



## “THE MESSAGE”

Health & Fitness Newsletter

December 2002

### WHAT'S NEW WITH “FIT FOR YOU?”

- Purchase a Gift Certificate for a great Holiday Gift. Each Certificate you purchase you get a **FREE** session for yourself. Gift Certificates can be purchased for \$20.
- New for 2003, FIT FOR YOU Personal Training Services will offer massage as one of its services. After the stress of the holidays or after a great workout a relaxing massage is just what you need. Call or email Joe for more information.
- Q & A (Question & Answer) – Something you wanted to know, would like an opinion on? Well just ask! You can call or email your question into Joe. If your question is selected from the drawing you will see the answer to it in the next issue of the health and fitness newsletter –and-

you will receive a **FREE GIFT! FREE INFO, FREE ANSWERS, FREE GIFT - JUST ASK JOE TO GET THE ANSWERS YOU NEED!**

- **THINK SPRING – FITNESS PACKAGE** is a great way to shed the winter blues and get ready for the great weather ahead. While it's hard to imagine now, it will be here in no time.

#### **The Fitness Package includes:**

**\* 10 Low Fat Recipes sure to help you get into great shape with \* 10 In-Home Training Sessions and \* A Written Exercise Plan to follow to be fit and ready by Spring!**

**Purchase this fitness package by January 1<sup>st</sup> and you save 50% off the cost! Call or email Joe to purchase this great package today!!**

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## NEW YEAR, NEW YOU WITH THE GIFT OF LIFE

The holidays are here, and as we count our blessings it's now time to start thinking about your health and of those around you. In this issue Gift Certificates have been enclosed for you to use personally or as a gift to someone you care about this holiday season.

Additional Gift Certificates can be purchased for as little as \$20 per certificate. There are three certificates to choose from. Whether it's a stocking stuffer or a last minute gift idea, these certificates are great. Surprise a couple of those repeat New Year's Resolutions people with the professional help they need to succeed once and for all.

Look under the **WHAT'S NEW WITH “FIT FOR YOU?”** to see some additional special offers. You will find valuable offers for current Fit For You clients.

**For more information about Fit For You contact:**

**Joe Green**  
**CFPT, CSNC, MFBPC**  
**Fit For You**  
**Personal Training & Nutrition**  
**[www.phyt4u.com](http://www.phyt4u.com)**  
**Phone: (717) 579-8257**  
**Fax: (717) 260-9016**

## SEEDS OF SUCCESS "FLAXSEEDS"

Written By Joe Green

Plant the seeds of good health. Here's one to start with. Flaxseed is a good source of oil containing omega-3 fatty acids, beneficial nutrients that may improve heart health and lower your risk of cancer.

Flaxseed comes in seed or liquid oil form and has been valued for its laxative properties and in lowering cholesterol. Flaxseed also contains a soothing agent that gently eases constipation and has been noted in its assistance in relieving chronic constipation which often marks irritable bowel syndrome.

Science is fascinated with flaxseed's anticancer possibilities. Research is still in its preliminary stages however some studies are showing that alpha-linolenic acid (a rich oil produced from flaxseed) may regulate cancer cell growth.

Added to those list of benefits is that flaxseed may also help to prevent kidney problems in people with lupus, in which the immune system attacks body cells. Safe to say, flaxseed benefits go a long way towards ensuring better health.

For more information feel free to contact Joe at your convenience.

## TIP FOR DECEMBER

Written by Jeanne L. Troy of  
Troy Consulting

**If you donate \$250 or more at one time, whether individually or corporately, to any charity, by law they are required to send you a charitable donation form. This form details how much you donated, in what form (cash, check, stock, etc.), date received, and what, if any, goods or services were exchanged in return for the donation.**

**By receiving such a form, you can easily track your giving throughout the calendar year and aids in income tax preparation.**

**Troy Consulting - "Helping You Help Others"**

**Jeanne L. Troy, President  
1417 Silvercreek Drive  
Mechanicsburg, PA 17050  
Phone: 717-439-0987  
Fax: 717-761-2701  
Email: jltroy@epix.net**

**Specializing in non-profit and corporate partnering, general development and fund-raising, and cause related marketing. We can help you help others!**

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## RECIPE OF THE MONTH

Written By Joe Green

California Turkey Chili

1 cup bell peppers, chopped

1 cup of onions, chopped

2 cloves garlic, minced

30 oz canned dark red kidney beans, drained & washed

29 oz crushed tomatoes

1 cup of water

3 cup turkey light meat, skinless, cooked and cubed

1 tbsp chili powder

1 tsp coriander

1 tsp cayenne pepper

1 cup of low-fat cheddar cheese, shredded

In a skillet, combine bell peppers, onions, and garlic. Cook over low heat until tender. Then, add beans, tomatoes, water, turkey, chili powder, coriander, and red pepper flakes. Simmer 25 minutes. Serve topped with shredded cheese.  
*Serving Size: 8 Servings – Calories: 259, Calories From Fat: 8%, Fat: 2g, Cholesterol: 39mg, Protein: 27g, Sodium: 658 mg, Carbohydrates: 30g, Fiber: 8.8g.*

## **ANOTHER FAD DIET BUST – “THE DR. BERNSTEIN DIET”**

Written By Joe Green

After some research into this much talked about diet as of late I quickly learned that this diet is the same as so many others out there. The biggest difference other than a few small details is that the diet simply bears a different name. This one is called the Dr. Bernstein Diet.

This diet is not much different at all from all of the others in its means of achieving fast and unsafe weight loss. The Bernstein Diet is basically a low carbohydrate, high protein diet. Like so many others before, the Atkins diet, The Zone, Sugar Busters, Protein Power and Suzanne Sommer’s Eat Great, Lose Weight diet they all propose nutritional practices that are sure to fail in the long run.

Nothing shy about this guy as Dr. Bernstein shares information on the costs associated with his weight loss plan. The consultation alone will cost you \$195 to \$235. Added to that there is a \$100 charge for services and injections. Dr. Bernstein says that it will cost

approximately \$1000 to lose about 35 pounds. Wow!

So what he is saying is that it will cost you about \$28.57 per pound that you lose. Seems likely that you will lose more money than weight!

This diet is primarily targeted for those with diabetes and with issues of insulin resistance. The diet consists of a recipe of vitamins and medication. Clients are actually injected with a combination of vitamin B6 and B12 three times per week.

What truly fuels the quick weight loss is that Bernstein recommends a caloric intake of just 450-500 calories per day. Are you kidding me, people actually pay this guy to receive injections and starve just to lose weight. Calorie deprivation, which is what this is, will assist you in losing water weight and if done long enough the body will feed on muscle and you could even jeopardize bone density.

Worse yet feeling nausea and light-headedness is not normal or healthy. Dry flaking skin and a host of other long-term health consequences associated with a diet that pushes high protein intake and

restrictive carbohydrate intake can be expected.

Think 450-500 calories isn’t bad well then consider this. A 7 ½ - ounce Cinnabon has 670 calories. A Dunkin’ Donuts blueberry muffin has 490 Calories. So with just these examples in mind and so little to eat you have either exceeded or come close to your food for the day and haven’t even had a drink much less reached lunchtime.

This is not only crazy it’s unhealthy and incredibly rough on your body. Low caloric intake disrupts the normal processes of metabolism. The diet claims that people rapidly lose (4-5 pounds per week). I have a question for those people. What will they do with the considerable amount of “lose hanging skin?” Note, this diet as with most out there does not strongly promote if at all any exercise.

When evaluating this diet or any other out there pay close attention to what has to be done and investigate the total costs involved. Do your homework and do some research and/or check with me and I will give you “the scoop” and save you some time, money and frustration.

## GOING NUTS!

Written By  
Joe Green

Nuts have their share of benefits and their place in a healthy nutrition plan. They are a great source of Vitamin E and add healthy fats with fiber and protein to your diet.

Peanuts are noted for their appetite control effects and have a great lists of benefits such as high protein and high fiber. One study shows that peanuts satisfy hunger up to five times longer than some high-carbohydrate snacks like rice cakes.

A ¼ cup at a time is usually what I recommend as part of a healthy and nutritious snack. Below are the nutritional values for the nuts I have listed below:

Nuts	Calories	Protein	Carbohydrates	Fat	Fiber
<b>Almonds (22 nuts)</b>	169	6g	0.5g	15g	3g
<b>Cashews</b>	163	5g	8g	13g	0.1g
<b>Peanuts (28 peanuts)</b>	166	7g	6g	14g	2g
<b>Pecans</b>	189	2g	5g	19g	2g
<b>Pistachios</b>	164	6g	8g	14g	3g
<b>Black Walnuts</b>	172	7g	3g	16g	1g

The nutritional information provided is for a serving size of 1 ounce which is about ¼ cup assuming the nuts are shelled and no oil added.

There are other noteworthy nutrients in the nuts mentioned above as follows:

**Almonds** – Vitamin E, copper, iron, magnesium and zinc.

**Cashews** – Copper and magnesium.

**Peanuts** – Vitamin E, manganese, iron and selenium.

**Pecans** – Manganese.

**Pistachios** – Vitamin E, copper, iron.

**Black Walnuts** – Omega – 3's.



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### Next Month's Issue!

**Do It Yourself "Mini-In-Home Training Program" – Exercises you can do that burn the most calories** Written By Joe Green

**A Supplement Review – Staying Alive or Willing To Die? Find Out!**

Written By Joe Green

**Your Life, Your Choice – What Life Style Coaching Can Do For You**

Written By Gigi Jantos, Wellness Consultant

**Your First Massage - What Should I Expect At My First Appointment? -**

Written By Rebecca Earley, LMT

### PEP TALK

*There is more in us than we know. If we can be made to see it, perhaps, for the rest of our lives, we will be unwilling to settle or less."*

- Kurt Hahn-Founder,  
Outward Bound

## HOW TO CHOOSE A MASSAGE THERAPIST

Once you have decided that you will benefit from massage therapy, you may be left wondering how to choose a therapist. The best way to find the perfect match is to ask the right questions!

**1. Ask about their training and membership to a professional organization.**

It may surprise you to know that there are no laws (yet) in the state of PA regarding massage therapy. Anyone can hang out a shingle and call themselves a therapist, even though your barber or hair stylist must have a state license.

Make sure your therapist attended and graduated from a state accredited school. It will also be a bonus if your therapist has been nationally certified by the NCBTMB. Your therapist should also belong to a professional organization such as ABMP or AMTA. This will assure that your therapist has appropriate professional insurance.

**2. As what type of massage therapy they practice.**

There are literally dozens of different types of massage, known as modalities. You may not be sure exactly what type of massage is appropriate for you, but here are some basic guidelines:

**IF YOUR GOAL IS...**

Relaxation & Stress relief  
Enhancing athletic performance  
Relief of muscular tension  
Energy Balancing  
Relief from edema

**YOU MAY BENEFIT FROM...**

Relaxation, Esalen  
Sports Massage, Rolfing  
Neuromuscular, Myofascial, Trigger Point  
Shiatsu, Accupressure, Craniosacral  
Manual Lymph Drainage

This is just a sampling of what is available, but it should give you a clue to whether a particular therapist will be a match for you.

**3. If you have a medical condition, make sure your therapist has an understanding of your condition.**

Your therapist should take a complete medical history at your first appointment. At this time, your therapist should ask about any medications you are taking and current medical care. In some instances, a therapist will require a doctor's release before treatment can begin. On a properly trained therapist will be able to determine what type of massage will be appropriate for your individual situation.

**4. Never be afraid to speak up – and make sure your therapist listens!**

If you prefer not to have certain body areas worked on, make sure you tell your therapist. Also give honest feedback about the pressure and speed of the massage. If your therapist cannot adjust his/her massage to your individual preferences, you may need to look for another therapist.

**5. Get a referral from a trusted friend.**

Getting a referral is a great way to find a good therapist. Just remember that we all have different personalities and styles - make sure you still go through steps 1-4 before making your final decision!

Rebecca Earley, LMT  
Advanced Touch Therapies