

Editor's Letter



Being a parent of two and an exercise enthusiast, I often find myself thinking of the obesity problem in today's children. I think every parent worries to some degree about their children becoming overweight or obese. Especially once you see these statistics. *The number of overweight children in the United States has risen 50 percent in the last 10 years. According to the National Center for Health Statistics, more than one in five children and adolescents in this country are overweight. Sedentary lifestyle behaviors and poor nutrition are presenting themselves in a nation of children now faced with health concerns such as elevated blood pressure, elevated blood lipid levels, and increased insulin levels which lead to Type 2 Diabetes.*

In addition to dealing with physical health concerns, overweight children also deal with tremendous psychological distress. To children, the most immediate consequence of being overweight is the social discrimination they are faced with. Overweight adolescents have a 70 percent chance of becoming overweight or obese adults. (80 percent if at least one parent is overweight)

These statistics clearly indicate that treatment is not a successful means of dealing with obesity; we need to address this from a preventative standpoint. The experts agree that in order to meet this challenge head on, we need to do the following: 1. institute healthy eating behaviors, 2. increase regular physical activity, and 3. reduce sedentary behaviors.

Let's look at number two on that list, "increase regular physical activity." What does it take to get kids motivated to move you ask? Here is your answer. When it comes to kids, physical activity must be FUN! Kids don't view exercise in the same way that adults do. Kids come for the psychological rewards-social interaction, personal success, and having FUN!

Kids require a dynamic environment to keep

them motivated. Kids' exercise time should be based on PLAY, that is, the children should perceive themselves as playing. The exercise is hidden in the games and activities. This is where the "fun factor" comes in: the more fun the kids are having, the more they will move! The more we can get kids to move, the greater the fitness benefit they receive.

This October I will become certified in "Children's Fitness." With this certification, I will be able to give you lots of cool ideas to do with your own kids to keep them active and fit. We need to start now though, make sure you are doing all you can to prevent your own kids from having problems with their weight down the road.

SCW Fitness Edge. Summer 2006. Page 14.

Monthly Nutrition Tips



Portion control is probably the most important aspect of weight management. The larger the portion, the more calories consumed. Yet Americans suffer from portion distortion, a consequence of our eyes being fooled into thinking that super-sized amounts of food are the standard. As a result, we routinely underestimate how much food is on our plates. Therefore we consume more calories, which results in weight gain. It's safe to say that we have forgotten what a normal serving is.

Here are "10 Ways to Downsize Portions:"

- Use a salad plate instead of a dinner plate.
- Purchase single-serve or individually wrapped items such as fruit cups, pudding cups, string cheese, granola bars, frozen fudge bars.
- Buy frozen entrees with fewer than 10 grams of fat and 350 to 400 calories.
- Eat only one serving of food, NO seconds.
- Leave a bite or two on your plate.

- When eating out, eat half of the entrée at the restaurant and take the other half home for another meal.
- Order regular or child-size sandwiches, drinks, fries at fast-food restaurants, NOT
- the biggie, value, or super-size.
- Choose an appetizer as an entrée at a restaurant.
- Practice the three-bites rule-eat only three bites of a dessert.
- Become a label reader-look for three things on the label to help determine the serving size:
 1. Serving Size
 2. Number of portions per package
 3. Calories

Mom's in Motion



Trying to figure out how much time to wait until you have another child? Maybe this information will help you out a little bit. According to the *Journal of the American Medical Association*, having two babies close together may jeopardize the health of the second one. Researchers found that an infant who was born within 15 months of an older sibling was 40 percent more likely to be premature. The infant also had a 61 percent chance of having a low birth weight.

What is the cause of this you are wondering? Causes are linked to nutrition. The first pregnancy may deplete the mother's stores of folic acid, a key for healthy babies. Waiting more than 59 months (about five years) also resulted in an increased risk of premature and low-birth-weight infants. Why? Perhaps because moms were older. What is the ideal time between pregnancies? Eighteen months to just under five years.

Fitness. September 2006. Page 84.

Monthly Schedule



Are you trying to get back on a regular exercise schedule now that the kids are back in school? What better time to do it! 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 and finding endless weather reports, news on gas prices, and Hollywood rumors? 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!

