

## Editor's Letter



This month I am going to start our letter with some alarming statistics. These numbers just came out this week on 48 Hours and our daily newspaper. I am alarmed and my goal is to do everything I can do to prevent the numbers from getting worse. Check this out: "Sixty percent of Americans are overweight and twenty-five percent are obese." This was the quote on 48 Hours on Friday May 24th. That means one out of every four people is obese! What is our world coming to? "Sixty percent of lowans are overweight." This was the quote in our daily newspaper on Wednesday May 22nd.

Being considered "overweight" is not as much of a worry to me as being considered "obese." When determining whether or not a person is overweight many factors are often overlooked. For example, muscle weighs much more than fat. A bodybuilder who is in perfect shape would probably be considered "overweight." However, to determine obesity many more factors are considered. We need to get these numbers down. Our country is becoming unhealthy and this isn't what we want for our children's future.

What can we do you are asking? Number one, make exercise a part of your life. Even if it's only 10 minutes a day. Number two, teach your kids/grandkids the importance of eating right and exercising daily. They will make it a lifelong habit. Number three, practice portion control. If you need to, purchase a food scale so you can get an idea of proper portion sizes. These are all things we can do today and tomorrow to make America healthier. Take your part and make a change for our future!

## Monthly Fitness Tips



Metabolism is something I always hear a lot of people complaining about. I am very guilty of it myself. "Why does my metabolism have to be so slow I always ask myself?" This month we are going to talk about how you can supercharge your metabolism. The trick to building a faster metabolism is to do high-energy cardio and strengthening moves that create an "afterburn" effect. This way your body is still working even after you've left the gym. "After an intense workout, you immediately start to rebuild muscle tissue, a process that requires energy. This creates a metabolic boost that can last for several hours," says Glenn Gaesser, an exercise physiologist at the University of Virginia. To keep your metabolism high in the long term, you need to build muscle with regular resistance training. To jump-start your metabolism right now, try these workout strategies.

Number one: Interval Training. High intensity intervals-doing 30-second sprints while you run or a tougher than

usual set while strength training-burn more glycogen. This extends your post-workout recovery time. That longer recovery period translates to a higher metabolic burn rate for up to several hours. Number two: Pumping more iron. Lifting heavier weights breaks down more muscle fibers than lighter training does. To compensate, the body must work even harder to rebuild that muscle after the workout is over. This triggers an immediate post-workout boost. Try to take long, deep, steady breaths as you lift and lower the weight. Number three: Circuit Training. Moving quickly from one muscle group to the next during a workout allows you to burn more calories by working more muscles in less time. The key is to minimize your total downtime between sets by utilizing opposing muscle groups in sequence. For example, move from a biceps to a triceps exercise, work your quads followed by your hamstrings, or go from an upper-body exercise to a lower-body one. Number four: Eat smaller meals, more often. Eating does increase your metabolism. Your body has to work to digest, absorb, and process nutrients. Eating frequently allows you to burn calories at a steadier pace by keeping this processing effect going all day.

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## Monthly Nutrition Tips



How many of you are guilty of skipping breakfast each day? I am sure many of you are nodding your heads right now. Maybe knowing what some of the healthiest breakfast cereals are will help some of you out. Heidi Reichenberger, a Boston-based dietician, did some research on the issue. She said the most important things to look for are the following: a whole-grain cereal that provides at least four grams of fiber and less than nine grams of sugar per serving. Here are her top five picks:

\*General Mills Wheat Chex, 1 cup: 180 calories, 5 grams fiber, 5 grams sugar, 1 gram fat, 420 milligrams sodium

\*Arrowhead Mills Multigrain Flakes, 1 cup: 160 calories, 4 grams fiber, 3 grams sugar, 1.5 grams fat, 180 milligrams sodium

\*Kellogg's Complete Wheat Bran Flakes, 3/4 cup: 90 calories, 5 grams fiber, 5 grams sugar, .5 grams fat, 210 milligrams sodium

\*Kashi Seven Whole Grains and Sesame, 3/4 cup: 90 calories, 8 grams fiber, 6 grams sugar, 1 gram fat, 70 milligrams sodium

\*Post Original Shredded Wheat 'N Bran Spoon Size, 1 1/4 cups: 200 calories, 8 grams fiber, less than 1 gram sugar, 1 gram fat, 0 milligrams sodium

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## Mom's in Motion



This month we are going to talk about a very important form of exercise: Strength Training. I know a lot of pregnant women wonder if they are able to continue strength training while pregnant. The answer is yes! Muscular strength and endurance work can be safely performed for pregnant exercisers. Read on to find more important details about strength training.

Strength training sessions should be performed on nonconsecutive days. This allows for the connective tissues to return to their pre-exercise state. Small micro-tears occur in the muscular tissue when you work muscles. When a pregnant woman exercises and places any type of load on a working muscle, a condition known as "delayed onset muscle soreness" will occur. The body sends blood to repair the micro tearing that has occurred with weight lifting. In effect, the micro tear is a signal to the body to send blood to this area in response to the exercise stress. Therefore, pregnant women should be discouraged from strength training the same muscles every day. They should strength train every other day or even every third day. Another option is to alternate muscle groups if they are going to train every day.

Upper body strengthening should focus on training the muscles of the upper back to help prevent rounded shoulders. Women often acquire these during pregnancy due to the increased weight and swelling of the breasts. Lower body strengthening should focus on the muscles of the legs and hips to help stabilize the pelvic girdle and prepare for the work of labor and delivery.

## 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 summer fitness tips? Interested in reading some of my old fitness newsletters? How about purchasing one of my two fitness manuals? You can do 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). Happy surfing!

