

"FIT"... BY JANEL

Volume 3, Issue 2

April/May 2002

Editor's Letter



By now a lot of you know the big news about my husband Brent and I, we are expecting our first baby. It is due in September and we are both very excited about everything. And just how is she going to relate this to an article you are now asking yourself. Very easily! Just keep reading.

All of you know what a fitness guru I am and always have been. I have always told myself that I would exercise through every pregnancy until the day the baby is born and I still intend to do this. So far, there have been a few roadblocks. Take morning sickness for example. Since my second month I have had morning sickness from the minute I get up in the morning until I go to bed at night. However, that hasn't stopped me from exercising. Yes, my morning workouts have changed to evening ones, but they are still just as effective. I have found that exercise gives me the self-confidence I need to face each day. It makes me feel powerful, full of energy, and inspired. An issue I have trouble dealing with is gaining weight. When you work so hard all your life to stay in shape, having to gain 25-35 pounds sounds very scary. However, I keep telling myself that if I continue to exercise all throughout the nine months, it will be much easier to lose that 25-35 pounds once the baby is born. This is true and a proven fact. Gaining that 25-35 pounds is necessary for me right now. After all, what is important here is that our baby gets all the nutrition he or she needs to grow into a healthy little baby. So, I intend to maintain my exercise schedule throughout my pregnancy and into post-partum of course. One thing is for sure, our new little one will definitely be a fitness buff:-)

Monthly Fitness Tips



This month I want to talk about one of my favorite exercise tools, the stability ball. If you haven't gotten around to working out on a stability ball yet, what are you waiting for? Consider this: every exercise you do on a ball works your abdominal muscles as well as other important muscles. Using the ball stimulates your abdominal muscles, including the deep abdominals, to be engaged throughout every single exercise. Otherwise, we'd all fall off the ball. The ball also allows for a greater range of motion. So often we're restricted by other pieces of equipment, but the ball allows you to work through a greater range of motion. And for some muscle groups, you can go into an extended range of motion where some of your muscles have never gone before!

Choosing the right ball is a lot like buying a bicycle. You need to find one appropriate for your size. If you're 4

foot 8 inches to 5 foot 3 inches tall, buy a 55-centimeter ball. If you're 5 foot 3 inches to 5 foot 6 inches, buy a 65-centimeter ball. How much air to fill the ball with is pretty much subjective. Whatever is most comfortable for you. Look for a burst-resistant ball and one with a sticky coating to increase the comfort of your workout. Call or e-mail me if you have any questions about these great exercise tools.

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Monthly Nutrition Tips



How many of you have ever considered buying organic foods? If you have even thought about buying them, this article is for you. Many of us are not familiar with what they are or if we should even consider buying them. I am going to give you a brief introduction to these foods in this article.

The word "organic" is used to describe food that is raised and handled without synthetic pesticides, such as DDT, or synthetic fertilizers. Farmers began experimenting with organic growing as early as the 1920s. Over the past 20 years, as Americans have become increasingly sophisticated both about food and the connection between lifestyle and disease, the demand for healthy-eating alternatives has increased. Today you can buy food labeled "organic" at stores across the country.

The saying "You are what they eat" becomes evident when talking about organic foods. People are beginning to see a relationship between certain health problems and conventional farming practices that organic farmers don't do. Organic producers have not used antibiotics in livestock for a number of years. Now they're starting to see that antibiotics in livestock do have an effect on humans. Specifically, antibiotics in livestock are believed to be contributing to antibiotic overload and to the development of super-resistant bacteria. Organic producers also don't feed estrogen-based synthetic growth promoters to livestock. There is increasing concern that these growth promoters, which are essentially hormones, are being passed on to humans and causing puberty to occur earlier in women.

Downsides to going organic are the following. First of all, organic food is usually about 25-35 percent more expensive. Second of all, many people complain that organic food isn't as flavorful. Whether or not you go organic is totally up to you or course. At least you are now better informed about some benefits and drawbacks of organic foods.

Energy. March/April 2002. Page 97.



Mom's in Motion

This month we are going to talk abs. After all, all you mom's to be know how important it is to maintain strong abdominal muscles throughout your pregnancy. They play a vital role in many areas including: supporting your growing abdomen, postural support, and back ache prevention. The question we are going to address is, "Can I still do crunches while pregnant?"

While much disagreement has been made over the American College of Obstetricians and Gynecologists recommendation to not lie flat on your back after the fourth month, many experts haven't quite embraced this notion. ACOG's guideline is based on the possibility of the growing baby pressing on the vena cava, the major vein that brings blood back to the heart from the lower body. This can cause supine hypotension or low blood pressure due to the position you're in. Well, if you're prone to supine hypotension, they recommend limiting exercises on your back to less than five minutes and alternating upper and lower body exercises, as well as supine, with side-lying ones.

It is very important that you continue strengthening your abs during pregnancy. Strong abs before and during pregnancy will return to pre-pregnancy shape much easier. The deep transverse abdominus muscle is the one that aids in pushing the baby out, so it's important to include exercises that target this inner muscle as well. Remember, one of the best tools to work the abs, especially while pregnant, is the stability ball. You can work your abs while you are expecting a baby without putting all the pressure on your back. Keep working those abs while you are pregnant, you have everything to gain! Just be cautious of your positions and talk to your doctor whenever you have questions.

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. I am available on weeknights and weekends. I look forward to hearing from you soon!

Web Site

Looking for some fitness tips? Interested in purchasing a manual all about fitness and your pregnancy? How about purchasing my newest 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!

