

"FIT"... BY JANEL

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Editor's Letter



This article is dedicated to a friend of mine, Laura Ray, who inspired me to write this article. She made me realize how important it is for us to know CPR, or at least know what to do in an emergency situation. Just last month she was faced with a situation where she needed to use her CPR skills. Ask yourself right now if you would know what to do if someone started having a heart attack in front of you. Luckily I am required to take a CPR and First Aid class every summer. So today I would like to pass on some basic tips to you all.

First of all, I highly encourage all of you to take a CPR class. There is so much you can learn that I can't teach you in an article. However, I can give you some basics. An important thing to know is emergency action steps. In the excitement of an emergency, you may be frightened or confused what to do. Stay calm and follow these steps: Check, Call, and Care. To "Check" you need to check the scene for safety and also check the victim. You want to see if they are conscious, if they are breathing, and if they are bleeding. To "Call" you need to call 911 and give them the necessary information. It is very important that you don't hang up until the dispatcher hangs up first. To "Care" you need to start by caring for life-threatening conditions first. If there are none, you need to watch for changes in their breathing and consciousness. Also help them rest comfortably.

Often, recognizing that an emergency exists and taking action in the first few minutes can mean the difference between life and death. It is so important that you know what to do in an emergency situation. I urge all of you to sign up for a CPR class sometime if you are able to. It can save lives. Now back to my friend Laura, I would like to say thank you to people like her for trying their hardest to save lives.

Monthly Fitness Tips



Lifting weights to lose weight, I bet most of you thought the opposite, am I right? Sure weightlifting can bring you a few pounds of muscle mass, but it can also contribute significantly to ridding the body of extra weight. This is how it works. Aerobic exercise burns calories, but the body's metabolism quickly returns to pre-exercise levels, usually within 30 minutes or so. Resistance training, (weightlifting,) according to the researchers at Johns Hopkins University, leads to increased calorie burning for up to 2 hours after the workout is over. Isn't this increased metabolism what we all want?

To test this out, researchers recruited 10 moderately trained women to perform three sets of 10 exercises with a one-minute rest period between each

set. The researchers found that fat oxidation was significantly higher after this weightlifting session than the typical aerobic session.

Unfortunately, because weightlifting often results in an increase in weight due to increased muscle mass, many women abandon their weightlifting efforts. Instead they stick to strictly cardiovascular activities. With this new information, hopefully more women will hit the weights. A combination of aerobic exercise with regular strength training is the best way to go. Go for it!

ACE Fitness Matters. July/August 2001. Page 5.

Monthly Nutrition Tips

High-Protein Diets, I am sure many of you are familiar with these. Some of you may be thinking, I am on one of these right now. Others of you may have considered them in the past. Today I am going to pass on some important information that the American Heart Association wants us to be aware of.

The AHA reviewed five of the most popular high-protein diets: the Atkins diet, Protein Power, Stillman Diet, Sugar Busters, and the Zone. They concluded that although these diets may promote quick weight loss, the long-term consequence is an increased risk for cardiovascular disease. That is because these diets are requiring you to eat a diet high in saturated fat and cholesterol.

Supporters of these high-protein diets claim the following: you can lose weight and lower your cholesterol while eating unlimited amounts of red meat and high-fat dairy products. The truth according to Dr. Robert Eckel, professor of medicine at the Univ. of Colorado, is once a person stops losing weight or begins to regain, cholesterol levels begin to rise sometimes to an even higher level than before the diet. What do we have to learn from this? Reconsider your options if you are thinking of a high-protein diet. In other words, a low-fat diet and exercise is always the best way to go.

ACE Fitness Matters. July/August 2001. Page 6.

Monthly Schedule



My husband Brent and I just arrived in Iowa a month ago. I am happy to say we have brand new fitness equipment. We purchased a home gym that is working great so far. If you or someone you know would like to start a training program, give me a call. We will set up a consultation appointment and then be on our way. Our new number in Iowa is: (319) 447-1946.

Web Site

By now most of you know how to get to my web site. But just in case you didn't, here it is: www.fitbyjanel.com. As always, every month I update it with fitness tips and other important information. You can also pass this on to your friends and they can even read this newsletter online. Happy surfing!