

"FIT"... BY JANEL

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Editor's Letter



Dieting, dieting, dieting. These are the words I hear a lot of, especially in the month of January. A teacher I work with at school told me she was on one of those "low carb" diets. I kind of laughed in my head because I know lots of people who tell me they are on one of those diets, or a version of it. Anyway, for all you dieters out there, there are 2 things you need to think about. Number one, "are you going to be able to keep this weight off after you lose it?" Number two, "have you incorporated exercise into your daily schedule?"

These two issues are very important. Let's look at the first issue. Anybody can lose weight. The main thing of course is being able to keep it off. What good does it do if you lose 10 pounds and gain it back a week after it is gone? Not much of course. You need to keep this in mind when choosing a diet. It needs to be something that will allow you to forever change your eating habits or else it is almost not worth doing at all. The best diet in my professional opinion is to cut 500 calories a day from what you are eating now. This will allow you to cut 3,500 calories a week, which will enable you to lose a pound a week. This is an eating plan that you can maintain forever and will therefore allow you to keep the weight off for more than a week.

Our second issue is incorporating exercise into your daily routine. It is amazing how much exercise will change your body appearance. If you are not currently exercising, you need to start with a couple days of exercise a week then move up to more later on. If you are already exercising, make sure you are doing this 3-5 times a week. Each workout will burn calories, give you more energy, and you will feel and look better too. So, think about these two things when you are considering going on a diet. If you know the diet will allow you to keep the weight off, and you will incorporate exercise into your life too, you will be in great shape!

Monthly Fitness Tips



In past articles I have mentioned how important it is to make time for fitness. Well, today I am going to focus on ways to get MORE exercise into your day. With a few simple moves, you can burn more calories, improve your strength and flexibility, and get healthier all day long. Here are some of the ways to sneak more fitness into your day.

Let's start off by looking at the workday. You can start off by breaking your e-mail habit. Instead of typing a message, walk over to your co-workers office as much as possible and deliver the news in person. Then when lunchtime rolls around, do some window-shopping at lunch. Bring your lunch, then spend the time you would have spent waiting for your order running errands. In the afternoon, take a brisk walk on your break. If you do this for 15 minutes, four days a week, you have just added another hour of exercise to your week!

When you are at home, there are a few things you can do also. How about taking your dog for a "real walk." Instead of the usual stroll, take your dog on a 15-minute power walk. If you do this twice a day, that equals a half-hour of exercise. Another thing to burn some extra calories is cleaning your home. You'll burn about 215 calories an hour with the usual vacuuming, mopping, etc... And lastly, go for an evening

stroll. Walk off some of your dinner. Even a leisurely 30-minute walk burns about 140 calories.

When you are with the kids, try these activities. Try making exercise a family event. How about going for a run while they are riding their bike? Take them ice-skating, or take a swim lesson with them. Another activity you can do is get off those sidelines at your children's sporting events. First, consider coaching your child's team. This could be a great workout in itself. Second of all, try to get together with a team mom or dad and take an exercise class with them while your kids practice.

These are just some ideas on how to get more exercise into your day. Even if you just try one of these activities, you will be getting more exercise than you were before. Get fit and remember, have fun!

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Monthly Nutrition Tips

This month I am gonna provide all of you with some nifty information on cookie baking. Yes, you saw those words right. We are gonna talk about how to cut calories from your chocolate chip cookies. In fact, I am gonna tell you how you can cut 64 calories per 3 cookie serving. There are four things you can do to achieve this.

The first thing you can do is bake your cookies on parchment paper. This eliminates the need to grease your cookie sheet and saves 11 calories and 1.3 grams of fat per 3-cookie serving. Parchment paper is available at most grocery stores and kitchen stores. This also makes cleanup a lot easier since all you have to do is throw the paper away when you are done:-)

The second thing you can do is replace your two 1/4 pound sticks of butter with 1 stick of corn-oil margarine and 1 tablespoon of water. This will save 22 calories and 2.5 grams of fat.

Next you can use 2 egg whites instead of 1 whole egg. This will save 1 calorie and 0.2 grams of fat.

The last thing you can do to cut calories in your cookie baking is to use mini-chocolate chips. If you use these instead of the regular-sized chips, you will save 29 calories and 1.8 grams of fat.

Keep these things in mind when you are ready to bake chocolate chip cookies the next time. Maybe making these little changes won't make you feel so guilty when eating them too:-) Happy baking!

Shape. Feb. 2001. Page 72.

Monthly Schedule



For the next two months of February and March, these are the evenings I will not be available. The dates in February are: February 8th, 14th, and 15th. The dates in March that I will not be able to train are: March 1st, 7th, 15th, 23rd, and 29th. Hopefully this will not inconvenience anyone. I look forward to working with you!

Web Site

Just wanted to remind all of you about my web site. Remember that it is updated every month with lots of fitness tips and info on personal training sessions. To get to it, simply type in, www.fitbyjanel.com. This will take you right there. Happy surfing!