

# "FIT"... BY JANEL

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## Editor's Letter



With the holiday season over for all of us, it is time for a fresh start. Every year most of us make what we call "resolutions." Well the tricky part is keeping those resolutions past January. What we've got to remember is, we have the ability to affect the course of our lives. You have total control over what you do each day, what you put into your body, and how active you choose to be. In other words, you are what you eat. So maybe this year, you should make one very important resolution. This resolution being, to let yourself take control of your daily lifestyle. By taking control I mean, watching what you eat and setting aside time in your day for yourself. This time you set aside can be devoted to working to feel your best, exercise in other words. You will be so glad you made this resolution, it may even last past January:-) Happy New Year.

Janel Neef  
Editor in Chief

## Monthly Nutrition Tips

Here are some very important tips to start you off for the new year. Remember, don't ever feel like you have to do all of them to be healthy. Pick and choose and see what works best for your lifestyle. Tip number one: get five fruits and vegetables a day. We all learned how important fruits and vegetables were when we were younger. Truth is, they are still very important. Test yourself at the grocery store to pick out a variety of fresh fruits and vegetables. Each day, squeeze five into your meals and you will be glad you did. Try eating an apple for a snack at work instead of that Snickers bar. You will have more energy and feel a lot better too. Remember, "Five a Day."

Tip number two: bran muffins can prevent strokes. If you consume these, or other whole-grain foods, you have a lesser chance of getting a stroke. A study conducted at Brigham and Women's Hospital in Boston found this to be true. And don't worry if you're not a big muffin fan. People who consume foods high in whole-wheat also highly benefited. Happy eating!

Tip number three: eating an orange can prevent gum disease. If you're not a big orange fan, you can also get the same benefit from foods high in Vitamin C. Gum disease is characterized by an infection of the tissues surrounding the teeth and is a major cause of tooth loss in adults. If you are able to get 180 milligrams of C per day, you will be in great shape. An example of 180 milligrams is: one medium papaya, two large oranges, two cups of strawberries, or two cups of orange juice.

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## Monthly Fitness Tips



My tip for the month of January is cross training. Don't worry, it sounds more complicated than it really is. Cross training is simply doing multiple types of exercise. Imagine this scenario. Bob works out every single day of the week. His daily workout consists of a 45- minute run, followed by some stretches. Yah, we make think he is doing his body good, but the truth is, he's not. To make this workout beneficial for Bob, we can add some variety. Here is where cross training comes in. Bob can do two days of weightlifting, two days of his running, then do one day of swimming. This way he is not overworking his knees each and everyday of the week and he is able to work other parts of his body that were neglected before.

To incorporate cross training into your workout schedule, try to never do the same activity two days in a row. If you are doing five days of cardio, switch that to three days of cardio with some toning in between. Choose some favorite activities of yours and do them for exercise. For example, if you love to play tennis, you can play as your workout. Just make sure you are getting your heart rate up to where it should be when you are exercising. Make your workouts fun and you will be much more motivated to do them:-) Concentrate on cross training for the New Year.

## Monthly Schedule



With the holidays over, I will resume my typical training schedule. The Thursday nights I am not available are: January 11th and 25th because of dance lessons. Hopefully this will not be of inconvenience to anyone. Look forward to working with you and reaching all our goals together:-)

## Web Site

Just wanted to remind you about my web site. It is updated monthly with lots of fitness tips and information on personal training sessions. To get to it, simply type in, [www.fitbyjanel.com](http://www.fitbyjanel.com). This will take you right there. Happy surfing in the new year!