



# “THE MESSAGE”

## Health & Fitness Newsletter

SEPTEMBER 2004

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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?

- Joe will be speaking at the local Multiple Sclerosis support group located in Harrisburg, PA on September 26, 2004 from 1-3pm. There he will discuss the importance and benefits of exercise, nutrition and wellness techniques for sufferers of MS. For more information feel free to call Joe at 717 579-8257 or send him an email at [fitforyou1@netzero.net](mailto:fitforyou1@netzero.net)
- **Coming Soon!** Joe will have another website dedicated to wellness and the chronic illness clients that he works with. You can expect to find valuable and resourceful information about Parkinson's, Fibromyalgia, Cancer, Stroke, MS and more. Suggestions and comments regarding what information you would like to see are more than welcome.

#### Send your comments/suggestions to:

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or by email at:

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### PEP TALK

*“The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be so wonderful if there were no dark valleys to traverse.”*

*– Helen Keller*

## CALCIUM COUNTS

Before looking on the shelf at your local nutrition store for a calcium supplement I always suggest taking a second look at one's personal diet. I recommend eating healthier before shopping for a supplement. Supplements are intended to be just that, a supplement (in addition to) a healthy diet. Below is a list of common foods and their content of calcium.

<b>Milk-Yogurt-Cheese</b>	<b>Serving Size</b>	<b>Calcium (mg)</b>
Cheese	1 oz or 6 tbsp.	200
Cottage Cheese	½ cup	50
Custard, Pudding, Cream Pie	½ cup	150
Ice Cream, Frozen Yogurt	1 cup	200
<b>Milk Shake</b>		
Milk	1 cup	300
Soy Milk	1 cup	10
Yogurt	1 cup	350
Macaroni & Cheese	1 cup	250
Pizza	1/8 of 15"	250
<b>Fruits &amp; Veggies</b>		
Broccoli or Cooked Greens (beet/turnip greens, kale, collards, spinach)	½ cup	100
Other fruits & veggies	½ cup	30
<b>Breads-Cereals-Rice-Pasta</b>		
Bread	1 slice	20
Rice, noodles or pasta	1 cup	20
Pancake, waffle or French toast	1 piece	100
<b>Meat-Fish-Poultry-Beans</b>		
Dried Beans, cooked	1 cup	50
Meat, fish, poultry	3 oz	10
Peanuts	½ cup	30
Egg	1	30
Sardines with bones	3 oz	400
Shrimp	3 oz	100
Tofu	2 ½" x 2 ½ x 1"	100

Always check with your health care provider to discuss what is best for you.

## PERSONAL TRAINER TIPS

Those who face life without any chronic illness challenges are always asking for tips on how they can improve or change their workout program. Below are just a few of the multitude of ways to achieve that.

1. Perform one set of 15-20 reps of one designated exercise per body part and train the entire body within 30 minutes.
2. Try adding cardio into your workout, after exercising for 15 minutes hop on your favorite piece of cardio equipment and do that for 10 minutes at a semi-moderate pace and then return to complete your workout.
3. Don't drop the ball on your workouts, keep them intense by doing "drop-sets" this technique involves picking up the maximum amount of weight you can safely lift or do on a piece of nautilus equipment and doing as many reps as you can until absolute fatigue. Next drop down 5 or 10 lbs and continue until exhaustion and complete until reaching the lightest weight available. What a great way to jumpstart an otherwise stale regiment.

Remember always warm up before exercising, warm up for approximately 5-10 minutes to get your circulation flowing to all muscle groups effectively. This helps to prevent injury and gives maximum performance from muscle and the best results.

## RECIPE OF THE MONTH

### Chicken Pasta Salad with Blueberries

9 oz pkg. Frozen French-cut green beans, thawed  
 3 cups chopped cooked chicken breast (about 1lb.)  
 3 cups cooked penne  
 ¾ cup thinly sliced celery  
 ¼ cup thinly sliced green onions  
 ¾ cup fat-free mayo  
 3 tbsp. Fat free vinaigrette dressing  
 1-cup fresh blueberries  
 Lettuce leaves  
 Add pepper if desired

Place thawed green beans between paper towels and squeeze out any moisture. In a large bowl combine green beans with next four ingredients and add pepper to taste, a little salt if necessary. Set aside. Combine mayo and dressing, pour over chicken mixture and stir gently. Add blueberries and fold in very gently. Cover and chill at least 2 hours. Serve over bed of lettuce. Makes 3 large servings.

*Nutrition Facts: Per Serving: 491 Calories, 48g Protein, 67g Carbohydrates, 7g Fat, 6g Fiber.*

## RESEARCH & REPORT CORNER

### SPINAL CORD INJURY

By Joe Green

A continuous vigilant program dedicated to maintaining overall health and function is of great importance. Spinal cord injuries often result from sort of trauma and are caused by reckless behavior of some sort. In 40% of the cases the result is from a car accident, jumps and falls approximately 16% and diving accidents account for about 9%. Non-traumatic injuries to the spine are caused by a bone or joint subluxation due to overriding disease such as rheumatoid arthritis, an infection such as syphilis or a tumor.

Spinal cord lesions result in two primary disabilities. Quadriplegia refers to loss of movement in the trunk and all four extremities that results from lesions in the cervical cord. Paraplegia affects only a part of the trunk and the lower extremities, resulting from lesions below the cervical section of the spinal cord. A complete lesion results in no motor or sensory function below the level of the injury. Injuries that occur from bruising or crushing create a mixture of symptoms and are followed by some level of recovery that usually begins after the spinal shock stage (24 to 48 hours). Spinal shock occurs immediately following injury and is evidenced by a loss of all reflexes, flaccid paralysis and loss of sensation below the level of injury. Following this phase there is a consistent progression in improvement that eventually plateaus within months.

#### REHABILITATION PROGRAMS

Therapy is normally focused on working to facilitate deep breathing, provide range of motion and strengthening exercises, transfer techniques as well as instruction in the use of assistive devices to facilitate activities of daily living. Emphasis is on restoring function and/or teaching adaptation techniques.

Exercise will assist in furthering the rehabilitative process however it must be done with the following precautions in mind:

- Keep in mind the danger of osteoporosis of the nonfunctional limbs
- Do not overload or create unnecessary spinal joint stress
- Protect the involved lower extremities from trauma
- Keep legs secured under a guard when performing upper-extremity free-weight activities. Many wheelchairs come with detachable tabletops that can be used for protection.
- Flexibility is important in that paralyzed joints should be moved through their pain-free range of motion.
- Good posture is essential for good respiration and digestion, so incorporate deep-breathing and postural exercises into your program.
- Be sure to get plenty of protein daily and drink additional fluids such as water to prevent renal stones.

A good rehabilitative program starts with being proactive, the first step is the most important one and that is... getting started.

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



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