

## Editor's Letter



By now all of you probably know my opinion on fad diets. If you don't know my feelings on them, here they are. I am against all of them. My opinion is that if you want to lose weight, you can do that on ANY diet. However, if you want to lose weight and keep it off, you can only do that with a combination of PROPER DIET and EXERCISE. This month I am going to tell you the negatives about a couple very popular diets out there.

The first diet I am going to tell you about is the ATKINS DIET. The theory on this diet is the following: limiting carbohydrates tricks the body into burning body fat instead of glucose for energy. Feasting on foods such as bacon, beef, and cheese is encouraged. Carbohydrates are restricted. What is unhealthy about this diet? Two things. First of all, people end up eating way too much saturated fat. In the first phase of the diet, a typical day's menu can contain as much as 42 grams of saturated fat. That's WAY too high. Second of all, people on this diet end up restricting their fruits and vegetables. For example, a typical day on the Atkins diet can provide as few as two grams of fiber. The recommended amount is 25-35 daily grams. YIKES!

The second diet I am going to tell you about is the SUGAR BUSTERS DIET. The theory on this diet is that we should follow our ancestors' lead. Until 500 AD, the human diet consisted of unrefined foods that were high in fiber, low in sugar, and low on the glycemic index. Refined sugar found in cakes, candy, and soda is considered toxic. This diet recommends that added sugar make up no more than 10 percent of your daily calories. What is unhealthy about this diet? First of all, we don't know if their diet can help prevent chronic diseases because cavemen didn't live long enough to get any of them. Also, the fat composition of today's meat-protein sources is different. Second of all, eliminating healthy foods such as bananas, carrots, and potatoes isn't good. There is NO evidence that these good-for-you foods make you fat!

Those of you that are either on one of these fad diets, or are considering it in the future, please reconsider. Most, if not all of them are not healthy for you. Please try eating better and exercising 3-5 days a week and see what kind of results you get. You will probably be surprised!

Fitness. November 2003. Page 100.

## Monthly Fitness Tips



Working out is great for sculpting your body, but it's increasingly becoming a "wonder drug" for your health as well. Exercise has a positive effect on body composition, metabolism, hormone levels, the immune system, and many other functions, which may reduce or prevent diseases and cancer. Although any exercise is better than none, some workouts may be more appropriate for certain health concerns and risks. Read on to find out what your personal exercise prescription is.

If your goal is REDUCING YOUR RISK OF CHRONIC DISEASES, your exercise prescription is DAILY WALKS PLUS STRENGTH TRAINING. If your goal is REDUCING BACKACHES, your prescription is BUILDING STRONGER MUSCLES AROUND YOUR SPINE. If your goal is STRONGER BONES, you should do HIGH-IMPACT EXERCISE. Is your goal REDUCING PAIN? If so, you should try TAI CHI. If your goal is to BEAT DEPRESSION, your exercise prescription is REGULAR AEROBIC EXERCISE.

If you are not taking part in the above type of exercise as of now, please talk to your doctor before beginning an exercise program. Good luck on reaching your goals. Remember, exercise can do wonders for health, mood, and well being.

Fitness. November 2003. Page 141.

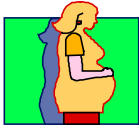
## Monthly Nutrition Tips



Have you ever been told to raise your fat intake before? Most likely not. Well for some of you low-fat eaters, you might be hearing that for the first time today. According to a study published by the American Dietetic Association, people eating a MIXED DIET of lower-fat and high-fat foods consume more vitamins and minerals than those who stick to ONLY lower-fat foods or high-fat foods. The most recent study adds to this. A study done on both adults and children found that those who ate a mixed diet had higher intakes of calcium, phosphorus, magnesium, iron, zinc, fiber, most B vitamins, vitamins A and C and folate.

So how can we get a healthy mix of fats in our diet? Focusing on variety is the key here. Try consuming more greens, fish, nuts, seeds, and using monounsaturated rich oils such as olive oil and macadamia nut oil. Butter is preferred over margarine. The key is moderation in everything you eat!

Health and Fitness. October 2003. Page 115.



## Mom's in Motion

This is for all you pregnant women out there or anyone who is thinking about becoming pregnant in the future. Remember that exercise is a YES during pregnancy. Exercise is not only safe during pregnancy, but it also may ease many pregnancy discomforts and possibly shorten your labor, delivery, and recovery time. Are you hooked yet? Here are some important tips for exercising during your pregnancy.

- Exercise moderately for at least 30 minutes on most days
- Stick with low-impact exercises such as walking, yoga, and swimming.
- Stay cool and drink plenty of water. Dehydration can lead to overheating which is dangerous for the fetus. Drink before, during, and after exercise.
- Stretch before and after exercise. Prenatal yoga is a great way to stay flexible and strong.
- Build your strength. Focus on your back, shoulders, chest, and biceps so they'll keep you strong enough to pick up and hold your baby as often as he needs you to.
- Do Kegel exercises daily to prevent urinary incontinence.

Fit Pregnancy. November 2003. Page 83.

## Monthly Schedule



Want to get in shape for those holiday parties coming up? 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 lately? 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](http://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!

