

Editor's Letter



Salary, benefits, vacation time... For many of you, these are the top three things you consider when looking for a new job. Well, have you ever thought about adding a fourth factor to that list? One that is just as important as the other three, if not more important. **Onsite exercise!** Yes, more and more companies are realizing how important it is for their employees to work out.

What are the benefits of exercise for employees? How about a boost in company productivity, bolstering the immune system (fewer colds and less absenteeism), increasing energy (greater efficiency), improving mood (more harmonious workplace), relieving stress (decrease in erratic behavior), boosting mental focus (fewer mistakes and accidents), encouraging better health habits such as weight loss and quitting smoking, and improving the companies image. Enough to get you hooked?

Companies today are incorporating workplace fitness in many different ways. You might see a fully staffed, state-of-the-art, onsite gym for the employees. More commonly, companies subsidize employees' offsite gym memberships. (The employee pays a much-reduced rate, deducted from his salary.) Employees at some firms get flex time or an extended lunch hour if they use it to work out. At other firms, workers are encouraged to use the stairs instead of the elevator, and those who park further away from the office building get guaranteed spaces.

So, maybe next time you are looking for a new job **Workplace fitness/Onsite Exercise** should be one of your main concerns. After all, good health is good business!
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Monthly Fitness Tips



Many of you are into Strength Training. Have you ever done a "strength training check-up?" This is something that you probably want to do

every four to six months to make sure you are moving towards your goals and avoiding injury. Here are some common workout mistakes, think about your personal workouts while reading these.

Unbalanced workouts. Guys have a tendency to work the "mirror muscles," the ones you see in front. As a result, their front deltoid, chest, and biceps look great but the rotator cuff is malfunctioning. The quads are strong, but the hamstrings are weak; the abs look good, but the back is weak-all of which can lead to problems.

Too much of one thing. While men often focus too much on strength training, and not enough on stretching and cardiovascular exercise, women tend to do the opposite. Women who have had knee issues may want to use the elliptical trainer or do water aerobics instead of running or high-impact aerobics. Ideally, both men and women should do a combination of cardio, strength, flexibility, and core training as part of their workouts.

Overworking the shoulders. Shoulder problems are the number one reason people get into trouble with strength training. The tendency is to overwork them. Your goal should be to keep the rotator cuff strong and not overwork it. To avoid common rotator cuff injuries, be sure that you're working the rear cuff and rear shoulder, and stretching the front shoulder, which tends to tighten. You also need adequate rest between workouts, so don't train the same muscle group two days in a row. You'll end up with training losses, rather than gains, if not an injury.

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Monthly Nutrition Tips



If you are like me, one of your major New Year's Resolutions is to eat better. Well, thanks to the FDA (Food and Drug Administration) choosing a healthy diet has never been easier. Why? Well since January 1st, food

manufacturers are required to comply with a 2003 FDA mandate, and consumers can now check the **new trans fat listing** on the Nutrition Facts panel. Many of you have probably already noticed the trans fat listing popping up on labels over the past three years. Now it is a requirement.

When did this trans saga begin you wonder? It began several decades ago when consumers cut back their use of cholesterol-raising saturated fats like lard and butter. Food companies incorporated "liquid polyunsaturated vegetable oils" into their products. Well because these unstable, unsaturated liquid vegetable oils spoil easily when heated, manufacturers had them undergo "**hydrogenation.**" What is hydrogenation? It is a chemical process that prolongs product shelf life, with the chemical result being the more solid and stable **trans fatty acids.** After steadily feeding our diets with these products, research data indicate that **trans fats increase heart disease risk and should be limited in our diet.**

How do trans fats increase our risk for heart disease? Like saturated fat, trans fatty acids raise the harmful LDL cholesterol in the blood, increasing our risk of developing coronary heart disease. Trans fats also add fuel to the fire by lowering the heart-protective HDL cholesterol. Trans fats potentially can raise levels of another harmful blood fat called triglycerides. **By January 2009, the FDA estimates that the trans fat ruling will prevent 600 to 1,200 heart attacks annually, and save 250 to 500 lives.** Now that is good news!

I know personally that this information on Trans Fat content being so easy to find will help me out. Check out a food label today to familiarize yourself with this new format. After all, your knowledge on what you are eating could end up adding years to your life down the road.

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Mom's in Motion



A must-have nutrient for moms! Did you know that your consumption of the **Omega-3 Fatty Acid called DHA** during pregnancy and breast-feeding is crucial to your babies' cognitive development? While there's no official recommended daily intake, the American Heart Association advises everyone to eat fish twice a week to get health benefits. What kind of fish should you choose? Choose fish that are high in DHA but low in mercury, including fresh or canned wild salmon, sardines, and herring. (Chunk light canned tuna also contains DHA and is low in mercury.) If you don't eat fish, it will be nearly impossible to get sufficient DHA. In that case, talk to your doctor about taking a supplement.

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Monthly Schedule



Trying hard to keep your New Year's Resolutions? Need some help making sure EXERCISE doesn't get dropped from your list before Valentine's Day? 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

A new year, new goals, new information to keep you on top of things. Check out my website today! 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!