



“THE MESSAGE”

Health & Fitness Newsletter

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~IN THIS ISSUE~

WHAT'S NEW WITH FIT FOR YOU?1
 PEP TALK.....1
 SUPPLEMENT WEIGHT LOSS SCAMS REVEALED!.....2
 RECIPE3
 RESEARCH & REPORT CORNER.....4

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 are growing again!** Welcome to our newest member, **Robyn Godfrey-Hiles** who comes to us with plenty of experience and knowledge. Thanks to Robyn we are once again accepting new clients for our General Fitness and Clinical Exercise programs. She joins us as a Personal Trainer and Clinical Exercise Specialist with a degree in nutrition. – Robyn will service Harrisburg, Carlisle, Boiling Springs, Mechanicsburg and other nearby surrounding areas as well.
- We are working to improve what we do and how we do it. Keeping it personal, private and professional while adding another dimension that we call Compliance Training. We have the tools in place to track, monitor and adjust the results that you are after to benefit you the most. To learn more about our **Compliance Training Program** give us a call at (717) 579-8257 or send an email to: fitforyou1@netzero.net
- **Supplement Safety!** We are now starting Nutrition Clinics so that you can learn all of the most important details on how to achieve healthy supportive eating. No diets and no magic bullet, just real solutions to fit into your lifestyle. To Sign Up – Go to www.phyt4u.com to send an email indicating you are interested in information on the Nutrition Clinic “Supplement Safety.”
- **WATCH OUT!** Our website will soon get a much needed make-over giving those who visit current information, more exciting information on topics of concern, research info and library style access to articles, recipes and much, much more.

PEP TALK

There are no shortcuts to becoming the very best that you can be.

- Joe Green

SUPPLEMENT WEIGHT LOSS SCAMS REVEALED!

By: Joe Green, CPFT, CSNC

Some of the worst diet gimmicks are targeted at specific groups such as low-carbohydrate dieters, people with unwanted abdominal fat and women with menopausal weight gain. These are just a few of the weight-loss schemes highlighted in this article.

There are many products for sale that promise quick weight loss with seemingly no effort at all. Perhaps exercise is "suggested" but even that is in small print if at all. These too-good-to-be-true scams siphon your money from your wallet permanently without any real lasting results. Diets, pills, powders and the like are too good true! Remember the way you lose the weight is the way you'll have to keep it off. So unless you want to take diet pill after pill, after powder, etc. for the rest of your life then stop the madness and simply do it the right way, through a combined effort of healthy supportive eating, resistance exercise and cardio.

Children and adolescents, especially teenage girls, are buying all sorts of weight-loss products, which is of particular concern. Many of the supplements that are made available for easy purchase pose serious health risks. While there should be an age-imposed stipulation just as there is for cigarettes and alcohol, it does not exist.

The key to raising a healthy weight child is leading by example. Parents can help best by modeling an active, healthy lifestyle that allows excess weight to come off naturally. It's the only way to lose weight safely and permanently.

Worst Gimmick: Green Tea 300

This scheme includes green tea patches of "high-potency extract" to attach to the skin, along with green tea to drink. In fact, four patches come "free" when you buy \$59.99 worth of tea. The ads claim this combo will burn fat, suppress appetite, increase thermogenesis and speed the metabolic rate - all without increasing hypertension or heart rate. Of course, there is no scientific evidence for the claims you'll benefit from "Asian wisdom ... lose five to

27 pounds ... 30 times more potent than regular green tea!!!!"

This product is advertised online through e-mail spam.

Worst Product: CortiSlim

CortiSlim claims that reducing cortisol, the stress hormone, will reduce abdominal and other fat. Nationally aired infomercials since Aug. 2003 state that continually elevated levels of cortisol are the underlying cause of weight gain, especially abdominal obesity.

The ads claim that CortiSlim will cause rapid weight loss of 10 to 50 pounds from the abdomen, stomach and thighs by reducing cortisol. Think about it, this product is claiming to not only cause rapid weight loss but it's suggesting it can spot reduce fat from specific areas of your body. What happens to the other areas, arms, back?

In Oct. 2004, the Federal Trade Commission charged CortiSlim's marketers with false claims. They also accused the company of using a deceptive format in their TV infomercials (episodes of a talk show called "Breakthroughs," with two marketers posing as host and guest) without the required "paid advertising" disclaimers.

The product is sold via infomercials, TV commercials, radio and print ads, and Internet Web sites.)

Worst Claim: Carboburn

Focusing into the waning popularity of low-carb diets, Carboburn's promoters reassure dieters that cutting carbs from the diet is no longer necessary. Wow!

"It doesn't matter if you eat pizza, pasta, baked potatoes or potato chips, CarboBurn will neutralize the carbohydrates in those foods or most any other ... guaranteeing you become thinner, leaner, and maintain a good-looking youthful shape."

Furthermore, it will "block the storage of fat before it attaches to your stomach, waist, thighs, buns and other trouble areas ... and it doesn't matter if you

Continued on page 3

hate exercise, or can't exercise ... CarboBurn will chisel your fat away and let lean muscle shine through."

Well then, why are people still signing up for liposuction and gastric bypass surgery? Surely they heard about this amazing stuff and tried it to. Sounds like a real cure although our numbers for obesity continue to rise.

And, this miraculous cure is just \$39 for one bottle of pills or three for \$79.99. A rather expensive lesson especially if you're a slow learner. Advertised online through e-mail spam.

Most Outrageous Claim: Estrin D

Billed as the first and only diet pill for menopausal and pre-menopausal weight gain, EstrinD is aimed squarely at aging baby boomers. Targeted is "a whole generation of women ... [who are] redefining age, beauty and sexuality, proving that life doesn't end at 40."

Touted (again, with no evidence) to increase metabolic rate, reduce calorie intake, stop binge eating, provide energy, control mood swings and give a sense of well-being, EstrinD costs a whopping \$59 for 30-day supply. Sounds like a real cure-all.

It was promoted with a large ad in USA WEEKEND. These products - and many more like them - are 21st-century versions of snake oil. They prey on our worst fears and our vain hopes for miraculous cures.

Remember the old adage: If it promises a miracle, it will be a miracle if it works.

If your self-proclaimed goal involves weight control, save your money and health. Skip these diet scams and spend your hard earned money on the services of an expert personal fitness coach from Fit For You Personal Training & Nutrition. Our fitness coaches design safe, healthy supportive eating plans and exercise programs that together help to achieve safe and effective weight management goals. For more information simply visit our website at www.phyt4u.com

RECIPE

Turkey & Broccoli Lasagna

Ingredients:

1 tbsp. Olive oil
2 cups chopped broccoli
1 ¼ cups fat-free milk
1 tbsp. Butter
¼ cup all-purpose flour
1 bay leaf
1lb cooked turkey breast, cubed
¼ tsp grated nutmeg
Sea salts and pepper to taste
14-oz can chopped plum tomatoes, drained
1 tsp. Dried mixed herbs
9 lasagna sheets, cooked

For the topping:

1-cup fat-free plain yogurt
1 medium egg, lightly beaten
1 tbsp shredded Parmesan cheese

Note: You can replace broccoli with mushrooms or another veggie of your choice.

Instructions:

First: Start - Preheat oven to 350 degrees F. Heat oil in medium saucepan, and cook broccoli until tender. Remove and set aside. *Next:* Preparation - Place milk, butter, flour and bay leaf in saucepan. Slowly bring to a boil, stirring until thickened, simmer 2-3 minutes. Remove bay leaf and stir in cooked broccoli, turkey, nutmeg and salt/pepper. Meanwhile in a medium bowl, combine tomatoes and mixed herbs, and season with salt and pepper. Spoon half of vegetable mixture into a large ovenproof dish. Top with three sheets of lasagna and half of turkey mixture. Repeat layers and place remaining pasta sheets on top. *Next:* Cook in a small bowl, mix yogurt and egg. Spoon over lasagna spreading mixture into corners. Sprinkle with Parmesan cheese and bake 45 minutes.

Nutrition Stats (Per Serving): 289 calories, 27g protein, 31g carbohydrates, 4g fat, 3g fiber. Serves six.

RESEARCH & REPORT CORNER

Adapting Motor Vehicles for Use by People with Disabilities

Determine Costs and Cost Savings of Adaptive Vehicles

A new vehicle modified with adaptive equipment can cost from \$20,000 to \$80,000 or more depending on the base vehicle package and modifications needed. There are some public and private programs that can assist with all or part of the costs of adapting the vehicle that depend on the disability and its cause. It can pay to check around for areas of assistance. You can contact your states Department of Vocational Rehabilitation or the appropriate agency that provides vocational/back to work services. If you are a Veteran contact the VA for an evaluation if you feel the disability may be service related.

Other possible sources of assistance include:

- Many nonprofit associations have grant programs that help pay for adaptive devices for the disabled. If you have private health insurance or workers compensation, you may have coverage for this service.
- Check with your insurance carrier. Many manufacturers have rebate or reimbursement plans for modified vehicles. When you are ready to make a purchase, find out if there is such a dealer in your area.

Some states waive the sales tax for adaptive devices if you have a doctor's prescription for their use.

You may be eligible for savings when submitting your federal income tax return. Check with a qualified tax consultant to find out if the cost of your adaptive devices will help you qualify for a medical deduction.

Licensing Requirement

If you do not have a drivers license you will need to obtain a learners permit in order to receive an on-

the-road evaluation of your disability and needs. You cannot be denied the opportunity to apply for a permit or license because you have a disability. Depending on your level of disability, you may receive a restricted license, based on your use of adaptive devices.

Evaluation of Needs by Driver Rehabilitation Specialist

A comprehensive evaluation to identify the adaptive equipment suited for your needs will need to be done. A driver rehabilitation specialist does these evaluations. A complete evaluation includes:

- Vision screening
- Assessment of muscle strength, flexibility and range of motion
- Assessment of coordination and reaction time
- Assessment of judgment and decision making abilities
- Assessment of ability to drive with adaptive equipment

You can find a qualified evaluator by contacting a local rehabilitation center (they will have a list of resources) or by contacting the [Association for Driver Rehabilitation Specialists](#) . You should also check with your insurance company (if you have private insurance) to see if an evaluation is covered.

You may need a doctor's prescription to receive this benefit so be sure to ask what documentation you need.

The evaluation should be done when you are at your highest level of functioning. Too early in your rehab process and you may end up with costly equipment that is no longer needed.

Evaluators also consult on compatibility and transportation safety issues for passengers with disabilities. They assess the type of seating needed and the person's ability to exit and enter the vehicle. They can provide advice on the purchase of previously modified vehicles and recommend appropriate wheelchair lifts or other equipment for a vehicle you may already own.

Continued on page 5

Selecting a Vehicle for Modification

When the time comes to actually purchase a vehicle for modification you, the evaluator and the dealer will all be involved in the process. The purchase price or lease will be your responsibility; you want to make sure you are spending your money wisely on an appropriate vehicle that can be modified for your needs, now and in the future. Include in the decision these considerations:

- Does the necessary adaptive equipment require a van, or will another passenger vehicle suffice?
- Can the vehicle accommodate the equipment that needs to be installed?
- Will there be enough space to accommodate your family or other passengers once the vehicle is modified?
- Is there adequate parking space at home and at work for the vehicle and for loading/unloading a wheelchair?
- Is there adequate parking space to maneuver if you use a walker?
- What additional options are necessary for the safe operation of the vehicle?

If the vehicle, adaptive devices or modifications are being paid for by a third party such as insurance you will need to check to see if there are any limitations or specifications you need to take in to consideration. You will want to get this in writing to eliminate any unpleasant surprises in the future. Remember you will need to have insurance on the vehicle from the time of purchase.

Obtain Training on Use of Modified Vehicle and Equipment

Even experienced drivers will need training on safe operation of a modified vehicle. The dealer who does the modification should provide off-road training and information for the vehicle. You should also have on the road practice with a qualified driving instructor until you feel comfortable with the new vehicle and are safe for solo operation. It is always wise to have a friend or family member learn how to operate the vehicle in case of emergency.

Your state department of vocational rehabilitation may pay for instruction under some circumstances.

They may also be able to provide names of qualified instructors in your area.

Joe Only Recommends the Best - To Meet Your Home
Fitness Equipment & Cycling Needs...



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