



“THE MESSAGE”

Health & Fitness Newsletter

JANUARY 2004

~IN THIS ISSUE~

Back Pain Be Gone.....2

Information Suitable For
Serious Audiences Only4

Pep Talk3

Recipe Of The Month3

Research & Report Corner5

What's New with FFY1

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:
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WHAT'S NEW WITH FIT FOR YOU?

➤ THINK SPRING!

That's right think Spring, it's January and the May flowers are just as anxious to get up and out as you are for warmer weather. Will you be ready this year? While it's gray and cold outside this is the time to "Spring Into Shape!" Get ready, get fit because those April showers will be here in just three months time and I'm here to help with a SPECIAL OFFER!

“SPRING INTO SHAPE” FITNESS PACKAGE”

- 10 Sessions (30) min. each for \$25 Per Session (Save \$22 Per Session)
- (2) Brand New! Fat n' Flab Burning Programs – Yours FREE!
- **FREE BONUS** –First 12 To Sign up - Also New! Learn 7 Best Ab Blasting Exercises That I have to share with you...

Don't miss out on this, I'm so excited I have some Brand New exercises that you won't want to miss. As always, if it's really worthwhile and absolutely fantastic then I've got it and I'm ready to share it with you.

So, I have 12 time slots that I can fill with this particular fitness package offer. The first 12 to sign are in and will undoubtedly be the same people who are out shopping for their swimsuits early this year!!

Those who want to jump-start their fitness programs, get a move on or just simply want to meet summer with a bang should contact me directly by calling (717) 579-8257. I'll speak to each person and/or return the calls in the order, which they are received. I'm ready, are you?

- Joe has been asked to write an article for WE Magazine a women's publication that is based in Lancaster and distributed locally in Harrisburg and surrounding areas. Look for his article "Wellness The Non-Prescribed Medicine For The Mind, Body & Soul" This article is scheduled to run in the January 2004 issue!

Continued on page 2

WHAT'S NEW CONTINUED...

➤ **PLEASE, I NEED YOUR HELP!**

The Fit For You website is up and running but behind the scenes the website is undergoing some serious and exciting renovations. I've found one of the most talented web designers around and he's working hard on the site now. Soon you'll find more information than ever before with more reasons to visit my site. Finding valuable information and much more will be available. I hope this helps me provide information to anyone who is looking for the honest to goodness truth about health and fitness. Please take a moment and read the SURVEY below, jot down your thoughts and please send an email to fitforyou1@netzero.net Thanks, I really appreciate it!

- Is there anything you would like to see on my website?
- What information would you love to have access to about health, fitness and wellness?
- What do you like about the current website?
- What improvements would you suggest?
- What do you like best about the current website?

Other comments and suggestions for the benefit of the website and those interested in a top quality fitness resource are welcome.

Joe Only Recommends the Best - To Meet Your Home Fitness Equipment & Cycling Needs...

Holmes Cycling and Fitness



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Email: allen@holmescycling.com
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BACK PAIN BE GONE

By Joe Green

Whether you're looking for an award winning physique or for simply the best benefits from exercise you have start where it really all begins, "at the core." Core strength via core training is nothing new but it is something that is very important. Core strength refers to the muscles of your abs and back and their ability to support your spine and keep your body stable and balanced.

Before you ask what exercises to do let's identify the major muscles of your core – they include:

- **Transverse Abdominis (TVA)**-The deepest of the abdominal muscles, this lies under the obliques (muscles of your waist). It acts like a weight belt, wrapping around your spine for protection and stability.
- **External Obliques**-These muscles are on the side and front of the abdomen, around your waist.
- **Internal Obliques**-These muscles lie under the external obliques, running in the opposite direction.
- **Rectus Abdominis**-The Rectus Abdominis is a long muscle that extends along the front of the abdomen. This is the 'six-pack' part of the abs that becomes visible with reduced body fat.
- **Erector Spinae** -The erector spinae is actually a collection of three muscles along your neck to your lower back.

Be sure to target these muscles in your strength training workouts. While ab muscles can't be separated (they all work together in each exercise), there are exercises that favor certain portions of the abs so it is best to incorporate exercises that reach and stimulate these areas individually and collectively. Any questions regarding exercise selection should be emailed to: fitforyou1@netzero.net or you may call me directly at (717) 579-8257.

Core Strength and Back Pain

When the core muscles are weak or there's an

Continued on page 3

imbalance (say you work your rectus abdominis with crunches but fail to strengthen your TVA), a common side effect is back pain. Many of us experience lower back pain from muscle strains and spasms, sciatica, herniated disc, injuries, fibromyalgia and osteoarthritis.

Back pain is common because so many muscles have to contract and relax in order to allow you to stand and move. Tendons attach muscles to bones, ligaments hold your vertebrae together and muscles protect your spine and hold your body in place. If all of these are healthy and strong, you're good to go. But, if you have weak muscles, poor posture and/or excess weight and your back will be one of the first places you feel the strain.

Always see your doctor first to rule out major injuries. If your doctor gives you the okay, you can get busy strengthening your core. Your first step is posture. Some quick basic tips for improved posture include:

- Stretch daily
- Get plenty of rest
- Walk with your head up
- Avoid rounding your shoulders
- Keep your chin level
- Shift your head back – use index finger to push your chin back
- Avoid slouching when you sit
- Avoid walking or standing with hands in your pockets
- Keep your computer/tv screen at eye level

Practice these tried and true postural tips and you're on your way to "standing tall!"

PEP TALK

"The only thing I can change is myself but sometimes that makes all the difference."

- Unknown

RECIPE OF THE MONTH

Chicken and Mushrooms in Foil

- 1/2 pound mushrooms, chopped fine
- 3 green onions, chopped fine
- 3 cloves garlic, minced
- 1/4 teaspoon each dried thyme and marjoram, crumbled
- 3 tablespoons dry red wine
- 1/4 cup low-sodium chicken broth
- 2 teaspoons lemon juice
- Nonstick cooking spray
- 2 skinned and boned chicken breasts (about 1 pound), halved
- 4 thin slices reduced-sodium ham (about 1/4 pound)

Set a heavy nonstick 7-inch skillet over low heat about 30 seconds. Add the mushrooms, green onions, and garlic; cover and cook for 10 minutes or until the mushrooms have released their juices. Mix in the thyme and marjoram.

Raise the heat to moderate, add the wine, and cook, uncovered, for 5 minutes. Add the chicken broth and cook 5 minutes longer or until almost all the liquid has evaporated. Transfer the mushroom mixture to a bowl. When the mixture has cooled slightly, stir in the lemon juice.

Preheat the oven to 350 degrees F. Lightly coat 4 sheets of aluminum foil, each 10 inches long, with the cooking spray. Lay 1 piece of the chicken on each piece of foil, spoon on 1/4 of the mushroom mixture, and top with 1 ham slice. Fold the foil over and crimp tightly to seal.

Place packets on a baking sheet and bake for 17 to 20 minutes or until the chicken is done.

Serving Size: 4 – Calories: 183, Total Fat: 3g, Cholesterol: 80mg, Protein: 33g, Carbohydrates: 5g, Sodium: 302mg, Fiber: 2g.

WARNING!
**Information Suitable For Serious
Audiences Only...**

By Joe Green

Everyone seems to be saying the same thing or at least playing the same role – that is, that they know exactly what needs to be done and what they are doing. This time will be different, the battle cry of the New Year resolutionist, and watch out because here they come like gangbusters.

There's nothing wrong with using the New Year to approach your new set of goals or in many cases revisited goals. The point is to approach your health and fitness goals with as much knowledge as possible, so that "this time around" is in fact different. Strengthen your base of knowledge before you attempt to firm up those problem areas you've been after for some time now. If you've been exercising for a while, you've probably come across tons of information about exercise and fitness. You've heard the phrase 'no pain, no gain' and you've probably tried to tighten up your abs with crunches a popular goal. While many fitness myths are floating around it seems they are never resolved. Well here are some once and for all "true facts" that you can take to heart. Springboard from here and get yourself on the right track so not your not wasting valuable time and energy.

CAUTION: Do not browse over the information below. Read it, understand it and apply it for your own personal maximum gains!

1: To get rid of my pot belly/pouch, I need exercises to work my 'lower abs'

Let's get right down to business. You must understand that there really is no such thing as 'lower abs.' The six-pack you're picturing in your mind's eye is actually one long muscle, called the rectus abdominis, that extends from below your chest to your pelvis. To work your abs, you should do exercises to target all four muscles: the rectus abdominis, internal and external obliques and the transverse abdominis. You can do all of the crunches you want and it will not help you get a 'six-pack' if you have a layer of fat over your

abdominal area. In order to see the muscles, you have to reduce your body fat or those rippling abs will never shine through. For more information about this and some great ab exercises, send an email to: fitforyou1@netzero.net

2. I should be sore the next day or else I didn't workout hard enough.

Being sore should not be your measuring stick for determining whether or not you have worked out hard enough. Muscle soreness from a workout may certainly be expected if you have resumed exercising after a lengthy layoff or even in the case of experiencing new exercises with new angles causing the muscles some soreness. The trouble starts with many people using muscle soreness as a gauge of how good their workout is. Tiny tears in the muscle fibers cause sore muscles and some soreness is expected if you regularly change your program, which is a good thing. However being sore for several days after your workout might very well mean that you overdid it. If you're sore after every workout, you're not allowing your body enough time to recover, which is when you experience the most results (muscle growth.) Always remember to warm up before your workout, drink water before during and afterwards and always incorporate stretching, sometimes during and definitely afterwards. If you are sore the choices are simple, either rest for a day or so and then repeat the same exercise(s) at a lower intensity or move onto another area of the body and be sure to warm and gently stretch those muscles that are sore.

3. I'm not working out at all if I can't workout often enough and hard enough

This is not the right time or area to choose an all or nothing attitude. You need exercise and you need to do it regularly however doing whatever you can do is always hands down better than nothing at all. The general rule for weight loss is to do cardio 4-5 times a week for 30-45 minutes as well as weight training 2-3 times a week. Some people simply don't have the time to workout that much and they think, since they can't do all of that, why do ANY at all? Again remember any type of exercise is better than none at all even if it's only a 15-minute walk, do it! Being

continued on page 5

physically active is proven to reduce stress and make you healthier. So, even if you can't make it to the gym, do something at home. In fact I coach all of my clients on exercises that they can do at home, in between commercials on television right on the living room floor.

4: Women worry citing that weight resistance training will "bulk me up"

Sorry girls, that's not in the cards at least not "naturally." For those who wish to supplement with hormone boosters for added testosterone and things of the like, combining that with serious heavy lifting and a real boost in calorie intake one could then hope to "bulk up" with muscle. If that description does not fit you and it doesn't fit for many than your safe and you should understand that weight resistance training is actually a great tool to help you slim down and tone and sculpt a very attractive physique.

In fact recent studies found that the average woman who participated in weight resistance training two to three times a week for two months gained nearly two pounds of muscle. What's so relevant about that you ask? Consider this, gaining nearly two pounds of lean toning sexy muscle will net you an approximate loss of 3.5 pounds of fat. Generally speaking, for each pound of muscle you gain, you burn 35 to 50 more calories each day. That really adds up, do the math and think what that would do for you in a week, in a month's time. Wow! Not to mention how great you'll look and how the heads will turn in envy as you walk on by...

5. I'll get big muscles if I eat more protein.

Building muscle mass involves two things: Using enough weight to adequately challenge muscles beyond their normal levels of resistance and eating more calories than you burn, plain and simple. With all the hype about high protein diets lately, it's easy to believe that protein is the best fuel for building muscle but according to American Dietetic Assoc. muscles work on calories, which should be predominately carbohydrates. The remainder of the calories are divided between fat and protein. With that said understand that when I mention carbs and proteins and fats we're talking about healthy

sources, starchy carbs like whole grains, lean proteins like chicken, fibrous carbs such as veggies and healthy fats like that found in fish. The examples given are not inclusive of all sources, there are plenty more for each category of starchy and fibrous carbs, proteins and fats.

Bear in mind that consuming too much protein causes you to run the risk of creating nutrient imbalance, kidney strain, or dehydration. Plus, excess protein results in extra calories that are either burned or stored. For muscle mass, you should incorporate a healthy eating plan, as well as a workout that combines cardio exercise as well as consistent weight resistance training regularly.

If you are interested in discussing this topic of information further feel free to email me at fitforyou1@netzero.net

RESEARCH & REPORT CORNER

What's The "Big Deal?"

Obesity is a growing problem in our country. The United States has the most overweight population in the world. While the health and fitness era continues to usher in waves of fit and healthy hopefuls it may appear that the country is becoming healthier. Truth is the situation has become worse. Obesity is now considered to be an epidemic in the United States. Based on Body Mass Index (BMI), more than 50% of U.S. adults are now overweight. Additionally, 22% of all adults are obese. The situation is affecting the entire nation and obesity itself is a risk for several health problems, such as diabetes, high blood pressure, high cholesterol, coronary artery disease and osteoarthritis.

What's causes obesity? Well, contrary to popular belief, genetics are not primarily responsible for the epidemic and it is not because people are "big boned" a real myth in and of itself. Fact is it's due in large part to unhealthy eating habits, a lack of exercise and an increase in

Continued on page 6

sedentary behavior (being physically inactive). These are the primary reasons for obesity. The process of gaining weight is very simple, consuming more calories than your body expends leads to storage of the excess calories in the form of fat. The prevalence of weight gain during the last several decades has occurred because more Americans are experiencing an imbalance between energy intake and energy output. The average caloric intake has increased over the last couple of years. With the increase in time spent sitting for activities such as watching television, playing video games or surfing the Internet, the situation does not look much brighter for the youth of our nation.

What is the solution? Aside from the obvious solution of getting the population to change their eating habits and start exercising regularly, while reducing the amount of sedentary behavior, there are other changes that need to be made. Most people do not give too much serious consideration to their health. Sure they might discuss it, complain a little but in the end how many people really get serious about it and do something positive. There needs to be an increased awareness of the life preserving benefits of living a healthy lifestyle. Part of the problem is recognizing that the actions taken today (eating healthy and getting adequate exercise) will reduce the risk of many health problems in the future. People are hesitant to incorporate anything new into their lives if it will not yield immediate results. However, maintaining a healthy body weight is important for reducing the risk of health problems and weight loss can be achieved in a reasonable amount of time. Taking action today to help with tomorrow is known as preventative action. The first step is to just recognize that you can be investing in your own future. Seeing your kids grow and get married, being nimble enough to play with grandchildren and more are all worthy goals of investing your time and efforts into a healthier lifestyle. You can take steps to help you have a healthy, productive future but you must be proactive. It all starts with you!

How important is it to lose weight? Even Moderate weight losses of 5% to 10% of bodyweight improves blood pressure and helps control diabetes and high cholesterol in obese or overweight adults. Is it important – it could be a matter of life and death, don't wait to find out!

Losing Weight is not a lost cause! Long-term weight loss is best achieved by combining a healthy supportive eating with regular exercise. Notice I didn't use the "D" word (Diet). A diet indicates that some sort of deprivation will be taking place. Sure moderation will be installed but a healthy balance is what it really boils down to. Don't be fooled, you'll need both healthy supportive eating and regular exercise for any real and permanent like weight loss that you can truly enjoy. Update your knowledge and know that it is not of any benefit or greater gain to clean up your eating habits first then exercise or visa versa. You need both components on a daily basis if you're going to do this the right way. Anyone who approaches this goal differently is headed in the wrong direction and/or lacks real motivation. For more information on how to eat healthy, please send an email to fitforyou1@netzero.net with your specific question and I will respond. For more information on how to start a regular exercise program to help with weight loss you may send an email as well to the same address to ask a question or to place an order for my new "in-home" exercise manual "**The Ultimate In-Home Workout Bible.**"

Fad Diet Failures... Are you one of those people who have tried "them all" the different diets from the most bizarre to the most recognized? Well, I have news for you without even seeing you here is a fact: You have never failed at a Fad Diet, Fad Diets have failed you! That's right the diet failed you and this is not a ploy to give you a pat on the back to make you feel better. The fad diets can't really work except for in the short term in most cases and then your resilient body catches on and does what it needs to do for real life survival. Fad diets abuse your body! For a successful long-term weight loss program, a healthy, realistic eating plan must be followed. However, the lure of many fad diets is the promise of rapid weight loss. While these diets may actually lead to rapid weight loss, they are not practical for long-term weight loss and many of them have serious detrimental healthy effects that would offset any weight loss benefits. To find out more about "healthy supportive eating" and what exactly that is and what it involves for you send an email with your question to fitforyou1@netzero.net

Joe Green, CSNC