



“THE MESSAGE”

Health & Fitness Newsletter

SEPTEMBER 2003

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WHAT’S NEW WITH FIT FOR YOU?

➤ **THE “ON-LINE FITNESS LIBRARY”** is being update for more interesting articles and with more pictures of some of the great in-home exercises that are getting people into the best shape of their life. You’ll also find over 50 recipes to choose from that are delicious and healthy. If you haven’t done so already, join today. It’s well worth it!

Join for one year for just \$5 per month. If you’re interested visit the website at www.phyt4u.com and send an email to Joe.

➤ **GET (4) FREE SESSIONS UNLIMITED – THROUGH THE MONTH OF SEPTEMBER!!!** I grow my business by word of mouth so I am making an exceptional offer this month. When you refer a friend, neighbor, co-worker, relative, whomever and they sign on for any of in-home training services you automatically receive (4) FREE SESSIONS.

So check your little black book, change the subject over lunch and tell a friend about Joe Green/Fit For You, the Personal Fitness Coach who works with you one on one right in the privacy of your own home. – Spread the wealth of health.

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SENIOR-CIZE “EXERCISE AT MY AGE?!”

Interviewed By Joe Green

Seventy years in the making – maybe, but one thing is for sure she’s no “push-over.”

Health and the bodies that possess it come in all different shapes and sizes indeed. But it’s still up to us make of it what we will, to create wealth from the hand we were dealt.

I would like to introduce to you a dear friend and client who has truly set the benchmark in mind for fitness of all ages. Her name is Leah and with her healthy attitude and fervor for continued good health – in the name of continued independent living and care she has surprised even herself with a level of fitness that has left her doctors saying “whatever it is you’re doing, don’t stop - keep it up because you’re great shape.”

At seventy years of age standing approximately 5’2” tall she stands before me completing her last five repetitions of dumbbell curls using 20-pound dumbbell weights. While she pleasantly asks, “What’s next” I find myself asking of her the same, what’s next?

She has lost several pounds and dropped a few waist sizes and has increased her strength dramatically. Its no small wonder why among her girlfriends are asking what she is doing and how she does it. Amongst her friends she is one of the few who has been able to avoid debilitating falls and serious surgeries for knee and hip replacements. She fends off arthritis and the onset of osteoporosis with a commitment to fitness that sets her apart both health wise and in spirit.

Recently I sat down with Leah to ask her permission to interview her and to share it with all of my readers. She graciously agreed and allowed a sneak peak into her routine and mentality towards fitness.

I asked what motivated her to begin exercising – she says it was her desire to be healthy and strong so that she could sustain her independent living

status and perform life’s daily activities without the strain or stress otherwise felt by those who fail to exercise regularly. Leah exercises 3 days per week daily for approximately 40 to 50 minutes, using dumbbell weights as heavy as 25 lbs, assorted programs and instruction from the personal coaching of Joe in the form of fun energizing weightless workouts and more.

“I like to walk and the treadmill and I recently purchased an elliptical machine on the advice of Joe for added benefit towards my workouts and I love it.” Leah cites her motivation to continue exercising as a personal goal. She wants to continue to feel and look great – “Taking pride in my appearance really defines who I am without saying a word.” Indeed it does, her friends admire her commitment and tenacity she says and she has been at for the past three years faithfully training in-home exclusively with Joe.

“Of course the nutrition part is where it all comes together and consulting with Joe about this really boosted my results to a level I thought I might never see – I am thrilled with my results and I feel better than ever.” Leah says that her overall goal is to be the very best that she can be and I am convinced she is just that, the very best. When asked to comment on her all time favorite foods she said, “I’m not much of a sweets person, but I like cereal, crunchy bran muffins and assorted nuts.” I eat small meals throughout the day with Joe’s guidance and I am never hungry and I must say that losing weight has been fun for me. She goes on to say that she enjoys how she feels especially right after a workout and that she has made exercising a part of her daily life along with appointments at the salon and things like that. “It’s as necessary as the air we breathe, I have more energy, and my clothes fit great and I know that as we age we have to keep on moving.”

Her favorite exercises in particular are weightless squats, crunches and the ability to lift the amount weight that she does. “I look forward to the future and I enjoy the company of my friends and the blessing of my granddaughter – I’m sure that my healthy lifestyle is not only going to keep me around for quite a while, my quality of life is going to be worth living?”

RECIPE OF THE MONTH

COPA-BANANA CAKE

2 cups all-purpose flour
1 teaspoon each baking powder and baking soda
½ teaspoon salt
1-cup sugar
½ cup fat-free egg substitute, or 2 whole eggs
¼ cup butter or margarine, softened
1 cup mashed, ripe bananas
½ cup low fat sour cream
1-teaspoon vanilla
½ cup mini chocolate chips

Preheat oven 350 degrees F. Spray a 9 x 13 inch baking pan with non-stick spray and set aside.

In a medium bowl, combine flour, baking powder, baking soda, and salt. Set aside.

In a large bowl, beat together sugar, egg substitute, and butter on medium speed of electric mixer. Add bananas, sour cream, and vanilla. Beat again until smooth.

Gradually add flour mixture to bananas mixture, beating after each addition. Batter will be thick. Fold in chocolate chips.

Spoon batter into prepared pan and spread evenly using a spatula. Bake for 25 to 28 minutes, or until a toothpick inserted in center of cake comes out clean. Cool completely on a wire rack. Cut in 16 pieces and store in airtight container.

Makes 16 Servings – Calories: 185, Protein: 3.2g, Carbohydrates: 32.2g, Total Fat 5.1g (2.1g sat.), Sodium: 183mg, % calories from fat: 25, Fiber: 0.8g, Cholesterol 9mg.

THE MULTI-BENEFITS VITAMIN

By Joe Green

Sure everyone thinks of Vitamin C right away and yes Vitamin C has a number of benefits but another vitamin to pay great attention to is Folate, which is sometimes referred to as folic acid when it is used in supplements or fortified foods.

Where can you get it from other than the health store in supplement form – you can find it in green veggies, beans, and wheat germ and in some fruits.

Folate plays a key role in heart health and may even play a role in the prevention of colon cancer, cervical and possibly even breast cancer as well. In fact it has been suggested that adequate folate levels may also reduce the risk of early miscarriages and that women who take folic acid supplements are less likely to develop high blood pressure during pregnancy.

Several small studies have shown that boosting folate intake improves blood vessel function in people who already have heart disease.

Interestingly enough folate is adversely affected by heavy alcoholic consumption. Heavy drinking coupled with a poor diet may increase cancer risk more than either factor by itself.

The adult recommended daily allowance for folate is 400mg daily (600mg for pregnant women). A diet rich in green veggies, fruit and grains should suffice. Broccoli, beans, wheat germ, whole grains, corn oranges and orange juice are really good sources of folate. For instance a cup of cooked spinach has 260mg of folate and a cup of beans has anywhere from 160 to 350mg. Most multivitamins have 400 micrograms per serving and many breakfast cereals are fortified with higher levels of folic acid.

So, beside the Vitamin C you may want to consider putting a bottle of this multi-beneficial vitamin on the shelf right beside it. Food for thought!

PEP TALK

“Not everything that is faced can be changed but nothing can be changed until it is faced.”

- James Baldwin

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- Tele-Fit (Fitness Phone Programs) Money Back Guarantee!
- **FREE Seminars** packed and loaded with information and tips you can use instantly!
- Recommended fitness resource for neurological patients via Hershey Medical Center

***All appointments are by schedule only. Joe can be reached at (717) 579-8257 or by email through his website at: www.phyt4u.com*

COMING UP IN NEXT MONTH'S ISSUE...

- Exercise Myths Dispelled – Learn The Secrets Of Success
- Beating Cancer With Nutrition – Vitamins Can Really...
- Monthly Menu Recipe
- Pep Talk
- Research & Report Corner

RESEARCH & REPORT CORNER

HIGH BLOOD PRESSURE: FREQUENTLY ASKED QUESTIONS

When is high blood pressure an emergency?

High blood pressure is an emergency when it causes a serious medical complication that can get worse over minutes or hours. In this case, blood pressure needs to be reduced as quickly as possible. Report the following symptoms to your doctor immediately:

- Chest pain
- Confusion, speech difficulties, seizure or weakness on one side
- Vision problems
- Shortness of breath
- Severe abdominal or back pain
- Symptoms of headache, leg swelling or seizure during pregnancy
- Extremely high blood pressure

Can I prevent or improve high blood pressure with lifestyle changes?

Yes. Making changes that help prevent high blood pressure is valuable for anyone, because high blood pressure can greatly increase the risk of various serious diseases, particularly diseases of the blood vessels, such as heart disease and stroke.

If you already have risk factors that raise your risk, such as an elevated cholesterol level, diabetes or having parents or brothers and sisters with heart disease, strokes or other blood-vessel diseases, it is especially important for you to try to prevent high blood pressure.

Sometimes lifestyle changes alone can bring blood pressure down to normal. If your blood pressure is not dangerously high, try lifestyle changes first. If the changes work, you need to continue them. You also need to have your blood pressure measured regularly, to be sure that it remains normal. Learn about lifestyle changes.

My blood pressure is not responding to medicines. Why not? Blood pressure frequently does not respond to one or more medicines. This failure could be due to one of several factors:

- **You didn't give the medicine a fair chance.** Are you taking every prescribed dose? Has it had a full two weeks to show its effect?
- **Too much salt in your diet can neutralize the benefit of medicines.** This is especially true for diuretics, but can be true no matter what medication you are taking.
- **Alcohol consumption** of more than one or two drinks each day can raise blood pressure and make it resistant to treatment.
- **"White-coat high blood pressure"** may cause higher blood pressure during doctors' visits. If this is suspected, you should arrange to have your blood pressure measured at home.
- **Hardening of the arteries** can give your doctor a false reading. Calcium buildup can make arteries rigid, particularly in elderly people. Rigid arteries in the arms may not be flexible enough to provide an accurate blood-pressure reading. Your doctor might suspect this after examining the arteries in your arms.
- **You might be taking the wrong medicine.** The factors that have caused your blood pressure to be high may make you more sensitive to one type of medicine than another, and doctors may not know what medicine will work best until you try several different ones.
- **Medications may be making your blood pressure worse.** Medicines such as corticosteroids (including prednisone), some migraine medicines, cyclosporine, pain and arthritis medicines (ibuprofen, anti-inflammatory pain medicines and newer "COX-2" pain medicines), estrogens, some antidepressants, and decongestants are common causes of high blood pressure.
- **A medical condition may be causing or worsening your blood pressure.** If your blood pressure does not come down even after you try a combination of medicines, your doctor will probably want to make sure that your kidneys are functioning normally. You may be sent for tests to check for unusual medical conditions causing high blood pressure.

Will a generic medicine work as well as my brand? Yes, a generic medicine should be equally effective. The U.S. Food and Drug Administration monitors generic medicines and does not allow a generic medication to be sold unless it is shown to be "equivalent" and "interchangeable" with brand medications. Typically, generic medicines have the same active ingredients as brand medicines, but they have different coatings and packaging.

Do I have to avoid over-the-counter medicines? Common over-the-counter medicines are generally safe when taken in limited doses in patients with high blood pressure who are receiving adequate treatment, according to the Joint National Committee on Prevention, Detection, Evaluation & Treatment of High Blood Pressure. Talk to your doctor before you use over-the-counter medicines. You should understand their risks, and have your blood pressure checked to see if you are sensitive to them.

If your blood pressure is not well controlled or has resulted in serious symptoms or complications, avoid the following medicines:

- **Decongestant pills and syrups** improve nasal symptoms by tightening small arteries in the lining of the nose. This tightening occurs in arteries throughout the body, making high blood pressure harder to control. (Nose sprays have mainly local effects and are safer for people with elevated blood pressure.)
- **Comprehensive cold remedies** include caffeine or other stimulating ingredients that raise blood pressure.
- **Asthma medicines**, such as Primatene Mist, stimulate the body's adrenaline, increasing heart rate and blood pressure.
- **Diet pills** that suppress appetite often contain stimulants that cause high blood pressure.
- **Antacids or buffered aspirin** may have a high salt content and can interfere with attempts to lower salt intake in the management of high blood pressure.
- **Nonsteroidal anti-inflammatory drugs** (ibuprofen, naproxen sodium, aspirin) occasionally can raise blood pressure by causing the body to hold on to salt and water (instead of expel them), and they can make the kidneys work less efficiently.

- **Bodybuilding steroids** cause high blood pressure by making the body hold on to salt and water rather than expel them.

Can any foods help me lower my blood pressure? The Dietary Approaches to Stop Hypertension study (DASH) showed that some people with diets rich in fruits, vegetables and low-fat dairy products were as likely to lower their blood pressure or delay the development of high blood pressure as people who take high-blood-pressure medications. Because of this finding, the DASH diet was developed. It is recommended for anyone whose blood pressure is higher than 120/80. Check with your doctor to see if this plan is appropriate for you.

Does high blood pressure have anything to do with cholesterol? Cholesterol problems often coexist with high blood pressure, and they are both risk factors for developing coronary artery disease. The National Cholesterol Education Program recommends a blood test every five years, starting when people are in their 20s. This test should measure your total cholesterol, "bad" cholesterol (LDL), "good" cholesterol (HDL) and triglyceride levels.

To interpret your cholesterol test, your doctor must know your medical history, lifestyle habits and family history. A "safe" cholesterol level varies from person to person, depending upon the person's risk for heart attack and stroke. If you have high blood pressure, your doctor will count this as a sign that you are at increased risk.

New recommendations for cholesterol, published in May 2001 by the National Cholesterol Education Program, encourage doctors to consider the severity of your high blood pressure more strongly in deciding what level of cholesterol is safe for you. If your blood pressure is not well controlled (with or without medicines), you are at greater risk of heart attack and stroke. In this case, your doctor may work with you more aggressively to control your cholesterol.

Does drinking coffee affect my blood pressure? Coffee contains caffeine, which can cause a sharp increase in blood pressure when consumed by people who do not normally have caffeine in their

diet. Many doctors caution people with high blood pressure to limit daily caffeine to no more than two cups of coffee, three to four cups of tea, or two to four cans of caffeinated soda.

Alcohol is bad for blood pressure but good for the heart? Alcohol seems to be both "friend" and "foe" to the heart and circulatory system.

Heavy alcohol consumption (more than three servings of alcohol daily) is known to cause and worsen high blood pressure and to make blood pressure more resistant to treatment. Alcohol-withdrawal syndrome, common in "binge drinkers," also can result in severe elevations of blood pressure. Heavy alcohol drinking results in a higher frequency of stroke, heart failure and heart-rhythm abnormalities.

Light or moderate alcohol drinking appears to have health benefits for the heart and circulation. When modest drinkers are compared with people who consume no alcohol, the modest drinkers have fewer heart attacks, less heart failure and a longer life expectancy. Although doctors do not fully understand how modest alcohol consumption protects your heart, they suspect that the effect may be related to shifts in cholesterol levels and hormones. Hormones can affect both the tension of blood vessels and the tendency for blood to clot.

How much alcohol is safe (and potentially healthy) to drink? Many doctors are comfortable recommending up to two drinks per day for men and up to one daily drink for women. (Women absorb alcohol more efficiently and have the same effect from a smaller quantity of alcohol.) However, it is important to consider adverse effects of alcohol on other organs of the body. Alcohol is an important cause of liver injury, stomach irritation and dementia when consumed consistently, and alcohol is well known to cause harm during pregnancy. It is important to discuss the amount you drink with your doctor so that your health can be appropriately evaluated. People who have difficulty controlling their alcohol consumption and people with a family tendency towards alcoholism should be especially cautious if they drink any amount of alcohol regularly.

Could my high blood pressure be due to stress?

Emotional stress can cause a short-term increase in blood pressure. Sometimes called "white-coat high blood pressure," this happens when your blood pressure is high at the doctor's office but normal when you return home. In some cases, treating anxiety may be a helpful part of managing high blood pressure. However, efforts to treat or prevent long-term increases in blood pressure by using relaxation and biofeedback do not seem to be effective in most people. If you have persistently high blood pressure caused by stress, you should try the standard treatments of diet, exercise and medication.

I think I can tell when my blood pressure is high. Is this possible? In most people, high blood pressure causes no symptoms until it has caused irreversible damage to the heart, eyes, kidneys or brain. That's why high blood pressure is often called "the silent killer." Some people have symptoms that give them an early awareness of high blood pressure. The most well known symptom is a headache, typically felt at the back of the head. Other symptoms that do not necessarily indicate permanent damage include dizziness, fatigue and ringing in the ears.

How does a blood pressure cuff measure my blood pressure? The only way to know if you have high blood pressure is to have your blood pressure measured. Blood pressure can be measured using an arm cuff with a pressure gauge and a stethoscope. The blood-pressure cuff is inflated until its pressure against your arm is much higher than your blood pressure is expected to be. Because the pressure from the cuff is higher than the pressure in your arteries, the flow of blood through the arteries of your arm is temporarily stopped. While loosening the blood pressure cuff little by little, a doctor or nurse listens with a stethoscope for noises in the arteries that indicate your blood pressure.

The top number in your blood pressure reading is your systolic blood pressure. This is the pressure that your heart generates each time it contracts. As the doctor or nurse loosens the blood pressure cuff, he or she will hear a rhythmic thumping noise as the blood moves through the artery in short squirts. The cuff pressure when this noise is first heard is the systolic pressure.

EXERCISE TREATMENT

By Joe Green

The bottom number in blood pressure reading is your diastolic blood pressure. This is the resting pressure between heartbeats. As the doctor or nurse further loosens the blood pressure cuff, he or she will cease to hear any thumping noise when your blood flow becomes smooth. The cuff pressure when this noise disappears is recorded as the diastolic pressure.

My blood pressure sometimes changes drastically. Why? Blood-pressure measurements can vary throughout the day. Some things that affect blood-pressure readings are time of day, climate, intake of food, alcohol and caffeine, smoking, stress, and exercise.

Make sure you are measuring your blood pressure the same way each time. The Sixth Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure recommends the following:

1. Make sure the cuff is the right size. The "bladder" inside the cuff should cover 80 percent of your arm.
2. Avoid caffeine or smoking for 30 minutes prior to checking your blood pressure.
3. Rest for five minutes before you take your blood pressure.
4. Sit in a chair with your back supported and with your arm bared and supported at the level of your heart.

What type of home blood-pressure monitor should I buy? Electronic or digital devices are typically the easiest to use because you don't have to use a stethoscope and an inflation bulb at the same time, which can be tough to master. Arm monitors are the most reliable of the electronic devices. Avoid wrist and finger monitors. Ask your doctor if he or she has a preference as to which machine you buy. Always check the accuracy of your monitor by using it in your doctor's office and comparing it to the reading on the professional measuring device.

Sustained health is by far most attainable by those who implement a lifetime program of physical exercise. Scientists are beginning to understand the enormous benefits of exercise better than they did in the past. A recent study done at the University of Pennsylvania found that exercise actually does act on the blood vessels pretty much the way medication might in that it reduces inflammation in blood vessel walls, which is a key factor in hardening of the arteries, clots, and heart attacks. Exercise does not have to constitute rigorous exercise routines or feats such as running a marathon rather, exercising moderately which would be considered as enough to get the blood flowing faster and the heart rate safely elevated with the targeted heart rate zone according age. The thinking is that exercise might be one possible reason why it's so effective towards reducing the risk of heart disease. Just another benefit of exercise and as most of you know, certainly not the only benefit!

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