

“THE MESSAGE”
Health & Fitness Newsletter

June 2002 – Issue

~Preview~

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Special Note: In the future the space below will be available as advertisement space for business or personal. Whether you are promoting your business or selling something, send me an email at www.phyt4u.com with all of your information or send me a fax at (717) 260-9016.

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What's New With "FIT FOR YOU"

- Hey! Celebrate with me!! I was recently named "Readers' Choice-Simply The Best" in the Personal Trainer category in *Harrisburg Magazine's* Fifth Annual Best of Harrisburg Readers' Poll. Honorees will be announced in the August 2002 issue of *Harrisburg Magazine*. I am honored and extremely fortunate to have been selected for this award. Share in my excitement, give me a call or send me an email at www.phyt4u.com mentioning this award and I will send you a FREE "FIT FOR YOU" T-shirt and Gift Certificate good towards (2) FREE In-home Training Sessions.
- This month the special continues! Those wishing to make a donation to the American Cancer Society may send a check in the amount of your choice made payable to Joe Green. I will be presenting a check for a combined total of all the donations collected at their annual Relay For Life event, this coming June 22, 2002. I will also be a guest speaker at this event. To further encourage donations I am selling in-home personal training sessions for \$15 per session so that I may have more to give towards the donation later this month. A letter will accompany the check I present advising that all those who care about life and the quality thereof are pleased to make the following monetary donation. I will list everyone's name who made a donation. I thank all of you who have already made a donation!
- The Fitness Library is now open to anyone who wishes to join. Anyone can join you do not have to be a personal training client to join. Encourage others to join and enjoy the wealth of information that will appear in this section of the website. Those who join will receive the login password information so that they may gain entry anytime they wish. This section contains pictures and descriptions of many of the in-home training exercises along with regularly updated information on pertinent health issues and concerns. In fact, this section will be filled with many, many healthy recipes to choose from that do not appear elsewhere along with interesting information on other issues of health and nutrition. Join today, learn and listen to the inside information that will make "the difference" for you. To join simply send an email to me at: www.phyt4u.com or you may send a fax at: (717) 260-9016. Please be sure to include your full name, mailing address with zip code, daytime phone and email address if you have one.
- Since appearing on News Channel 8 wherein I spoke about nutrition and the revolutionary new fitness program "Fitness By Phone®" those who receive this newsletter can enjoy all of the exciting results of this fitness program. During the month of June you may sign on for Fitness By Phone® for a period of 12 weeks for just \$25 per week and I will include a FREE nutrition analysis and menu plan along with the new and improved healthy eating guide (\$125 value).

THE LINK BETWEEN CANCER AND EXERCISE

EXERCISE: The advice given to most cancer survivors by their doctor is usually to take it easy. That coupled with the traumatic experience of treatments and overwhelming fatigue makes that advice seem to be the end all. I have been doing quite a bit of research on this topic not only as a means of expanding my horizon of knowledge on how exercise affects yet another aspect of life but also due to the fact that I will be a guest speaker at an upcoming event later this month speaking to cancer survivors along with their friends and families.

What I am finding is quite interesting and might be surprising to some of you. Fact is according to leading sports medicine researcher Dr. Kerry Courneya from the University of Alberta, Canada, exercise may be the most safe and efficacious type of treatment for most cancer programs. The study of exercise and cancer research has been ongoing for approximately 20 years and has grown into meta-analyses and clinical programs in the US, Canada and Europe. Exercise and cancer research is becoming the premier area of research and program design across the nation.

Cancer patients are now demonstrating a “stronger than ever before” type of will to continue to live longer and feel better overall. The five-year survival statistics from the American Cancer Society are still 55% for overall cancer survival and around 90% for stage I and II diagnoses. There are pilot research programs that suggest people who engage in exercise during the cancer recovery phase may actually improve their survival odds. This raises an interesting question. Can exercise programs improve survival for cancer patients? That is under study but what is certain is that exercise can certainly improve the quality of life in the survival process.

In this instance exercise gives cancer patients some very important benefits. Those who participate in regular exercise improve many of their psychological aspects of recovery such as enhanced mood, less depression, better self esteem with an improved outlook on life. Oh and doesn't stop there. Patients have also reported less fatigue and nausea (independent of anti-nausea drugs), more endurance and improved activities in their daily living. It is expected that patients could certainly enjoy greater balance, overall strength, endurance, improved flexibility, increased range of motion and gait. The current consensus in the medical world seems to indicate that exercise is an excellent complementary treatment for cancer.

Again exercise is not so much of an alternative as it is an available resource that is always within reach. In looking through other literature there are books that have been written on the subject of exercise and how it relates to cancer patients. One book in particular advocates a simple message to cancer patient survivors, “Get up and move it.” With that advice in mind I subscribe to idea that exercise improves overall mobility and decreases overall stiffness. This is a tremendous benefit and wonderful assurance that physical independence is not diminished and that one's self confidence can be

restored once again. Parkinson's patients are slowly discovering the wonderful benefits of exercise and now it's time for cancer patients to enjoy the same.

Just Drop It

There are many varieties to employ to keep your workout routine fresh and results oriented. A technique used to jump - start your results and your overall workout involves using a repetition scheme called drop sets.

Drop sets involve the use of at least three different sets of weight to work out with. The object is start with the heaviest weight chosen, then to drop down to the next heaviest weight chosen to work out with and then down to the least amount of weight chosen to work out with. This is all done with the only pause between sets being the time it takes for you to switch to the next weight. Choose one exercise and perform as many repetitions as possible until you reach muscle failure. It is important to maintain the integrity of your form to continue to gain full benefit from the exercise chosen as well as to prevent the possibility of injury. Note, the object is to train to muscle failure for each of the three sets. Training to muscle failure is not easy as most of us choose to stop when we "think" we cannot continue. Training to failure means you are trying with every fiber of your being to move that weight, as though your life depended on it but you cannot even "budge it." Once you have reached that point then it is time to move to the next weight and repeat and so on.

As an example suppose we chose to do dumbbell curls and chose the 15lb., 12lb., 8lb dumbbells to work out with. Our first set would involve curling the 15lb. dumbbells until we reached muscle failure. Next we must quickly move to the 12lb dumbbells and continue on with the same exercise until reaching failure and then down to the 8lb dumbbells and repeat.

To go through that regimen two or three times is one heck of a workout to say the least. This method can be applied to any exercise both at home or in the gym and for all body parts you wish to train. How often would I recommend doing this you are asking? This is something I would do maybe once or twice every 3 months, not all the time. If done too often you will break down your hard earned lean, tone muscle and that defeats the whole purpose.

So if you're bored or feel like you need something new for your next workout, pick a body part(s) and flush out those muscles and take that old routine and "*Just drop it!*"

Fast Food Facts

Arby's - Breaded Chicken Filet

Carbs - 46grams; Calories - 536; Fat - 28 grams; Cholesterol - 45mgs; Sodium - 1016mgs

Arby's - Garden Salad

Carbs - 12grams; Calories - 61; Fat - 0.5 grams; Cholesterol - 0mgs; Sodium - 40mgs

Arby's - Thousand Island Dressing

Carbs - 7grams; Calories - 260; Fat - 26grams; Cholesterol - 30mgs; Sodium - 420mgs

Arby's - Red Ranch Dressing

Carbs - 5grams; Calories - 75; Fat - 6grams; Cholesterol - 0mgs; Sodium - 115mgs

Arby's - Reduced Calorie Italian Dressing

Carbs - 3grams; Calories - 20; Fat - 1gram; Cholesterol - 0mgs; Sodium - 1000mgs

Arby's - Reduced Calorie Buttermilk Ranch Dressing

Carbs - 12grams; Calories -50; Fat - 0grams; Cholesterol - 0mgs; Sodium - 710mgs

Monthly Menu Recipes

Meatless Meatball Pizza

- 1 Thin Italian pizza shell
- 2 frozen Boca All-American Classic veggie burgers
- ½ cup pizza sauce
- 1 cup fresh baby spinach leaves
- 1 cup shredded fat-free mozzarella cheese

Heat oven to 425 degrees F. Place one thin Italian pizza shell on an un-greased cookie sheet. Shape 2 frozen Boca All-American Classic veggie burgers, thawed, into ½ inch meatballs. Spread ½ cup pizza sauce over pizza shell. Top with meatballs, 1 cup fresh baby spinach leaves and 1 cup shredded fat-free mozzarella cheese. Baked 18-20 minutes or until cheese is melted and light golden brown. Cut into eight slices. *Serves up to four: Per two-slice serving: Calories 315, Protein 21grams, Carbohydrate 41grams, Fat 6grams.*

Fish & Veggie Packets

- 4 lean fish fillets (approx. 5 oz. Each)
- 16 oz. Package of frozen veggies (broccoli, cauliflower and carrots)
- ¼ tsp. Dried dill weed
- 1/8 tsp. Salt
- pepper
- 1 tbsp. Low-sodium chicken broth

Heat oven to 450 degrees F. Place 4 lean fish fillets (about 5 oz. Each) on four 12-inch squares of foil. Evenly divide the 16 oz. Package of frozen veggies thawed, around fish. Sprinkle each fillet with ¼ tsp. Dried dill weed, 1/8 tsp. Salt and pepper to taste. Drizzle 1 tbsp. Low-sodium chicken broth over each mound of veggies. Fold up sides of foil to make a tent; fold top edges over to seal, leaving room for steam. Fold in sides, making a

loose packet; fold to seal. Place packets on a cookie sheet and bake approximately 20 minutes or until veggies are crisp-tender and fish flakes easily. *Serves up to four: Per Packet: Calories 207, Protein 35 grams, Carbohydrates 6 grams, Fat 6grams.*

Pep Talk

Perseverance is strength measured by faith.

-Joe Green

*In your personal pursuits and of your loftiest goals
Do what others are not willing to do
And you will achieve what others only wish they could
Your imagination is your minds eye
See it, believe it and achieve it.*

-Joe Green