

# "FIT"... BY JANEL

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## Editor's Letter



**Every calorie counts!** OK, you can admit it. Are you one of those people who think that calories don't count in cookie crumbs? It's alright, many of us still believe that today. After all, how could there be calories in anything that's not part of the whole cookie!? I remember all those times making cookies where I would eat leftover crumbs without any guilt. And crackers too, the halves are calorie-free, right? HAH! So what am I getting at this month you are wondering? **"Every calorie counts"** is what I am getting at.

When watching our weight and trying to eat healthy everyday, we need to practice this philosophy. Almost everything we eat or drink has calories in it. We need to feed our bodies the best foods we can for energy and fuel, to fight diseases, and to keep us healthy. Of the calories we are allowed everyday, we need to make sure we get the most from the foods we decide to eat.

Here is another illustration of my **"every calorie counts"** philosophy. Have you ever thought about how many steps you'd have to take to burn off one M&M? My first guess was 60 steps. What do you think? The correct answer is: 130 steps!!! Isn't that incredible? So think about that, after you eat just one M&M, you need to take 130 steps to walk it off. Can you imagine how many steps to walk off the whole bag? I recently attended my fitness conference in Chicago and one of the presenters told us this alarming news. YIKES!

I am sorry if I had to be the one to break the news to you that there are calories in cookie crumbs. Guess someone had to tell you. Anyway, make it your goal this holiday season to make the most of your calories. And remember when making those special holiday cookies, **every calorie counts!**

## Monthly Fitness Tips



Want or need to burn calories quick this busy time of year? Based on popular demand, here is a list of "The 10 Best Calorie Burning Exercises."

- |                        |                                   |
|------------------------|-----------------------------------|
| • Spinning             | 425 calories burned in 30 minutes |
| • Jumping rope         | 405 calories burned in 30 minutes |
| • Running (6MPH)       | 405 calories burned in 30 minutes |
| • Rowing               | 344 calories burned in 30 minutes |
| • Mountain Biking      | 344 calories burned in 30 minutes |
| • Swimming             | 324 calories burned in 30 minutes |
| • Jogging              | 324 calories burned in 30 minutes |
| • Elliptical Trainer   | 292 calories burned in 30 minutes |
| • Cross-Country Skiing | 284 calories burned in 30 minutes |
| • Weight Lifting       | 243 calories burned in 30 minutes |

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## Kids on the Move

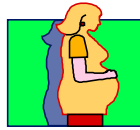


Yes, a new column! I know with a lot of my readers having kids or grandkids, this column should be helpful. This past month I completed my certification in children's fitness. I am hoping to start specializing in this exciting age group of people over the next few months. This month I want to start by giving you some suggestions on how to get your kids more active!

Be physically active. It is recommended that Americans accumulate at least 30 minutes (adults) or 60 minutes (children) of moderate physical activity most days of the week. Even greater amounts of physical activity may be necessary for the prevention of weight gain, for weight loss, or for sustaining weight loss. Here are some ideas/suggestions for your family:

- Plan family activities that provide everyone with exercise and enjoyment.
- Provide a safe environment for your children and their friends to play actively; encourage swimming, biking, skating, ball sports and other fun activities
- Reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games. Limit TV time to less than 2 hours a day.

## Mom's in Motion



**Sip more milk!** I am sure you hear that a lot during your pregnancy or heard it a lot when you were pregnant. Well, it is true. Pregnant women who drink more than one cup of milk daily during pregnancy tend to give birth to larger babies. Studies have found that the Vitamin D in the milk was the most significant predictor of baby size among the nutrients tested.

Pregnant women should drink three to four cups of fortified milk (preferably low-fat or skim), which contains 270 to 440 IUs of Vitamin D every day. Other good sources include egg yolks, beef liver, salmon, and vitamin D fortified orange juice. As you know, milk does a body good!

Especially when you are eating for two 😊

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## Web Site

Tired of surfing the Internet? 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](http://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 Schedule



I know this is the busiest time ever. In addition to the daily rush, we have Christmas shopping to do, cards to send out, and baking to do. Don't be one of those people who ditches their workout until the holidays are over. Exercise is probably the most important thing you can do for yourself this holiday season. Do your best to squeeze it in between shopping trips. You will be glad you did! 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!

