"THE MESSAGE"

Health & Fitness Newsletter

AUGUST 2003

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WHAT'S NEW WITH FIT FOR YOU?

WIN-WIN FITNESS CHALLENGE!

The positive response to this contest has been great. So we're going to run it this month as well and open it up to another group of 5 people who would like to get into the best shape of their lives for just $39! And… maybe even receive one of the top prizes on top of all of the benefits from participating in this program.

As stated in last month's newsletter, here are the details…

- **LET'S MAKE A DEAL?** No it's not that old game show from how long ago, but it is a deal you don't want to pass up. I am looking for 5 participants to enter into my "Win-Win Fitness Challenge" Contest! You've heard of the Body For Life contest, well this is similar.

Sign Up Today! First Five To Register Are In!!! You can't lose, you get into better shape, look and feel great no matter what and you could win prizes on top of it!! *See the registration form on page 4.*

You pay an entry fee of only $39 to get in the best shape of your life within 90 Days and you're eligible to win prizes!!!

DETAILS!

- You participate in a complete fitness analysis screening;
- You agree to give testimony to your results!!!
- You receive **(3) customized nutrition plans** – one for per month for three months!
- You receive your very own customized exercise programs to follow for 90 days, **you get a new program every 30 days!!**
- You receive your very own cardio programs to follow for 90 days, 3 programs with detailed instructions to help you **burn more calories than ever, before!**
- **You pay an entry fee of only $39 to get in the best shape of your life within 90 Days with prizes!!!**

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YOU COULD WIN…

- A Complimentary **RELAXATION MASSAGE**!
- A **FREE COPY** of my exclusive, soon to be published **"In-HOME" Exercise and Ultimate Fitness Bible – Book** before it's released for sale, learn all of the information and tips I've shared at seminars and learned at fitness events where trainers of the stars have attended.
- **$50 CASH – IN HAND!**
- **A Gift Certificate** For your car to be **Detailed, wax, wash, shine, and interior cleaned and scotch guarded.**

➢ Joe will be the featured guest speaker at the **Cornwall, PA. Parkinson's Disease Support Group on September 15, 2003 at 2:00pm**. There, Joe will talk about the benefits of his stretch and flex program in combination with exercise and the effects it has on the management of Parkinson's disease.

➢ **Fitness By Phone®** -This amazing program is available once again! Joe is a certified Master Fitness By Phone Coach. This enables him to work with the busiest of people without even meeting with them! Imagine that, receiving detailed coaching instruction and having access to your fitness coach whenever you need without having to go to the gym or even set up several appointments to meet with a trainer – all while you save the cost of your gym membership, gas expense and travel time. Just $23 per session with a Money Back Guarantee!

It's amazing and it's convenient, I look and feel great - I'd recommend it to anyone…" Do you want to find out more about this exciting program to see if you qualify? Call or send an email and ask all the questions you like, absolutely FREE!

You can reach Joe by phone at (717) 579-8257 or by email through his website at: **www.phyt4u.com**

RECIPE OF THE MONTH

LEMONY CHICKEN PICCATA

4 boneless, skinless chicken breast halves (about 4 oz. each)
1/4 teaspoon each salt and freshly ground black pepper
2 teaspoons butter
2 lemons, peeled & sliced
2 teaspoons capers
1 1/2 cups dry white wine

Season chicken breasts with salt and pepper. In skillet over medium-high heat, melt butter. Add chicken; cook 3-4 minutes, turning once. Transfer to a warm platter. Add lemon slices and capers to skillet; cook 1 minute. Increase heat to high, stir in wine and simmer 5-7 minutes or until liquid reduces to 1 cup. Return chicken to pan; cook for 1 minute, turning once, to heat through.

Serving Size: 4 - 172 Calories; 3g Total Fat; (16% calories from fat); 27g Protein; 4g Carbohydrate; 71mg Cholesterol; 289mg Sodium; 1 g Fiber.

PEP TALK

"Obstacles are the frightful things you see when you take your eyes off the goal."

- Henry Ford

"AB – SOLUTELY THE ROAD TO SIX PACK ABS!"

By Joe Green

People ask me all of the time, how can I get those ripped washboard looking abs. It starts with the part you dread the most and that is with your diet. If you want your abs to be visible, or if you want the legendary six-pack, then you must reduce body fat! There is no other way to get the washboard look. This is accomplished through a nutrition program that places you in a slight caloric deficit, includes weight training to stimulate the metabolism and incorporates supplemental cardio to burn additional calories. Forget the pills, powders and shakes that promise to melt away the fat, there's no substitute for doing it the right way.

If you already know this and want a routine that is effective and produces results, then read on!

After providing a description of each exercise and a description, I will explain exactly how to perform it as well as how frequently. The key to any exercise is the actual movement, but even more important is the level of intensity that you give it.

1. REVERSE AB CURL

Lie on the floor with your back relaxed and your hands on the floor by your hips. Keep the upper back pressed into the floor throughout the exercise. Contracting your abs, raise your butt and gently roll your hips off the floor -- stopping when you feel a full contraction of the abdominals and can no longer lift your hips. Slowly return to the starting position. Exhale while lifting your hips and inhale while returning to the starting position.

This exercise is for the lower abdominal. I'm always amazed by how many people start their ab routine with some sort of a crunch movement for the upper abs. Yet, most of the complaints I receive pertain to the lower portion of the abs. In this case, we start with an exercise for the lower abs.

2. INCLINE BENCH LEG RAISES

Staying with the lower abs lie on an incline bench and stabilize your body by gripping the bench above your head with your legs extended out -- but do not lock your knees. Contracting the lower abs, raise your legs up until your hips form a 90-degree angle. Slowly return to the starting position -- stopping just short of your legs touching the bench. Exhale while lifting your legs and inhale while returning to the starting position. Point your chin toward the ceiling to avoid using your upper body. To increase the difficulty, cross your arms over your chest. If you have a bad back don't perform this movement!

3. CABLE KNEELING ROPE CRUNCH

Now for the upper abs, if you have never performed this movement, you are in for a real treat. It works the abs great and is easy on the lower back. Kneel in front of the cable machine with your body facing the machine. Hold a rope attached to the upper cable attachment, and keep your elbows in. Contracting the abdominals, curl your body downward toward your legs -- stopping when you have reached a full contraction of your abdominals.

Slowly return to the starting position -- stopping just short of the weight stack touching. Exhale while

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lifting the weight and curling down. Inhale while returning to the starting position.

4. DOUBLE CRUNCH

Lie on the floor face up. Bend your knees until your legs are at a 45-degree angle with both feet on the floor. Your back should be comfortably relaxed on the floor.

Place both hands crossed gently over your chest. Contracting your abdominals, raise your head and legs off the floor toward one another. Crunch hard and tight! I want you to hold the contraction at the top of the movement for one second. Slowly return to the starting position -- stopping just short of your shoulders and feet touching the floor. Exhale while rising up and inhale while returning to the starting position. Keep your eyes on the ceiling to avoid pulling with your neck. This exercise will affect both the upper and lower abs with more of a focus on the upper area.

5. ABDOMINAL VACCUMM

This exercise works the transversus abdominis. It will help pull your stomach in, creating more of a flat look! It's easy and it works. In a seated position, exhale all the air from your lungs. After completely exhaling, pull the abdomen inward and hold for 20-30 seconds. Continue to breathe lightly through your nostrils, but make sure you are pulling your abs in as if you are attempting to make your abs and back touch.

ACTION PLAN:

For three weeks, perform each movement slowly and at your own pace. Try for 15 reps on each exercise and take your time moving from one exercise to the next. Perform only one cycle. A cycle is defined as performing all the exercises for one set each.

After three weeks, perform each movement in succession (so that when you finish with one exercise for 15 reps you go directly to the next exercise without stopping). Don't worry if you can't get 15 reps. The key is to keep the intensity level high and a constant contraction on the abs. As you progress, you will be amazed at how many reps you can perform and how hard and tight your abs get.

After one entire cycle, rest for a minute and then repeat. Do as many as possible, even if it's only a few by the last exercise. If you are a beginner, then I recommend that you only perform exercises 1, 2 and 5. For all others, perform three total cycles and expect to be challenged! Perform the routine 2-3 days a week and never two days in a row.

That's it! Anyone looking for a challenging ab workout now you have it. Remember to work hard and intensely but always use perfect form.

LOOK AND FEEL YOUR BEST WITHOUT PILLS, POWDERS OR SHAKES– OVER 25 HEALTHY EATING TIPS!

By Joe Green

Most agree that they could stand to eat a little better. Well if you did in fact eat a little better you could probably reduce your body fat, lower your cholesterol and increase your chances of living a quality lifestyle while avoiding some of the hazards and diseases associated with a poor diet.

Below are some tips to get you started before you even pick up that dumbbell in the gym or replay that fitness video for the – tenth time.

Reduce Fat and Cholesterol

1. Use skim or low-fat milk and cheese made from skim or low-fat milk
2. Cut back on the amount of fat you use in cooking
3. Use water-packed tuna instead of oil-packed
4. Choose extra lean cuts of meat
5. Trim visible fat from meat
6. Roast, bake, broil, grill, steam or simmer meats and drain fat after cooking.
7. Avoid fried or batter basted foods
8. Remove the skin of cooked poultry
9. Use smaller amounts of meat and stretch it by serving in casseroles with grains and vegetables
10. In a dip or sandwich filling, replace all or part of the mayonnaise with yogurt
11. Serve Canadian bacon instead of regular bacon
12. Use vegetable or peanut oils instead of solid shortening and use margarine instead of butter or lard
13. Try substituting egg whites in recipes calling for whole eggs
14. Instead of using sour cream try a fat dressing on your baked potato.

Control Your Caloric Intake

15. Avoid overeating. Eat only when hungry and just until you're content.
16. Eat in Moderation! Eat a variety of foods, but watch serving sizes.
17. Eat slowly and chew your food well. This allows you to realize you are full before you overeat.
18. Don't automatically go for second helpings, unless it's a low-calorie vegetable or fruit.
19. Decrease your fat and sugar intake and your caloric intake will likely decrease.
20. Eat in a relaxed environment and avoid eating fast. It takes about 20 minutes after you begin eating for your mind to realize that you are full.

Watch Your Sugars

21. Avoid high sugar foods - read labels for words like high fructose corn syrup, dextrose, sucrose
22. Use fresh fruit preferably or unsweetened canned fruit or fruit canned in its own juice.
23. Try using less sugar in your favorite recipes

Reduce Your Daily Sodium Intake

24. Decrease the amount of salt used while cooking
25. Taste foods before you add salt
26. Avoid high sodium foods - read sodium content on the labels realizing that approximately 2000mcg daily is plenty
27. Drain and rinse canned vegetables

Increase Fiber

28. Eat whole grain breads, cereals, and pastas
29. Eat more raw fruits and veggies
30. Nuts and seeds add fiber, but be aware of the additional calories
31. Add bran (1 to 3 tablespoons) into your daily diet. Mix it with cereals, casseroles, tuna salad, and muffins

Increase Calcium

32. Eat two or more servings of calcium-rich foods every day.
33. Examples: milk, cheese, yogurt, ice cream, cottage cheese, sardines or salmon (canned with bones), dried beans, tofu, broccoli

RESEARCH & REPORT CORNER

NEW DEVELOPMENTS IN UNDERSTANDING PARKINSON'S DISEASE

Scientists have made real progress in understanding the causes of Parkinson's disease (PD) in the past decade. Several genes have been discovered that either cause PD or increase the likelihood of developing it, and further knowledge has been gained about environmental toxins that increase the risk of PD. Significantly, a clearer picture is emerging of exactly how cells die, which is laying the groundwork for developing treatments to slow or prevent the death of vulnerable brain cells.

Parkinson's disease is a neurodegenerative disease, meaning it is caused by progressive degeneration and death of neurons, or brain cells. Other neurodegenerative diseases include Alzheimer's disease and Huntington's disease. In Parkinson's disease, neurons in a part of the brain called the substantia nigra die off. The loss of these cells causes the symptoms of the disease.

While much remains to be learned, the picture that is emerging indicates that PD develops when **genetic susceptibility** combines with environmental triggers. The substantia nigra neurons may become unable to cope with normal levels of excitation, and abnormal proteins may build up within the cell. The brain tissue that surrounds these cells may become inflamed, leading to additional problems. In his Presidential Lecture at the American Academy of Neurology's 55th Annual Meeting in Honolulu, Stanley Fahn, MD, presented an overview of some of these new developments in the understanding of Parkinson's disease. Dr. Fahn is Director of the Center for Parkinson's disease and Other Movement Disorders at Columbia University, and is one of the most respected leaders in the world in the field of Parkinson's disease.

The Importance of a Gene Called 'Parkin'
A gene called parkin has generated a great deal of excitement in recent years. The parkin gene was first implicated in early-onset PD, in which symptoms begin as early as age 30. This gene was originally thought to only be responsible for disease in people who inherited two defective copies of this gene. This type of inheritance pattern is called "**autosomal recessive**." More recently, Dr. Fahn said, it has become clear that **mutations** (abnormal changes) in the parkin gene are found in many people with typical late-onset PD (though this still represents only a small fraction of all PD patients). A study published during 2002 described 35 patients with PD who had parkin mutations and whose symptom onset was after age 60. Thirty of these patients had only one, rather than two, defective gene copies. This genetic condition is called **heterozygosity**. This finding may indicate that the likelihood of developing PD increases with decreasing function of parkin, so that two defective genes leads to early onset, while one defective copy leads to late onset.

"Probably more cases are gene-related than we had previously appreciated," Dr. Fahn said. "Parkin and the other autosomal recessive gene mutations need to be closely evaluated in the **sporadic** adult-onset PD population. It may be that heterozygous mutations of these recessive genes could account for many adult-onset sporadic cases of PD."

What does this mean for people who have PD? Further study will be needed to assess what proportion of people with typical late-onset PD carry a single parkin mutation, and it is too soon to tell how great the increased risk is from such a single mutation. In any event, it is likely that the mutation only leads to PD in a person also exposed to other risk factors. As Dr. Fahn states, "The great majority of cases are of unknown etiology and these are suspected to be due to a combination of both genetic and environmental factors."

Misfolded Proteins and Toxic Protofibrils
Parkin's normal function also provides a clue to the molecular events underlying cell death in the substantia nigra, the part of the brain that degenerates in PD. Proteins in all cells must fold up into the right shape in order to function, and misfolded proteins can cause trouble. The parkin protein normally helps the cell dispose of misfolded

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proteins. A growing body of evidence indicates that defects in this protein "disposal system" may be a central step in the development of PD.

One protein that is often misfolded, even in people who do not develop PD, is alpha-synuclein (AS). Dr. Fahn explained that unless misfolded AS is quickly disposed of within the brain cell, it might link up with other AS proteins to form structures within the cell known as "**protofibrils**." New research indicates these protofibrils may be toxic. These fibrils may cause damage by puncturing the little sacs inside the cell that contain dopamine. Dopamine is a neurotransmitter, a chemical released by one neuron to stimulate another. Substantia nigra neurons produce large amounts of dopamine, which they must store before releasing it, in order to prevent it from damaging the inside of the cell.

The AS protofibrils are stabilized in the presence of a breakdown product of dopamine, called dopaquinone. Stabilization prolongs their toxic effect, further damaging the cell. According to this model, then, accumulation of AS (due to a protein breakdown defect), combined with dopaquinone (which is found wherever dopamine is made), creates a toxic environment for the cell. If this model is correct, it helps explain why substantia nigra neurons are so vulnerable-they are one of the main producers of dopamine in the brain. "This model explains the selective toxicity of alpha-synuclein," Dr. Fahn said.

Inflammation: Making a Bad Situation Worse

Inflammation, which is the body's response to tissue damage, is known to occur in the brain of patients with PD. "Inflammatory changes are not primarily responsible for PD," said Dr. Fahn, "but may aggravate its **pathogenesis**, and anti-inflammatory drugs may have potential as treatments." A new study indicates that so-called COX-2 inhibitors, which inhibit inflammation, can also directly inhibit production of dopaquinone, indicating they may have a dual mechanism of therapeutic action in this disease. (COX-2 inhibitors are currently being used to treat arthritis.)

"Several pathogenetic mechanisms appear to be playing a role in the development of PD, and they interrelate with each other," Dr. Fahn said. "Attempts to slow the progress of PD will likely be more successful if multiple targets can be attacked simultaneously."

It is too soon to know if COX-2 inhibitors, or any other agent, will actually help slow PD. Selegiline, commonly used for PD symptoms, has also been examined for its potential to slow PD progression. Despite more than a decade of study, no firm answer to this question is in hand. Other agents currently being examined to see if they can help slow down disease progression include coenzyme Q10, an antibiotic called minocycline, and a drug called rasagiline (which is also used to treat the symptoms of PD). People with PD may be able to enroll in a clinical trial testing the long-term safety and effectiveness of such agents. Interested individuals should discuss this with their neurologist or visit www.clinicaltrials.gov for details of these studies.

-Reported by WE MOVE
Richard Robinson, Editor

COMING UP IN NEXT MONTH'S ISSUE…

- **Senior-cize – Exercise At Any Age: "Find Out How This 70 Year Old Became Stronger and Got Into The Best Shape Of Her Life Now Than She Was 20 Years Ago"**
- **Research & Report Corner: Parkinson's & MS - More FYI Details That You Won't Want To Miss!**
- **Monthly Menu Recipe: Learn about another delicious and healthy recipe that you can make...**
- **More Fitness Related News and Tips You Won't Want To Miss - In The Next Issue of "THE MESSAGE" Health & Fitness Newsletter.**