

# "FIT"... BY JANEL

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## Editor's Letter



Exercise is good for EVERYONE. I am very confident in that statement. How can we expect to live long healthy lives if we don't keep active? I am going to target three groups of people this month: kids, the older population, and pregnant women. For some reason, these three groups seem to get overlooked when it comes to the importance of exercise.

Let's look at kids. We expect our kids to be healthy and fit, yet we talk about doing away with PE classes. We also take our kids to McDonalds from the start. What is wrong here? Without our kids getting sufficient amounts of exercise and eating right, they won't be healthy. We as Americans need to have kids active and exercising from the very beginning of their lives. We also need to teach them the importance of eating right, not at McDonalds.

The older population also seems to get overlooked when it comes to exercise. Doctors always ask, "are you exercising?" There is a reason they are trained to ask this. Older adults need activity just as much as everyone else does. How many times do we hear of people who live to be 110 who don't ever exercise? Not many. Starting off with a light amount of activity and working up to a larger amount is the key for older adults to get in shape.

Pregnant women are the other group getting overlooked. Being one of them right now I know exactly how it is. This is my 30th week of pregnancy and I have gained a total of 17 pounds and am still exercising 4-5 days a week. I talk to so many women who have already dropped their exercise routines until their babies are born. Not a good idea. There are SO many benefits of exercise for pregnant women. I know for a fact that without exercise right now in my life, I would be physically miserable. It gives me energy, keeps my blood flowing, and keeps my baby healthy.

If you find yourself in one of these three groups, please remember that exercise is for you also. Everyone in the world needs some sort of exercise routine. Please do yourself a favor and start yourself on your own exercise routine today. You will be glad you did!

## Monthly Fitness Tips



Role models are very important these days and I am sure all of you can agree on that. Kids look up to their parents and think what they do is right. Consider fitness, if a child sees their parents very interested in exercise and taking care of their bodies, most likely the child will want to get involved also. This month I am going to give you several ideas of fitness activities families can do together.

Hope you can use at least one of them.

Number one: jump rope together. See who can complete the most jumps in one minute, and then try to beat that record. Number two: talk to your kids' school about opening the gym on weekends or in the evenings so the whole family can play together. Number three: take a family walk after dinner. This will take everyone's minds off eating and get everyone moving also. Number four: rent some kid-friendly workout videos and have everyone do them together. Number five: pause halfway during a movie video to stretch. Count how many jumping jacks everyone can do in one minute and then how many push-ups, sit-ups, rope-jumps, etc... Number six: park far from your favorite store at the mall and then walk the rest of the way. Number seven: if your kids' friends live a block or two away, walk with them there instead of driving. Number eight: if the kids want to play on the computer for 30 minutes, have them exercise for 30 minutes afterwards.

Keeping kids healthy and fit can be a challenge. However, if families start making fitness a priority in their lives, the number of overweight kids in our country will decrease. Make it your priority today to put fitness into your families' lives. Everyone will benefit!

## Monthly Nutrition Tips



If you are one of those people that exercise all the time, but you also eat all the time, you probably find yourself not getting very far. Am I right? Keeping fit not only involves exercise, it also involves eating a lowfat healthy diet. This month I am going to give you some ideas that your family can use to eat healthier.

Idea number one: skip the super-size portions. If the extra food's not in front of them, nobody will miss those hundreds of unnecessary calories and dozens of fat grams. Idea number two: read labels together. A bag of chips may have 160 calories per serving, but then check out the serving size. One of those little bags is supposed to be enough for 2.5 people. Idea number three: remember: drink calories count as much as those in food. One giant soda can set you back hundreds of calories. Idea number four: let your child cook one night a week. This will involve her or him in mealtime and encourage the child to try new things. Idea number five: visit a farmers market. Stroll among the colorful fruits and vegetables, sampling as you go. Your kids are bound to find something that they will love. Idea number six: eat breakfast. Not-too-sweet cereal is fast, tasty and healthy. So is a two-minute smoothie. Blend a banana, milk, grape juice, and frozen blueberries.

This week try just one of these ideas to see if it works for your family. Getting everyone involved in eating right will be an adventure for all. The earlier you do it the better off everyone will be. Healthy eating to all!

## Mom's in Motion



This month we are going to talk about Heartburn. Those of you who are pregnant or who have been pregnant before really know what we mean here. This can be experienced throughout the whole pregnancy. However, it is most common towards the end of pregnancy. As the fetus enlarges, it leaves little room for the expansion of the stomach. Consequently, when you eat, the acidic content of the stomach is pushed upward into the esophagus. I am going to give you some tips on how to alleviate or lessen the symptoms of heartburn.

Number one: control your weight gain during pregnancy within recommended guidelines. Number two: avoid spicy, acidic, or high fat foods. Number three: eat smaller, more frequent mini-meals every two to four hours. Number four: avoid lying down after eating for at least one hour. When you do lie down, keep your head slightly elevated. Number five: drink liquids between, not during, meals. Number six: avoid carbonated beverages. Number seven: avoid milk as it actually stimulates stomach acid secretions. Number eight: avoid caffeine.

Try at least a couple of these tips to see if this lessens your symptoms of heartburn. You might be surprised on how quickly it may get better. As always, remember to exercise throughout your pregnancy. I know it's hard but you will be SO much better off. Good luck!



## Monthly Schedule



I am still accepting new clients here in the Cedar Rapids area. Pregnant or not pregnant I will always be willing to train you. 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 real soon!

## Web Site

Are you looking for some fitness tips? Maybe you're interested in reading one of my old fitness newsletters. Or maybe you are wanting to purchase one of my two fitness manuals as a gift for someone. You can do all this and more at my web site. The address is [www.fitbyjanel.com](http://www.fitbyjanel.com). Tell your friends about this address too if they are interested in their health. 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 to all!



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