



Editor's Letter



I read something alarming this week that I would like to share with you. "The American Diabetes Association estimates that 5.2 million Americans are walking around with type 2 diabetes and don't even know it."

You wonder how you could NOT know that you have a serious condition. Well, realistically, how DO you know that you have one?

Of course with most diseases, we experience SYMPTOMS. With type 2 diabetes however, there are very few clear signs of the disease in the early stages. A person may just happen to get tested in a routine checkup at the doctor and realize they have it. Then on the other hand, you have people who aren't tested properly, (people will get tested on a full stomach when they were supposed to fast.) These people may have it but not know about it for YEARS.

Let's explain diabetes. Diabetes can affect the way your body produces and uses glucose. Normally, cells in the pancreas produce insulin, which is needed for the glucose to be either used right away or stored for future use. In type 1, or juvenile diabetes, the beta cells stop producing insulin; this is the reason these diabetics require insulin shots. In type 2 diabetes, the pancreas either produces too little insulin or can't properly utilize the insulin it does make to convert glucose in the blood to energy. As a result, blood glucose levels become high. Elevated glucose levels can result in extreme fatigue, increased thirst and urination, dizziness and tingling in the feet and fingers. There are a variety of medications to treat type 2 diabetes.

The primary risk factors for type 2 diabetes are: being obese, having a family history of the disease, leading a sedentary lifestyle and developing gestational diabetes when you're pregnant. Do you have any of these?

What can we do? LIFESTYLE CHANGES is the answer. We can't wait until our health is in danger to start EATING RIGHT AND EXERCISING. Make it your goal NOW and in

2006 to eat healthy and exercise frequently. None of us want to be part of that 5.2 million who are unaware of a disease or condition they have. Here's to a healthy and happy new year!!! Fitness. November 2005. Page 59.

Monthly Fitness Tips



Looking for an easier way to exercise? Have you ever tried purchasing exercise equipment for your home and working out at home? As you know, sometimes it just isn't easy to get to the gym. 33% of Americans have exercise equipment in their homes and use it regularly. Maybe you just want to begin with some hand-weights/dumbbells. Buying exercise equipment doesn't have to be un-affordable. You can buy things such as tubing in all levels of resistance. You can do SO many exercises with tubing and the big exercise balls. If you want to spend more money, maybe a treadmill or weight-machine is in your budget/interest. Something to think about as you make goals for the new year. Have fun and workout hard!

Monthly Nutrition Tips



Now that flu season is here again, it is time to prime your immune system! Filling up on antioxidant-rich fruits and veggies is a great way to boost your immune system. Besides serving up a host of vitamins and minerals, these foods are packed with phytochemicals that may enhance immunity. Red peppers, butternut squash, spinach and cantaloupe are loaded with Vitamin C and beta-carotene. Also, make sure you get your RDA of zinc (eight milligrams.) It is found mostly in meat and seafood and plays a key role in the production of immune cells that protect you from invading bugs.

If for some reason you do still get sick, some exercise can still be of benefit to you. A low-intensity cardio activity like walking briskly on a treadmill can help keep your cold at bay. Aerobic exercise sends more immune-system cells to inflamed areas, helping your body fight off infection. However, if you already have a full-blown cold accompanied by a fever and congestion in your chest, put your workout on hold until you feel better.
Fitness. November 2005. Page 32.

Mom's in Motion



For all you mom's and mom's to be, I am sure you are aware of your Folate needs. Folate is crucial in the development of the fetus brain and spinal cord. It prevents neural tube defects. But, did you know how important folate is for the millions of other Americans who aren't potential mom's to be? Researchers suspect that this powerful B vitamin can help prevent some cancers and heart disease, the two most common killers in the United States. Found primarily in health food all stars like green leafy vegetables and whole grains, Americans surely can benefit from an increased dose of this super vitamin.

How can you get your daily dose of folate? The foods rich in folate include dark green leafy vegetables, whole-grain cereals, and animal products. Examples of excellent sources include: oranges (48 mcg/medium,) strawberries (40 mcg/1 cup,) cantaloupe (27 mcg/1 cup,) and spinach (131 mcg/0.5 cup.) The average American consumes about 200 mcg of folate from natural food sources daily and about 100 mcg from fortified flour and uncooked cereal grains. Without a multivitamin supplement, most Americans lack about 100 micrograms of needed folic acid each day.

With the low risk of taking a multivitamin and folic acid's many health benefits, just about anyone may want to consider supplementing their diets with 400 mcg of a folic acid supplement.

ACE Fitness Matters. Nov/Dec 2005. Page 4.

Monthly Schedule



Making those "New Year's Resolutions" yet? Need a little help to make sure you reach your goals for the new year? 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

How about one last look in 2005? One last look at my website that is. 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!

