



“THE MESSAGE”

Health & Fitness Newsletter

March 2003

~IN THIS ISSUE~

What’s New With FFY?..... 1

“Take It To Heart” Heart Disease The #1 Killer of American Women2

“How To Tell If Your Weight Is Harming Your Heart”6

Sports Massage Isn’t Just For Professional Athletes!..7

Angel Connections: A Woman’s Program Of Supportive Services8

Helping You Help Others.....7

Recipe Of The Month5

Pep Talk.....7

WHAT’S NEW WITH FIT FOR YOU?

- **Joe Green Youth Sports Mini-Camp** is coming in July, the third week in July. It will be held at Koons Park in Linglestown once again. More details will be provided in the next issue. For those of you who are familiar with the camp and wish to register early contact Joe Green.
- **"NEW YOU SPRING SPECIAL"** See the valuable coupon below and redeem today. Anyone and everyone can benefit just by starting this fitness program. Just in time with Spring around the corner, summer is not far behind!!!!



"NEW YOU SPRING SPECIAL"

*Current, Past or New Clients:

- Complete fitness analysis
- Access to my quick-jump start diet plan
- Two 18-minute workout programs to follow
- Cost - \$50 on or before expiration date.

To redeem contact Joe Green at 717-579-8257 or visit www.phyt4u.com to send an email.

For more information about Fit For You contact:

Joe Green
CFPT, CSNC, MFBPC
Fit For You
Personal Training &
Nutrition

www.phyt4u.com
Phone: (717) 579-8257
Fax: (717) 260-9016

“TAKE IT TO HEART” HEART DISEASE THE #1 KILLER OF AMERICAN WOMEN

By Joe Green

Heart disease is the No. 1 killer of women in the United States, according to the American Heart Association. In sheer numbers, more women than men will die of heart disease this year.

In fact heart disease will strike 1 out of 3 women and this disease kills 6 times more women than breast cancer does.

Statistics show that 63% of women who die suddenly of heart disease had absolutely no previous symptoms. And, within six years of having a heart attack, 35% of women will have another.

According to doctors many women don't think of themselves at risk of heart disease. A recent heart association survey found that only 8 percent of women identified heart disease and stroke as their biggest health threat.

Rose Marie Robertson, MD and past president of the American Heart Association says the key thing women don't understand is that half of them will die of cardiovascular disease or stroke, and many of them will die prematurely. Most women do not worry about cancer, but many more will die of cardiovascular disease.

The lack of knowledge could be one reason why so many women are taking this issue so lightly and do little if anything to protect themselves. An American Heart Association survey of 521 women found that 75 percent aren't following recommended guidelines for diet and exercise.

The survey revealed that only 28 percent of women eat a diet low in fat and cholesterol. And only 31 percent exercise at least three times a week for 30 minutes or more.

Major risk factors for heart disease include smoking, hypertension, diabetes, high cholesterol and obesity. There are women in their 40s and 50s having heart attacks in this country every day and

obesity rates are soaring. About 60 percent of Americans are overweight. Of those, about 30 percent are obese, according to recent statistics.

Because a sedentary lifestyle puts you at risk for obesity and other ailments, a key component of warding off heart disease is exercise. Exercise is essential and should be part of a healthy lifestyle. There are many forms of exercise and the gym is not the only place where exercise can be done. For those who are self-conscious or simply unmotivated in a gym atmosphere, give exercise a second chance by choosing outdoor activities when the weather permits or try in-home training with the guidance of a knowledgeable personal trainer who specializes in one on one training in a home environment. Any exercise is better than not exercising at all.

Earlier this year, the federal government issued new exercise guidelines that recommend adults and children spend at least an hour a day in moderately intense physical activity to maintain maximum cardiovascular health. From my perspective (as an In-Home Fitness Trainer) beneficial exercise can be had in as little as 16-20 minutes with the proper supervision and guidance. Putting it off until tomorrow or some time down the road increases your risks.

All too often women are busy functioning in one of number of different rolls. Usually they're taking care of everyone else, and they often forget to take care of themselves. So it's important to implement some basic steps that can be done on a daily basis to help lower their risk. Here are 8 basic steps you can do on a daily basis:

1. **Do not eliminate red meat.** When you buy choose the deepest color of ground beef you can find. The darker the red, the less fat it contains.
2. **Stay active.** Do your daily tasks on your own like gardening, raking the leaves or even cutting the grass. It's great exercise for your arms.

(continued on page 3)

3. **Find the opportunity to exercise.** Park at the back of the lot, walk a few laps around the mall or the neighborhood and take the stairs whenever you can. Each flight burns 10 calories. Exercise during the commercial breaks of your favorite shows, perfect timing.

4. **Clean up and control your portions.** We live in a world where everything seems to be “super-sized.” Keep portions to the size of the palm of your hand or at least split you entrée with someone else.

5. **Make smart choices.** Don't use creamy dressings or croutons on your salad. If you must have something crunchy on it, walnuts can be a good alternative because they are high in omega-3 fatty acids. Keep high-calorie, high-fat foods out of sight in your pantry. Put raw vegetables and fruits in the front of the refrigerator so you see them first.

6. **Exercise success.** Set yourself up for success. You don't need to set aside a full hour everyday of the week. Try exercising when it's most convenient or when you have a moment, like while the water is warming up for the shower, while dinner is cooking or right before bed. Stretch a little, 10 pushups, 20 abdominal crunches five days or more per week. It adds up by the end of the week and becomes a real accomplishment by the end of a month's time!

7. **Control your appetite.** Eat small healthy snacks such as carrots, celery or rice cakes instead of chips, cookies and soda.

8. **Keep your independence.** Buy a pair of dumbbells and keep them nearby. When a commercial comes on pick up your dumbbells and exercise until all of the commercials are over, then rest and watch your show. Weight resistance exercise builds strong healthy muscles and preserves bone density a true preventative measure against osteoporosis and arthritis.

Fact is:

Prevalence:

- 8,000,000 American women are currently living with heart disease - 10% of women ages 45 - 64 and 25% age 65 and over.
- 6,000,000 of women today have a history of heart attack and/or angina or both.

- Nearly 13% of women age 45 and over have had a heart attack.
- 435,000 American women have heart attacks each year; 83,000 are under age 65 and 9,000 are under age 45. Their average age is 70.4.
- 4,000,000 women suffer from angina, and 47,000 of them were hospitalized in 1999.

Mortality:

- Heart disease is the leading cause of death of American women and kills 32% of them.
- 43% of American women, or nearly 500,000, die each year of cardiovascular disease (heart disease and stroke).
- 267,000 women die each year from heart attacks, which kill six times as many women as breast cancer.
- 31, 837 women die each year of congestive heart failure, or 62.6% of all heart failure deaths.

At-Risk:

- The age-adjusted rate of heart disease for African American women is 72% higher than for white women, while African American women ages 55-64 are twice as likely as white women to have a heart attack and 35% more likely to suffer from coronary artery disease.
- Women who smoke risk having a heart attack 19 years earlier than non-smoking women.
- Women with diabetes are two to three times more likely to have heart attacks.
- High blood pressure is more common in women taking oral contraceptives, especially in obese women.
- 39% of white women, 57% of black women, 57% of Hispanic women, and 49% Asian/Pacific Islander women are sedentary and get no leisure time physical activity.
- 23% of white women, 38% of black women, and 36% Mexican American women are obese.

(continued on page 4)

Compared with Men:

- 38% of women and 25% of men will die within one year of a first recognized heart attack.
- 35% of women and 18% of men heart attack survivors will have another heart attack within six years.
- 46% of women and 22% of men heart attack survivors will be disabled with heart failure within six years.
- Women are almost twice as likely as men to die after bypass surgery.
- Women are less likely than men to receive beta-blockers, ACE inhibitors or even aspirin after a heart attack.
- More women than men die of heart disease each year, yet women receive only:
 - 33% of angioplasties, stents and bypass surgeries
 - 28% of implantable defibrillators and
 - 36% of open-heart surgeries
- Women comprise only 25% of participants in all heart-related research studies.

Statistics compiled from:

National Center on Health Statistics; National Heart, Lung and Blood Institute; and American Heart Association's 2002 Heart and Stroke Statistical Update, which may be viewed online at:

http://www.americanheart.org/downloadable/heart/10148328094661013190990123HS_State_02.pdf

Fitness Tips:

Old habits are hard to break but they should also be enough to get you motivated. Many of those old habits are often the ones that put you at risk for heart disease in the first place, so you must take action! Exercise reduces your risk for further heart disease, breaks up your day, reduces stress, and increases the quality of life. Take a moment to ask yourself what you really need, what would it take to get you started:

1. **Find an exercise buddy.** Hey, look around you, I'm sure you know of others who are complaining about they see in the mirror and wish to start a quest for wellness. Make plans to exercise with a friend or family member. Take your pet, spouse, or kids for a walk. Start or join a walking club.

2. **Create a backup plan for exercise.** For example, exercise at home on rainy days or go to a mall to walk, or if your walking partner can't join you for a session, commit to getting on the treadmill, or climbing your steps at home for just 10 minutes.

3. **Explore your exercise "style."** Find an activity you enjoy. Do you like being outdoors, or do you prefer exercising in the privacy of your own home? You may find you enjoy swimming, water aerobics, or biking better than walking. Any exercise you enjoy doing will make it easier for you to incorporate it into your daily life. Try dancing, check out (In-Home Training) wherein a trainer like Joe Green of Fit For You comes to your home to help you get on track exercising. What could be better, you don't need any equipment just a little motivation and desire. Or see what your local recreation center offers.

4. **Vary your exercise routine.** During a workout, alternate periods of moderate walking with brisk walking (interval training!), or even jumping on and off of a low step. Listen to music you enjoy with a tempo that matches your pace. If you find you stop your walking routine after a few weeks, accept it, and switch to a new activity for the next few weeks.

5. **Prepare your success.** Set goals. Do your exercise at time when you know you can do it. And when is that you ask. Other than making it a priority you might consider exercising a little just before you hop into the shower, while your making dinner or during a commercial of your favorite television show. A "little here and there" adds up over the period of a week and after a month you could be pleasantly surprised. If weight loss is a goal, and you need a dose of motivation, take a photo of yourself in a bathing suit and post it over your mirror or on your refrigerator! Enlist the aid of a personal trainer to keep you committed to your fitness program and find out how you can exercise and get results in just 16-20 minutes in a session. Get a program that is carefully designed specifically for you.

6. **Consider trying resistance training.** Increasing your lean muscle mass through resistance training only not helps you burn calories more efficiently,

(continued on page 5)

but tones up flabby body areas, improves your physique and posture, and increases your strength so that your aerobic activities are actually easier to perform. Give Joe Green a call and find out about resistance exercises you can start at home.

7. **Get motivated.** If you find you have trouble adhering to exercise and other life goals, then stop and kindly ask yourself if depression or anxiety is blocking your efforts. Don't let depression or anxiety stop you from enjoying the fullness of life. Remember that exercise increases natural mood enhancers, painkillers, but talking with others or seeking professional help may be advised.

8. Making time to exercise and committing to regular workouts pays off in improved health, and efficiency so you work better, not longer. You are a survivor of heart disease, and a success, not a statistic. Remember, you're worth it

What Should I Eat?

One of the most confusing and frustrating aspects of recovering from heart disease is learning how to eat a diet that's healthy for our heart. Many of us love to eat good food and love even more to cook. Unfortunately, we don't eat enough fruits, grains, and vegetables as we should, and face it we are creatures of habit, family traditions, and culture. Truth is, we probably eat too much fried foods, cream sauces, snacks foods, fast food, desserts that contribute to the build up of fatty plaque in our arteries and put the pounds on! Both can kill us.

But the thought of doing without our favorite foods fried chicken, hamburgers, lasagna, quesadillas, potato chips, chocolate cake, or ice cream is down right depressing! But we must face the fact that eating these foods sparingly (several times a month) or learning how to prepare them in more healthy ways is exactly what our heart disease requires.

Changing your eating habits, tastes, and cooking methods will take time and effort you'll need to be flexible and open to new tastes, and willing to learn new low-fat cooking methods and recipes. (Start buying or subscribing to [Cooking Light](#), [Vegetarian Times](#), or to joining the On-Line Fitness Library of the Fit For You website at www.phyt4u.com) You don't have to exist on rice cakes -- these food

changes can be adventuresome and fun, and you may even come to prefer the taste of these new foods!

Make the changes gradually, learn how to bake and broil rather than fry foods, and experiment with lots of herbs and spices to add interesting new tastes to your food.

New research studies are coming out almost every day that shed new light on healthy diets for women with heart disease. The National Coalition for Women with Heart Disease offers you the following link to subscribe to free E-mail newsletters from the Johns Hopkins Medical Center's award-winning Web site, InteliHealth.com. Follow the easy subscription directions and when you reach the heading "Weekly E-Mail Subscriptions," check the box for the Heart Health E-mail newsletter, as well as for others that may interest you.

Your first and most important decision is to take the information in this article "to heart." It's that important!

RECIPE OF THE MONTH

Chicken Sloppy Joes

1 pound ground chicken breast, skinless
1-cup onions, chopped
½ cup bell peppers, chopped
1 package sloppy joe seasoning
8 ounces tomato sauce

In a large skillet over medium heat, cook chicken, onions, and bell peppers until chicken is no longer pink and vegetables are tender. Add seasoning mix, tomato sauce, and Worcestershire sauce; simmer for 15 minutes. Serve on toasted buns.

Serving Size 4 – Calories 193, Total Fat 2g, Calories From Fat 11%, Cholesterol 66mg, Protein 27g, Sodium 619mg, Carbohydrates 12g, Fiber 1.7g.

“HOW TO TELL IF YOUR WEIGHT IS HARMING YOUR HEART”

By Joe Green

Your chances of developing heart disease increases by 50 to 70 percent if you are overweight and it also makes you a prime candidate for high blood pressure, diabetes and high cholesterol and triglyceride levels.

Fat stored around the waist is more harmful than fat on the hips and thighs.

Losing excess weight can be done in a few easy steps however if you're truly going about this the right way then you have to face facts. Fact is gradual progressive results are far safer and more permanent than the gimmicks that promote fast weight loss in next to no time at all. If it sounds too good to be true than it most likely is. Reputable resources such as registered dieticians do not promote the fad diets.

There are a few things you can do just to get started on the road to looking better and losing some of that excess weight:

- **Track your calories:** Safely reduce your calorie intake especially that consumed from fat sources. Note, I am not suggesting calorie depletion. Bear in mind women should not consume less than 1200 calories.
- **Do not skip meals:** You may wind up eating more by doing this not to mention that eventually you will be faced with cravings that will become increasing hard to ignore. Several studies have shown that reducing the amount of food you eat will not help. Instead control your portion sizes and make healthy food choices as often as possible.
- **Get on the move:** Exercise burns calories and weight resistance (working out with weights) builds muscle which in turn helps to boost your resting metabolic rate giving you the capability to burn more calories even while you sleep.

So, how can you check to see if your weight is adversely affecting your heart? There are two methods:

1. Find out your (BMI) Body Mass Index. Your BMI assesses weight in relation to your height. A BMI of 25 to 29 would indicate that you are overweight and a measurement of 30 or greater is considered obese.

Example: 5'4" at 145lb. = BMI (25)

5'4" at 175lb. = BMI (30)

2. Measure your waist to hip ratio: Use a tape measure and record your numbers.

First measure your waist just about the navel and record inches measured.

Next measure your hips at the widest part and record inches measured.

Last, divide your waist measurement by your hip measurement to determine your waist to hip ratio.

For example: If your waist measures 31 inches and your hips measure 41 inches then you would divide 31 by 41 to get .76 which is under the heart danger limit of 0.8 for women.

COMING UP IN NEXT MONTH'S ISSUE...

- “Fitness...What’s the difference between men and women?” – By Joe Green
- “Do the math to get stronger and the body you’ve been looking for!” – By Joe Green
- “Eating On A Ketogenic Diet” – By Beth Roberts – IFBB Pro Bodybuilder

SPORTS MASSAGE ISN'T JUST FOR PROFESSIONAL ATHLETES!

By Rebecca Earley

Sure, massage has become extremely popular in the world of professional athletics, but sports massage can benefit all people who participate in physical activity. No matter what your sport – aerobics, swimming, running, walking, biking, weightlifting- sports massage can help you enhance your overall wellness and play an important role in post-activity recovery.

In all sports massage, there are 3 main goals:

1. Maintain the athlete's muscles in the best state of relaxation, flexibility, and nutrition
2. Reduce muscle soreness to help athlete to recover quickly after exertion to encourage a higher level of training
3. Help athlete to recover from injury and to prevent chronic injury problems

If you participate in a physical activity, you can appreciate how these goals may complement your personal fitness goals.

Most times, new fitness programs are approached with great enthusiasm. Unfortunately, this enthusiasm can propel us past our physical limits. We all know where we end up then – with sore, achy muscles and an overall feeling of fatigue. In some cases, this muscle soreness can be severe enough and last long enough to bring our new fitness adventure to a grinding halt.

Of course, an appropriate training schedule and routine is key to avoiding this pitfall, but for those of us who overdo it, massage is an excellent recovery tool. When you overwork your muscles to the point of pain, microtearing of the muscle fibers is the result. By increasing circulation to the damaged muscle, debris and waste are exchanged for fresh, oxygen-rich blood. Repair of the tissue is expedited, and post-activity pain and swelling lasts only a fraction of the time in which “normal” healing occurs.

So whether it's shin splints from running, tight hamstrings from biking, or sore traps from swimming, remember – your massage therapist can

lessen your pain and recovery time to help you get back to your program!

TROY CONSULTING

"HELPING YOU HELP OTHERS"

Specializing in non-profit and corporate partnering, general development and fund-raising, and cause related marketing. We can help you help others.

March Tip

At this time of the year, most nonprofit are half-way through their fiscal year and working hard to reach their defined goals they set six months ago. Don't hesitate about calling them and asking where they need the most help. While the majority will say they need monetary assistance, your time is just as important and for most organizations, spring and summer is their busy time for special events. Check in with the group, find out what events are being planned and see how you can help them achieve their financial success. Remember, choose the charity and event that best matches your personal values and giving of yourself will enrich your lives and those you are helping.

Jeanne L. Troy, President
1417 Silvercreek Drive
Mechanicsburg, PA 17050
Phone: 717-439-0987
Fax: 717-761-2701
Email: jltroy@epix.net

PEP TALK

Genius is one percent inspiration and ninety-nine percent perspiration.

- Thomas A. Edison

ANGEL CONNECTIONS

By Gigi Jantos

A women's program of supportive services that cultivate mind body spirit health and wellness

This program was partially funded through a grant from the American Cancer Society's Making Strides Against Breast Cancer Community Partnership Grant Program and a partnership with the YWCA of Greater Harrisburg and Momentum Fitness Center in Mechanicsburg

Acceptance
Nurture
Guide
Encourage
Love

Did you ever have a dream that became a reality? That's what happened to me through the creation of this program.

I started my wellness consulting business about two years ago, with the main focus of helping women through an integrated approach of self-awareness tools to create a better quality of life. We all face life challenging circumstances at some point - how we handle them creates the quality of our day-to-day life. Specifically, I'm talking about managing stress, pain, and chronic illness with balance, realizing that you cannot separate your life from your health and wellness. Realizing that wellness may be achieved through a holistic approach to life.

I have personally walked the path of chronic illness, and have come out the other side feeling whole and in good health. Life experience, along with my professional training, has taught me that the way to reach this goal is to use the best of traditional medicine along with complementary care methods that can provide a holistic toolbox of options.

This is the philosophy I use to work with women who are part of the Angel Connections program. The program focus is on women who have a diagnosis of breast cancer, and are at any stage of the treatment or recovery process, and offering similar services to their caregivers. A personalized multi-session plan for each

participant is mapped out supporting and honoring their needs. Each session is one hour in length. All services safely interact with medical procedures and pharmaceutical interventions.

The goals of the program are to provide participants with the opportunity to learn:

- Improved stress management
- Changing the perception of pain
- Creating self-awareness tools
- Choosing the Relaxation Response

Complementary care methods used will include:

- Guided Imagery - Visualization can be highly effective in helping a variety of health conditions including nausea, fatigue and reducing fear and anxiety
- Breath Work – Research has shown that deepening the breath shifts us from stress to relaxation by slowing the heart rate, normalizing blood pressure, improving digestion and increasing energy
- Reiki (pronounced ray-key) – A gentle system that works with the human energy field based on the concept that the flow and balance of energy is vital to good health
- Educational support – Helps participants to fully understand the mind body spirit connection which can create long term life quality change

There is no cost to participants of this program, however, donations are welcome. Those wishing to make a donation can do so by making a tax-deductible contribution to the YWCA, and specifying that the funds be used for this program.

Women interested in learning more about the program can contact me for more information. I welcome your questions, and look forward to being a partner in your journey to wellness.

Note: Gigi Jantos is a Wellness Consultant who has lived in the Harrisburg area for 24 years. She can be reached at 717-763-8338 or at gjantos@paonline.com

For more information log onto www.mindbodyspiritwellness.com

Businesses advertised under the Shopping for Services Section are not affiliated with Fit For You or Joe Green. Fit For You, Joe Green, employees or volunteers or anyone in connection with Fit For You/Joe Green assume no responsibility or risk for any claim or injury of any sort if claimed for services utilized at present and indefinitely.