



“THE MESSAGE”

Health & Fitness Newsletter

June/July 2006

~IN THIS ISSUE~

What’s New With Fit For You? .1
Featured Article: The Truth About Sugar-Free Foods1
 Pep Talk2
 No Pain No Gain – No Way!3
 Recipe3
 Where’s The Beef?3
 Lable Logic4
 Research & Report6
 Corner6
 Let’s Exercise The Truth About Parkinson’s Disease6
 Cover Up For The Summer.....7

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.

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WHAT’S NEW WITH FIT FOR YOU?

- We welcome Dr. Lisa Torp from Susquehanna Surgeons and Health South, Wormleysburg, PA – special thanks to Erin and Chad. Referrals are now being accepted from these sources as well. Thank you and welcome to the Fit For You Professional Referral Network
- **PILATES CLASSES** have started as of MAY 2006. For more details simply call or email Joe to find out more information or to sign up. Joe can be reached at (717) 579-8257 or at fitforyou1@netzero.net
- **PRIVATE TOTAL BODY & PILATES CLASSES** – Private one-on-one classes are now available! For more information contact Joe directly.
- **TOTAL BODY FITNESS CLASSES** – These classes are held every Monday and Thursday evenings at 6:30pm. These are currently the only two class times scheduled.



FEATURED ARTICLE: THE TRUTH ABOUT SUGAR-FREE FOODS

By: Joe Green, CPFT, CSNC

Sugar-Free labeled products might not be sugar free at all. Some dairy products claim “No Sugar Added” but they are made with milk, which has lactose, a sugar, as a component. Other labels indicate “Sugar-Free” “Sweetened with Fructose” which in essence means “Sugar Free, sweetened with sugar.”

Knowledge is king so let’s take a look at the following compounds because if they are listed in the ingredients section of a product labeled “Sugar-Free” then you’ll know better and the choice you’ll make will be smarter than the average consumer.

continued on page 2

Beet Sugar – Sucrose originating in a sugar beet.

Brown Sugar – Brown sucrose.

Cane Sugar – Sucrose originating in sugar cane.

Corn Syrup – Sugar produced from starch.

Dextrin – Dextrin and Polydextrin are sugars, they are glucose molecules linked in chains. Their absorption might be slightly slower than simple glucose, but they do break down into pure glucose and can have a dramatic effect on blood sugar.

Dextrose – This is glucose.

Glucose Syrups – Corn syrup is glucose syrup as are cane syrup and corn syrup solids. They are sugars produced from starch and contain a mixture of glucose and maltose molecules.

Fructose – Could be called fruit sugar or levulose. It is one of the most common natural sugars and is found in fruit and honey. It is natural, and it is a simple sugar and a very ripe banana might affect your blood sugar levels in much the same way as a candy bar. There are fruits that are lower on the glycemic index chart than bananas.

High-Fructose Corn Syrup – Made from corn syrup, this is a sugar. Read over corn syrup and fructose and you'll understand.

Honey – Natural indeed, but its about 35% glucose, 40% fructose, and 25% water.

Lactose – Milk sugar is what this is and it makes up 4.5% of cows' milk. Limiting intake of dairy products may help increase fat release by cutting back on lactose.

Maltose – Formed by two linked glucose molecules, maltose rapidly breaks down to glucose in the intestine.

Maple Syrup – Sugar from the sap of maple trees. It's mostly sucrose.

Milk Chocolate – Milk Chocolate is made by mixing milk, sugar, and cocoa butter to bitter chocolate. Enough said here.

Molasses – Contains 50% to 75% sugar.

Sucrose – Naturally occurring sugar made from sugar cane or sugar beets, commonly referred to as sugar or table sugar. It's made of equal parts glucose and fructose.

This is an incomplete list but it gives you the idea that there are quite a bit of options food manufacturers have if they wish to hide those words most recognized to describe sugar as an ingredient.

PEP TALK

Whatever it is you want to be, be it and be passionate about it.

- TQS

BUTTER EM' UP!

By: Joe Green, CPFT, CSNC

This is interesting stuff. Do you know the difference between margarine and butter? Both have the same calories but....

Margarine was originally made to fatten up turkeys however it killed the turkeys instead. Investors were determined to get their moneys worth out of product since it failed with the turkeys. It was a white substance without any real appeal so the yellow coloring was added and it was marketed for sale for human consumption as an alternative to butter. They have come out with some clever new flavors.

Butter is slightly higher in saturated fats checking in at 8 grams compared to 5 grams. Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study. Eating butter increases the absorption of many other nutrients in other foods. Butter has many nutritional benefits where margarine has only a few and that is because the benefits are added in. Butter has been around for centuries where margarine has been around for less than 100 years.

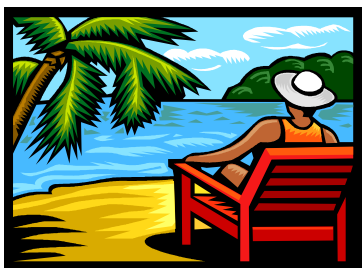
continued on page 3

Margarine...

- Is very high in trans fatty acids which triples the risk of coronary heart disease
- It increases total cholesterol and LDL, which is the bad cholesterol, and it lowers HDL the good cholesterol.
- It increases the risk of cancers up to five fold
- Lowers quality of breast milk
- Decreases immune response
- Decreases insulin response

Perhaps the most interesting, or most disturbing fact of all is that margarine is only one molecule away from being Plastic! Margarine is hydrogenated which means hydrogen is added, changing the molecular structure of the substance.

Try it for yourself, put a tub of margarine out in the garage or a shaded area and within a couple of days you will notice that it does not rot or smell differently because it has no nutritional value and nothing will even grow on it. Flies won't even bother with it, because it's nearly plastic. You wouldn't melt your plastic Tupperware and spread it on your toast, would you?Pass the butter please!



NO PAIN NO GAIN – NO WAY!

By: Joe Green, CPFT, CSNC

Knowing when to ease up is key to enjoying the benefits of exercise. No pain no gain, No Way! There is no gain in working through pain that is signaling a warning to you. The real solution may be to select another exercise, adjust your exercise technique or simply rest for a sustained period of time in an effort to properly recover.

Going to the doctor is always a great place to start. All too often we ask our friends or others who try to

play the roll of doctor and dole out advice of what they think might work for you. Risking further injury or delaying recovery from an injury only makes things worse.

So if you have a pain that pops up every time you do that same exercise then it's time to figure out why and it's high time to avoid it. Touching a hot stove doesn't make you want to go back and touch it again just to make sure once you realize how hot it is. Use your better judgment and seek out the help you need so that you'll be healthy and ready to go without the pain.

RECIPE

BARBECUE MEATLOAF

- 1lb ground round
- ½ cup barbecue sauce, divided
- ¼ cup chopped onions
- ¼ cup Italian-seasoned dry breadcrumbs
- 2 large egg whites
- ¼ tsp chili pepper

Preheat oven at 375 degrees F. Combine meat with ¼ cup barbecue sauce, onions, breadcrumbs, egg whites and chili pepper in large bowl, stir well. Shape mixture into 7x5 inch loaf and place on a rack in a roasting pan. Spread remaining ¼ cup barbecue sauce over meatloaf. Bake for 25 minutes or to desired degree of doneness. Serve with mashed yams and small side salad.

Meatloaf (only) per serving: 277 calories, 39g protein, 10g carbohydrates, 9g fat, trace fiber.

WHERE'S THE BEEF?

By: Joe Green, CPFT, CSNC

So there you are in front of the meat section of the grocery store. Sirloin, ground round, ground beef all adorned with labels, like 85% Lean Beef! What's the scoop on that? Read on!

continued on page 4

Ground beef labeling is tough to understand because the percentages that are shown on the package are based on weight. Right now fresh meat does not require a nutrition facts panel at all. So you'll have to calculate how much fat is in the meat you are buying.

For example, a package of ground beef that indicates 85% Lean, 15% Fat simply tells you that 15% of the weight is fat which doesn't tell you the percentage of calories that comes from fat. This is the information that you really need to know. Figuring it out requires more information than what's provided to you.

Meat labeled "hamburger" is one to avoid because it is often combined with fat. Federal regulations mandate that hamburger meat cannot exceed 30% fat by weight – and that's a lot of fat. A 4-ounce serving of 85% Lean, 15% Fat Ground Beef Angus at a total package weight of 1.34lb contains 243 calories and 17 grams of fat, which means 63% of the calories come from fat.

Another example, a 4-ounce serving of 91% Lean, 9% Fat Natural Ground Beef at a total package weight of 1.27lb contains 199 calories and 11 grams of fat – 50% of the calories come from fat.

Ground sirloin, ground round or ground turkey breast are better choices when shopping. Remember to always drain the fat after cooking any ground meat.



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TABLE LOGIC

**“Read the Fine Print and
Keep This Article With You!”**
By: Joe Green, CPFT, CSNC

I've been watching the news stories and information updates and shows about childhood obesity and how it's on the rise. They call the next generation "The Biggest Generation." Yes, many of our children are suffering due to poor nutritional habits and choices. Some of the schools in Pennsylvania have joined the initiative to start a health conscious nutritional program for lunches. The first step has been taken in that some schools are measuring the body mass index (BMI) of students. While this may be a step in the right direction, is this enough?

I saw a program just last week where the former surgeon general advised that he conducted a study of kids who implemented improved nutritional habits and exercise. The study concluded that the kids were more attentive, had more energy, better social interaction and received better grades. So this too is a step in the right direction, but is this enough?

I saw recently that Arnold Schwarzenegger will sign into legislation out in California something new. Junk foods and soft drinks will be banned in their schools. Yet another program in a more local venue aired on news channel 8 and they have kids eating more salads. They had to use the idea of a contest to get it started but it was a good idea that found a way to work. But again I ask, is this enough?

As you can probably guess by now I don't think this is enough. Healthy eating, exercise and cardiovascular exercise are all important components. But this epidemic we face is much like an unwanted weed that keeps growing back again. We have not gotten to the root of the problem and until we do we will still see on our television sets news clips showing overweight Americans walking down busy city streets. Showing us what obesity looks like is not the issue and it's hardly alarming anymore. Delivering sad statistics such as 71% of men are overweight and 61% of women are overweight just is not enough. If it were then these numbers would not continue to rise.

continued on page 5

Temporary solutions flood into our living rooms via commercials and radio ads. Or how about the special programs that dedicate an hour to before and after documentaries of people getting invasive procedures like gastric bypass. So whether it's a new abdominal machine, cardio burner or magic supplement we've still missed the root of the matter.

All things considered even those with the best of intentions need the knowledge, the actual know how when it comes to truly living a healthy lifestyle. There's plenty of valuable information to be learned and it all starts with our food labels. I call it "Label Liability" and it means two things to me. First it means that the manufacturer of the product has a moral and ethical obligation to relay any all information to the consumer about what they are getting and exactly how healthy it is.

Second, terms and advertisements should be accurate and defined for all to read en route to making a final decision. What I mean by this is that if something is natural, or reduced in calories or something of that nature then it should be fully disclosed how they arrive at that and reflect it on the label.

The "good intentioned" people are getting pinched in the middle. Those who can afford to ignore the cheaper junk food route who want to eat healthier after exercising and all need to know how to figure out what is good and what is really not. This is tougher than you may have thought. Not only is it easier on the budget to eat junk, like two pizzas, wings and soda for far cheaper than it is to buy fresh healthy veggies and fruits with fresh lean meat, it's harder to tell what is true and not true when it comes to reading labels.

The real start of eating healthy begins with knowing how to read labels, arriving at what I call label logic. Figuring out what is best and how much you're really getting when you eat what's in the package is all-important. So when you look at a label which words can you really trust from the following list? Wholesome, All Natural, Low and Reduced are popular label headlines. Unfortunately, healthy sounding descriptions like wholesome and natural can be put on just about anything, even a

product just a step above Pop-Tarts in nutritional value.

The FDA regulates the use of the following terms: Free, Low, Lean, Extra Lean, High, Good Source, Reduced, Less, Light, More, Healthy.

Foods labeled healthy must contain less than 3 grams of fat, less than 1 gram of saturated fat, less than 480 mg of sodium and less than 60 mg or cholesterol per serving and it must have at least 10% of one of the six specified nutrients (vitamins A or C, iron, calcium, protein or fiber). Foods with three or more grams of fiber per serving are generally made with whole grains. Foods labeled "high" sources of nutrients like calcium or Vitamin C means it contains 20% or more of the daily value for the nutrient per serving. Foods labeled "low" like low sodium means less than 140mg of sodium. Low fat means less than 3 grams of fat per serving.

Serving Size certainly matters in fact it is the most important information on the label. If you eat 10 pieces and the serving size is 2, you just ate five times the amount of calories and fat listed on the label. Pouring a bowl of cereal is a good example. A bowl usually holds more than the serving size indicated on the label.

Remember that some products will claim their information on the label due to volume or total weight of what's in the package. If we venture to make a healthy peanut butter but want to make sure it tastes good we can make 50% of from water and 50% from fat and still call it 50% fat free even if the 50% from fat is full of bad artery clogging fat.

I recently called a company who puts out that "naturally flavored water" stuff. They claim on the label that is absent of any carbs or calories. Yet in very small print it says sweetened with Splenda and in the panel of ingredients sucralose is listed which is a sugar as well.

My first called revealed the suggestion that the body does not absorb the sugar and it is therefore not metabolized so the claim on the label stands. This made for a good laugh and I left the operator with a question to ponder. What then does my body do

continued on page 6

with those substances when ingested and digested in my system? Hmmm...

I called back for one more try and got the real deal. The next operator stated that since the content (volume) of sugar added to the drink is .5g or less they are allowed to round down and claim zero! And so they do.

There are loopholes and things to watch and consider. Read the whole label. Calories and the Serving Size. Look at the fat content and what kind of fats, saturated, trans fat, poly or monounsaturated? Check the sodium and fiber content. At least 3g of fiber per serving is great. And yes, look at your carbs especially in relationship to sugars. If the sugars register for example 18g and carbs 21g, read on. Always flip over to the ingredient panel and familiarize yourself with what's really in there and the order it's listed in.

This article could go on and on. My point here is to read the labels and it all starts with knowing what to look for and the common pitfalls. We have to educate everyone, ourselves, our children, our schools and more on how to read labels. It should be a universal knowledge, as commonplace as learning CPR. This is where we need to start the ball rolling if we're going to really live a healthy life style.

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RESEARCH & REPORT CORNER

Let's Exercise the Truth About Parkinson's Disease

Dr. Joseph Jankovic is a physician who has treated thousands of Parkinson's disease patients. I recently found an article he wrote addressing the question, "Is exercise beneficial for Parkinson's disease patients?"

The evidence is growing that exercise is beneficial for Parkinson's patients. After more than three decades in practices and following thousands of patients with this disease there is no doubt in his mind that those who exercise do better than those who don't. They seem to have slower progression of disease and a better prognosis.

There are animal studies that suggest that exercise may actually protect nerve cells that are damaged by the disease. It's possible that exercise may make brain cells less vulnerable to stresses that lead to cell death. It's also possible that exercise may increase the production of trophic factors - proteins produced by the brain that are designed to nurture nerve cells and that this may cause some restoration of cells that might otherwise die.

Dr. Jankovic remarks how he has seen patients improve without any change in medications just because they started exercising. There are a number of reasons to think exercise could help.

First exercises that focus on range of motion like yoga, Pilates, and tai chi help patients over-come rigidity and become more limber. Although stretching was not specifically mentioned, these exercise modalities incorporate it to some degree. Stretching in and of itself is as powerful if not more so than exercise alone. The hope is that long-term disability from deformities caused by rigidity, such as contractures can be prevented. These are deformities of the body that are often wrongly diagnosed as arthritis.

Continued on page 7

Also, aerobic exercise can help with overall endurance to combat the common complaint of fatigue associated with Parkinson's. Patients who exercise do not get tired as quickly, as studies have shown. Added energy and stamina allows for a greater quality of life.

Dr. Jankovic emphasizes that each exercise program needs to be individualized for each patient. Depending upon the stage of Parkinson's, capabilities will differ. The later stages should involve more range of motion exercises to prevent deformities such as stretching.

It is important to get started on an exercise program in the early stages and he recommends a qualified personal trainer for professional help and guidance.

COVER UP FOR THE SUMMER

By Marjorie Jones

Ah, it's bathing suit season. We've all listened intently and followed Joe Green's fitness guides, tips, and classes. We all are now a little less shy in our bathing suits. So, off we go to the beach! HALT! WAIT! STOP! There's just one thing: DON'T FORGET TO COVER UP!

I know. Everyone wants that beautiful tropic suntan. But at what cost?

- Every year more than 1 million people are diagnosed with one form of skin cancer.
- Every year approximately 8,000 people die from skin cancer.
- Every year these numbers keep increasing.

What is skin cancer? Skin cancer is primarily caused by overexposure to the sun's ultraviolet light (UV light). It comes in 1 of 3 forms: basal cell carcinoma, squamous cell carcinoma, and melanoma. All three are deadly and if left untreated can cause substantial illness and considerable damage and disfigurement. However, if detected and treated early, they can possibly be cured.

Who is at risk? Every single one of us are at risk. However those with lighter natural skin color, family history of skin cancer, personal history of skin cancer, constant exposure to the sun through work and play, a history of sunburns early in life, skin that burns, freckles, gets red easily, or becomes painful in the sun, blue or green eyes, blond or red hair, and certain types and a large number of moles are at higher risk.

What can I do to prevent Skin Cancer? You can still have fun outdoors, while still protecting your skin from the sun, by seeking shade, covering up, getting a hat, wearing sunglasses, and rubbing on sunscreen (SPF 15 or higher). You CAN still get a suntan while wearing sunscreen. And just because you can't see the sun because of overcast clouds, doesn't mean that the UV light won't find out. Still cover up!

For more information on Skin Cancer visit the Cancer Prevention and Control website at <http://www.cdc.gov/cancer/nscpep/index.htm>

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