

Editor's Letter



Obeying my doctor's orders, I went and had my Cholesterol checked this past month. While anxiously waiting to get the results back, I got to thinking about all the things I could do to improve my cholesterol if it wasn't good. Sure I could eat better and exercise more frequently than I do right now, but the main thing I realized was, I could control this part of my health. There are SO many things in our lives that are totally out of our control. But, when it comes to our health, we have a lot more control than we realize.

Just think about it for a moment. We have control of what we eat, (unless we are babies and being fed by a parent) how active we choose to be, and how much sleep we try to get at night. We can control whether or not we smoke, our cholesterol, and our blood pressure. Most importantly here, we have total control of how much exercise we choose to get in our lives. Did you know that each year, 250,000 Americans die from illnesses caused by lack of exercise? By us working out regularly, we are less likely to become overweight, develop diabetes, osteoporosis, and cancer.

This month, try to put yourself into control of your health. After all, what can you do if you aren't healthy? Not a whole lot. Make time in your life for a little exercise and reap the benefits of having more daily energy, a consistent good mood, sound sleep, and enhanced self-esteem. Yes, exercise really does do all of that. Wow, what do you have to lose???

- Stand tall to allow your waist to swivel with the motion of your hips and legs.
- Try interval walking: Normal pace for five minutes, fast for 30 seconds. Repeat eight times.
- Take short quick steps instead of long strides.
- Use the heel-to-toe roll and push off with the back leg.
- Five by fives: While walking, hold your stomach in for five minutes, release for five.

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Monthly Nutrition Tips



When the low-carb craze hit, sandwiches suffered and bread became the enemy. But now that the low-carb movement is fizzling, sandwiches are back on the menu. Sandwiches really are one of the best avenues for good nutrition. You get a healthy dose of proteins, carbs, and fats, which will fuel you all day. Just as long as you are paying attention to what's between the slices as the slices of bread themselves. Sandwich stuffings, after all, can pack on the calories and fat, especially at restaurants. You might think a tuna salad or chicken salad sandwich is good for you, but thanks to the mayonnaise, it might have more calories and fat than a hamburger at McDonald's. So how can you make your sandwich healthier? Here are some strategies:

1. **Slice it right.** Try to eat whole-grain bread with at least four grams of fiber per slice. If you don't like whole-grain, then choose another bread with the word *whole* in front of it. (such as whole-rye or whole-oats)
2. **Spread it thin.** Try to skip the butter and mayonnaise, unless you use a light or fat-free version. Instead, add taste to your sandwich with flavored mustard or salsa.
3. **Healthy proteins.** Turkey breast and grilled chicken are your healthiest bets. But if you prefer beef or ham, select lean cuts.
4. **Load it with veggies.** Add a lot of veggies and boost your fiber intake. Consider baby spinach, romaine lettuce, or cabbage. Then add carrots, cucumbers, peppers, or whatever you desire.

Monthly Fitness Tips



Is walking a part of your exercise routine? I know this is an excellent way of exercise, especially in the summertime. A 30-minute walk can burn 200 calories or more. That is if you are making the most of your walk. Here are some tips for you to ensure you get the maximum out of your walking routine.

- While walking, pump your arms to get more power from your hips and tone the upper body.
- Control your hips. Move them as extensions of your thighs.

5. **Lunchtime.** While you have constructed a healthier sandwich, you still need to watch portion sizes. If you're ordering out, split a sandwich with a friend or save half for tomorrow's lunch.

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Mom's in Motion



Do you want your child to eat lots of fruits and vegetables? You eat yours and your children will follow. A study reported in the Journal of the American Dietetic Association showed mothers who eat more fruits and vegetables have kids who do the same. Kids whose mothers pressure them to eat more at age seven are likely to become picky eaters at age nine. Scientists say picky eaters eat less fruits and vegetables and are at greater risk of not getting enough vitamins E and C than nonpicky eaters. Keep eating well and both you and your children will benefit!

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Monthly Schedule



Have you been taking advantage of the summer to get in all those "warm weather activities?" Even though it has been hot, hiking, swimming, and playing ball are still in full swing. Hot or cold, exercise will always be one of the best things you can do for yourself. 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, have you checked out my web site lately? 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!

