

Editor's Letter



Let's talk about Cholesterol! It is something that we need to always be watching, both our HDL and LDL levels. Just in case you have forgotten, HDL is your "good" cholesterol and LDL is your "bad" cholesterol. Something exciting is that you can now lower your cholesterol by your **DIET** just as effectively as by taking **DRUGS**.

My husband is proof of this. Just a year ago, he found out he had pretty high cholesterol. We totally changed his eating habits around and just last month he found his cholesterol to be better and improving. What did we do? We limited his intake of foods such as pizza, macaroni and cheese, and chocolate. We started reading every label and only getting him foods that had a low amount of cholesterol in them. And last of all, he started eating oatmeal every morning for breakfast. Exercise is a major thing that needs to be a part of your lifestyle also to have good cholesterol. Let's see what the studies found.

According to research published in the *American Journal of Clinical Nutrition*, a diet rich in fiber and vegetables can lower cholesterol levels just as much as taking a drug. Thirty-four healthy men and women with high cholesterol levels followed a certain diet for four weeks. The diet was high in soy protein, almonds and high-fiber foods such as oats, barley, psyllium, and the vegetables eggplant and okra. These same people also followed a diet with lovastatin (a cholesterol-lowering drug) for four weeks. There was a 2-6 week break in between the two studies. The results of the two studies were almost identical. Therefore, proof that changing your diet can work just as well as taking drugs. So, if you are ever told that you have high cholesterol, please consider a few simple diet/lifestyle changes. You might be surprised at how much impact that can have on your Cholesterol numbers.

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of this can be prevented with exercise? **ALL OF IT!** As long as your exercise program includes 20-minutes of total-body strength training twice a week you can prevent it.

In a published study, even 70-year-olds who had lifted weights regularly for more than a decade had as much muscle as 28-year-olds. After menopause, some muscle loss and fat gain may be inevitable due to hormonal changes. Experts believe that strength training can keep all these changes to a minimum.

SHAPE. May 2005. Page 37.

Monthly Nutrition Tips



"It ain't easy being green!" This month I am going to talk about organic food. I am sure a lot of you are pretty clueless when it comes to this, I know I was. Did you know that it's the fastest-growing segment of the U.S. food market and has expanded 20 percent a year since 1998? In 2004, sales of organic food and beverages totaled \$10 billion, and are projected to reach \$30.7 billion by 2007. Yet despite the explosive growth in organic products, several studies have revealed that at least half of Americans who consume organic goods don't know precisely what "organic" means.

Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering or ionizing radiation. The USDA set up a four-tiered system for indicating a product's degree of organic purity:

***100 Percent Organic**-all the ingredients are completely organic, and it may carry the USDA's Organic Seal.

***Organic**-At least 95 percent of the content is organic by weight and it may carry the Organic Seal.

***Made With Organic**-At least 70 percent of the content is organic and the front product panel may display the phrase "Made with Organic."

***Less than 70 percent of the content is organic**, and it may list only those ingredients that are organic on the ingredient panel.

ACE Fitness Matters. April 2005. Pages 12-13.

Monthly Fitness Tips



Losing muscle and gaining fat, what a combination! Here is a fact: starting in their mid-30's, women tend to lose about 1/3-1/2 pound of muscle each year while gaining 1/3 pound of fat. How much

Mom's in Motion



For those of you who are expecting, have you tried Aqua Aerobics classes yet? If not, these are WONDERFUL for pregnant moms. Water relief is the name of the game here. The buoyancy effect of the water increases your comfort by supporting your weight and reducing any feelings of clumsiness or lack of balance. Swimming and other water exercises place muscles in a relaxed, non-weight-bearing position. This provides relief to those who are carrying more pressure and stress as a result of pregnancy.

If you aren't interested in the organized classes, you could also go to the pool and do your own exercises in the water. This really is a wonderful way for your body to get some relief while getting a workout in also! Hope your pregnancy is going great!

Monthly Schedule



With spring now in full bloom, we are getting ready for nicer weather and lots of outdoor activities. We all want to be in the best shape we can for summer. 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!

Web Site

Have you been surfing the Internet lately? If so, did you run into my web site yet? Remember, it is constantly updated and has lots of fitness/nutrition 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!

