

# "FIT"... BY JANEL

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## Editor's Letter



Now that Brent and I have had Kylie for 4 months, I find it harder and harder to find time for exercise. That is why I make it a priority to be as active as I can. Whether it be taking a walk outside or playing with baby in every room of the house, I am very active. In doing this, I realize that many of us feel overwhelmed about the recommendations of physical activity we should be getting. The guidelines say that adults and children should get a minimum of 60 minutes of physical activity each day. That is twice the minimum amount recommended in 1996 by the U.S. Surgeon General. WOW, that is a lot of exercise!

We need to ignore guidelines such as these. After all, isn't a little bit of something better than a lot of nothing? Yes. If you only have a few minutes each day to exercise, don't let that stop you. Do it anyway. Those few minutes will quickly add up to hours over the week and you will feel and look so much better. Make exercise a part of your daily routine and you will find time for it. Even if it is only 15 minutes a day. That is much better than not doing it at all. Exercise and other good health habits should be an important part of everyone's life.

ACE Fitness Matters. Jan/Feb 2003. Page 14.

you'll burn 10 percent more calories. These vests are a better option than ankle or hand weights because it's easier to control your form. For safety, don't wear more than 20 percent of your total body weight. Pretty easy, don't you think? Try one of these ways to burn more calories this week!

## Monthly Nutrition Tips



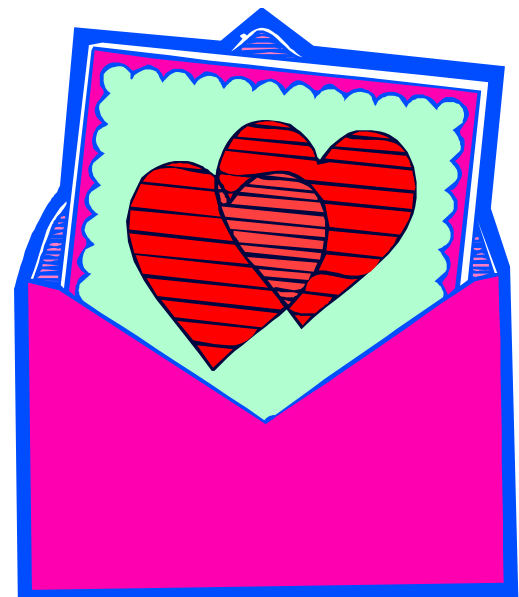
Did you know that the higher in Vitamin E your diet is, the less likely you are to develop early signs of atherosclerosis (clogged arteries.)? You need a minimum of 15 milligrams each day. Here are some foods that contain high amounts of Vitamin E. **Sunflower seeds** contain 16 milligrams of Vitamin E in a 1/4 cup serving. **Almonds** contain 7 milligrams in a 1-ounce serving. **Turnip Greens** contain 5 milligrams in a 1-cup serving. **Soybean Oil** contains 4 milligrams in a 1-tablespoon serving. **Broccoli** contains 3 milligrams of Vitamin E in a 1-cup serving. So go for it and make sure you are well supplied with your daily dose of Vitamin E!

Fitness. January 2003. Page 70.

## Monthly Fitness Tips



This month I am going to tell you about 3 very easy ways to burn more calories. After all, who wouldn't like to do this? Number one: **Split up your workout.** Break your usual workout into shorter A.M. and P.M. sessions. If you usually run three miles, run one and a half miles in the morning and one and a half miles at night. This way you are pushing yourself harder while making the workouts shorter. You will find yourself burning more calories by covering the same distance. Number two: **Watch your form.** By pumping your arms at your sides or lightly resting your hands on the handles of a stairclimber or treadmill, you will burn up to 10 percent more calories. When you lean on the handles, you're not working with your full body weight. Number three: **Add weight to your walk.** If you put on a weighted vest while you're walking,





## Mom's in Motion

As all of you know, when you are pregnant calcium is VERY important. A woman who is pregnant should be getting 1200 milligrams of calcium a day. To get this much calcium, you need to eat 4 servings of high-calcium foods each day. Here is a fun and healthy recipe for that high dose of calcium:

### Frozen Fruit Smoothie

1/2 cup frozen fruit, such as berries or banana chunks  
1 cup low-fat lemon yogurt  
1/2 cup calcium-fortified orange juice

Mix all ingredients in a blender or food processor until smooth.

Per serving: 387 calories; 14 grams protein; 3 grams of fat; 2 grams of fiber; **708 milligrams of calcium**; 0 iron; 163 milligrams sodium

## Monthly Schedule



I am always accepting new clients here in the Cedar Rapids/Marion 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 both weekdays and weekends. I look forward to hearing from you real soon!

## Web Site

Are you interested in purchasing one of my fitness manuals? Maybe you want to read one of my old newsletters. Or maybe you just want to get some fitness tips. The address to all this and more is [www.fitbyjanel.com](http://www.fitbyjanel.com). Tell your friends and family about this address too if they are interested in their health. Also, if you ever have any fitness-related questions, feel free to call me at (319) 447-1946. Happy surfing to you all!

