

Editor's Letter



This month I am going to touch on a disease that 16 million Americans have. The scary thing is, a third of them don't even know they have the disease because there are no symptoms in the early stages. This is a disease that my grandparents both had and caused them to pass away at a young age. The disease we are talking about is **diabetes**. Today I am going to tell you about this disease, give you the risk factors, and tell you how you can prevent it from happening.

There are two types of diabetes: Type 1 and Type 2. Type 1 diabetes usually strikes in childhood. It is an auto-immune disease in which the body stops making insulin. Type 2 diabetes usually happens at an adult age. With this form of diabetes, the body doesn't produce enough insulin, or the muscle cells are resistant to it. As a result, glucose is not moved effectively from the blood to where it is needed. Over time, high glucose levels can damage nerves and blood vessels, increasing the risk of heart disease, kidney failure, blindness, and other health problems.

Here are some risk factors that increase your chances of getting diabetes. Number one, being obese or even moderately overweight. Number two, a family history of diabetes. Number three, high cholesterol or triglyceride levels. Number four, gestational diabetes (having high blood-sugar levels during pregnancy.) Number five, having had a baby with a birth weight of nine pounds or greater. Number six, being of Hispanic, African-American, Asian American, or Native American descent.

In addition to losing weight and exercising, you can take the following steps to help prevent diabetes from happening. **Cut back on certain carbohydrates.** Potatoes, honey, white bread, and white rice are all digested rapidly and cause glucose levels to spike. **Eat whole-grain cereals and bread.** Whole grains are digested more slowly than refined grain products, so blood glucose levels rise slowly. **Have a little fat.** When eaten with carbohydrates, fat slows the release of glucose into the bloodstream. **Don't skimp on sleep.** Getting less than five hours of sleep per night causes hormonal disturbances that can reduce your body's ability to use insulin properly. **Lift weights.** The more muscle you have, the better equipped you are to metabolize glucose.

Diabetes is a very scary disease but we are able to prevent it from happening. Try taking some of the steps mentioned above to assure it doesn't happen to you or your family.

Fitness. February 2002. Page 47.

Monthly Fitness Tips



Since we have been having nicer weather already this season, many people are getting outside to do their workouts. While some people choose to stay inside to exercise, an important question arises. "Where will I burn more calories, running on a treadmill, or outside?" Let's talk about this issue.

The answer to this question depends a lot on how fast you are running. For an average person, running 6-9 mph on a quality treadmill, the difference is slight, perhaps nonexistent. Some research shows no difference between treadmill and outdoor running. "The treadmill belt is doing a little bit of the work by helping pull your feet back underneath your body," says John Porcari, a professor at the University of Wisconsin. When you run on a treadmill, you don't have to overcome wind resistance, so that might explain the small difference in calorie burn. If you're running faster than about 10 mph, a very speedy six-minute-mile pace, outdoor running may burn up to 10 percent more calories than running on a treadmill. This is because you're working harder against wind resistance.

As you can see, both indoor running on the treadmill and outdoor running are very good for a person. You need to be the judge. As long as you keep your indoor workouts intense, you will be burning close to the same amount of calories as you would by running outside.

Keep up with your exercise!
Shape. February 2002. Page 44.

Monthly Nutrition Tips



Since February is National Snack Food Month, I am going to talk about the most healthy snack foods. After all, we all crave snack foods during the morning, the afternoon, and the evenings too. The best part about it is they don't have to be unhealthy for you. Here are the seven best things you can eat if you choose to eat snack foods.

Number one, in the candy bar category your best bet is the 3 Musketeers Bar. This candy bar has only 8 grams of fat and 260 calories. Number two, in the cookie category your best bet are Mallomars. Two of these cookies have only 2.5 grams of fat and 60 calories. Number three, in the ice cream category your winner is Edy's/Dreyer's Cookie Dough Ice Cream. In one half cup serving there are 9 grams of fat and 180 calories.

Number four, in the chip category go for Doritos. A one-ounce serving contains 5 grams of fat and 130 calories. Number five, in the snack cake category your best bet is Hostess Twinkies. These have 5 grams of fat and only 150 calories each. Number six, in the fast-food pizza category go for Subway's Pizza Sub. This has only 22 grams of fat and 448 calories. And now for number seven, in the fast food burger category go for Wendy's Single. These have only 15 grams of fat and 350 calories.

So there they are, seven yummy choices that you can go for when it comes to snacking. Of course our best bet will always be loading up on fruits and vegetables, but these will do too. Keep these in mind when you have that daily "snack attack." Happy Snack Food Month! Shape. February 2002. Page 88.

Web Site

Looking for some fitness tips? Interested in purchasing a manual all about fitness and your pregnancy? How about purchasing my new manual all about kids and health/fitness. 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 surfing!



Mom's in Motion

This month I am going to talk about another important topic for all you mom's to be. Most people forget how important CALCIUM is, especially when you are expecting a baby. A pregnant woman needs 1200 mg of calcium a day. To get this amount into your daily diet, you need to eat four servings of high-calcium foods each day.

Here are some easy ways to make sure you get enough calcium in your diet. **Have at least one good source of calcium for breakfast.** For instance, a glass of milk has 302 mg of calcium in it. **Try adding a slice of cheese to a sandwich, salad, or entree at lunch.** A one-ounce serving of American Cheese has 174 mg of calcium in it. **Serve desserts made with milk, such as puddings, custards, or berries with milk.** This can also provide a lot of calcium. **Choose low-fat yogurt, hot cocoa made with milk, or cheese with raw vegetables.**

There are so many easy ways to get all the calcium you need. It is very important that you have strong bones during your pregnancy. Also, you want your baby to be born healthy and strong. Remember, "Milk...it does a body good!" Happy eating.



Monthly Schedule



I am still 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. On weekdays, I am available Wednesday through Friday evenings. Weekends are also an option for you. I look forward to hearing from you soon!

