



# “THE MESSAGE”

## Health & Fitness Newsletter

JUNE 2003

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## WHAT'S NEW WITH FIT FOR YOU?

➤ **Summer Special** – Now's the time to exercise, you have access to the outdoors to enjoy a number of activities. The “**Joe Knows Fitness Program**” is more than just a special offer to save a lot of little money, it's a program designed to save a lot of time. Learn workouts that are quick but mighty!!.... And the results are yours to enjoy anyway that you want, at the beach, poolside or...

**Summer Special** – The “**Joe Knows Fitness Program**” gives you **7 Mini-Training Sessions for \$59!** Joe knows summer is a time for doing things outside and going places and has created short powerful workout programs that are sure to make the difference in how you look and feel this summer. Sign up now and still have time to have fun in the sun!

➤ **West Shore Coverage!** – Joe's clientele has increased on the west shore and so he has responded. “In-Home” training is always available and the number one program to get anyone in shape. Now Joe has you covered whether your “in-home” or at the gym. Joe has agreed to terms with Gold's Gym in Camp Hill, located behind Boscovs to bring his training expertise to clientele interested in having him in a gym setting.

So now Joe can be found in the gym too – at the Gold's Gym located in Camp Hill, by appointment only. If you are interested, simply contact Joe at (717) 579-8257 or stop by Gold's in Camp Hill, located behind Boscovs to find out more!

➤ **Check out the new feature in “The Message”!** Starting this month there will be a **Research And Report Corner** of the newsletter.

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## SIX SIZZLIN' SUMMER TIPS "Get A Trimmer Waistline!"

By Joe Green

I know it's hard to think about summer coming with all of this rain we've been having lately. But it is warmer and for some of us it's warm enough to justify wearing shorts or at least less than what we would wear in winter.

With that in mind let's go over "Six Sizzlin Tips" to help trim up that waistline for those hot and sunny days.

**One** – Drink more water. Yes, you've heard it time and time again but water is so very essential. Keeping our body well hydrated allows us to focus better, improves our complexion among other things and best of all it's a great way to burn a few extra calories – drink water while it's ice cold and you can expect to burn extra calories. Your body will work to warm up the cold water to the temperature of your body and in doing so it expends energy (burn calories).

If you one of those who says water just doesn't take good or that you don't like it then try this tip. Chew a piece of peppermint or spearmint gum and afterwards instead of throwing it away toss it into your water bottle or cup and allow it sit there for a few minutes. The gum although it's lost its flavor in your mouth will still provide a light flavor to your water. Cheers!

**Two** – Eat more fruits and veggies. With at least two to three of your meals make sure you have a veggie and a fruit of some type included. Even you're having a slice of pizza, have a garden salad with just veggies added and a have a piece of fruit like an apple on the side.

Fruits and veggies are water based and are a great source of fiber. When they are added in with a meal they satisfy the appetite for a longer period of time between meals. Eat your fruits and veggies.

**Three** – Walking is a great exercise in fact it burns more calories than most activities. I've had clients

monitor their activity level with device capable of measuring calories and they discovered that walking was a great calorie burner.

Better yet, let me give you some valuable information to walk away with! When walking, hold your abdominal muscles tight and take strides that place the lead foot approximately 1 ½ to 2 shoe lengths in front of the trailing foot which will invite a naturally beneficial trunk rotation while walking to help work those abs. Next, tighten up those glutes. That's right squeeze em' and keep them flexed while walking to help firm up that bottom. And don't forget, you can spice up any walking routine with these tips and by walking in reverse. Of course, you'll want to choose somewhere safe to do this but this provides a great change and has many benefits to toning up the legs.

**Four** – Allergic to ab crunches huh? Well how about dancing, it's a great exercise. Remember the body has no way of distinguishing specific activities like gardening and dancing from performing actual lunges or squats as exercise and non-exercise. Repetitive motion is interpreted as exercise to the muscles.

So now the only question is where are all of your favorite CD's, you know the ones that have the tunes that make you want to get up dance. Dancing is a great exercise, so set up a little mini-dance marathon for yourself in private or with a few friends and turn up the tunes. Dancing for 30-45 minutes or more is great exercise and a real mood booster. There's just something about dancing to songs like "Ain't No Mountain High Enough" and stuff like that, so give it a try and try it out four to five days a week.

**Five** – The "penny saver" approach to a better body. What in the world is he talking about, saving pennies??... Many of my current clients subscribe to this approach and with a great, great deal of success.

I've always maintained that resolutionists always burn out shortly after the New Year begins because they bit off more than they could chew, at least for the long haul anyway. So I ask my clients to choose

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from five or six different exercises that are basic in nature and to do these exercises somewhere during their day – literally at any time. It could be in the morning before your shower, while dinner is cooking or even during commercial breaks on television.

Here's how it works. I'll ask a client to do 10-15 abdominal crunches, a maximum of just one set. They can do them at any time throughout the day. I only ask that they do this once a day for five days. Most like the idea of doing something during tv commercial breaks.

Now follow me here, in a month's time you've done 200 crunches! Wow, that's a lot and it is. If you did a minimum of 10 crunches per day for five days for one month then you did 200 crunches. This technique I call the "penny saver" because you do a little something just about every day and at the end of the month when you count it all up you find that your results really add up as well. Better is the person who exercises regularly then someone who occasionally does a little something. Do a little something more often if you want something in return.

**Six** – Lift your spirits and your level of fitness. Moms and Dads with young children take advantage of your kids willingness to play and horse around. I often treat my daughter to airplane rides and fun made up games. She's almost 3 years old and I hold her horizontal to the ground across my arms and curl her towards my chest while singing silly songs. While she's giggling I'm working out and laughing along at the same time.

Provided you have the strength I do other exercises with her. I place my hands under her and hold her overhead and she thinks she's a plane flying around. My shoulders know that we're getting a great workout – or I'll have her lay on my back while I do pushups, a great workout for my chest, arms and shoulders. How many reps should you do, well your child will help you out with that one. Again Daddy, again Daddy is what I hear until I surrender or switch to something else. So, be a kid with your kid and do a little weight resistance training during all the fun and laughs.

## RECIPE OF THE MONTH

### Tacos

1 lb ground turkey breast  
1 packet taco seasoning (use your favorite or try Simply Organic Brand Southwest Taco Seasoning)  
½ cup water  
6 taco size corn tortillas or low carb whole-wheat flour tortillas  
3 oz. Reduced fat cheddar, jack, or mozzarella cheese (3 grams of fat per oz or less)  
1 ½ cups of shredded lettuce  
1 cup chopped tomatoes  
3 tablespoons taco sauce  
Cooking spray

Lightly spray a medium frying pan with cooking spray, and place it over medium heat. Add the turkey. Using a wooden spoon, crumble the turkey and continue to cook it until it is no longer pink.

Meanwhile, in a small bowl or measuring cup mix the taco seasoning with the water, and stir it until all lumps are removed. Stir the mixture into the turkey, and reduce the heat to low. Continue to cook the mixture until it thickens. Warm the tortillas in the microwave, preferably on low heat, for about 15 seconds, or in a oven preheated to 400 degrees F for about 2 to 4 minutes or until warm.

Divide the cheese and sprinkle it evenly over half of each warm tortilla. Spoon the turkey mixture evenly over the cheese. Then add the lettuce, tomato and taco sauce. Fold each tortilla in half to form the taco, and serve immediately.

*Serving Size – 6 Tacos*

*Per Serving: 134 Calories, 12 grams Protein, 17 grams of carbohydrates, 2 grams of fat, 1.5 of grams Fiber*

**\*NOTE:** Always buy pure ground turkey breast, look for “extra lean ground turkey breast”, or “pure white meat” on labels.

## **HOT! TRY THIS WORKOUT...**

**By Joe Green**

Below is an exercise program that I put together to form a mini-routine whether you are in the gym or at home. If you have any questions about the exercises simply contact me by phone or email and we'll talk about it.

**1. Lunges** – Stepping forward with one foot – far enough out that the knee does not track over the toes of your foot. Alternate with the other leg for a total of 20 Repetitions per leg.

**2. Jump Lunges** – Step forward with one foot – far enough out that the knee does not track over the toes of your foot. From this position jump into this same position but upon landing the other foot should be out in front. You are switching legs in mid air. You don't have to jump very high to do this. Alternate with the other leg for a total of 20 Repetitions per leg.

**3. Lunging Pushups** – Get down on the floor on your hands and knees. Keep hands directly underneath and aligned with your shoulders. Keep your knees together and feet together. Lunge forward by bending your arms and slowly descend as you slide your body forward over your hands – then retract and slowly ascend back to the start position. 20 Repetitions

**4. Step Pushups** – Place your hands on the edge of a step with your feet and legs together and behind you. You should now be at a 45-degree angle parallel to the steps you are facing. Now lower your body down towards the steps by bending at the elbows and push to return to the start position. 20 Repetitions. (In the gym use an aerobic step with at least 2 risers underneath it)

**5. Reach & Twist Crunches** – Lie flat on your back down on the floor with your legs straight up in the air and together. Crunch upwards while reaching across your body to the outside of the opposite leg and repeat to each side. 20 Repetitions per side.

**6. Seated Ab Row** – Seated position with your toes and heels up and knees bent. Your knees are

approximately 6-8 inches from your chest at this point. Lean back until you feel your ab muscles engage (you'll feel yourself trembling). Keep your chin up by looking towards the ceiling and place your hands down beside your hips, palms face but not quite touching the floor. While in this position, upper body remains stationary while you retract your arms back as far as possible and hold for one second then return to the start position.

Repetitions 20.

4 Sets of 20 Repetitions with a maximum timed 15-20 second rest between sets. Perform the first set of exercises without any weights, then sets 2-4 should be done with dumbbell weights in hand. Exercises 1, 2, 5 and 6 can be performed with dumbbells in hand.

**Confused or want more information about these exercises and many, many more! Simply contact Joe to find out how you can access this information on his website. You may send an email to him through his website at [www.phyt4u.com](http://www.phyt4u.com) or call (717) 579-8257.**

*It is important to consult with your family physician prior to engaging in any exercise program and your current level of fitness must be taken into account as well so as to avoid possible injury.*

### **PEP TALK**

*“Wrinkles should merely indicate where smiles have been.”*

*- Mark Twain*

## RESEARCH & REPORT CORNER

### Deep Brain Stimulation Warning!

I recently read an article from The American Parkinson Disease Association (APDA) newsletter. The article gave great information that all Parkinsonians and those with implants should pay attention to.

The Food and Drug Administration (FDA) recently issued an alert. They have received reports of deaths of patients with implanted deep brain stimulators who had received diathermal therapy.

### What is diathermal therapy?

This is a therapy that utilizes shortwave, microwave or therapeutic ultrasound to deliver “deep heat” to body structures.

### Who uses this therapy?

This is a therapy popularly used by physical therapists, chiropractors, nurses, dentists and other health care professionals to help initiate wound healing after surgery or to relieve swelling, pain and stiffness in muscles or joints.

### Warning!

This type of treatment can be hazardous to patients with deep brain stimulators, which involve the implantation of electrodes into the brain to treat neurological ailments such as Parkinson’s disease. Diathermy may cause implanted electrodes to heat up excessively, damaging the surrounding brain tissue.

### Who’s at risk?

Patients with any sort of implanted metallic lead are at risk of serious injury when exposed to shortwave or diathermy. This is true even if the implanted device is not turned on and even if the lead is no longer connected to an implanted system. You must tell health professionals who are rendering care to you that you have an implant so as to avoid the risk of serious injury.

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### *COMING UP IN NEXT MONTH’S ISSUE...*

- “How To Really Tell How Many Calories You’re Burning”
  - “The Truth About Dietary Supplements”
  - **Research & Report Corner**
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