

What's New With "FIT FOR YOU"?

- The FIT FOR YOU website is now in the process of several updates. The "[FIT FOR YOU Services](#)" section has been updated with new information about the services that are available.
- Behind the "[Fitness Library](#)" section, several new pictures and descriptions of exercises are scheduled to be added this month as the library continues to grow. For those who wish to have access to this area, it is password sensitive. If you are interested in gaining access to this area, you may inquire by contacting me at fitforyou1@comcast.net or by phone at (717) 579-8257.
- **NEW!** Personal training, personalized attention and service.... Beginning July 8th 2002 you may call, fax or email me to place an order for supplements that I have suggested for nutritional value and use. I will have supplements such as Whey Protein, quality Meal Replacements and nutritional bars on hand. I will also have more FIT FOR YOU t-shirts in white and blue within the next few weeks.

FIT FOR YOU FACTS Of Interest!

If you enjoy the information presented under this section then please note that this information will only be available at the website www.phyt4u.com in the on-line [Fitness Library](#) section beginning August 2002. Several articles of interest will be placed in this section on a regular basis.

FACT: Perhaps the Surgeon General should add yet another warning to cigarette packs: If you smoke, you double your risk of suffering an osteoporotic fracture.

FACT: Endometriosis is an often painful disease of the reproductive system in which pieces of the uterine lining break away through the fallopian tubes and implant themselves outside of the uterus. Most doctors believe it's the treatment of the disease - not the disease itself that leads to osteoporosis according to DR. John Bilezikian, Prevention Advisor and Director of the Metabolic Bone Diseases Program at Columbia-Presbyterian Medical Center in New York City.

The drug that doctors prescribe most often to treat endometriosis is (GnRH) gonadotropin-releasing hormone. This drug basically shuts down the reproductive system over time, thereby reducing estrogen levels. Bone breaks down more rapidly when estrogen levels drop, according to Dr. Bilezikian

THE AMERICAN FITNESS CHALLENGE EVENT!

Spread the word and tell as many people as you possibly know about this event. Inspired by the recent call by President Bush to all Americans to become more

active under his Healthier U.S. Initiative program I am sponsoring **“THE AMERICAN FITNESS CHALLENGE EVENT.”**

I have decided to join the President’s crusade for a healthier and stronger America by starting right here at home in Harrisburg. I am offering to provide in-home personal training services for two local residents who are not currently clients of FIT FOR YOU, **FREE** of charge for two full months.

To be considered for this opportunity, interested local residents should write their name, address and phone number on a piece of paper, along with one paragraph describing why they need help. Then mail this to Joe Green c/o FIT FOR YOU, PO Box 60322, Harrisburg, PA 17106. Two winners will be randomly selected from all entries on August 31, 2002.

All those who submit an entry will also receive a special free report: *“7 Ultimate Keys To Fitness Success!”* **AND....** Anyone who you talk to about this event, tell them to also write your name down as a reference for how they heard about this event and if their name is drawn and your name is on the entry you will receive (2) FREE training sessions or a gift certificate towards a relaxing massage.

In order to qualify, all entries must be received by August 24, 2002. As President Bush says, “Exercise is a daily part of my life, and I urge all Americans to make it an important part of their lives.”

GET A MOVE ON

Have you ever been startled by a noise or sound or maybe even a near miss accident in the car that just made your heart race? Your heart races and your breathing speeds up, you’ve been suddenly alarmed by the circumstances at hand. It takes a few minutes before you can calm down, a few hard gulping swallows and you start to breathe a little slower and regain your composure.

No, I’m not looking to startle you here but the information that I have to share with you is nothing short of alarming. Americans are not getting enough exercise and quite honestly the statistics we are facing are very startling to say the least. I thought I would share with you some the recent statistics I was able to find, so have a seat and let me ask you if you think we are really a “strong” nation.

Regular physical activity has been shown to reduce the morbidity and mortality from many chronic diseases. Millions of Americans suffer from chronic illnesses that can be prevented or improved through regular physical activity. Did you know that:

- 12.6 million people have coronary heart disease
- 1.1 million people suffer from a heart attack in a given year

- 17 million people have diabetes of which 90-95% of those cases are type 2 diabetes which is associated with obesity and physical inactivity
- Approximately 16 million people have pre-diabetes
- 107,000 people are newly diagnosed with colon cancer each year
- 300,00 people suffer from hip fractures each year
- 50 million people have high blood pressure
- Nearly 50 million adults ages 20-74 (27%) of the adult population are obese
- Overall more than 108 million adults (61%) of the adult population are either obese or overweight.

Even though the benefits of exercise are well-known, most adults and many children still continue to lead a relatively sedentary lifestyle and are not active enough to achieve much of any health benefits. A sedentary lifestyle is defined as engaging in no leisure-time physical activities such as sports, exercising or hobbies such as hiking on a daily basis.

Data from the National Health Interview Survey showed that in 1997-98 nearly 38% adults reported no participation in any type of physical activity. In fact approximately one-third of persons age 65 and older lead a sedentary lifestyle. Studies show that 54% of men and 66% of women age 75 and older engage in no physical activity.

It seems like just yesterday I was chatting with someone about the disappearance of young kids out playing tag, or pickup games of a popular sport. Turns out it's not my imagination at all, in fact more than one-third of young people in high school (grades 9-12) engage in absolutely no regular vigorous physical activity. 43% of those students watch television more than 2 hours per day.

We have to get a move on, we have got to get up and going. We're killing ourselves by just taking our health for granted. You know the elderly folks you see who have trouble getting around, bending over, walking etc. were once young and agile too. They may not have known better but today, we certainly do.

Monthly Menu Recipes

Many new menu recipes will soon be available in the on-line Fitness Library section. If you have not already joined the on-line Fitness Library, contact me to find out more on how to gain access to this area. It's growing with information on a regular basis.

Honey Chicken Nuggets

- 3 tbsp. Honey mustard
- 3 tbsp. Water
- 1 pound boneless, skinless chicken tenders
- ½ cup corn flake crumbs
- Vegetable oil spray

Preheat oven to 400 degrees F. Combine mustard and water in small bowl. Place corn flake crumbs in another bowl. Dip chicken tenders, one at a time, into mustard mixture, then into crumbs. Coat each tender with crumbs. Place on a cookie sheet sprayed with vegetable oil spray. Bake for ten minutes or until chicken is no longer pink inside. **Makes 4 Servings.** *Per Serving: Calories 219, Fat 5 grams, Saturated Fat –less than one gram, Cholesterol 69 milligrams, Sodium 180 milligrams.*

Seasoned Roasted Red Potatoes

- 2 lbs. Small red potatoes, washed (about 6 medium)
- 1 ½ tsp. Olive oil
- ½ tsp. Italian seasoning
- 3 tbsp. Parmesan cheese
- vegetable oil spray

Preheat oven to 375 degrees F. Cut potatoes into slices and place in large bowl. Drizzle with olive oil and toss. Spray roasting pan with vegetable oil spray. Place potatoes in pan and sprinkle with seasoning and cheese. Bake for 55 minutes or until golden brown. **Makes 8 Servings.** *Per Serving: Calories 185, Fat 1.5 grams, Saturated Fat 0.5 grams, Cholesterol 2 milligrams, Sodium 57 milligrams.*

Kitchen Shortcut: For seasoned Roasted Red Potatoes in half the time, pierce the potato with a fork and microwave on High for 10 minutes*. **CAREFULLY** remove **HOT** potatoes from microwave. Using a fork and knife, slice potatoes and place in a large bowl. Toss with olive oil. Spoon potatoes onto a broiling pan and top with seasoning and cheese. Broil on High for 10-12 minutes or until crispy.

*Based on an 850 watt microwave oven. Since microwave ovens differ, check our instruction manual for the proper length of cooking time.

PEP TALK

“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

George Bernard Shaw

F.Y.I. - A copy of the speech given at the American Cancer Society's Relay For Life event will soon be available at the on-line Fitness Library. If you are interested in having a copy prior to the posting of this information feel free to contact me by email at fitforyou1@comcast.net or at (717) 579-8257.