

# **“THE MESSAGE”**

*Health & Fitness Newsletter*

## **November 2002 – Issue**

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- Lifestyle Coaching – What is it and could it be the answer you’ve been looking for?
- This Is Nuts! – Nuts aid in appetite control and add healthy fats with fiber and protein, learn more and how it can work for you.
- Another Fad Diet Bust – Get the inside scoop on the Bernstein Diet.
- Seeds Of Success – Flaxseeds lower cholesterol and..... Find out why this supplement is so incredibly valuable to you.

**Joe Green**  
**CFPT, CSNC, MFBPC**  
**Fit For You**  
**Personal Training & Nutrition**  
[www.phyt4u.com](http://www.phyt4u.com)  
**Phone: (717) 579-8257 Fax: (717) 260-9016**

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**Mailing Address: PO BOX 60322, Harrisburg, PA 17106**

## **What's New With FIT FOR YOU?**

- Gift Certificates are available to give away for Holiday Gifts. There are (3) different holiday gift certificates available to choose from. Best of all, these certificates are **on sale** now **for less than \$35**. The value of each certificate far exceeds the sale price, so hurry now and get a little shopping done and give the gift of life and good health!  
To inquire simply call 579-8257 or send an email request to [fitforyou1@comcast.net](mailto:fitforyou1@comcast.net).
- Fit For You t-shirts are now available and in stock in both white and blue. Sweatshirts will also be in shortly.
- Purchase a 12 week session package and receive a special coupon for \$25 off a relaxation massage. Get fit and then cash in and relax when you need it most. For more details about this special offer call 579-8257.

## **What About Massage-What You Need To Know**

Massage is, by definition the scientific manipulation of the soft tissue structures of the body. There are many different types of massage, known as modalities. Common modalities include Swedish, Russian and Deep Tissue. The modality your therapist chooses will depend on your treatment goals and overall physical health.

There are many great benefits received from massage therapy. Of course it feels great and is a great tool for stress relief, but there's more:

### Massage

- Relieves muscle soreness and tightness;
- Increases range of motion of joints;
- Can be an important rehabilitation tool for athletic or traumatic injury;
- Is a comforting adjunct providing pain relief for patients suffering from chronic illness such as fibromyalgia, cancer and arthritis.

Massage is not a cure for serious medical conditions and should never be used as a substitute for appropriate medical care.

Almost everyone can benefit from massage. If you have a medical condition, you may be wondering if massage is safe for you. Some conditions such as infections or open skin wounds might interfere with massage however in most cases the massage can still be successfully administered.

Rebecca Earley is a licensed massage therapist. She is also the owner of Advanced Touch Therapies and can be reached at (717) 796-9476.

## **Parkinson's Disease**

During my career as a personal fitness coach I have worked with individuals ranging from chronically obese to the athletically elite body builder. But somewhere in between I have found some real modern day heroes, competitors who must compete for the ultimate prize – the preservation of health.

Fortunately these heroes that I speak of are also some of the very special clients that I have the pleasure of working with – those afflicted with Parkinson's disease. Faced with the ultimatum of use it or lose it, couldn't apply more than it does to sufferers from this syndrome.

Parkinson's disease is a chronic neurological condition that affects the central nervous system. The condition was named after a physician, Dr. James Parkinson from London who first described this syndrome in the early 1800's.

This disease affects over 1 million people in the United States, both men and women alike. The occurrence of this disease is more prevalent in those 50 years old and above however there is an alarming increase in patients of a younger age. In fact an increasing number of people will be victims of Parkinson's disease.

Parkinson's disease affects one of every 100 persons over the age of 60. However a healthier lifestyle involving a daily exercise routine and a healthy supportive eating plan will now have many people living well into their eighties. While the cause of Parkinson's is not exactly known, what I do know is that a customized exercise program "is just what the doctor should order."

I recommend checking with one of your doctors to discuss what their opinion is regarding exercise and its benefits in this situation. Chances are you will find that they will be in favor of regular exercise, but not just any kind so it's best to seek out the services of a trainer like myself who specializes in working with Parkinson's disease patients. Therapy if prescribed only lasts for a limited time so you will need to have a plan in place that helps you improve your overall health and condition.

In fact I know of a man who did just that, he took the advice of his doctor and sought out the services of a personal fitness coach who was able to customize an exercise program and nutrition plan with great detail, specifically for him. He is one of my clients and with his permission I will share with you his thoughts and feelings as expressed in a testimonial he wrote several months ago. Thanks Norm for sharing your words of encouragement with all of us for the benefit of everyone.

*I am pleased to enthusiastically recommend the professional services of Fit For You Personal Training and Nutrition in the person of Joe Green. I consider it a fortuitous opportunity to prolong my life by significantly improved health and fitness as a result of my wife's meeting an old friend who recommended Joe. I am a fifty-nine year old*

*professional who was forced to retire from a successful law practice last year because of my inability to handle stress as a result of many significant health problems. In addition to my family physician, I have been under the care of a cardiologist, endocrinologist and neurologist for Parkinson's disease, diabetes and coronary artery disease and thus I am symptomatic as to all three with the necessity of taking twenty-three different medications each day.*

*It was on the advise of my neurologist that I sought out an in-home personal trainer to improve my well-being and slow down the progressive neuro-degenerative nature of my Parkinson's disease. Considering the alternative, the decision to invest the funds and commit myself to it was easy. Joe designed a program for me that took into consideration my poor health and physical condition at that time. The nutritional importance receives equal emphasis from Joe. My eating habits and food intake have changed completely in two months, with an understanding of the process that is taking place as a result of Joe's teaching. I should mention that as a result of seeing Joe three days a week, I think I have come to know him. Joe is extremely knowledgeable about nutrition and the body with a good personality for getting the best effort out of his clients. He is a pleasure to work with because of his "team" approach and his genuine concern for "our" success.*

*My accomplishments have been nothing short of tremendous, realizing of course that I was starting at ground zero. From not being able to bend over and pick up something off the floor, I now have flexibility and mobility that I haven't had in years. My overall health has vastly improved with even my sugar being in normal range. I see and feel the benefits and while they might not be as significant as time goes on the results speak for themselves. I encourage anyone who wants to improve their own health and fitness not to mention their confidence and well-being to meet with Joe of Fit for You and undertake the opportunity to enjoy the same benefits and results I have.*

*Norm Hetrick*

As you can see a customized wellness plan involving both exercise and nutrition basically transformed this gentlemen's life. We continue to work together as a team, battling the odds and winning many of the battles along the way. His improved range of motion, balance, strength, posture and ability to enjoy recreational activities ranging from gardening to golfing has transcended boundaries once ruled by the Parkinson's disease syndrome. My hat is off to him for all of his hard work and dedication!

I did mention nutrition as well so let's take a brief look at that component. As I said before healthy supportive eating is important for the purpose of overall optimum health. With the medications that are prescribed it is my opinion that the nutritional aspect becomes even more vital.

Adequate fiber consumption is important as constipation is common among PD patients and lack of fiber can interfere with the effective absorption of drugs such as levodopa. Calcium and Vitamin D are important for healthy bones and to maintain their density. Remember, balance is an issue for PD sufferers so strong healthy bones are important.

Adequate intake of calcium and vitamin D help to reduce fracture risk. Lack of vitamin D prevents calcium absorption and can lead to brittle bones.

Protein is important because levodopa is an amino acid. Amino acids are the building blocks of dietary protein for absorption. So you can see where healthy supportive eating can make such a significant difference.

Supplements you must be careful with and should not try randomly without the advice of a qualified individual. With that said it should be noted that one of the most widely studied supplements on the market today has been studied in conjunction with PD. The supplement coenzyme Q10 seems to show that it has the ability to slow the development of disability in early PD patients according to a recent study.(CW Shults, D Oakes, K Kieburtz, et al., and the Parkinson's Study Group.)

It should be noted that the use of coenzyme Q10 for the treatment of PD is premature at this point, so no recommendation has been given as of this date. Future studies continue with the use of this supplement.

In closing I would like to mention some of the classic signs of Parkinson's disease:

- Stiffness and rigidity of the limbs;
- Resting tremor on one side of the body;
- Generalized slowness of movement (bradykinesia);
- Gait or balance problems (postural dysfunction).

## **Exercise 55 Minutes Per Week**

You say you haven't got the time to exercise, can't get to the gym and so on. I have designed a program that asks you to spare just 55 minutes out of your entire week and it can all be done right at home. Workout three days within one week's time and spend just 18 minutes or so per workout. You can do it!

This workout can be done with or without weights covering all body parts. Anyone interested in finding out more about this type of workout should contact me directly. My contact information is on the cover page.

While my brief description will do little to paint an accurate picture I will describe just a little of what you need to do. Simply lie down on the floor face up. Elevate your legs approximately 3 inches off the floor with your legs straight. Place your arms straight out overhead approximately 3 inches off the floor as well with your palms face up. Move your arms and legs simultaneously as though you are making a snow angel or performing a jumping jack exercise and repeat.

Next raise your legs up approximately 3 inches off the floor with your legs straight out and together. Place arms overhead approximately 3 inches off the floor, arms straight

with palms face up. Simultaneously bring arms down beside your hips with palms now facing down and approximately 3 inches from the floor. At the same time bring your legs up until they are pointing straight up at a 90-degree angle, keeping your legs straight and repeat.

Finally, roll over and assume the push-up position and perform 10 pushups if capable of doing 10 (or you may do as many as possible at a time until you reach 10 total). After a brief rest, reassume the same pushup position only raise your buttocks up high so that the frame of your body forms a triangular shape. Now bring your right knee up to your left elbow and return to start position. Repeat with left knee and alternate with repetition.

The amount of repetition and number of sets will depend on your level of exercise experience and conditioning. I have several programs similar to this that vary in intensity and design but nonetheless make exercise fun and easy. You can do it!

Any questions feel free to contact me.

## **Healthy Home Baking**

### **Fruit & Nut Bread**

½ cup quick-cooking oats  
1 ¼ cups fat-free buttermilk  
1 12/ cups whole-wheat flour  
½ cup light brown sugar  
1 tsp. Baking powder  
1 tsp. Baking soda  
2 tsp. Vanilla extract  
1/3 cup dried cherries, blueberries, cranberries or raisins  
¼ cup chopped pecans  
Nonstick cooking spray

Combine the oats and buttermilk in a medium size bowl, mix well and set aside. Combine the flour, brown sugar, baking powder and baking soda in a large bowl and mix well, pressing out any lumps. Add the buttermilk mixture and vanilla to the flour mixture and stir just until the dry ingredients are moistened. Fold in the fruits and nuts. Spread the batter in an 8x4 inch loaf pan coated with cooking spray. Bake at 325 degrees F for 50-55 minutes or until a toothpick inserted in the center of the loaf comes out clean. Remove the bread from the oven and let sit for 10 minutes. Turn the loaf onto a wire rack and cool before slicing. Makes 16 slices. Per Slice: Calories: 100, Protein: 3g, Carbohydrates: 18g, Fat: 2g, Fiber: 3g.

**M&F**

## **PEP TALK**

*"Success is to be measured not so much by the position that one has reached in life as by the obstacles that one has overcome while trying to succeed."*

*Booker T. Washington*

### Shopping For Services

Troy Consulting - "Helping You Help Others"

Jeanne L. Troy, President

1417 Silvercreek Drive

Mechanicsburg, PA 17050

Phone: 717-439-0987

Fax: 717-761-2701

Email: [jlroy@epix.net](mailto:jlroy@epix.net)

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

TIP for November: When looking to partner with an organization, check out the financials of the group, how they spend their donated funds, and what is the return of every dollar spent on programs.