

“THE MESSAGE”
Health & Fitness Newsletter

September 2002 – Issue

~Preview~

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

Personal Training – Personal Life Insurance – Written By Joe Green

CONSUMER ALERT – Written By Joe Green

Tele-Fit – Fitness Is Just A Phone Call Away! – Written By Joe Green

FIT FOR YOU Fitness Tip – Written By Joe Green

Monthly Recipes – See On-Line Fitness Library @ www.phyt4u.com

Pep Talk – Written By Eileen Caddy

Next Issue –

“Under Pressure” – More than one in four Americans suffers from high blood pressure, also known as hypertension. Learn more - prevention, risks and supplementation.

“Hypoglycemia” – Brewers Yeast: Can assist the body in stabilizing blood glucose levels. Find out about other vitamins, minerals and herbs and the sweet recipe for success.

And More! ... Until next month, I wish you health and happiness in whatever you do.

Do you know of anyone you think would enjoy receiving this newsletter, compliments of you? If so, just forward their name and email address as well as their mailing address. Phone number not necessary. Thanks! – My goal is to spread the truth about health and fitness so that we can all live a better quality life.

Joe Green

CFPT,CSNC,MFBPC

Fit For You

Personal Training & Nutrition

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What's New With "FIT FOR YOU"?

- This month the following recipes will be added to the **On-Line Fitness Library** section:
 - [Shrimp & Crabmeat Shells with Spinach Sauce](#)
 - [Protein-Packed Spaghetti Casserole](#)
 - [Broccoli & Chicken Butterflies](#)

Don't miss out on these delicious healthy recipes and give them a try!

- Fitness over the phone, this program has been renamed "Tele-Fit." The program basically remains the same and still comes with a money back guarantee for results! In fact, besides removing all of the risk of trying this program out I am also running a promotional special for the month of September up until October 10, 2002.
- The "FIT FOR FALL Tele-Fit Special" will allow those who are interested in trying Tele-Fit to do so and enjoy this exclusive, limited time offer. Sign on for the 24-week Tele-Fit Program and pay just \$75 per month which means your cost per session is just a little over \$15.
- You can read more about the Tele-Fit program in this issue, how it works and why it's so successful. Don't miss out, even gym memberships don't come with a money back guarantee!

Personal Training – Personal Life Insurance

Oh Joe, you're at it again beating the drum of how important it is to exercise and eat a healthier diet. We've heard it all before and besides, there's no time and I really can't afford it right now – and the reasons "not to" are endless.

I call them excuses because we make time for those things that we feel are most important. If you really need a vacation you make time for it and you take one. If you get sick enough with a cold or something like that, you begrudgingly take time out of your busy schedule to go to the doctor. So see, if you really want to make time you can and you will do it. My message is not to accuse of you making excuses – rather it's to tell you that I don't believe there is anyone who "can really afford" to ignore health and fitness forever. As we age our bodies lose that vibrant level of resiliency that we once possessed at the age of 18 or so.

If we don't soon start taking care of ourselves and respecting the gift of life and health then we will surely lose it one day. Sure, we're all going to die one day and from who knows what – but it just seems that even my eyebrows raise when I hear that someone died of "natural causes." It seems someone is always dying from something in particular, doesn't it? Below are some statistics from the U.S. Department of Health and Human Services, published June 20, 2002. I am willing to bet that many of the people who fall into the following statistical categories felt as though they could worry about improved health and fitness later.

Despite the fact that regular physical activity has been shown to reduce the morbidity and mortality rates millions of Americans suffer from chronic illnesses that can be prevented or improved through regular physical activity:

- 12.6 million people have coronary heart disease;
- 1.1 million people suffer from heart attack in a given year;
- 17 million people have diabetes; about 90% to 95% of cases are Type 2 Diabetes, which is associated with obesity and physical inactivity and approximately 16 million people have pre-diabetes;
- 107,000 people are newly diagnosed with colon cancer each year;
- 300,000 people suffer from hip fractures each year;
- 50 million people have high blood pressure; and
- Nearly 50 million adults (between the ages of 20 and 74), or 27% of the adult population, are obese; overall more than 108 million adults, or 61% of the adult population are either obese or overweight.

A 1993 study linked sedentary lifestyles to 23% of deaths from major or chronic diseases. For example, physical activity has been shown to reduce the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure. On average, people who are physically active outlive those who are inactive. A sedentary lifestyle is defined as engaging in no-leisure time physical activity (exercises, sports, physically active hobbies) in a two-week period. Lack of physical activity threatens to reverse the decades-long progress that has been made in reducing the morbidity and mortality associated with many chronic conditions such as cardiovascular disease. A physically inactive population is at both medical and financial risk for many chronic diseases and conditions including heart disease, stroke, colon cancer, diabetes, obesity and osteoporosis.

CONSUMER ALERT

Brought to you by: Joe Green of FIT FOR YOU Personal Training & Nutrition

I sent an email out to everyone I had an email address for and it was this consumer alert. There are many readers of my newsletter who do not have email so I have included this consumer alert in this month's newsletter.

The **Today Show** program covered a story on August 17th at 7:30am. They interviewed Dr. Ron Davis about a woman who recently suffered 6 mini strokes from the use of the proposed weight loss product **Metabolife®**. The woman is now suing **Metabolife®**.

Dr. Ron Davis was interviewed about the issue of regulating this product due to the popular ingredient found in this and many other self-proclaimed weight loss products - **Ephedra**. There is a mounting effort to get **Ephedra** removed from the market because of its potential side-effects and possible danger to the general public and especially those who are heart patients or taking prescribed medications.

Dr. Davis is a proponent of having Ephreda containing products removed from the marketplace. Dr. Davis shared some eye-opening statistics when he stated that 13,000 people have been reported as having "reactions" and 1,000 people have reported adverse side-effects even when using the product Metbolife® exactly as directed on the label.

Some of the recorded adverse effects and potential reactions to date include: seizure, stroke, heart attack, stroke rhythm disorder and even a few deaths.

I personally support Dr. Davis in his effort to get Ephedra based products off the market. These products are not really helping consumers to lose weight, not the kind of weight they really want to lose. Losing body fat, and losing those unwanted pounds and inches permanently is what health and fitness should be. These products must be regulated with in-depth studies before being made available to the market. These products and their manufacturers have abused the meaning and the value of the words "all natural" and "weight loss."

Remember, there is positively no substitute for regular exercise and eating as healthy as you possibly can. When it comes to these weight loss products, don't believe the hype and value your life!

Tele-Fit – Fitness Is Just A Phone Call Away!

The Tele-Fit program is a new approach to traditional fitness programs. This program allows even the busiest of people to enjoy the fantastic results of improved health and fitness.

The Tele-Fit program consists of a program that is designed to compliment a healthy supportive eating plan. You learn all about healthy eating and how to eat to get into the best shape of your life. Armed with the knowledge of my "Healthy Eating Guide – Nutritional Know How" and sample menu ideas you are on your way. With the healthy eating plan, you receive a customized exercise program to follow that helps you to burn calories so that you can finally have that "head turning" body that you have been dying for.

This program is unique for many reasons. The program allows you take control of your own results. You have 24 hour access to me, your fitness coach and 24 hour access to your results. There are several ways to reach me but what is revolutionary is the instant access to your results on a regular basis.

Your results are tracked and can be viewed through the use of device called a Caltrac®. By wearing this pager looking device on your waistband during the day you can instantly tell exactly how many calories you are burning, during and after your workouts, as well as all day long! This device also helps determine how many calories you need to be burning in order to reach your weight loss and overall fitness goals.

How does it know how many you are burning? Good question! This device calculates the number of calories your body burns according to every move you make and an average of your resting or basal metabolic rate (BMR). Your BMR is determined by entering personal information into the unit's micro-computer, your (height, weight, sex and age.) A motion sensor is located inside the unit to detect all movement and register the results. The screen on the unit will actually show how many calories you have burned throughout the day.

All of this is blended into a customized program that is easy and fun to follow. A phone call once a week is all you need. Check in with your fitness coach to assess your goals, help design your program and to answer any questions you may have. Your own personal fitness coach! – Sounds good doesn't it! You get all the help, all the answers, all the tips and inside secrets and best of all, you get the results! Guaranteed or you get your money back!

Money, so how much does something like this cost? Under the "What's New With Fit For You" section this program is now more affordable than ever before. Right now, a special offer is effect - The "FIT FOR FALL Tele-Fit Special" will allow those who are interested in trying Tele-Fit to do so and enjoy this exclusive, limited time offer. Sign on for the 24-week Tele-Fit Program and pay just \$75 per month which means your cost per session is just a little over \$15. Don't miss out, even gym memberships don't come with a money back guarantee!

I personally am thrilled to be a part of a program that delivers such fantastic results. Others are too, below is a testimonial of someone who is currently enjoying great results and she looks absolutely GREAT!

Here's what Lisa had to say about the program:

I had outgrown my favorite clothes and disliked what I saw in the mirror. I was beginning to believe that I was resigned to grow heavier as I grew older. But, I'm not one to tuck my tail in and give up. I knew that I had to do something. I tried many different weight loss programs, but success was always fleeting.

At age 37, I told myself that by age 40, I would be in the best shape of my life. Then came age 38 and guess what, I had gained another 6 lbs, age 39, an additional 7 lbs. I now had 6 months to get in the best shape of my life (FAT CHANCE). How on earth could I lose 13 plus lbs. in 6 months when I couldn't lose 5 lbs. in almost 3 years?! A new year was approaching and with it, once again, came another opportunity to get fit.

Well, I am happy to report that Joe developed a nutrition plan and exercise routine tailored for me. No more baby sized, unfulfilling meals in little plastic containers. My meal plan is based on what I like to eat!

I have lost 14 lbs. I am now wearing my old clothes again! I feel good and I look great according to my husband, who has his own success story to share. He too joined and has actually had even more success than me!

If you can relate to my story, perhaps FIT FOR YOU just may be the answer (NO, JOE DID NOT PAY ME TO SAY THIS!). I just want to share my success and give hope to anyone out there that has encountered similar challenges. I love this program! Thanks Joe, for helping me reach my fitness goals.

Lisa Atkinson Brown

P.S. Did I mention that I did all of this in 4 months and I'm still losing body fat (and weight)! Age 40 looks good on me!

FIT FOR YOU Fitness Tip – Experts recommend we eat no more than ten teaspoons of sugar a day. We're averaging 20!

Monthly Menu Recipe

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You can join the On-Line Fitness Library by contacting Joe Green:

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- Mail:** Joe Green, PO Box 60322, Harrisburg, PA 17106
- **Email:** fitforyou1@comcast.net
- **Website:** (Email) www.phyt4u.com

PEP TALK

“The secret of making something work in our lives is, first of all, the deep desire to make it work: then the faith and belief that it can work: then to hold that clear definite vision in our consciousness and see it working out step by step, without one thought of doubt or disbelief.”

-Eileen Caddy