

Editor's Letter



For three months now I have been bugging my husband about his cholesterol. He went to the doctor in January, got his cholesterol level checked, but never called for the results. I keep telling him how important it is for him to know that number but he doesn't see the importance. I care very much because I know how important that number is to a person's health. After all, we all want our loved ones to live longer healthier lives.

Being aware of numbers such as your cholesterol level, grip strength, and blood pressure is crucial to living a long healthy life. These figures and others indicate your risk for developing certain diseases. Getting screened and taking preventive steps are the most effective ways to protect your health.

The reason we care about our *cholesterol level* is, high levels are a major risk factor for heart attack and stroke. Lowering total cholesterol levels by just 10 percent may reduce the incidence of heart disease by about 30 percent. The reason we care about our *grip strength* is, poor grip strength can indicate that you're a candidate for osteoporosis. If yours is below average, talk to your doctor about your general risk for the disease. And the reason we care about our *blood pressure* is, high blood pressure greatly increases your risk of stroke and heart attack. It can also harm your memory and coordination.

Next time you go to the doctor, get these things checked. They are all very important to know. After all, what you **don't** know **can** hurt you. And most importantly, make sure your loved ones know their numbers also.

Monthly Fitness Tips



Do you ever find yourself forgetting to warm up before a workout? Warming up before you exercise is just as important as pre-heating an oven before you cook. I am going to give you some information on what a typical warm-up should include. Pre-exercise activity should allow us to prepare for the demands that our exercise will place upon us. This obviously includes warming up the muscles that are to be utilized during activity. Warming up can include a variety of activities including walking, biking and stair climbing. The key to warming up properly is to start gently and then gradually, over the next several

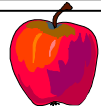
minutes, increase the intensity so that the heart rate slowly goes up along with the body's core temperature. This will provide your body with a better environment for stretching.

Another general rule of warming up is to progress from general to specific. For example, if your exercise activity is going to be a high-impact aerobics class, do not end your warm-up with biking. A good progression would be to begin with walking, progress into slow jogging for a few minutes, and then progress into a few gentle jumps and hops in different planes of motions.

At the end of your warm-up you will likely find that your muscles are much warmer and more flexible than beforehand. If you have had previous injuries in the past, your muscles may need to be even looser. If this is the case, a structured stretching program may need to follow your warm-up. If not, you can go right into your workout. Remember to warm-up before your next workout. Just as you pre-heat your oven each day!

ACE Certified News. Feb/March 2003. Page 13.

Monthly Nutrition Tips



Do you find yourself bringing home a doggy bag when you go to your favorite restaurant? Face it, restaurants give everyone HUGE portions of everything. Well, it seems that these larger restaurant portions have influenced portion sizes at home. A recent study reported in the *Journal of the American Medical Association* concluded that the average portion sizes of many foods and soft drinks increased between 1977 and 1996. For example, on average Americans now consume:

- *49 more calories from soft drinks
- *93 more calories from salty snacks such as potato chips and pretzels
- *97 more calories from hamburgers
- *133 more calories from Mexican foods such as burritos and tacos

With bigger portions now considered normal, it's not surprising that the number of Americans considered overweight or obese has also dramatically increased during the same time period. How can we change this you may ask? I feel the key to weight control is to have a greater awareness of portion sizes. Measure your foods out so you can

see how much is actually one serving. You will be very surprised how small most of the portions are.

ACE Fitness Matters. Mar/April 2003. Page 5.



Mom's in Motion

Are you pregnant and battling morning sickness and heartburn? By eating four or five small meals during the day, you can make your symptoms disappear. The carbs, fiber, and protein in these mini meals prevent you from feeling either too full or too hungry.

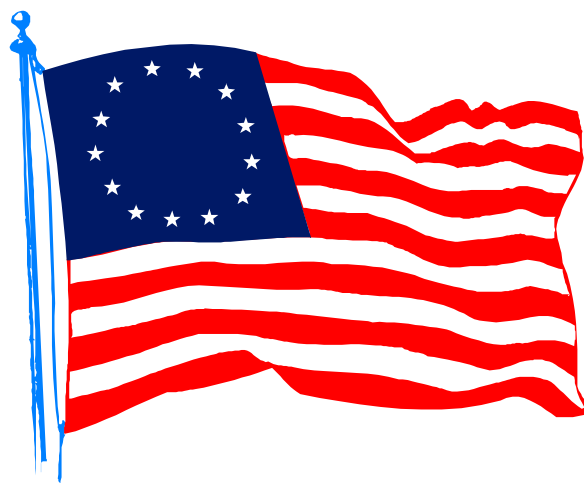
1. Low-fat yogurt and a banana topped with granola.
 2. Tuna salad on whole-wheat crackers.
 3. Sliced turkey on a whole-wheat roll.
 4. A whole-wheat bagel topped with low-fat cheese.
 5. An apple and a slice of low-fat cheese.
 6. A handful of dried fruits and nuts.
 7. A hard-boiled egg with veggie sticks.
 8. "Dessert" smoothie. Add a banana and two tablespoons of peanut butter to four ounces of low-fat milk and ice.
 9. Fruit smoothie. Use four ounces of low-fat milk, four ounces of calcium-fortified juice and frozen fruit.
- Fitness. April 2003. Page 73.



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 really soon!



*We Pray for the Safety
of Our Troops*

Web Site

Have you reached the end of the Internet yet? Well, if you have, I guess you have already been to my web site. But I bet you haven't seen my latest fitness tips for the new month. The address to my web site is www.fitbyjanel.com. You can purchase my fitness manuals, read my old newsletters, or get fitness tips for each month. Be sure to 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!