



Editor's Letter



Our hearts go out to everyone this holiday season. This past three months has been so rough on everybody. We have experienced a national tragedy and America will never be the same. Luckily, patriotism has been at its highest and Americans have all been pulling together like never before. A time like this in our lives needs some form of peace, have you ever thought that peace could be exercise? The truth is, exercise is a great release from many contemporary psychoses, and one of the modes people have been using to deal with this national trauma.

When it comes to anxiety and depression, the prescription has exercise written all over the bottle. The hypothesis is that physical activity is beneficial by removing people from the source of their emotions. In studies of panic sufferers, exercise was nearly as effective as medication. The best types of exercise for people emotionally suffering from Sept. 11th are: 1. moderate aerobic activity; and 2. mindful exercise, such as tai chi and gentler forms of yoga. Of course those who are seriously depressed may still need to get medical treatment.

We are all suffering. As we try to comprehend the tragedy, adjust to the changes it's made in our lives, and work to create a more peaceful world, we should be glad we have a healthy outlet for our fear and rage. When we run, lift, swim or step, we can remember that we are all human. God bless and we will continue to keep everyone in our thoughts and prayers.

ACE Fitness Matters. November/December 2001.

Monthly Fitness Tips



We are all looking for ways to spend more time with our families. We are also looking for ways to get in shape. Well, have you ever thought of putting those two together? A great match, "family time+exercise=FUN." Or does it equal family exercise time? Whatever way you look at it, it is a great thing. This month I am going to talk about how to create a family fitness program.

The first step to creating a family fitness program is to gather everyone together. As a family, discuss types of activities everyone can participate in. When

exploring options, select activities which could assist the family in becoming aerobically fit. Examples of aerobic activities are walking, jogging, playing tennis, swimming, and bicycling.

The second step is to establish a routine. Develop an activity plan that incorporates at least three days a week. It is very important to rotate the types of activities to ensure safety, variety, and avoid boredom. Try to be flexible with everyone's busy schedules and find times where everyone can be together at the same time. Weekends sometimes work better.

The third step is to create a "Wall Chart of Success." This is simply a progress chart which illustrates the fitness accomplishments of each family member. This can be invaluable in stimulating a greater appreciation for the Family Fitness Program.

Next step is to implement an award system. Distributing awards will provide added incentives for children. You can give these out weekly or on a monthly basis. Try simple things such as a trip to the zoo or a day free from their chores. Anything that motivates them will do the trick.

Last but not least, proper nutrition for the family must accompany any fitness program. You need to establish correct eating habits for children from the very start. Allow kids to get as involved in the kitchen as you are, they need to learn to control what they are putting in their mouths.

We now have the proper equation for a healthy family. Families spending time together exercising and eating right=Healthy Family. Take the necessary steps to create that healthy family in the year of 2002. Happy new year to you and your family!

Monthly Nutrition Tips



Since we are finding ourselves in the middle of flu season, I am going to focus on some flu-fighting health tips. Believe it or not, the key to boosting your immune system is eating a nutritious diet, reducing stress, and getting enough exercise. Let's focus on that nutritious diet. There are some changes we can make to create a defensive diet.

Number one, load up on fruits and vegetables. Studies have shown that people who had the lowest intake of produce were twice as likely to develop cancer as those with high intakes.

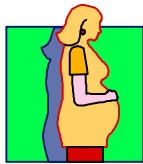
Number two, eat yogurt. Yogurt containing live active cultures can populate your intestinal tract with healthy bacteria. Researchers at the University of California found that people who ate a cup of yogurt a day had fewer colds than non-yogurt eaters. Number three, get more fiber. Fiber promotes the growth of friendly bacteria in your digestive system. You should get 25 to 30 grams a day from fruits, vegetables, nuts, beans, and whole grains. Number four, search out C. People with the highest blood levels of vitamin C cut their odds of dying prematurely from illness in half. Every little bit helps. Adding just one vitamin C-rich food to your diet a day may cut your mortality risk by 20 percent. Good sources are: red peppers, oranges, kiwis, broccoli, and strawberries. Number five, drink cranberry juice. Berries are full of powerful antioxidants called flavonoids. As an added benefit, cranberries and blueberries may help you avoid urinary-tract-infections.

Making one or all of these changes to your diet is your first step in creating a defensive diet. Having that defensive diet, along with reducing your stress, and getting exercise is the key to good health. After all, without good health, where will we be???

Fitness. November 2001. Page 94.



Mom's in Motion



I am still very eager to pass on information for all you mom's to be or anyone considering parenthood. This month I am going to talk about the following topic, "The Seven Commandments of Nutrition and Pregnancy."

By following these seven guidelines, you will be assured of supplying both you and your growing baby with the nourishment required to remain healthy.

Number one, eat a variety of foods. Each food group provides the body with different vitamins and minerals. Choosing a variety from all four food groups should give you the nutrients your body needs. Since you cannot eat perfectly all the time, your doctor will prescribe a vitamin and mineral supplement. **Number two, maintain a healthy weight. Gain 25-35 pounds during pregnancy.** This is not the time to cut calories, even if you think that you are overweight. On average, women need 300 extra calories per day to achieve the recommended weight gain of 25-35 pounds. Depending on your individual situation, a different

range may be prescribed.

Number three, choose foods low in fat and cholesterol. This is important because too much fat may cause excess weight gain and may lead to a more difficult delivery. Remember also that the more you gain during pregnancy, the more you will need to lose afterwards! **Number four, eat plenty of fruits, vegetables, and grains.** Choose Vitamin C and folacin-rich fruits and vegetables (green, leafy veggies and liver.) These nutrients are very important for structure, growth, and repair. Grains are also important because they are a great source of energy. **Number five, use sugars only in moderation.** Remember, the baby eats what you eat and sugar is not nutritious! Sugar is empty calories that can replace nutrient-rich calories, possibly placing you in a nutrient-deficient position. **Number six, use salt and sodium in moderation. Avoid processed foods.** The more processed a food is, the higher it usually is in sodium. High sodium intake can lead to water retention. You do need some salt, however, so salting your food for taste and avoiding overly processed foods is the general recommendation.

Number seven, do not drink alcohol. This is a general recommendation. There are some exceptions to this rule for medical reasons. So, please consult your doctor.

Hope this article has been helpful to you. If you would like lots more information on your pregnancy, you can order a manual off my website. If you ever have a question, please call me or e-mail me. I promise I will do whatever it takes to answer your question. Always remember, a healthy mom means a healthy baby. Stay fit.

Monthly Schedule



I am currently accepting new clients here in the Cedar Rapids area. 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. However, if daytime is the only time you are available, we will see what we can do. Look forward to hearing from you!

Web Site

Looking for some fitness tips? Interested in purchasing a manual all about fitness and your pregnancy? You can find all this and more at my web site. The address is: 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. Happy health to you all!