

"FIT"... BY JANEL

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Editor's Letter



Did you hear about the new dietary guidelines released a couple weeks ago? These guidelines are updated every five years and will be incorporated into the new Food Pyramid. My hopes are that you won't be overwhelmed by what you see, it is pretty intense. Take for instance the recommendation to eat 5-13 servings of fruits and vegetables daily. (This is doable by the way.) The old guidelines advised eating three to four servings of vegetables and two to four servings of fruits a day. The new guidelines place stronger emphasis on reducing calorie consumption and increasing physical activity.

What about exercise you are asking? The new exercise guidelines advise 30 minutes daily as a minimum to reduce the risk of chronic disease for adults; 60 minutes to prevent weight gain and 60 to 90 minutes daily to lose weight. Children should engage in at least 60 minutes of physical activity on most, preferably all, days of the week. I feel these recommendations are a step in the right direction. However, I fear that they will scare people away and make people not even try to get healthy. Please just do what you can in terms of your eating and exercising. These are good goals to go for, however, some is always better than none. Keep fit, be happy, and stay healthy in 2005!

The Gazette. January 2005. Pages 1A & 8A.

Sitting on a stability ball can strengthen your core, improve your posture, and so many other things. Keep a pair of dumbbells at your desk or exercise tubing. Squeeze in 12 to 15 reps of exercises like dumbbell curls, overhead presses, and ab crunches. Aim for two to three sets of each. This will give you more free time to fit in fun workouts like biking or tennis.

Why pay someone to clear snow from your driveway? Besides burning nearly 400 calories per hour, shoveling snow develops muscular endurance and power. Remember to be safe: minimize the amount of snow on each shovelful, and bend from your knees and hips, not your back.

Fitness. January 2005. Page 100.

Monthly Nutrition Tips



Now that the new year is upon us, most of us are watching what we eat a little closer. Did you know that you can take in an extra 200 to 400 calories without realizing it by snacking and tasting as you prepare dinner? That is a lot of calories! Here are three ways to tame the "predinner munchies." Number one: Don't eat standing up. If you're hungry when you walk in the door, choose a healthy appetizer-like a piece of fruit- and sit down to eat it. You end up more satisfied when you focus on your food. Number two: Juice your appetite. Tomato and vegetable juices are great predinner cocktails. The combination of liquids and solids and spicy taste take the edge off hunger. Six ounces contains about 30 calories. Number three: Chew while you cook. Have a piece of sugarless mint gum to keep your mouth busy while you're making dinner.

Fitness. February 2005. Page 78.

Monthly Fitness Tips



If you are like me, you always want to find a way to incorporate fitness into your daily lifestyle. Winter can actually be an easier than ever time to do that! Let's look at your workday and a quite common winter occurrence in the Midwest, SNOW!

Working out during your workday can be a wonderful thing to do. Have you ever thought about sitting on a stability ball instead of a chair?

Mom's in Motion



Did you know that the quality of your diet before conceiving is just as crucial to your health and your baby's as it is during pregnancy? Yes it is! About three months before you plan to get pregnant, make sure to do the following. Number one: eat five to nine servings of fruits and vegetables and two or three servings of protein daily. These three food groups may lower your risk of having a child who develops leukemia, the most common childhood cancer in the United States.

Number two: meet the RDA for folate. It protects against neural-tube-defects, which can develop within the first 28 days of pregnancy. Ask your doctor to prescribe prenatal vitamins containing the recommended 400 micrograms and start taking them now, or take a multivitamin with the same amount.

Number three: avoid certain types of fish. Shark, swordfish, king mackerel, and tilefish contain high levels of mercury, which could harm the fetal nervous system. The FDA and EPA say that having two 6-ounce servings per week of low-mercury fish such as salmon and chunk light tuna is safe.

Fitness. February 2005. Page 68.

Web Site

Have you been to my web site this year yet? If so, way to go! If not, how about right now? 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!



Monthly Schedule



No more excuses! The holidays are now over, our even busier than busy lives are now going back to just "busy," and we all want to get in the best shape we can. EXERCISE is one of the best things you can do for yourself right now. 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!

