

Editor's Letter



According to the Centers for Disease Control, the percentage of children between the ages of six and 11 who are overweight has increased 300 percent in the past 25 years. Astonishingly, for the first time in 100 years, children today have a shorter life expectancy than their parents. This is an alarming statistic, isn't it? As numerous studies have proven, physical activity has never been more critical to health and success. Active children are more likely to stay fit as adults and less likely to become overweight and develop diabetes in early adulthood. They perform better academically, are absent from school less often, are more socially active, and are less likely to drink and take drugs.

Why the epidemic of obesity among children? Here are a couple factors that contribute. More and more young people are dropping out of sports, intramural sports are becoming non-existent, and physical education classes are not even required in some states. How can we expect our children to be active if they can't even go to PE classes? Did you know that Illinois is the ONLY state in the U.S. that mandates PE classes from grades K through 12? Not good!

As adults we can make a difference by instilling exercise habits in our children's lives from the very beginning. What they see you doing is what they are going to do. Are you happy with the amount of physical activity in your life? If not, now is the time to do something. If you don't, not only will you suffer, but so will your kids, and their kids, you get the idea! Let's make a change!

ACE Fitness Matters. May/June 2004. Page 7.

Monthly Fitness Tips



I have been asked again recently why "exhaling on exertion" is the recommended method of breathing for strength training. I am going to

clarify for you why this is recommended, (I know many of you strength train.) The whole idea behind this method of breathing is that we avoid the Valsalva maneuver. This occurs when an individual closes the glottis (the opening between the vocal cords,) forcibly contracts the diaphragm and the abdominal muscles, and forcibly contracts the respiratory muscles. As a result of these actions, air is trapped and pressurized in the lungs. These high pressures cause an immediate, short-term increase in blood pressure and also inhibit venous return by compressing the large veins. If really held for an extended time, the Valsalva maneuver can significantly decrease the return of blood to the heart, thereby reducing cardiac output. This could limit the amount of blood flow to the brain and result in dizziness, lightheadedness, or in some instances fainting. As you can see, the Valsalva maneuver should be avoided due to its undesirable cardiovascular effects.

ACE Fitness Matters. May/June 2004. Page 15.

Monthly Nutrition Tips



If you are one of those people trying to lose weight, you've probably done your share of reading. The truth is that to take off excess pounds and keep them off, you need to read just one thing: the Nutrition Facts panel on the back of every manufactured food package. Actually, you don't even need to read it, you can ignore most of it. However, there are only four key parts of every food label you need to check.

SERVING SIZE: Look for the number of servings in the package. Once you know that, determine how many will constitute a portion for you. Keep in mind that even small containers of food may contain multiple servings.

FIBER: Fiber is the one thing you never have to worry about having too much of! Fiber is your number one ally in weight loss because high-fiber foods are bulkier, making you feel fuller on fewer calories. Choose foods with a higher fiber content-at least 2 grams per serving. The higher in fiber a food is, the likelier it is to be lower in calories.

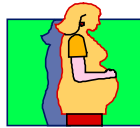
INGREDIENTS: Focus on products that list naturally lowfat whole foods as their primary ingredients. A good rule of thumb: Choose foods with a shorter ingredient list; the more ingredients,

the likelier the product is to be higher in calories. Watch out for the word HYDROGENATED!!!

FAT: At 9 calories per gram, fat is a calorie-dense macronutrient. That means you get a lot of energy for just a little volume. Watch your consumption of trans fats and saturated fats. These have both been linked to heart disease and cancer.

Shape. June 2004. Page 188.

Mom's in Motion



As you know if you've had a baby before, exercise seems to get harder and harder the more far-along you become. I remember when I was pregnant with our first child; I had to trade in running for walking, which was hard. One thing I found that I was able to do the whole 9 months was weightlifting. That was fun. Here are some suggestions for the best sports that you can do the whole nine months. Have fun!

- **SWIMMING**- a low risk of injury, low impact, keeps your body cool, and can relieve late-term swelling
- **WALKING**- easy to do, provides excellent overall conditioning
- **YOGA**- improves flexibility, muscle control, breathing, and body awareness
- **STATIONARY CYCLING**-provides a non-weight-bearing cardiovascular workout
- **PRENATAL EXERCISE CLASS**-offers toning and stretching exercises plus low-impact aerobics to increase stamina

Hope at least one of these exercises will be for you. Just stay as active as you can during your pregnancy. It will pay off in the end.

Healthy Pregnancy. Summer 2004. Page 67.

Monthly Schedule



As summer begins, we always tend to switch gears a little bit. If you haven't already, squeeze in some time for exercise. After all, who doesn't want to look better in those shorts? As always, I am 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!

