

Editor's Letter



Do you know of someone in your family who is on a low-carbohydrate diet? If so, I am not surprised. The new statistic is that more than 17 percent of U.S. households include someone who is on a low-carbohydrate diet. And 40 percent of people are watching their carbs. YIKES!!!

Walking through the Vitamin aisle at the grocery store this week made me think about writing this article. I was very surprised to see that One-a-Day has a vitamin out called "CarbSmart." The fact that vitamin companies are rolling out products specifically designed for people on these diets, is an acknowledgement that low-carb dieters are sacrificing vitamins and minerals. This can be very dangerous.

Here are some of the crucial nutrients people are sacrificing. For starters, the brain and central nervous system need the glucose that the body makes from carbohydrates. Low-carb dieters also miss out on fiber; many B vitamins; folic acid that is critical to preventing birth defects, coronary disease and reducing the risk of cancer; Vitamin C and other antioxidants and phytochemicals. Those who also minimize their dairy consumption could suffer a calcium deficiency.

When is this low-carb craze going to end you might ask? Well, probably when everyone starts to regain the weight they have lost. What these low-carb diets don't do is teach how to make permanent lifestyle changes. The key, as in every diet, is to incorporate exercise and dietary guidelines that you can stick to over time.

ACE Fitness Matters. Sept/Oct. 2004. Page 13.

Monthly Fitness Tips



Did you know that approximately 38 percent of Americans have excessively high blood cholesterol levels? The National Cholesterol Education Program states that a sound diet, weight loss, and physical activity are the cornerstones of therapy for many individuals with cholesterol disorders. Reducing cholesterol through exercise, particularly LDL cholesterol, can be quite labor intensive. When individuals accumulate a sufficient weekly volume of

exercise they can lower both total cholesterol and LDL cholesterol and increase HDL cholesterol.

Exercise itself does not "burn off" cholesterol like it can with fat tissue. However, when exercise is of sufficient volume, for example, an adequate weekly frequency and duration, it can significantly reduce triglycerides and stimulate several metabolic enzyme systems in the muscles and liver to convert some of the cholesterol to a more favorable form such as HDL cholesterol.

In general, for exercise to significantly lower cholesterol levels, a relatively high volume of exercise is recommended, (example 1, 500 kcal or more per week.) In 12 to 16 weeks this volume of exercise can reduce cholesterol by 10 to 20 percent. Fifteen hundred calories expended during exercise is equivalent to three to four hours per week for the average unfit person performing moderate-intensity walking, swimming, or cycling.

A sample program would be to start with walking 20 minutes per day, four days a week. Over six to eight weeks, graduate this program to one hour, six to seven days a week of walking over hilly terrain or walk-jogging over flat ground. (Please remember that lower volumes of weekly exercise can still produce many other benefits to you.)

ACE Certified News. Aug/Sept. 2004. Page 22.

Monthly Nutrition Tips



Now that we have discussed low-carb dieters eliminating fruits and vegetables from their diets, let's talk about the value of fruits and vegetables. Researchers compared vegetarians and non-vegetarians. The comparison revealed that vegetarians have higher blood levels of salicylic acid. This is a non-steroidal anti-inflammatory drug present in fruits and vegetables.

Salicylic acid is also the active ingredient in aspirin, which is given to people to help prevent heart attacks because it helps to block the formation of blood clots.

Researchers believe the high concentration of salicylic acid in these foods may help explain other studies that revealed low levels of heart disease among people who eat lots of these good-for-you foods.

ACE Fitness Matters. Internet.

Mom's in Motion



For this month's article, I have a real life story to share with you. As you know, we just had our second child at the beginning of September. You always hear (and I know I have written about it in the past,) that regular exercise can shorten your labor time. Well, I now believe this. My labor was only 4 hours this time around. I do believe it I wasn't an active person, it would of been several more hours. Who wants a long labor when it can be shortened by simply adding exercise to one's schedule?

Exercise for me wasn't always structured this time around. Somedays it would consist of chasing our 2-year old around all day. Not that doing that isn't exhausting. My point is, you don't have to be running on the treadmill to make a difference. There are many ways you can exercise, I highly encourage you to choose some so you too can have a short labor. It is well worth it. And plus, you will find it much easier to get back into shape afterwards.

Monthly Schedule



With the holidays quickly approaching, it is even more important than ever to make exercise a part of your daily routine. Otherwise, come January 2005 and we could all be in trouble. 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

Do you surf the Internet? If so, 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!

