

Editor's Letter



How many of you have been told by your doctor that you need to lose weight? I am sure many of you can say that you have. How many of those same people have been given a recommendation by your doctor on how you should eat to lose that weight? Probably a lot of you again. Now for the last question, how many of you have been given a prescription for exercise to go with that diet? I am guessing not as many of you. Am I right?

I was very excited to read in my American Council on Exercise journal that doctors are now being strongly urged to write prescriptions for exercise. After all, nobody can successfully lose weight and keep it off by diet alone. We need a combination of a good diet and an exercise program to go along with it. This is what I read. *A recent article in the Archives of Internal Medicine urged its more than 100,000 subscribers (most of whom are primary-care physicians) to use their influence to help reduce the impact of excess weight and sedentary lifestyles. An estimated 300,000 premature deaths and more than \$90 billion in healthcare costs can be attributed to inactivity and obesity. And if doctors would take just a few extra minutes with patients to explain the importance and benefits of exercise, they could save both time and money treating diseases such as diabetes, high blood pressure, high cholesterol and heart disease. Doctors need to make their patients understand that obesity and inactivity are serious medical issues.*

Next time you go to your doctor and are faced with a weight issue, listen carefully to what your doctor recommends. If they don't discuss exercise, ask them if you could have an actual prescription for exercise. If I were a doctor, I would tell a particular patient the following: 1. walk one mile per day at least 5 days a week, 2. get more physically active at work: take the stairs instead of the elevator and walk during your lunch break, 3. purchase a pedometer and aim to walk 10,000 steps per day, 4. get introduced to strength training and learn all the benefits. This gives patients a lot more information than just telling them how to diet. This is what we need from our doctors to be successful at a weight loss program. Please demand this type of information from your doctor. Even if they don't discuss exercise at all. It will only help you out on your weight loss. Thank you for listening and good

luck!

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Monthly Fitness Tips



We've known for a long time now that people who exercise tend to have healthier hearts. Therefore they are less likely to die from heart disease than those who don't exercise. A new study suggests that exercise is beneficial even if people consume a greater number of calories. In fact, people who exercise and eat a lot may be healthier than those who have a lower caloric intake, but are sedentary. In other words, caloric intake may be less important than physical activity when it comes to protecting the heart. Like anything else, there is a catch. You still have to maintain a healthy body weight and for those who are overweight, that may mean cutting calories as well as exercising regularly. There is always a reason to exercise, isn't there?

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Monthly Nutrition Tips



We have all heard the old saying, "An apple a day keeps the doctor away." Here is a new one for you, "An orange a day keeps cancer away." A new study suggests that consuming citrus fruits may reduce the risk of mouth, larynx, and stomach cancers by up to 50 percent. The antioxidant properties of citrus may have a protective effect by strengthening the immune system, inhibiting tumor growth, and normalizing tumor cells. Researchers have also found that just one extra serving of citrus fruits per day could also lower the risk of strokes by 19 percent. (This is in addition to the five servings of fruits and veggies you should be getting each day.) Another reason to stock up on oranges this spring!

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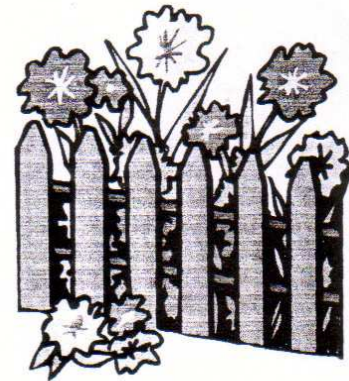
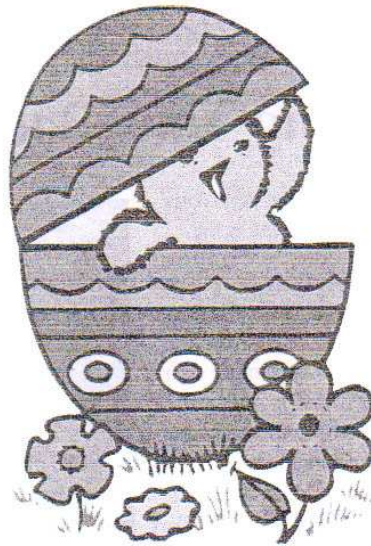


Mom's in Motion

Just in case some of you don't know yet, we are expecting another little bundle of joy. This second child of ours is due in late August. Yes, bad timing, it will be one HOT summer. Anyway, now I will be reading into this column even more knowing that I should also follow these tips.

Let's talk about spider veins. These are those little (or big) unwanted appearances that appear, many times when you are pregnant. Here are three things you can do to minimize them. Number one: eat three servings of foods rich in Vitamin C daily. Number two: don't cross your legs. Number three: do light aerobic exercise weekly. Sound easy enough? Try these tips and if they don't do the job, talk to your doctor. Enjoy your pregnancy and please call me if you ever have any questions.

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Monthly Schedule



Ok, being 4 months into the new year, how are your new year's resolutions going so far? Are you still meeting them? If not, 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 this month? 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!

