

# "FIT"... BY JANEL

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## Editor's Letter



Now that it is almost fall, Halloween is quickly approaching us. This can be a very tricky time for people who are watching what they eat. Having all that candy around can be scary at times. The solution to the problem may shock some of you. What we need to do is to satisfy our cravings by eating one of these mini-size treats. You see, when we continue to resist that piece of candy we have wanted, we are usually making things worse. Before we know it, our cravings have gone out of control and we are eating the whole bag of candy. Instead, let yourself have one piece of candy every now and then to satisfy that craving. This way, you are satisfied and won't go out of control.

Most of the typical Halloween candies aren't as bad for us as we think. That is if we stick to moderate amounts. Here are some popular candies and how bad for us they actually are. Two Snickers fun-size bars have 190 calories and 10 grams of fat. Two Milky Way fun-size bars have 180 calories and 7 grams of fat. Eating two fun-size 3 Musketeers bars have 140 calories and 4.5 grams of fat in them. One fun-size Butterfinger bar has 100 calories and 3.5 grams of fat. Three pieces of Rolo candy have 80 calories and 2.5 grams of fat. A Charms Blow Pop has 70 calories and no fat. And last one mini box of Junior Mints has 60 calories and 1 gram of fat.

Now that you have the calorie/fat scoop on some popular candies, you know exactly what to do. As the saying goes, "everything in moderation is ok." Have a safe and happy Halloween!

hours, individuals should try to either exercise more frequently or schedule workouts in such a way that they can attain a maximum effect on their levels of stress. For example, people should try working out before they go to a stressful meeting. Other factors (example: healthy eating habits, adequate sleep, strong social support) can play a central role in helping provide a buffer against the adverse consequences of stress. An important fact to keep in mind is that stress can have a positive effect as well as a negative one. When properly managed, stress can be the beginning that leads us to better health and greater productivity. Stress relief can be spelled E-X-E-R-C-I-S-E.

ACE Certified News. August/September 2001.  
Page 11.

## Monthly Nutrition Tips



This month I am going to talk about sodium. My mom brought it to my mind that when it comes to sodium/salt, we are clueless. Therefore, my goal is to give you some useful information so you will better understand the truth about salt.

Most of us watch what we eat very carefully. However, many of us are overlooking our sodium intake. Nearly 75 percent of the sodium we consume comes from packaged foods. Even seemingly healthy low-calorie picks are often high in sodium to make up for the missing flavor of fat.

You may be wondering if only people with high blood pressure should be concerned about sodium, the answer is NO. According to studies, a high sodium intake increases the risk of developing osteoporosis. This is because sodium causes calcium to be excreted in the urine instead of being used to strengthen bones. By lowering your salt intake, you can also cut the risk of developing kidney stones. Salt can also expand your waistline. Too much salt can cause cells in the body to hold on to fluid.

So how much salt is too much? Most Americans are getting about 10,000 milligrams of sodium a day. That is more than four times the amount recommended by the American Heart Association, 2,400 milligrams. To keep track of how much extra you're using, think of every shake of salt as about 300 milligrams of sodium.

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## Monthly Fitness Tips

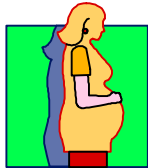


Stress is something many of us suffer from. Whether it be a little amount of stress here and there, to the highly stressed individual, we all suffer. Exercise, particularly aerobic exercise, has been shown to have a positive effect on a person's state of mind. Many individuals report that exercise produces a feeling of exhilaration. Any form of exercise that diverts attention from one's problems, provides a sense of achievement, or boosts confidence can help individuals to effectively deal with stress. Because the emotional lift that is derived from working out may begin to fade after a few

Be sure to watch out for all those hidden sources of sodium. Some are pretty obvious, you can taste the added salt in many canned soups and snack foods. However, others are not so obvious. So, don't only think about fat and calories, think about sodium also. You will be glad you did:-) Fitness. October 2001. Page 62.



## Mom's in Motion



This is a new section I am starting this month. It is for all you mom's to be and anyone considering having a baby someday. In July, I became a Mom's in Motion certified instructor and I am eager to pass along lots of info to you. This month I am going to talk about the following topic, "What to do when finding out you're pregnant."

You've found out you're pregnant, you've scheduled your first prenatal appointment, but it isn't for 3 weeks. UGHH! What do you do? Here are some suggestions to get you started on a healthy pregnancy. First of all, if you smoke, drink alcohol, or take any illicit drugs, stop immediately. Second, make sure you get plenty of rest. Third, you can still exercise all the way through your pregnancy. However, make sure you exercise in moderation, not until exhaustion. Next off, if you're taking a multivitamin and mineral supplement that provides no more than 100 percent of the RDA for nutrients, it's fine to continue. However, don't take any other supplement such as extra Vitamin C or herbs. Your health care provider may prescribe a prenatal vitamin and mineral supplement before your first prenatal visit. If so, then stop taking the multivitamin. Next to remember, eat a variety of foods and make sure you are getting at least 400 micrograms of folic acid daily from fortified foods, vitamin supplements, or a combination of the two. In addition to the folate found naturally in certain foods. Folate is a B vitamin that can prevent neural tube defects, such as spina bifida, in your developing baby. Folic acid is the form of folate found in fortified foods and vitamin supplements. Next, go easy on the caffeine. Drink plenty of fluid, especially water. And last but not least, consult your doctor about any prescription or over-the-counter medications you are taking, or wish to take.

Hope this is helpful to you or your friends. If you ever have any questions, don't hesitate to call or e-mail. I promise I will do whatever it takes to answer your question. The most important thing to remember is, a healthy mom means a healthy baby. Stay fit.

## Web Site

Looking for some more fitness information? Interested in finding more information on fitness and your pregnancy? You can find all this and more at my web site. The address is: [www.fitbyjanel.com](http://www.fitbyjanel.com). Let your friends know this address too if they are interested. Also if you ever have any fitness-related questions, feel free to e-mail me at [janel17@hotmail.com](mailto:janel17@hotmail.com).

## Monthly Schedule



I am currently accepting clients here in Iowa. If you, or someone you know is interested, please call me at (319) 447-1946. We will set up a consultation appointment and be on our way to working out. Evenings and weekends are the best time to schedule appointments. Look forward to hearing from you!

