

"FIT"... BY JANEL

Volume 5, Issue 1

February/March 2004

Editor's Letter



How many of you have gone to your doctor looking for an answer, to only find that your doctor was just looking for an easy way out? Truth is, it happens more than we want it to. The following situation frustrated me so much that I have to tell you about it. A friend of mine who is overweight, (not obese, just overweight) went to her doctor. My friend was concerned because she had gained 25 pounds since having her child 8 months ago. You would assume the doctor would try to help her figure out ways to live a healthier lifestyle. What did he tell her you are wondering? He told her to go on the Atkins Diet.

What does going on the Atkins Diet do for my friend? It might help her lose a few pounds, she'll end up eating WAY too much saturated fat, and she'll restrict her fruit and vegetable intake. This will mean she may never get her correct amount of fiber that is so essential. She also could lose her hearing, and many other skills we take for granted each day. As you see, I am not in favor of this diet at all.

What does going on the Atkins Diet do for my friend's doctor? It will do the following. The first thing is it will get her client fast short-term results. She will lose a little weight if she follows the diet well. This results in more respect for the doctor. Of course if what he/she suggests works out, the patient will find them credible. Why would the doctor want to suggest the client start exercising and eating better foods if it didn't result in immediate results? Here is our problem! Too many professionals today are taking the easy way out so they can look better.

No patient should be put on the Atkins Diet unless they are obese and in threat of losing their life. It is people like this that MUST have immediate results just to live. Why can't we reserve our Atkins Diets for people who really need them? They are too dangerous to play around with. My friend later told me that she had gone to this same doctor for years. The sad thing is, he NEVER has even mentioned the word exercise to her. Very scary, huh?

Monthly Fitness Tips



Want a sign that you've hit a plateau in your weightlifting workout? If your muscles don't feel

slightly sore 24 to 48 hours after a workout, you've probably hit a plateau. Muscles adapt quickly. After a few weeks, it takes less effort to do the same exercise. Change the movement, though, and the muscles become stronger by learning to work in a new way. To stay challenged, increase the resistance or mix up your routine. Although it's normal to feel mildly sore, excessive soreness may be a sign that you're overdoing it.

Fitness. March 2004. Page 48.

Monthly Nutrition Tips



Ever think you have a food allergy? Truth is, almost 33 percent of Americans think they do, but only about 1 percent actually have a real food allergy. Food allergies aren't as common as we think. Mostly because many people mistake symptoms of intolerances, food poisoning, and other digestive troubles for allergies.

What are food allergies you wonder? An allergic response occurs when your body thinks a certain food, like eggs or peanuts, is harmful. When your immune system identifies the intruder, it produces antibodies that trigger the release of histamines and other chemicals that can cause a wide range of reactions, including hives, diarrhea, or even trouble breathing. The symptoms usually occur within minutes to an hour after eating a food.

How can you tell if you have an allergy or an intolerance? A good way to figure out what your symptoms indicate is to keep a food diary. This way you can keep a clear connection between particular foods and your reactions. Write down what you eat and when, any symptoms you experience, and when you start feeling bad. When you spot a pattern, talk to your doctor about the suspected culprit and your symptoms.

Which foods are most people allergic too? About 90 percent of food allergies can be pegged to the following eight foods: fish, shellfish, peanuts, tree nuts, eggs, milk, soy, and wheat. However, it is possible to be allergic to almost anything. Two exceptions are sugar and salt. Their molecules are too small to be recognized by the immune system. Most food allergies-particularly egg, milk, wheat, and soy allergies-start and end in childhood. But peanut, fish, shellfish, and tree-nut allergies are likely to last through adulthood.

Fitness. March 2004. Page 66.



Mom's in Motion

So just how much weight should you gain for a healthy pregnancy you wonder? Gaining between 25-35 pounds is healthy for women of average weight. But, if you're 15 percent over your ideal weight, aim to gain 15-25 pounds. Any less and you risk complications, such as pre-term labor. Some pregnancy weight gain reflects a rise in fat stores, which heavier women have more of to begin with.

Want a tip for a healthy weight gain? Set a goal for yourself early on. If you want to strive for a weight gain of 25 pounds, you can gain just that much. Simply eat good healthy foods and exercise a few times a week. This will make it much easier to lose that baby weight once your baby is born. Good luck!

Fitness. February 2004. Page 65.



Monthly Schedule



A new year a new you! It's not too late to start working on your new year's resolutions for 2004. I can help you! 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 soon. 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 in 2004!

