



# “THE MESSAGE”

## Health & Fitness Newsletter

DECEMBER 2003

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Information contained within this newsletter and any other related information is intended to help educate those afflicted by movement disorders such as Parkinson's, etc. and their caregivers about their conditions, and to allow them to access useful information about movement disorders on the "Information Highway". It is not intended to provide treatment or replace appropriate medical care by a licensed, qualified physician. If you intend to act on any information found, this should only be done after consultation with your physician.

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) 545-2595

## WHAT'S NEW WITH FIT FOR YOU?

### ➤ GIFT CERTIFICATES – GIVE THE GIFT OF HEALTH & FITNESS!!

You can purchase any one of the three packages below:

#### #1. “START MY NEW YEAR WITH A NEW ME PLAN”

- Fitness Analysis
- Health Screening
- (2) Customized Workout Programs to follow on your own
- (3) 30-minute sessions with (1) FREE Session just to get started!!
- \$79 to purchase the best gift under the tree or in the stocking...

#### #2. “JUMP START MY RESULTS FITNESS PLAN”

- Fitness Analysis FREE!
- Health Screening FREE!
- (6) 30-minute sessions (Plus... Joe's Mini-Guide To Exercising!)
- Sample Menu Planning & Nutritional Guidance
- \$119 to get your body back in the groove after the holidays, Think Spring!

#### #3. “SIX MONTHS – TO SUMMERTIME 2004 FITNESS PLAN”

- Fitness Analysis
- Health Screening
- (10) 30-minute sessions
- Sample Menu Planning & Nutritional Guidance
- Massage - 10 minute neck/back relaxation massage
- Lose 10 lbs or one full waist size and get (2 Free Tanning Sessions or a \$10 Gift Certificate to your favorite place to shop)
- \$159 Sooo... hot for summer, now's the time to start getting ready!!

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## WHAT'S NEW CONTINUED...

### ➤ HOLMES CYCLING & FITNESS

Stop by Holmes for the best selection of quality fitness equipment for cycling, working out and more. You can't go wrong with experts like this, in fact I have written a **Special Report "The Ultimate Workout Guide"** packed full with exercise tips, "must know" secrets that reshape just about any physique that most trainers won't share and more. It's available for FREE at Holmes. Simply stop by at 2139 Market St. Camp Hill, PA 17011.



## DYING TO LOSE WEIGHT?

By Joe Green

Robert Atkins, who died at the start of the year, perfected his diet from research started in 1972. He was one of the first doctors to recommend the elimination of starchy foods, fruit and vegetables in place of meat and fattier foods, a concept that cardiologists have criticized.

I'm always amazed at how crabby Atkins dieters are. Don't believe me, then try debating with one of the followers of this diet trend. They are offended, defensive and angry all in one breath. Wow, take it easy – what's wrong? Wrong, I'll tell you what's really wrong. These dieters are following the recommended advice to cut out a majority of carbohydrates from their daily diet.

Just writing about this topic a few names and faces come to mind and their probably brewing and building with anger. Hmmm, I can relate to that but not because I followed the Atkins diet – instead I competed in bodybuilding competitions and there is a common element. Both of us are guilty of cutting

carbohydrate levels down to an unsafe level. Problem is Atkins dieters carry this on far too long.

Here's the golden nugget in this article. Bodybuilders cut their carb intake down really low in order to lose water so that their muscle definition shows after hardcore dieting. Hmmm, wrestlers do something similar to reduce weight. So what's the key here? Atkins people you have to understand you are losing water weight and anytime you lose water you lose it quickly and can lose a significant amount quickly (weight-loss). Worse yet, you're losing water of which we are mostly composed. This is hard on the kidneys amongst many other things within your body. Continue to abuse your body and you'll start losing muscle, which is critical because this is the beginning of the destruction of your metabolism.

Cutting carbs down below the daily-required level (approximately 100 grams or so) is not only crazy it's dangerous. Carbs are the preferred fuel source of the body. In fact carbs are responsible for bodily functions that I'm not sure everyone is quite aware of. Carbs help to give us the energy to go to sleep, that's right it's not a misprint I said sleep. Other benefits include the ability to concentrate, eye focus, speech and when carbs dip low for long enough you're going to need a breath mint, believe me.

With that in mind, let's take a look at what's going on as of late with the Atkins diet. Physicians Committee for Responsible Medicine (PCRM) doctors said the diet has been linked to several deaths and had also caused adverse health effects. Neal Barnard, a fellow PCRM doctor, presented a preliminary report on the effects of the diet.

The PCRM report claimed to show that 42 percent of some 188 high protein dieters, who contacted the PCRM, had described an energy loss, 22 percent had experienced kidney problems including severe kidney infections, and 20 percent had reported heart-related problems. Besides the death of a teenager, the doctors' group reported the case of a 53-year-old man who developed a fatal artery blockage after over two years on a high protein, low carbohydrate diet. The PCRM also highlighted the

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death of a 41-year-old woman who died suddenly from a heart attack while on the diet.

These cases are but a few of the many that we are aware of. The defense presented by the Atkins organization is always the same. They declare that there are studies to support their recommended approach to weight-loss yet we never seem to see these studies in detail. Regardless of proposed studies or temporary results that seem to thrill weight loss seekers I ask these questions;

- Why aren't cardiologists promoting the Atkins diet plan?
- Why is this diet so hard for dieters to stay on for long periods of time?
- Why do people believe they fail diets like this when really it's the diet that has failed them?
- Why hasn't Atkins received a prestigious award of recognition and honor from a scientific renowned organization for a healthy breakthrough for "safe weight loss?"
- Why.... Are people dying to lose weight? Are we so desperate and so naïve as to try anything at any cost?

### ***PEP TALK***

***The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.***

***- Vince Lombardi***

## **Is Curves For You?**

**By Joe Green**

I've been approached with the question – what is my opinion about the new trendy fitness workout center Curves. It all depends on you and what you're looking for in a workout program, quality of a workout and results. Let's examine this a little further.

For starters Curves is a women-only gym that prides itself on fast paced cookie cutter-canned typed of workouts. The Curves program consists of a structured circuit training routine that combines a light version of strength training along with cardio. Members move rapidly around a circle of 8-12 resistance hydraulic type of machines. Between each machine is an area for temporary recovery, which is a square pad for walking or jogging in place. A recorded voice tells members to move to the next station every 30 seconds and depending on the number of machines, each person goes around the circuit 2-3 times followed by stretching for 3 minutes to complete the routine.

With this in mind I believe that Curves yields the greatest results to be had for those who are out of shape due to a sedentary lifestyle and for those who are new to exercising (beginners). Hats off to this organization for motivating people who would otherwise remain sedentary to get up and get moving. However regardless of your status, beginner or not Curves is at best is a temporary short-lived solution. To gain the best possible results, I mean the kind that you're really hoping for deep down inside your heart, you have to have systematic variety in your workout program(s). As I always say, variety is the stimulus for results and the system or planning thereof is the actual recipe for success. This is a fact not an opinion so unfortunately the benefits that Curves has to offer to all of their members is short lived. After a while the results if any will slow and eventually come to a frustrating halt. Our bodies are resilient therefore our muscles have to be challenged.

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## Serious Considerations:

- The resistance machines only provide resistance during the lifting phase of the exercises – so your muscles are only getting a partial workout. ( I don't know about you but if I'm going to workout I want 100% results)
- The instructors are trained and certified only through Curves which is not an accredited organization – translated this means they are *not* personal trainers, they are not required to be certified by any of the of the independent organizations that most health clubs require. (This I find disappointing, not a good place to cut corners not when you're dealing with clients who might have questions about exercise, etc. – you get the same quality answer from person who thinks they know the answers because they read fitness magazines – this feature I don't like.)
- Curves is limited and will most likely fail to adequately challenge avid exercisers, especially those who already workout with weights of some sort. (Remember No Challenge – No Results!)
- This quickie run em' through pace is not good for seniors or those who face challenges that would cause them to move slower between stations. (What are these people supposed to do – imagine how they would feel or I guess this just isn't for them although there are no signs posted as such.)
- The equipment is non-adjustable and we all know that the one-size-fits-all theory is never a good idea especially since we are all different shapes and sizes, tall and thin versus short and stout and so on. (If the equipment isn't adjustable then it's simply not right for everyone and with minimally trained staff I wonder – do they know or can they recognize if a person is getting the proper use out of the equipment they are on? Or are they just exercise supervisors?)
- Minimally trained staff instructors leaves the door open for injury and let's face it, this is the true sign of what results are to come. You're

only as good as your weakest link, well this is Curves weakest link in my mind, the cost... mediocrity.

- Clients that have joined with me after trying out Curves have complained that there aren't any facilities such as showers so if you're going to workout over lunch – well that's your call if you know what I mean.

These places are popping up everywhere, right now they are the rage. In fact across the U.S and beyond a new Curves location opens every 4 hours making this chain the hottest franchise in the world. So if you're still looking to join up with Curves it shouldn't be too hard to find a location near you.

## RECIPE OF THE MONTH

### Fat Free Egg Nog

6 cups skim milk  
8 oz. carton egg substitute  
½ cup sugar  
1 tsp. vanilla extract  
1 tsp. rum extract  
garnish with ground nutmeg and cinnamon

Heat five cups of milk, egg substitute, and sugar in a large saucepan over medium heat, stirring constantly. Remove from heat. Add vanilla and rum extracts. Cover and chill overnight. Thin to desired consistency with remaining milk. Garnish with spices.

## RESEARCH & REPORT CORNER

Did you know that over 89% of individuals with Parkinson disease have a problem with speech and voice? These characteristics include reduced loudness, monotone, hoarse voice and imprecise articulation.

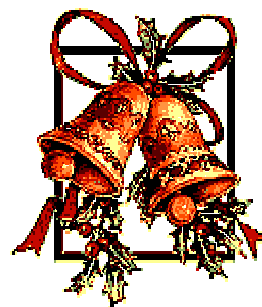
### **Below are 10 Things Every Parkinson Patient and Caregiver Should Know:**

1. You must have a positive attitude, it plays a far greater role than you may realize.
2. You must exercise it does the body good, it helps to maintain your independence!
3. Establish a good relationship and open lines of communication with your doctor.
4. Learn as much as you can about this disease, fear exists in the unknown.
5. Take your medications on time exactly as prescribed.
6. Be pro-active and stay in control of this disease, sure it's tough but don't let it consume you.
7. Practice healthy eating habits, frequent small meals, low in saturated fats, include your veggies, fruits and whole grains.
8. Don't go it alone, reach out and attend support group meetings.
9. You are not abnormal, you simply have a different brand of normal in your life.
10. Don't forget to tell someone special that you care about them, each day is a gift!

### **12 Things Every Caregiver or Significant Other Should Know:**

1. Learn how to face and cope with your partner's physical challenges.
2. Allow your partner to do as much as they possible can while they still can, all within reason and safety.
3. Extend your understanding of what this disease is all about, educate yourself.
4. Talk about your feelings with a support group of caregivers in the same situation.
5. Remember to set time aside for yourself, your interests and friends.

6. Remain positive in thought and word, it makes a huge difference.
7. Understand the role of taking care of yourself as well, your health is equally as important.
8. A range of feelings including resentment, anger, and sadness are all normal reactions to adversity.
9. Encourage activities that involve something both of you can share in and enjoy.
10. Exercise with your partner, learn the same exercises and do them as a team.
11. Learn constructive healthy ways to channel your energy through methods such as Reiki, Tai Chi and stretching.
12. Keep yourself balanced, spiritually deepen your faith



# Happy Holidays From Fit For You