

# "FIT"... BY JANEL

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## Editor's Letter



It's spring cleaning time! The time of year where we get our homes off to a fresh start. It is also a time to get our families geared up for the summer ahead of us. Some of us may love spring cleaning, while some may dread it. How about making it even more worthwhile by turning it into a workout for you! Here are some tips on how to do that.

First tip is to turn those radios on. You would be surprised on the effects of that. By turning your radio to an upbeat station, you will find yourself cleaning to the beat of the music. This can really work up a sweat. Second tip is to put some energy into your chores. For instance, while washing windows, concentrate on scrubbing those windows instead of just washing. The effort you put into your arms will turn itself into a bicep/deltoid workout in itself. Turn your vacuuming into a rowing experience. Just by putting a little more force into it, you can target all your arm muscles.

By putting a little energy into your spring cleaning, you can actually burn lots of calories. The music also makes it lots more enjoyable for most people. Maybe by changing your way of cleaning you can make it a much more positive experience for you. Just remember that you are also doing something for yourself, a workout! Happy spring cleaning to all of you!

walking or running by inserting 60-second intervals into your longer walk. Try incorporating all or some of these tips into your walking workout. You will see benefits.

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## Monthly Nutrition Tips

This month I am going to provide you with some helpful nutrition information on: milk, fish, and cutting carbs. Let's start with milk. Calcium can actually benefit us in more ways than we realize. In several studies around the world, women who got 1,000 milligrams of calcium daily, weighed less. Yes, they weighed about 18 pounds less than the women who didn't get this much calcium. This is caused because calcium reduces the production of calcitriol. This is a hormone that causes fat to be stored. More reason to drink milk!

On to fish. Several studies have shown that eating fish twice a week can reduce your risk of strokes by 51 percent. Another helpful hint, if you are pregnant, avoid eating shark, swordfish, king mackerel, and tilefish. They may all contain high levels of mercury, which can endanger unborn babies. Stick to canned and farm-raised fish.

Trying to decide between cutting fat or cutting carbs? Cutting fat is the best way to go. According to the USDA, you'll lose more water weight on a low-carb diet. This weight you'll very likely gain back once you start eating more carbs. Cut the fat and calories, and exercise:-)

## Monthly Fitness Tips



Calling all you walkers out there! I know a lot of you like to walk as part or all of your workout. Today I am going to give you some tips on how to burn even more calories while walking. Tip number one: tighten those glutes. When you walk, imagine holding a fifty-dollar bill between your butt cheeks. This will strengthen your lower back and sculpt your backside. Tip number two: lean from your ankles. You're walking right if you hold your rib cage high and contract your abs. You should feel as if you're falling slightly forward into each step. Tip number three: pay attention to your posture. Don't stare at your feet. Look forward, hold your chest up, and your shoulders back. Tip number four: boost your intensity. Go faster or add hills to your route. Increase the duration of your workouts by walking a little longer each time. Change a little bit at a time. Tip number five: change your terrain. By trekking through tougher terrain, your legs will work harder. By moving off the pavement and going into sand, dirt, or gravel, you can increase your calorie burn by an additional 60 calories per hour. Tip number six: try running spurts. By interval training, alternating between easier and hard segments, you can work harder without feeling like you are. You can clock up several minutes of speed

## Monthly Schedule



For the next two months of April and May, these are the evenings I will not be available. The dates in April are: 5th, 9th, 12th, 18th, 19th, and the 27th. The dates in May are: 3rd, 10th, 11th, 17th, 25th, and the 28th. Also, we will be relocating to Cedar Rapids, Iowa the first week of June. I look forward to working with all of you:-)

## Web Site

Don't forget about my web site. It is updated every month with new information. To get to it, simply type in, [www.fitbyjanel.com](http://www.fitbyjanel.com). This will take you right there in a jiffy:-)