spinning program that sparked the indoor cycling trend, says, The beauty of indoor cycling is that you set your own level of intensity by adjusting the bike's resistance, so your age, size or fitness level doesn't matter. The goal is to help you find the champion within.

Fitness experts agree that indoor cycling is an excellent cardiovascular workout, providing the same health and weight management benefits as other aerobic activities. It is particularly versatile because it's a nonimpact activity, ideal for postrehab patients, pre/postnatal women and people with overuse injuries, back pain or arthritis.

Perhaps the most unique aspect of indoor cycling is its special brand of motivation.

Continuous coaching, music and visualization (which transports you to some imaginary terrain, such as a mountain or wilderness) help you achieve your personal best. It's about physical, mental and emotional development, says Johnny G. You can learn how to challenge yourself, overcome obstacles and build inner strength to reach your goals.

What to Expect Classes often last 40 to 45 minutes, but some beginner sessions are only 30 minutes. Your instructor may speak to you through a speaker system or through headphones you wear during class. Various types of cycling programs and bikes are available.

Here are answers to two common questions:

Will I get big quads from indoor cycling? Your muscle size is a matter of genetics; it depends on your parents, not your cycling class.

Will I get really sore? Soreness and muscle ache in the quadriceps, lower legs and pelvis are common after your first classes, but will diminish if you keep cycling two or three times a week.

Tips for Getting Started To help you ease into the indoor cycling experience, remember the following:

Take Control of the Ride. Don't come out of the gate too fast. This is the most common mistake beginners make. Pace yourself!

Come Prepared. Wear comfortable clothes, including padded bike shorts and low-top shoes with stiff midsoles (cross trainers or cycling shoes). Bring plenty of water and a towel.

Talk to Your Instructor. Describe your fitness history, goals and injuries. Ask about proper posture and learn how to adjust resistance and speed. Make sure your seat height and angle are correct.

Make a Commitment. Don't let initial discomforts scare you off. Try this activity for several weeks, rather than giving up too soon. Indoor cycling may provide just the boost your fitness program needs--so get on your bike and ride!

The Area's Best Trainer Contest

The Courier Post wants to know who you would pick to be the area's best fitness instructor.

If you think your Smart Bodies trainer or trainers deserve the title, send your trainer's name, that they work at Smart Bodies and why they deserve the title to Shawn Rea at srhea@couierpostonline.com or we will mail your entry to:

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P.O. Box 5300
Cherry Hill, NJ 08034

Good Taste: Top 5 Foods to Prevent Bad Breath

Bad breath results from two key issues: oral hygiene and gastrointestinal health. Basically this means that breath odors originate not just inside the mouth but also from your digestive tract. The culprit in both cases is largely bacteria. Doctors will tell you that if you have bad breath, you should first make sure you are eating right (getting a balanced diet of protein, carbs, lots of fruits and veggies and plenty of fluids to keep the GI tract healthy) and brushing and flossing after every meal. But that still doesn't mean you might not be offending your friends and co-workers after lunch at the new Italian place. Here are some things you can ingest (or chew) that can help.

1. Chew on this. Move over parsley, there are some new halitosis-fighting herbs in town. "Coriander, spearmint, tarragon, eucalyptus, rosemary and cardamom are all good for fighting bad breath," says Dr. Christine Gerbstadt, who has lectured on oral health. You can chew on fresh herbs or make tonics by steeping them in hot water (as a tea). These herbs make an excellent digestive as well—doubling the benefits of ending a meal this way.

2. Get some active culture. No, not Cirque de Soleil, but yogurt. A recent study found that a serv-

ing of yogurt each day reduces the level of odor-causing hydrogen sulfide in the mouth. Apparently it also cuts back on bacteria in the mouth—plaque and gum disease were reduced in the study's yogurt eaters as well. Plus, the American Dietetic Association (ADA) recommends getting enough vitamin D from yogurt, cheese and milk if you're worried about halitosis because this vitamin creates an inhospitable environment for bacteria growth. Be sure to get the kind of yogurt with active cultures—not overly processed or sugar-added varieties.

3. Crunchy types. Apples, carrots, celery—basically any fiber-rich fruit or vegetable is your friend when it comes to fighting halitosis. "Inside your mouth, plaque build-up causes odors," explains Cynthia Sass, ADA spokeswoman and registered dietician. "Eating foods that increase saliva production keep the mouth moist—and rinsed out. Also, many carbs and proteins can get stuck in your teeth—even healthy foods like whole grain cereal or chicken breast." So follow a meal with a Granny Smith (feel the saliva kick in at the mention of it?) to cleanse the mouth.

4. Masking techniques. Sugarless gum shouldn't replace brushing your teeth after a meal, but in a pinch it can freshen breath (masking odors) and is another way to increase saliva production to rinse away plaque and bacteria. Mints can mask as well, but only briefly—and go for sugarless. Sugar creates plaque, and no one wants a mint that makes breath worse.

5. High C's. Eating berries, citrus fruits, melons and other vitamin C-rich foods create an inhospitable environment for bacteria growth. A diet rich in vitamin C is also important for preventing gum disease and gingivitis—both major causes of halitosis. Get your C in foods, not supplements, which can cause gastrointestinal upset in some, according to Sass, and exacerbate bad breath

A Run on the Beach Can Bring Misery

Soft sand is no friend to joints, experts warn



Summer beach bums who plan on jogging on sand instead of their usual pavement need to be extra careful to avoid injuries, experts say.

The common perception is that sand -- so soft and giving compared to hard pavement -- is easier and safer on the joints. But orthopedic experts are warning that just the opposite is true.

"Running on the beach comes with risks," according to Dr. Michael Ciccotti, chief of the Sports Medicine Center at the Rothman Institute at Thomas Jefferson University Hospital and head team physician for the Philadelphia Phillies.

"As you run on irregular, inconsistent surface like sand, the forces that go through the feet, ankles and hips vary dramatically and can predispose an athlete to injury in any one of these body parts," Ciccotti said in a prepared statement.

Sudden changes from firm, wet, hard-packed sand to loose dry sand can make running on the beach particularly dangerous. Beaches also usually slope downward toward the shoreline.

"Running on this sloped surface can especially predispose an individual to injury," Ciccotti said.

Sprains and tendonitis are commonly diagnosed injuries after running on the sand, Ciccotti noted. Common, too, are other strains and inflammation of joints and tendons in the knee, lower leg and ankle -- even fractures.

To prevent injuries while running, Ciccotti recommended wearing running shoes that offer stable support and are designed to absorb the shock of hitting the surface while running. Replace shoes about every nine to 12 months, he added, and stretch and warm up before you start to run, and don't overexert yourself if

you aren't used to running long distances.

Also, Ciccotti said, pay attention to your running surface -- watch for changes in the terrain that may cause you to stumble or fall.

"Running on the beach is a great activity with tremendous health and psychological benefits. We just need to be extra careful to remain free of injury," Ciccotti added.

Protect YourEyes From the Sun



Exposure can cause corneal sunburn

The same dangerous rays that can harm your skin can also harm your eyes.

People who spend long hours in the sun can get sunburn of the cornea, according to the U.S. Food and Drug Administration.

Though the condition is treatable, it's painful. And it can occur during seasons other than summer. Sun reflecting off snow can contribute to it, too.

To protect your eyes, choose sunglasses that are dark enough to reduce glare but aren't dark enough to distort perception or affect colors. Lenses that are best for color perception are neutral gray, amber, brown or green.

Protect your kids' eyes, too. Buy them sunglasses and make sure they wear them

Low Carb Recipe of the Month Asparagus



1 bunch of medium sized asparagus, about 1 lb
2 Tbsp of the most exquisite extra virgin olive oil
2 Tbsp freshly grated Parmesan cheese
1 teaspoon lemon zest - freshly grated lemon rind
Salt and freshly ground black pepper

1 Prepare the asparagus by rinsing them thoroughly, break off any tough, white bottoms and discard. Cut into 1 to 2 inch sections, slicing the asparagus at a slight diagonal.

2 Fill a medium sized saucepan half way with water, bring to a boil. Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. While the asparagus are still hot, toss them in a bowl with the olive oil, Parmesan, and lemon rind. Salt and pepper to taste. Serve warm or room temperature.

Note that when you are working with so few ingredients, it's important to make sure they are of the highest quality

The biggest seller is cookbooks and the second is diet books - how not to eat what you've just learned how to cook. -- Andy Rooney

Web Site of the Month CD Check 3

As your CD and DVD collection grows, there are two important problems you face - do your CDs and DVDs still work? What can you do when a CD or DVD starts to have problems? These are crucial questions since the discs are used to store valuable files like email, home movies, photographs, business/tax records and music. The solution is to use a free program like CDCheck. It can scan most CDs in a few minutes to tell you if the data is OK - this way, you don't have to find out the hard way that there is a problem. Plus you can use the time it takes for a scan to complete as indicator of the CD or DVDs overall health - even though files may not be recorded as damaged, slower results normally indicate a CD that is on the way out (expect longer times if there are more files on the CD).

If a CD or DVD is showing files with damage or you can no longer read a file in a drive, CDCheck can be switched to recovery mode and make a full sweep of the CD or DVD, recovering lost files along the way. When parts of a file can't be fully recovered, the program will still recover any salvageable fragments. Many file formats such as Zip, TIFF and JPEG can still be used if incomplete (success of this technique varies, depending on the damage). Most zip tools have a 'repair archive' function, and a standard graphics editor can help repair damage to photographs caused by missing fragments.

Since CDCheck is freeware (free for personal use) and a small download, it is worth getting a copy and occasionally using it on your CD or DVD collection

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

Does what you eat affect skin cancer?

Limiting alcohol consumption and the fat in your diet may lower your risk

Skin cancer rates and deaths are increasing dramatically around the world. One in five Americans will develop skin cancer during their lifetime, and one American dies from it every hour. Experts say that by far the most important ways for us to protect ourselves are by minimizing sunlight exposure and avoiding indoor tanning beds or lamps. Along with sun protection, a healthy diet may help.

Ozone depletion seems to be leaving us more vulnerable to damage from ultraviolet (UV) radiation. This radiation causes formation of highly reactive “free radicals” within our bodies, damaging our cells in ways that increase the chance for cancer to develop. In theory, antioxidants like beta-carotene and other carotenoids might stabilize free radicals and end the damaging chain reactions they start.

Recent studies have shown very mixed results on the impact of blood and dietary levels of antioxidant nutrients like the carotenoids, vitamins E and C, and selenium. These nutrients are absorbed from a balanced diet that focuses on colorful fruits and vegetables and whole grains, along with beans, nuts and seeds. Some studies have shown less skin cancer among people who eat diets rich in these substances, while others show no effect.

Limiting fat, lowering cancer

Limiting dietary fat is a step supported by a number of studies as a smart move to lower risk of skin cancer. High-fat diets may increase cancer risk by suppressing the immune system, according to some evidence. Polyunsaturated fats, such as most vegetable oils, may pose the biggest risk. Consuming more polyunsaturated fat means that our body cells contain more polyunsaturated fat, which is a relatively unstable fat more vulnerable to free radicals than other fats.

Excess alcohol has been linked with greater risk of melanoma skin cancers by some researchers. In one study, those who drank the most alcohol had 65 percent greater risk of melanoma than those who drank

the least.

Apply sunscreen often

Sunlight exposure reportedly causes 80 to 90 percent of skin cancer, which is why experts recommend sunscreens with a Sun Protection Factor (SPF) of at least 15. SPF of 30 to 60 may even be preferable, especially if you will be spending significant time outdoors.

Researchers say that most of us apply too little and forget that we need to reapply it every three hours when we’re outdoors, and sooner if we swim or sweat. Experts also note that while sunscreens are a valuable tool, their use is just one part of an overall strategy that also includes limited time in the sun and protective clothing.

Some consumers believe that if they don’t tend to get sunburns, sunlight is not damaging their skin and putting them at risk. It’s true that highest skin cancer risks seem to fall on those with fair skin or family history of skin cancer. But studies now show that our risk is based on the intensity of sunlight exposure over a lifetime, even for those who tan but don’t burn.

Experts sometimes say, “The only safe tan comes from a bottle.” They are referring to sunless self-tanners, which contain an ingredient (DHA) that oxidizes on the outermost layers of the skin, giving the look of a tan.

Lots of veggies to lower cancer risk

The American Institute for Cancer Research (AICR) recommends a mostly plant-based diet with five to 10 daily servings of a variety of fruits and vegetables to lower overall cancer risk. That includes some protection against skin cancer, but be sure to take the other vital precautions as well: avoid sun and indoor tanning, cover up with hats and long-sleeved clothing, and use sunscreen liberally.



Frozen Fixes



Americans spent about \$1.4 billion on low-cal frozen dinners (such as Lean Cuisine, Weight Watchers, and Healthy Choice) in 2004.

These single-serving meals cost \$3 to \$5 each, pack up to 400

calories, and can be quickly microwaved for lunch or dinner.

The Science

A 2004 University of Illinois study found that women who followed a 1,365-calorie diet in which they ate two packaged frozen entrees a day shed about 5 pounds more in 8 weeks than those who were instructed to follow a diet (with the same number of calories) based on the food pyramid.

Use Them

If you find it hard to guesstimate portions. "Frozen meals give your eyes and stomach a chance to readjust to what servings should be—I often advise patients to eat them for a week or two, and then keep the little trays and use them while making dinner as an easy way to eyeball portions," says Madelyn Fernstrom, PhD, director of the Weight Management Center at the University of Pittsburgh Medical Center.

Frozen meals are also a sound option for busy dieters with no time (or desire) to cook and those who would otherwise grab fast food or order in pizza. "I've used them over the years whenever I've needed to lose weight because you can't beat the convenience: You just pop them into a microwave. And there's no way you can overeat," says Michelle Tennant, 36, a publicist in Asheville, NC. "I try to pick the ones that have whole wheat or are mostly meat and vegetables, as I find they stick with me longer and I don't have a blood sugar crash."

Lose Them

If you're a foodie. "If you savor your meals, enjoy cooking, and really notice the different tastes, textures, and smells of food, these products won't offer

enough stimulation for you," says Wahida Karmally, DrPH, RD, director of nutrition at the Irving Center for Clinical Research at Columbia University. The skimpy servings also may not provide enough calories if you're fairly active. "I used to take Lean Cuisine entrees to work and eat them for lunch because they're so convenient, but the portions were way too small to satisfy my appetite," says Sylvia Sklar, 60, a professor at McGill University in Montreal.

"I was starving an hour later." One reason: Some of these dinners have less than 20 g of protein per serving—not enough to keep many women, especially active ones, satisfied, says Kathy McManus, RD, director of the department of nutrition at Brigham and Women's Hospital in Boston. If that describes you, look for a product with at least 20 g of protein, such as Kraft's line of South Beach Diet frozen entrees and Lean Cuisine's new Dinnertime Selects. One final caveat: Avoid this category if you have high blood pressure. Many entrees have 800 mg of sodium or more, about one-third of the federal government's recommended upper limit for a day's intake.

Bottom Line

They can give dieters a push. "Frozen entrees may make dieting easier because they remove the guesswork when it comes to figuring out portion sizes," explains Donald Hensrud, MD, an obesity specialist at the Mayo Clinic in Rochester, MN. Just make sure to supplement your meal with hefty sides of fruits and veggies to ensure you get enough nutrients and stay full. "The fruit and vegetable portion in most of these meals is tiny. You need 7 to 10 servings of fruits and vegetables a day," says Karen Collins, RD, nutrition advisor to the American Institute for Cancer Research

.I work so hard to stay in shape. Whenever I read anything, it says, "Consult your doctor before doing any exercise." It always says that. Does anybody do that? I kind of think my doctor has people coming in with serious problems. I don't think I should be calling him and saying, "Hi, this is Rita, I'm thinking of bending at the waist." -- Rita Rudner

Smart Bodies would like to Thank all of the 2006 Body Transformation Contest Sponsors!

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Karen Gomez

See Bristol or Anthony for more
information.

or go online at

www.naturesunshine.com

**Smart Bodies would like to give a special Thanks
to everyone who made the 2006 Client
Appreciation Party a Big Success:**



Johnny Tiernan for all of his creative input in editing the DVDs for the evening.



Tara Flocco for all of her help with the entire event from the party planning to getting the best prizes and sponsors this 9 year event has ever had!



Christine and Jackie for all of their help with contestant interviews and video camera work!



Rob Blatt for all of his technical support and creative input and editing.

Also to all of the kids, trainers, clients and dancers who made the videos a big hit.

With a great team of support, I am already looking forward to next year!

New Guide May Help Lower Blood Pressure

There are 65 million American adults with high blood pressure. If you're one of them, you can lower your blood pressure by following the step-by-step dietary and physical activity advice offered in an updated guide from the U.S. National Heart, Lung and Blood Institute (NHLBI).

The updated version of the DASH (Dietary Approaches to Stop Hypertension) eating plan recommends limiting salt (sodium), saturated fat, trans fat, and cholesterol. It also urges people to increase their consumption of fruits, vegetables, fat-free or low-fat milk products, whole grain products, fish, poultry, and nuts.

It offers new information on potassium, weight loss, and physical activity, and includes a week's worth of menus, easy-to-prepare recipes and a diary to record what you eat and your exercise. There are also tips about heart-healthy food choices and ways to be more physically active.

"NHLBI studies have shown that the DASH eating plan can significantly lower high blood pressure, even within the first few weeks," Dr. Elizabeth G. Nabel, NHLBI director, said in a prepared statement. "They demonstrate that by making healthy choices in diet and physical activity, you can get on track to a healthier life," she said.

Here are some examples of the advice and suggestions contained in the guide:

- If you eat only one or two servings of vegetables a day, try adding one serving at lunch and another at dinner.
- Gradually switch to fat-free or low-fat milk and reduce your intake of soda or other sweetened beverages.
- Choose whole grain foods, such as whole wheat bread or whole grain cereals. This will provide with added nutrients and fiber.
- Select food items with the lowest levels of salt or sodium.

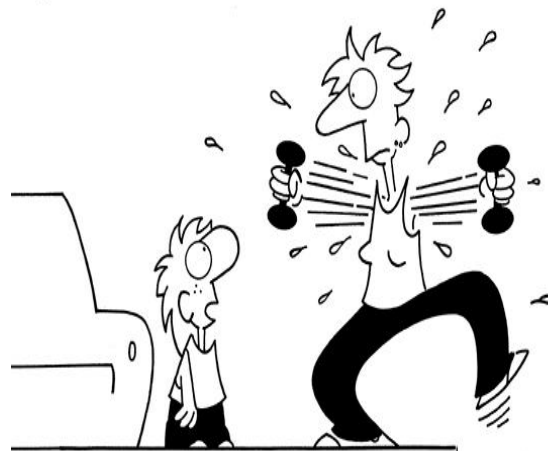
Start exercising by taking a 15-minute walk each day and slowly build from there.

Health Tip: Reducing Allergy Symptoms

Although you may be among millions of Americans with allergies, there are things you can do to tame your symptoms, the American Academy of Allergy Asthma and Immunology says.

Make sure your home is thoroughly and regularly cleaned. Mold, dust and other allergens can build up in the linens, furniture and air ducts. It's also best to use air conditioning rather than open windows in the house and the car. And you should shower and wash your hair before you go to bed, the academy says.

If you still have symptoms, the AAAAI recommends an over-the-counter or prescription antihistamine. If that doesn't help, talk to an allergist about other treatment options, including allergy shots.



"Sweat is nature's way of showing you that your muscles are crying!"