

Editor's Letter



As I celebrated my birthday this year, I found myself wishing I was turning a younger age. I am sure many of you can relate. Are you one of those people who feel great, look great, and turn 29 on every birthday? The good news is, you might actually be younger than you are, at least biologically speaking.

Your "biological age" is a reflection of your current physical state. It can actually fluctuate by nearly three decades depending on how well you take care of yourself. For example, a woman may be chronologically 36 years old but have a biological age of 24. On the reverse side, a woman may be in her 20s chronologically but function biologically like someone in her 30s. Although some aspects of life expectancy are determined by uncontrollable factors like genetics, we can assume much greater control over the quality and duration of our lives by making healthier eating and lifestyle choices.

So how do I turn 29 on every birthday you are wondering? Well, in this newsletter I am going to dedicate my columns to "growing younger and living longer." We'll go over the top 10 Grow Younger strategies. Then I'll give you a complete list of the top 10 Foods to Help You Live Longer. So, I am hoping that each and every one of you can take something away from this newsletter and apply it to your own lifestyle. That way, even though the calendar says you just turned 36, you are actually only 29. And you may be 29 on your next birthday too!

Oxygen. July 2006. Page 102.

Monthly Fitness Tips



Here they are. The top 10 Grow Younger strategies designed to make your RealAge younger. (The term "RealAge" means your biological and calendar ages compared based on your own health choices.) Read, study, and memorize!!!

1. **BE ACTIVE.** Even a small amount of exercise-two 20-minute walks each day- can make your RealAge nearly five years younger.
2. **CUT STRESS.**

In highly stressful times, your RealAge can be as much as 32 years older than your calendar age. By building strong social networks and adopting stress-reduction strategies, you can erase 30 of the 32 years of aging caused by stress.

3. TAKE YOUR VITAMINS.

Daily doses of the following vitamins and minerals can make your RealAge six years younger: Vitamin C, Vitamin E, Calcium, Vitamin D, Folate, and Vitamin B6.

4. FILL UP ON FIBER.

Getting 25 grams of fiber every day in your diet can make your RealAge 2.5 years younger than if you only consumed 12 grams of fiber per day.

5. QUIT SMOKING AND AVOID SECOND HAND SMOKE.

Smoking makes your RealAge eight years older.

6. LOWER YOUR BLOOD PRESSURE.

A person with low blood pressure (120/80 mm Hg) is as much as 25 years younger than a person with high blood pressure (greater than 140/90 mm Hg.)

7. FLOSS DAILY.

Flossing and brushing daily can make your RealAge 6.4 years younger.

8. WEAR YOUR SEAT BELT.

Regularly wearing a seat belt and driving within 5 miles per hour of the speed limit can make your RealAge as much as 3.4 years younger.

9. MANAGE YOUR HEALTH.

People who are proactive about seeking high-quality medical care and managing chronic conditions can have a RealAge as much as 12 years younger than their peers who do not.

10. LAUGH OFTEN.

Laughter can reduce stress, strengthen the immune system, and make your RealAge as much as eight years younger.

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Mom's in Motion



Do you think you will be going through a lot of changes during your 40-week pregnancy? Think about what is happening to your baby: cells are dividing; organs are forming; and the digestive, sensory, circulatory, urinary and other systems are developing. Your diet will provide the nutrients necessary for all that growth. Study after study shows that more nutritious prenatal diets result in far healthier babies. Follow these 12 simple tips and you'll get all the vitamins, minerals, and other substances you and baby need the whole nine months.

1. Calories: 300 extra a day

After the first trimester, you'll need just 300 extra

calories a day to make a baby.

2. Protein: 3 servings

No single nutrient is more essential to the making of a baby than protein's amino acids, the building blocks of human tissue.

3. Calcium: 4 servings

If you don't get enough calcium, your body will drain it from your bones to help build and strengthen your baby's. This could set you up for osteoporosis later on.

4. Vitamin C: 3 servings

Because your body doesn't store vitamin C, you need to consume a fresh supply every day.

5. Green leafy, yellow-orange vegetables/fruits: 3-4 servings

These nutrient powerhouses are rich in beta-carotene, vitamin E, riboflavin, B6, folic acid, and magnesium.

6. Other fruits and vegetables: 1-2 servings

Although not rich in any single nutrient, other fruits and vegetables supply a wide range of vitamins, minerals, and fiber.

7. Whole grains: 6-9 servings

These complex carbohydrates contain minerals and vitamins essential for your baby's developing body.

8. Iron-rich foods: at least 27 milligrams

Your body's demand for iron will never be greater than it is now. It is working overtime to generate enough red blood cells for baby-making.

9. Salty foods: in moderation

For some women, a diet high in sodium may cause a variety of complications such as high blood pressure.

10. Healthful Fats: in moderation

Your baby needs essential fatty acids for growth and development. Especially important in the last month of pregnancy and first month of breastfeeding are omega-3 fatty acids needed for optimal brain development.

11. Fluids: at least eight 8-ounce glasses

Fluids are needed for building the fetus's circulatory system and cells, delivery of nutrients and excretion of waste. Your body needs extra hydration to prevent fatigue.

12. Prenatal vitamin supplements: daily

Despite your best efforts, your diet may lack some nutrients from time to time. A prenatal supplement makes that task that much easier.

Eating well when you are expecting. 2005.

Monthly Schedule



Need some help looking like you are 29 today, next year, and the next? As you know, exercise can do wonders and can make you feel SO much

better. 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

Tired of surfing the Internet for useless information? How about going to a site where you can find some useful information! 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!

Monthly Nutrition Tips



Here they are. The top 10 Foods to Help You Live Longer. Ask yourself which ones you are already consuming on a daily/weekly basis.

1. NUTS.

One ounce of nuts per day (preferably walnuts.)

2. SPINACH AND BROCCOLI.

They are loaded with B vitamins, as well as fiber.

3. QUINOA.

This seed has protein that the World Health Organization considers on par with that of milk.

4. DARK CHOCOLATE.

One ounce of cocoa-based chocolate per day.

5. FISH.

About 13.5 ounces per week of mahi-mahi, line-caught salmon, flounder or catfish - none of which is associated with mercury or other toxins or is environmentally threatened.

6. RED WINE.

Four ounces per night.

7. SOY PRODUCTS.

One cup per day.

8. FRUIT.

The bright colors in fruits like grapes, blueberries, and oranges have nutrients that have been proven to reduce your risk of disease.

9. ONIONS AND GARLIC.

Not only great for seasoning but high in flavonoids as well.

10. TOMATO SAUCE.

Ten tablespoons per week decreases your risk of developing breast and prostate cancer and decreases the age of arteries.

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