

Editor's Letter



I know, I know, you are just as sick as I am of hearing the words "low-carb." After all, it is now the end of November and we are still hearing that four letter word: D I E T. Whoever thought a fad diet would last this long for people, not very many of us. I just have to write one more article for this year on low-carb diets. Why you may ask? What did it for me this time was going through the aisles at the grocery store and seeing two things. Number one: CARB NOG. (No explanation needed.) Number two: a magazine with the following headline, "How to have an Atkins Thanksgiving." I guess making 364 days of the year low in carbs just isn't enough, we have to be faithful EVERYDAY.

Although U.S. consumers have been consistently bombarded with the message that low-carb is the way to go, overall we are paying more attention to total fat and saturated fat and looking for 100% whole grains and high-fiber foods. YEAH!!! Here is the data for the year 2004 so far:

- almost half of us (45%) have reduced the size of our portions this year
- 40% of us are eating low-fat foods, while 31% are reducing total calories
- when it comes to foods our kids eat, almost two-thirds (62%) of parents worry that there is too much sugar in their children's diets, and a third (34%) are concerned that their kids are eating too much fat

So, even though you are still hearing the words "low carb" wherever you go, remember that the low-carb craze has brought some positive changes too. I give this diet's lifespan just until the next fad hits. Then the word/name Atkins is history.

PARADE. November 14, 2004. Page 6.

Monthly Fitness Tips



As we get ready to start another year, I am sure you have started thinking about goals for yourself in the year 2005. Unfortunately, I am sure at least one of you has already begun listing the reasons that exercise is NOT going to be a part of your routine.

Let's talk about the most common barriers to exercise and how to solve them.

Number one: **NO TIME.** Not everyone has a whole hour block in their day to devote to exercise. Instead, how about trying shorter periods of activity throughout the day, such as three 10-minute walks. Number two: **TOO TIRED.** It's often the lack of exercise that makes you feel tired. Exercise gives you energy. Try it! Number three: **TOO COSTLY.** You had to let the fitness club membership expire. You can't afford a mountain bike. You panic at the price of running shoes. It all costs money. But can you afford not to exercise? Try a low-cost option, such as walking instead of driving. Number four: **BAD WEATHER.** Too hot, too cold, too wet, too windy-it never seems right for exercise. Lots of people exercise come rain or shine. Try a variety of indoor and outdoor activities.

Hope you can overcome your barriers to exercise. I always tell myself it should be one of my priorities in the day. Think how much more important it is than a lot of things we do in our day.

Monthly Nutrition Tips



What if there was one nutrient that could fight cancer, prevent heart disease, and help you lose weight. There is-CALCIUM! Trouble is: a whopping 75 percent of women do not meet their calcium needs. People trying to lose weight often cut out dairy foods like cheese because of saturated fat and calories. Wrong move! A study published in the journal *Obesity Research* reported that women who included at least 1, 200 milligrams of calcium from dairy products in a reduced calorie eating plan lost 60 percent more weight and 65 percent more body fat than women who simply cut calories and got fewer than 500 mg of calcium each day.

How does this happen you are asking? Calcium helps slim you down by blunting the production of a hormone called calcitriol, which directs fat cells to conserve their energy stores and slows the fat-burning process. When calcium intake is adequate, calcitriol production decreases. Less fat is made and more is burned off for energy. SO, drinking those nice tall glasses of milk is better for you than you thought!

Fitness. December 2004. Page 82.

Mom's in Motion



Des this story sound familiar? You spend all day with your kids chasing them, playing with them, and cleaning up after them. At the end of the day, you're TIRED! You feel like you've already had your workout for the day. Well, sad to say, you have to be active for at least 10 to 15 minutes continuously to raise your heart rate enough to burn substantial calories. (Bending and lifting is exercise, but you're probably not doing it for long enough.)

Getting the right amount of exercise is important because it helps maintain your weight, keeps blood pressure and cholesterol levels healthy, and reduces stress. It also lowers your risk for illnesses such as diabetes and heart disease and boosts energy levels. To measure how much you're really doing, strap on a pedometer and count your steps. The experts recommend taking 10,000 steps, or at least 30 minutes of activity, daily. You can accumulate this amount in three 10-minute intervals. So, take a nap and jump on the treadmill:-)

Monthly Schedule



I understand that with the holidays here it is harder than ever to fit exercise into your schedule. EXERCISE may be the only thing that gives you the energy to keep going this busy time of year. 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

OK, you have one more month this year to go to my web site. Remember, it is constantly updated and has lots of information on it. 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!

