

Editor's Letter



Many of you have probably heard of the new government law on trans-fats. On July 9th the following was stated, "all packaged foods sold across America will have to carry labels telling people how much artery-clogging trans-fats they contain." Just what are trans-fats you are wondering? Read on to find out.

Trans-fatty acids are a component of fat and are found in all animal fats, from meat to butter. They are also made artificially when food processors harden fat to make it more like butter in a process called hydrogenization. Found in meat, milk, cookies and fries, trans-fats raise cholesterol, especially "bad" or LDL cholesterol. While food labels warn consumers about saturated fats, which also raise cholesterol, there is currently no way to know for sure whether a food contains trans-fats.

Since this law doesn't come into effect until January of 2006, we can eat right by eating REAL FOODS. Eating a diet rich in fruits, vegetables, olive oil, and whole grains will keep us healthy. You'll find yourself feeling better and most likely you'll continue to eat that way.

longer too.

ACE Fitness Matters. July/August 2003.
Page 4.

Monthly Nutrition Tips



I am sure all of you have heard that it is not good for you to skip meals. Well, today I am going to tell you the opposite. We need to listen to our bodies more. Instead of always forcing ourselves to eat three square meals, we can save hundreds of calories a day by listening to our internal hunger signals.

For example, if you have a late breakfast on the weekend, you may not need refueling until dinnertime. Don't think to yourself that you must be famished since you didn't have lunch yet. Instead, take two deep breaths and try to determine your actual hunger level. Most likely you'll find out that it is just a habit prompting you to eat.

Start listening to your body. You are the only person who knows whether or not you are hungry. Eating when you aren't hungry will only produce negative results. Happy listening!
Fitness. August 2003. Page 86.

Monthly Fitness Tips



Just how many steps do you take a day? Researchers have found that the average American takes fewer than 4,000 steps per day. This is a result of the conveniences we now have: remote controls, elevators, long commutes, and desk-bound jobs. Ten thousand steps a day is the new goal. After years of recommending 30 minutes of moderate activity on most days of the week, health advocates are taking a different approach by looking at ways of building fitness back into society.

Do you feel that you take more than 4,000 steps a day? Make it your goal this month or year to walk an extra 2,000 steps per day. You will feel better, lose weight, and probably live





Mom's in Motion

All right all you pregnant women out there, this is an order. Don't overheat during exercise. It is very important for pregnant women to keep cool while exercising. This is especially true during the first trimester when overheating can be particularly harmful to the baby's development. Here is some advice to prevent your body temperature from rising to dangerous levels.

- In the summer months, work out in the morning or evening when it is cooler. On especially hot days, exercise indoors.
- Wear clothing that's lightweight, breathable, and loose, to allow air to circulate and sweat to evaporate.
- Drink plenty of water to prevent dehydration. Have 16 ounces two hours before exercising, four to six ounces every 15 minutes during your workout.
- Limit the strenuous portion of your workout to 15 minutes.

Monthly Schedule



Want to stay in shape all year long? 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..

Web Site

Have you been to my web site this past month? If not, you definitely need to go. It has lots of information on it from monthly fitness tips to old newsletters. The address to my web site is www.fitbyjanel.com. 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!

