

Editor's Letter



Do any of you watch "The Tonight Show," with Jay Leno? Brent and I have always watched it. Jay Leno made me aware of the following fact: America is now making toilets to hold people who weigh 1200 pounds. Like he said, maybe we need to think about making our refrigerators SMALLER instead. Hearing him make this comment made me think about how America is growing larger by the day. Not only are we growing larger, but the whole problem is that we are ACCEPTING it.

The people in our country weigh more today than they ever have. SO, what do we do? We just keep making things bigger and BIGGER! Take for instance airline seats. Just a couple years ago, some airlines started making bigger seats to accommodate larger passengers. Before the airlines did this, they had charged overweight passengers for two seats. Now people can simply get a bigger seat. Therefore instead of charging people who are obese extra money to ride a plane, we accept it and simply make larger seats to accommodate them.

We go to certain fast food chains and they not only have Value Meals, but they have "Giant sized Value Meals." Who needs this much food??? This is another example of us accepting our growing society.

I know we need to be fair and considerate and accommodate everyone. This is a given fact. However, I think we as Americans are WAY too accepting of this unhealthy lifestyle. My wish is that we could make more efforts to change this behavior/lifestyle instead of just say, "what can we do to accommodate these people?" It will only benefit these people who need to make changes in their lifestyles. I encourage each and every one of you to think of something YOU can do to help/encourage these people. Maybe we can downsize our toilets within the next couple years as a result of our efforts!

added resistance. Elevating the treadmill by at least 1 or 2 percent can stimulate the same conditions.

EXTEND YOUR STRIDE: Fear of flying off the back of the treadmill can make you too close to the console. This forces you to take short steps, which burns fewer calories. Focus on staying in the center of the platform.

ADD SOME HAND OR ANKLE WEIGHTS: By adding some light hand or ankle weights, you can increase your intensity a lot. This will also better mimic a run outside.

Monthly Nutrition Tips



This month I am going to talk about a favorite warm-weather treat, WATERMELON! Did you know that watermelon is one of the best sources of Lycopene? (an antioxidant that can help stave off cancer and heart disease) It's also a good source of potassium, vitamin C, and beta-carotene. One of the best things about watermelon is how refreshing it is!

Here are some "Buying Tips" for you in looking for that perfect watermelon. Watermelon is available year-round, whole or cut into wedges. When choosing a whole watermelon, look for those that are heavy for their size and free of bruises. On one side, you'll see a creamy yellow area-that's where the melon lay on the ground while growing and is not an indication of age or spoilage. Avoid cut pieces of watermelon that are split or bruised, both indicate poor handling. The flesh should look dense, not airy, and firm.

Another little perk of summer, fresh watermelon!

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Monthly Fitness Tips



This month we are going to focus on one thing: how to get a better treadmill run. After all, there are going to be some days when it is just too hot to run outside. Let's start with the incline. **INCREASE THE INCLINE:** when you run outside, the wind creates

Mom's in Motion



When you're expecting, everyone seems to have an opinion about what you should and shouldn't be eating, drinking, and doing. There's so much information available that it's easy to misinterpret what you hear and read. Let's look at a couple of these topics today and decide exactly what is right.

The first topic is sleep. Just how much do you need when pregnant? Research in the American Journal of Obstetrics and Gynecology found that women who averaged less than six hours of sleep nightly during their ninth month had longer labors and were more than four- times as likely to have a C-section than those who slept longer. To work up to getting more sleep, go to bed one hour earlier or take naps.

The second topic is cutting caffeine. Being stressed out about what you can't have may cause anxiety. Studies published in the journal Early Human Development found that pregnant women who ate chocolate daily had calmer, happier babies. Researchers speculate that compounds in chocolate have a soothing effect on the mother, and thus the infant. Plus, experts say that you can have up to 200 milligrams of caffeine daily.

Good to finally get some facts? Just remember, most everyone that is giving you all that loving advice has good intentions for you. Hope you are having a happy pregnancy!

FITNESS. May 2005. Page 72.

Monthly Schedule



The countdown to summer has begun! many of us have already started hiking, swimming, and playing ball and other traditional summer activities. 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!

