

Editor's Letter



SLEEP, SLEEP, SLEEP! I know this is such a challenge for me. Once we had our first child, my goal of getting 6 hours of sleep a night became harder and harder to attain. I am sure those of you who have children can easily relate. When the kids finally go to sleep at night, my time begins. It becomes a race to see how much I can get done and still get enough sleep to chase our toddlers around the next day. The six hours of sleep I used to get before kids has become an un-realistic goal. Now I just try to get as much sleep as possible while still keeping the homestead running efficiently.

Are you hungry for sleep? SO many of us are sleep-deprived. Did you know that the more sleep you get, the less likely you are to gain weight? Yes! One large investigation done at Columbia University in New York is good evidence of this link between sleep and weight gain. Researchers there studied the sleeping habits of more than 18,000 people. They found that those who get by on less than four hours of sleep a night were 73 percent more likely to be obese than people who sleep seven to nine hours nightly. And even those who caught six hours were 23 percent more likely to be obese.

Why does a lack of shuteye seem to contribute toward a super sized waistline? Here is the answer. Sleep deprivation disrupts levels of ghrelin and leptin, the hormones that regulate hunger and appetite. When you haven't had a lot of sleep, your body reacts much the same as if you haven't eaten enough. Your leptin levels fall as your ghrelin levels shoot up. This triggers hunger, which in turn triggers overeating and that of course leads to weight gain.

While sleep requirements vary from person to person, in general, most of us need seven to nine hours for the body and brain to fire on all cylinders. But there's good news for those of us who find hitting the hay for eight straight hours unrealistic: Catching naps throughout the day may be just as effective for maintaining normal

hormone levels as sleeping through the night. What really seems to matter, at least as far as metabolism is concerned, is how much sleep you accumulate over the course of a 24-hour period.

Of course there are many good reasons for making sound sleep a priority. Fighting unwanted fat is just one more benefit to add to the list. Now if we can just find a way to get more sleep!!!

ACE Fitness Matters. Sept/Oct 2005. Page 10.

Monthly Fitness Tips



FREE WEIGHTS OR MACHINES? Many of us who do resistance training contemplate this issue. The winner: Free weights! You'll get stronger with free weights. With free weights, more demands are made on your muscles to stabilize and balance your body. Free-weight exercises can also improve performance in the real world. "When you lift groceries, no machine supports your back." "Squatting to pick up a dumbbell translates more directly into daily life.

The exceptions to this rule are the lat pull-down, leg-extension, and leg-curl machines. Why? Some muscles, like those in the upper back, are hard to target using free weights. Also, newcomers might feel more secure on machines, which guide you through movements.

For best results, do about 80 percent of your exercises with weights and the remaining 20 percent on machines.

Fitness. October 2005. Page 101.

Monthly Nutrition Tips



TRICK-OR-TREAT!!! Did you know that 90% of American adults admit to stealing candy from their kids' trick-or-treat stash? I know I am guilty of this. Are you? Well even if you aren't, you are bound to have some temptations this season. How about that candy that you buy to pass out to the little goblins?

Your smartest choices (if you just can't resist having that piece of candy) are the following. Baby Ruth bars and Twix fun-size bars are good choices. Why? They both have a little protein and fat, which will help temper your cravings. Beware of pure-sugar options like candy corn. It may seem innocent enough with just 110 calories per ounce, but it offers little satisfaction. If candy is a "trigger food" you won't be able to resist, buy kinds you personally don't enjoy to hand out to trick-or-treaters. Have a Happy Halloween!
Fitness. October 2005. Page 60.

Mom's in Motion



Want another reason to exercise while you are pregnant? Exercise builds bigger babies! Yes, a bigger baby is better, we don't want low birth weight babies. Researchers did studies of women who were previously sedentary. Half of the women participated in moderate weight bearing exercise, three to five days per week for the majority of their pregnancies. The other half remained sedentary. The babies born to the exercising mothers were both larger and heavier than those born to the sedentary mothers.

As we know and are constantly reminded, the benefits of continuing exercise during pregnancy are many. However, be sure to get approval from your doctor if you are just starting an exercise program while pregnant.

So exercising not only benefits you, it will also benefit your new baby. Enough said!
ACE Fitness Matters. September 2005. Page 11.

Monthly Schedule



We enjoyed summer for all those "warm-weather" sports and activities we got to do. FALL is the perfect time for long brisk walks, crisp cool bike rides, and lots of jogging/running. We need to take advantage of the cooler temps and beautiful fall colors. 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 this week? 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!

