

**“THE MESSAGE”**  
*Health & Fitness Newsletter*

**October 2002 – Issue**

---

**~Preview~**

**What’s New With FIT FOR YOU?** – Written By Joe Green

**“Under Pressure”** – Written By Joe Green

**Oh Sugar! Hypoglycemia** – Written By Joe Green

**Shopping For Services** – Written By Joe Green

**Special Coupons To Redeem!!** – Fit For You

**Pep Talk** – Author Unknown

---

**NEXT ISSUE!**

- \* What About Massage-What You Need To Know.
- \* Parkinson’s Disease – Learn More About It & One Man’s Success Beating The Odds!
- \* Exercise 55 Minutes Per Week! – Find Out How People Are Doing This and Getting Into Fantastic Shape!!!

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

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.

## What's New With FIT FOR YOU?

- **Make it a Family Affair** – Are you currently working using one of the **FIT FOR YOU** services – one of the exercise programs (In-Home training, Weightless Workouts or Tele-Fit), nutrition programs (Analysis or Sample Planning & Consulting).

**REFER A FAMILY MEMBER** – Give someone you love yet another reason to get started on the road to health and fitness. Refer a family member and they will get (2) Free training sessions and a customized exercise program to follow when they sign up for a 12 week program. So get 14 weeks for the price of 12 and get started today! –OR- Sign on for the 24-week program and get (2) **FREE** training sessions plus a FREE nutrition plan analysis.

## “UNDER PRESSURE”

Are you under pressure because of high blood pressure also known as hypertension? Chances are pretty good that you might not be aware of the warning signs. This often called silent killer can be easily over looked because it rarely causes any obvious physical signs of distress.

According the American Heart Association, high blood pressure leads to about 45,000 deaths each year and contributes to another 210,000. With numbers like that, you better have your numbers – blood pressure numbers checked regularly. Normal blood pressure is considered 120/80. When blood pressure reaches 140/90 or above on a regular basis, you have high blood pressure. Health practitioners are generally puzzled as to what the single cause of high blood pressure is and do not seem to have the answer.

So, with that in mind let's turn our attention to nutrition. Sure we've all heard the popular prescription, to lower salt intake. True, this is a good place to start especially since experts advise taking in no more than three teaspoons a day of salt which is currently four grams less than the current national average. It's best to eat fewer foods containing salt. Lunch meats, soft drinks and many of the processed foods like frozen dinners are high in their salt content, so go easy on your consumption of these foods.

What else can be done to help combat high blood pressure you ask? Increase your intake of potassium, calcium and magnesium. Foods rich in potassium and magnesium may boost overall cardiovascular health and reduce the risk of stroke as well as help to regulate blood pressure. Such foods would include bananas, oranges and baked potatoes to name a few.

Supplement wise CoQ10 is a vitamin like substance that has shown its effectiveness in reducing blood pressure by almost 10%. It also appears to reduce blood fats linked to heart disease, and insulin, while slightly increasing HDL (good) cholesterol. In fact it is estimated that nearly 40% of people with high blood pressure are deficient in CoQ10.

Before running out and looking into the purchase of CoQ10, realize that nothing takes the place of the following things that you can do to help reduce high blood pressure or even to avoid it if you don't have it. I have worked with several clients who were on blood pressure medication and were able to get off it as result of regular exercise and a sound healthy nutritional plan.

Exercise not only helps you to lose some of those unwanted pounds, it can also help to lower your blood pressure and reduce stress. And it doesn't take going to the gym and working out for several hours at a time to achieve this. I have trained all of those I have helped to reduce their high blood pressure right in the privacy of their own home. Thanks to some of my customized exercise programs such as my weightless workouts that last anywhere from 16 to 37 minutes, using exercise to reduce high blood pressure has never been easier or more convenient - a small investment for such a big reward.

Are we as Americans "under pressure" to get our blood pressure numbers in check – you bet we are.

- One out of five Americans suffer from high blood pressure.
- Only one out of four Americans with high blood pressure have it under control.
- Two out of three people with diabetes have blood pressure that is too high.

Both nutrition and lifestyle are two vital tools that are useful for dropping high blood pressure and increasing your chances of a longer life.

### **Oh Sugar! Hypoglycemia**

When blood sugar dips low enough to cause hypoglycemia you probably feel washed out. This low blood sugar syndrome might be caused by excess sugar in your daily diet. Herbalist Cynthia Hartson, ND advises that when you eat too many sweet treats and processed foods that you set yourself up for a big fall in blood sugar.

As you continue to consume large amounts of sugar your pancreas may release excessive insulin, which drives and keeps your blood sugar low enough to make you feel like lying down for an extended power nap. Adrenal glands respond to this stress by producing adrenaline and dumping it into the blood stream in overabundance, causing anxiety, trembling and panic attacks. These symptoms are frequent signs of a hypoglycemic reaction.

Signs of hypoglycemia typically show up two to three hours after a meal or snack containing lots of processed foods, when there is a rapid release of sugar into the small intestine, followed by rapid glucose absorption into the bloodstream and the consequent production of a large amount of insulin.

Are you eating too much sugar - well the best way to start figuring that out is to take a look at what you're eating. When I consult with someone about improving their current diet I always have them keep a 5 day diary of what they ate, what time they ate it, how

much and on what day. We tend to eat differently on weekends, so I ask each person to record at least one weekend day. This is particularly helpful and gives great insight to observe patterns and tendencies. Of course the 5-day diary is only an effective tool if the person recording the information is completely honest. Record everything from food and drinks to candy, gum and breath mints.

Once key patterns and their triggers are determined it is important to remove some of those unhealthy or excessive sugary, processed foods and replace them with something healthier. Just because those traditional sugary snacks are replaced with something healthier doesn't mean it won't taste good, you'd be surprised – the client's I work with usually are.

Sugars such as table sugar, corn syrup, honey, sucrose, glucose, dextrose and maltose are all sugars that often cause problems. Fruit juices and caffeine products such as coffees, teas, chocolate and soft drinks intensify the action of insulin.

Those suffering from hypoglycemia will find help when consuming high soluble dietary fiber and complex carbohydrates in most cases. Foods such as whole grains, legumes and vegetables are usually absorbed more gradually than processed items. Slower carbohydrate absorption may help prevent the major swings in blood sugar levels.

Eat smaller meals and snacks between meals to help ease blood sugar levels spiking and then abruptly dropping. Exercise helps to significantly dispel low blood sugar discomforts. In conjunction with exercise I also strongly recommend stretching which along with exercise helps tone muscles and greatly improves circulation along with assisting in digestion. This in turn helps your muscles metabolize sugars more effectively.

I would recommend checking with family members and other relatives to find out if they suffer from diabetes or hypoglycemia because genetics plays a large role in reactive hypoglycemia.

More information about vitamins, minerals and herbs that can positively affect hypoglycemia along with more information that I am sure you will find interesting will be posted in the On-Line Fitness Library on my website at [www.phyt4u.com](http://www.phyt4u.com) - so if you're interested in joining my fitness library feel free to contact me. My contact information is listed on the cover page of this newsletter.

### **Shopping For Services**

This is a new section that will be dedicated to business listings. While these businesses are not necessarily promoted or affiliated with Fit For You/Joe Green unless otherwise specifically stated, they are businesses deemed to be of possible interest and value to the readership of this newsletter. In many cases I have met the business owner. Feel free to contact me to see if the business(s) listed are any that I can give personal testimony to.

## **TROY CONSULTING**

Troy consulting has over seven years experience in the non-profit area. We can help you, the corporate client, by matching you with the right non-profit whose mission best matches your corporate vision. Additionally, we provide expertise in special event management, employee philanthropic education and charitable donation request reviews.

Troy Consulting can help you, the non-profit client, with assistance in general fundraising and development, special events, board direction, for profit partnering and other aspects of development.

We look forward to sharing our knowledge and blending it to work with your visions.

Troy Consulting- helping you to help others, for seven years!

For more information write us at:

Troy Consulting  
1417 Silvercreek Drive  
Mechanicsburg, PA 17050  
Phone: 717-439-0987.  
Our email is [jltroy@epix.net](mailto:jltroy@epix.net).

Jeanne L. Troy  
President  
Troy Consulting

---

### **SPECIAL FITNESS COUPONS!!**

#### **SPECIAL OFFER!**

Think of (3) people you know of that could benefit from receiving this monthly newsletter and would enjoy the information and articles **and you receive (2) FREE Training Sessions and a FREE Gift Certificate worth over \$165 to present to whomever you wish as a gift from you! The Gift Certificate entitles the bearer to enjoy a customized nutrition plan and analysis of health and fitness along with (2) complimentary FREE In-Home Training Sessions!!**

**So, just complete the information coupon below, send it in and enjoy the FREE gifts in return. Just in time for the Holidays!!!**

#### **INFORMATION COUPON BELOW!**

-----

**Information Coupon!!**

List (3) names and addresses of people who would enjoy and/or benefit from a free subscription of this Health & Fitness Newsletter.

1. (Full) Name: \_\_\_\_\_ Address: \_\_\_\_\_

2. (Full) Name: \_\_\_\_\_ Address: \_\_\_\_\_

3. (Full) Name: \_\_\_\_\_ Address: \_\_\_\_\_

These people will receive this newsletter absolutely **FREE!** Compliments of you! As you can see a phone number was not requested, because these people will not be called and bothered about purchasing sessions or other services.

**TO REDEEM YOU MAY:**

\* Fax this coupon to:(717) 260-9016 ~OR~

\* Mail this coupon to: Joe Green, PO Box 60322, Harrisburg, PA 17106

-----

**PEP TALK**

*Pain is the feeling of weakness leaving the body.*

*-Unknown-*