



# “THE MESSAGE”

## Health & Fitness Newsletter

April 2005

### ~IN THIS ISSUE~

Detect Parkinson's Early .....	1
Heart Attack Risk Factors .....	2
Pep Talk .....	3
Recipe Of The Month .....	4
Research & Report Corner .....	3
Top-Notch Fitness Program.....	2
What's New with FFY .....	1

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.

#### For more information about

**Fit For You contact:**  
**Joe Green**  
**CFPT, CSNC, MFBPC**  
**Fit For You**  
**Personal Training &**  
**Nutrition**

[www.phyt4u.com](http://www.phyt4u.com)

**Phone: (717) 579-8257**  
**Fax: (717) 545-2595**

### WHAT'S NEW WITH FIT FOR YOU?

- Joe has been invited for the second consecutive year to give his dynamic presentation “Proven Methods & Fantastic Facts About The Secrets of Healthy Eating & Exercise For Superior Health & Wellness” at The Conference For Wellness Through Natural Living at HACC. The conference will be held Saturday, April 23, 2005 Saturday 8am - 6pm. For more details contact Joe directly 579-8257 or call HACC. Enjoy the conference!
- Joe is working on completing his first ever exercise video which will be chock full of his great exercises for working out at home or in the gym. Best of all, you'll get all of his inside tips and techniques captured on film... it's like having him there in person as often as you would like to so that you can enjoy the guidance and excellence of his professional instruction. See the exercises up close, it's all here. The video will be available May 1, 2005. Watch your email in-box for a special announcement about the video and its availability.

### NEW TEST MAY DETECT PARKINSON'S EARLY

Researchers at drug giant Pfizer believe they may have discovered a simple test that would allow for earlier diagnosis of PD based on analyzing how people speak. The scientists evaluated the speaking tone and length of pauses between consonants and vowels of two unnamed public figures by obtaining voice recordings through CNN's video archives. The scientists then compared their findings against voice recordings of two other unnamed public figures matched by age and profession but with no known history of neurological problems. A subsequent test confirmed the findings in four patients recently diagnosed with PD. The study's author notes that this method must be validated with further testing, but hopes that such tests will aid in finding drugs that could change the course of PD and related diseases by protecting nerve cells.

## RISK FACTORS THAT CAUSE MAJORITY OF HEART ATTACKS

The vast majority of heart attacks strike people who either smoke, have high blood pressure, high cholesterol or diabetes dispelling the perception that heart problems can strike anyone. Roughly nine out of ten patients surveyed suffered from one of the four risk factors, often for years, before experiencing a heart problem according to a pair of reports that analyzed accumulated data from previous studies.

The finding challenged claims repeated in medical literature that half of those who suffer heart related events do not have any of the risk factors, said study author Dr. Greenland of Northwestern University of Chicago. Writing in the Journal of the American Medical Association, Dr. Greenland found risk factors were present in 92% of men who suffered heart attacks and 87% of the women.

He wrote “Based on these and related findings concerning the major risk factors we suggest that preventing development of unfavorable levels of blood cholesterol and blood pressure, cigarette smoking, diabetes and unfavorable body weight (as a precursor of unfavorable blood lipid and blood pressure levels and diabetes) should be given even greater priority than is the presently the case.”

Greenland’s study analyzed data from three previous multiyear studies that surveyed nearly 400,000 subjects. The second study analyzed surveys from outside the United States found at least 85% of roughly 120,000 patients with angina or who underwent angioplasty or similar treatment had at least one of the four risk factors.

If the patient smoked, the heart event took place nearly a decade earlier than it did in patients who suffered from one of the other risk factors. The studies provided “evidence that convincingly challenges the frequent claim that ‘only 50% ‘ of coronary heart disease is attributable to the conventional risk factors of smoking, diabetes, hypertension and hyperlipidemia, wrote John Cano and Ami Iskandrian of the University of Alabama in an accompanying editorial.

## DOCTOR APPROVED, MEDICALLY SOUND FITNESS PROGRAM RECEIVES ANOTHER TOP-NOTCH RECOMMENDATION

When is the last time that you heard about an exercise program that was both approved and recommended by many of the local doctors of your community?

That’s right, instead of watching a buff fitness model exercise on a gimmicky piece of equipment endorsed by a paid celebrity you owe it to yourself to find out what doctors really recommend. Sure they recommend exercise but it’s much more than that. They want you to follow a fitness program that is specifically designed to preserve and in many cases improve your health.

**How do I get this kind of program, one that is doctor approved?** You ask your physician if he is aware of who Joe Green is. If your doctor has not yet joined my “**Fit For Wellness Network**” have them contact me to find out more about my programs and how they can join. Even better, I’ll explain how they can get you approved to participate in this personalized healthy fitness program. It’s just a phone call away; they can contact me and even speak to some of their own fellow colleagues to learn all about the benefits and features of the program.

**What does a doctor approved, medically sound fitness program involve you ask?** Well it’s quite simple. Each exercise program is created and customized according to your personal background considering everything from your height to your family medical history to ensure that your health is preserved and in many cases improved.

All of the important considerations that your doctor makes before making his prescription goes into making sure you get a program that is truly “fit for you;” *because exercise is for everyone. Exercise is made to be adaptable* to any situation and the right trainer and specialist can make it happen for you regardless of your challenges.

I work with sufferers of Stroke, Parkinson’s, Fibromyalgia, MS, Cancer, Chronic Back conditions

*continued on page 3*

and more. Both men and women from youth to seniors, housewives to executives and the like are all able to benefit from the services and expertise that I have built into each program.

*Imagine the chance to feel more motivated, increased energy, improved circulation, better balance and so much more. Learn how to unlock your body's potential to relieve stress* just by improving your posture and enjoying the benefits of safe and effective stretching. Find out what exercises will benefit you the most towards improving your level of fitness so that the body you have takes you as far it possibly can and lasts with a quality you can proud of and comfortable with.

The benefits are many and **now my fitness program has received another top-notch recommendation. I am now listed on the Capital Blue Cross website.** Fit For You is the one recommended in-home clinical exercise specialist in the area under their Health Advantage Education & Discount Program. I am doing everything possible to make my healthy fitness programs available and affordable to everyone.

**PEP TALK**

*Finding your purpose in life is the process of realizing what you cannot not do...*

*-TQS*

## RESEARCH & REPORT CORNER

### THE BREATH OF LIFE

We hear it all too often but all too often we fail to do it correctly. Breathing, it seems so simple until we focus upon or are in short supply of it. Breathing in fact is not only important it yields many benefits.

An increase in oxygenated blood represents a positive for all of your internal organs from the brain to muscles to the performance of bodily functions. Healthy efficient breathing helps with exercise performance and overall energy.

Our breathing can be affected in many ways via stress, fatigue, illness and more. For example, experiencing anger or emotional upset causes the breath to become rapid, noisy, shallow and irregular. When we are relaxed and feeling in harmony the breath is slow, quiet and deep and more regular.

Simply observing your breath on a regular basis once or twice a day can bring health enhancing benefits. Here are some tips for better breathing:

- Observe your breathing, it's easy and can be done anywhere and at anytime (when falling asleep, standing in line, etc.)
- Breathe abdominally, your belly should move outward with the inhale for a good full breath
- Squeeze more air out, at the end of a breath do this to allow for a deeper inhale.
- When fatigued from cardiovascular exercise, walking, sprinting, aerobics, etc. be sure to place your hands overhead and avoid bending over. You will recover faster and resume your regular breathing easier.
- When breathing during exercise involving weight training or nautilus follow this general rule: From the starting point of the exercise (when you first grab the bar or dumbbell, inhale. As you complete the exercise movement simultaneously exhale. Then as you return to the start position begin to inhale again simultaneously. Your breathing should be rhythmic. This sounds simple but challenges many of us.

Good luck and get a full breath of fresh air!

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

**Holmes Cycling and Fitness**



2139 Market Street  
Camp Hill, PA 17011  
Phone: 717-737-3461  
Fax: 717-737-2478  
Email: [allen@holmescycling.com](mailto:allen@holmescycling.com)  
Web: <http://holmescycling.com/>

## **RECIPE OF THE MONTH**

### **SERIOUS CEREAL**

1 cup dry measure Kashi Autumn Wheat  
Cereal

1/4 cup sunflower seeds dry-roasted, unsalted  
and shelled

1/4 cup fruit of choice (blueberries)

2 tbsp. toasted wheat germ

A well balanced healthy and nutritious start to  
a great day!!