

## Editor's Letter



Did you know that by the time a child turns 18, he or she has typically seen more than 200,000 acts of violence on TV? Pretty scary! Children who watch violent television and play violent video games become more aggressive. There is also a correlation showing that the more time a student plays video games, the lower his or her grades will be. Many of you as parents are probably wondering how you can manage your TV and computer. Here are some guidelines to get you off to the right track with your children.

- regardless of the age, set a two-hour daily maximum for watching television and playing video and computer games
- let your children earn video-game time according to activity registered on a pedometer, ensuring a balance of physical activity and sedentary time
- don't allow children to have TVs or video games in their bedrooms; instead, keep them in the family room where other family members are present
- get your kids involved with different sports and hobbies; get them into lifetime physical activities such as walking, biking, tennis, or golf

Most importantly, remember that your behavior as a parent is much more important than anything you might say. If you are involved in physical activities and not watching TV, that's going to have the biggest impact on your kids.

## Monthly Fitness Tips



Exercise pedometers are becoming more popular by the day. What do they do? Pedometers track individual steps by measuring the up and down motion of your body. Worn on the hip, a tiny mechanism inside the pedometer moves up and down as you walk, clicking off your steps one by one. A good quality unit can

be found for \$25 or less. The most basic pedometer will be perfectly fine as long as you wear it properly. Before you buy a pedometer, try it out. While you are in the store, set the pedometer to zero. Then take 20 to 30 steps and see if it counts them correctly. A couple quality pedometers brands to consider include New Lifestyles and Yamax.

ACE Fitness Matters. July/August 2004. Page 9.

## Monthly Nutrition Tips



I bet most of you would agree that you have had "the munchies" at least one time in your life. You know, when you promise yourself you'll have just one tortilla chip, spoonful of ice cream, or cookie. Then, you reach for another just because it's there. Next thing you know, there's an empty bowl in hand and you're awash in guilt and crumbs. While the occasional overindulgence won't do much damage, a regular habit of mindless munching will wreak havoc on your waistline. Here are three of the most common triggers so you can regain control.

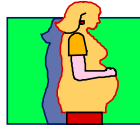
**Trigger number one: TV.** Prime time is high time for snacking. Eating both enhances and counterbalances the emotional responses that television inspires. How can we stop the madness? We can practice strict portion control and stick to one type of food.

**Trigger number two: workday stress.** Office munchies are potentially the most damaging because your choices are limited to whatever's available. Also, sharing food is a way to reconnect and touch base with your co-workers. How can we stop the madness? "Out of sight, out of mind will often put an end to mindless eating at work." Simply don't put any candy on your desk, and take a detour past other people's candy bowls.

**Trigger number three: the Internet.** A recent survey found that up to 85 percent of people eat while they're surfing the Web. The computer screen is just another version of a

television, except that instead of commercials, you have endless downloads. How can we stop the madness? Declare your home office a food-free zone for a few days. It may feel weird at first, but eventually you'll adapt to a munchieless computing environment.

## Mom's in Motion



If you have ever had any kids, you know how stressful motherhood can be. Well, experts say that exercise is the best antidote for the stresses of motherhood. Why you wonder? The reason is that by doing regular workouts, you decrease your anxiety and increase your energy and focus. Many of us aren't quite sure how to welcome exercise back into our lives after having a baby. Here are some simple strategies.

Number one: **START SLOWLY.** At first, do just 50 to 75 percent of your former duration and /or intensity. For example, if you rode a stationary bike for 30 minutes before, start with 15 minutes. If you curled 12-pound weights before, use 6 to 8 pounds for the first month back. Increase your intensity and duration by 5 to 10 percent every few weeks.

Number two: **STRETCH DAILY.** This will soothe an achy lower back, tight hips, and other muscular discomforts. The sooner you increase your range of motion, the better you'll feel when you workout. Try some shoulder rolls, overhead reaches, slow bridges, and cat stretches for at least five minutes daily.

Number three: **HAVE A BALL.** An exercise ball is a great tool to strengthen your abs, which helps prevent back pain. Try the following exercise: lie back over a stability ball and do slow crunches. (If you wobble place the ball against a wall for support.)

So for all you stressed out moms, try to incorporate exercise into your busy schedule. Use these tips to make sure you don't do too much too soon. Hope all of you become less stressed and more energized!

Fitness. August 2004. Page 122.

## Monthly Schedule



This next month being "baby month" could be a little crazy. My due date is still August 30th but who knows when baby will decide it wants out. 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 this summer? If not, you need to get there soon. It has lots of information on it, and it even changes each month. 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!

