

“THE MESSAGE”
Health & Fitness Newsletter

August 2002 – Issue

~Preview~

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Fit For You

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What's New with **"FIT FOR YOU"**

- **Summer End & Celebration - Special Limited Time Offer!!** Your Choice; 1 month FREE Personal Training sessions (at a rate of 1 day per week) when you purchase a 12-week package - or -
- Or purchase a 24-week package and get 6 Additional Weeks FREE (at a rate of 1 day per week).
- Later this month the On-Line Fitness Library will be updated with many, many new healthy recipes, so don't forget to check it out. Enjoy!
- On-Line Fitness Library article for August - **"Diabetes" Treatment & Risk Factors.**
- **FIT FOR YOU** T-shirts are now in stock and are available in white and a new color, dark blue! Call or email to order yours now!

Diabetes & What You Should Know

Question! What is responsible for contributing to nearly 200,000 deaths each year? It's diabetes mellitus and it's one of the top ten causes of death and it also is recognized as a major factor in cardiovascular disease which itself causes 1 million lives each year. Approximately 16 million Americans have diabetes and about six million people have not yet been diagnosed.

Fact is diabetes can lead to amputation, kidney failure and blindness. Think it can't happen to you? The federal Centers for Disease Control and Prevention report that diabetes is responsible for approximately 86,000 amputations, 33,000 cases of kidney failure and 24,000 cases of blindness.

So what is diabetes? For those who are not sure, diabetes is a chronic and incurable disease wherein the body is unable to produce or properly utilize insulin. Diabetes can cause damage to almost every cell in the body, from the blood vessels of the eyes to the nerve endings of the toes.

The most common form of diabetes is known as Type 2 found in adults and usually develops at a gradual pace. It is very important to recognize potential signs of the onset of this disease and to talk to your doctor right away; frequent urination, excessive thirst, unexplained weight loss with almost constant hunger, fatigue, blurred vision, frequent infections (particularly of the bladder or skin), slow-healing cuts or bruises, or numbness or tingling in the legs, feet or fingers.

The American Diabetes Association recommends adults be screened starting at 45 for this disease with a follow-up test every three years.

What to do – those suffering from Type 2 Diabetes are best served to implement a healthy change in their dietary habits as well as incorporating exercise. Further tips are available by contacting a certified and knowledgeable trainer. At **FIT FOR YOU Personal Training & Nutrition** such issues can be discussed further by contacting **Joe Green** at 579-8257 or by visiting the **FIT FOR YOU** on-line *Fitness Library* where more information is available in the form of tips and helpful information.

Walking & Working It

Think walking isn't much of a workout? Think again – I have several clients who have found out that walking is quite a workout. This activity is a great exercise for a great majority of the muscles in the body and it burns calories. In fact it burns more calories than you might truly be aware of. A brisk walk can burn a significant amount of calories. The key is to incorporate some effective tips to make the most out of walking.

The following tips are recommended to those clients that I train and work with towards their goals of weight loss and fitness.

- **Warm Up** – As with any activity warming up is always a good idea before you really get into it. To warm up, do so by walking for eight to ten minutes at a moderate pace. Be sure to actually time your warm-up.
- **Stretching** – After a good warm-up the muscles are now ready for safe and effective stretching. Stretching while the muscles are warm allows for a better stretch and minimizes the chances of injuries such as strains.
- **Shorten your stride** – Taking steps shorter than your normal stride length obviously results in more exercise as you are taking more steps than usual to complete the distance of your destination. Also quick, short steps will work your glute muscles very effectively.
- **Heel to Toe Roll** – Push off from your heel and roll through the outside of the foot then push through the big toe. Pushing off with the big toe takes some practice so be patient.
- **Squeeze your Glutes** – This will strengthen your low back muscles. Imagine squeezing and lifting your glutes up and back, as if you were holding a piece of paper between them.

- **Tighten up those abs** – While your walking, maintain a standing tall position and pull your abdominal muscles up and in (kind of like what you do when you're zipping a pair of tight pants).
- **Arm motion** – Just like a good runners form, pump those arms while holding them in a 90-degree position. Draw your hand from hip to no higher than eye level and return to hip for each arm while walking. Stand straight, drop your shoulders, squeeze your shoulder blades behind you and push back your elbows with each step. Your arm movement and rhythm should be strong yet smooth.
- **Hold your head up** – Look ahead approximately 10 feet and imagine you are wearing a baseball cap and have to look up just enough to see the road ahead. This will help to keep your neck properly aligned.
- **Chest Up & Shoulders Back** – Perfect posture is key here and a great chance to practice it to help get the most out of your routine walk for exercise.
- **Enjoy yourself** – Dress comfortably and appropriately for the forecasted weather. Get a partner to walk with, find a scenic route, listen to your favorite music and vary your route.
- **Avoid injury** – Wear shoes that are specifically designed for the type of walking you are going to do. If you have issues with your feet, arches, calluses, etc, address these issues before the start of a serious walking program.
- **Walking in Reverse** – Turn around and walk, back pedaling. Make sure you are on level ground and that you are not in danger of walking into anything behind you. Keep the same mechanics as described above when walking forward and enjoy this intense change of pace. Try this somewhere in the middle of your walk for 10 minutes or so and feel the results!

Monthly Menu Recipe

Zesty Grilled Chicken

4 boneless, skinless chicken breast halves
1/3 cup mango chutney
3 tbsp honey
2 tbsp lemon juice

1 tbsp reduced-sodium soy sauce
1 tsp curry powder
½ tsp ground cumin

Arrange chicken breasts in a glass-baking dish. Combine remaining ingredients in a small bowl and pour over chicken. Turn pieces to coat both sides with marinade. Cover and marinate in the refrigerator for 1 hour.

Prepare grill. Remove chicken from marinade and grill over medium-hot coals for about 5 minutes per side, until chicken is no longer pink. Baste often with leftover marinade. Serve immediately. Makes 4 Servings. *Per Serving: Calories: 263; Protein: 33.2grams; Carbohydrates: 25.8grams; Fat: 2.6grams; Sodium: 802mg; Fiber: 0.2grams; Cholesterol: 82mg.*

Pep Talk

A dream starts with a vision, is shaped by effort, wrapped in results and is celebrated with memories.

- Joe Green