



# “THE MESSAGE”

## Health & Fitness Newsletter

NOVEMBER 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?

- **Christmas Gift Certificates** are now available. Anyone wishing to make a purchase should send an email to Joe Green at [fitforyou1@netzero.net](mailto:fitforyou1@netzero.net) or call direct at (717) 579-8257. Certificates may be mailed if using a credit card to make your purchase.
- **"The Ultimate Fitness Program"** - \$59 (Call for details!)
- **"The Keys Healthy Eating Program"** - \$75 (Call for details!)
- **"The Fit For Life Success Plan"** - \$109 (Combines first two programs and much more!)
- **"The Gift Of Life" Certificate** is just that, a gift to the recipient who receives it. This is ideal for someone who suffers from a chronic illness or rehabilitative injury who would benefit or currently does benefit from the in home clinical exercise and wellness programs by Joe Green. - **There are three certificates to choose from... call for more details (717) 579-8257.**

### PEP TALK

*“You must be the change you wish to see in the world.”*

*- Gandhi*

## CARDIO CURE?

By Joe Green

We know that we need to incorporate cardio into our daily routine of exercise as well as life to stay heart healthy and to maintain a weight that is safe and desirable. While walking is the most caloric burning activity we can do, there are many options in the gym as well as those that can be purchased for at home.



My personal favorite is the recumbent bike. It's the one with the seat wide enough to sit comfortably while pedaling away. A recent study out of Colorado State University supports my preference in citing the following benefit. The study revealed that recumbent bikes put less stress on the anterior cruciate ligament (ACL) than regular exercise bikes do, making them a valuable cardio and rehab tool.

## EGGS FOR PROTEIN

By: Joe Green

Everyone has heard at one time or another that egg whites are a great source of protein. Truth is they are the perfect protein because of their amino acid composition and ability to generate muscle growth. The yellow center yolk contains the cholesterol however a recent study from the University of Connecticut showed that yolks did not raise the LDL cholesterol particle that is associated with cardiovascular disease.



Tossing in a whole egg with egg whites to make a satisfying omelet can be filling and good for you as well. Of course when done in moderation is best and for those on medication for high cholesterol it's best to check with your doctor first.

## WEIGH IN & FIND OUT ARE YOU OVERWEIGHT OR OBESE?

By Joe Green

Nearly two-thirds of adults in the United States are overweight, and 30.5 percent are obese, according to data from the 1999-2000 National Health and Nutrition Examination Survey (NHANES). This fact sheet presents statistics on the prevalence of overweight and obesity in the U.S., as well as their disease, mortality, and economic costs. To understand these statistics, it is necessary to know how overweight and obesity are defined and measured. This fact sheet also explains why statistics from different sources may not match.

### OVERWEIGHT AND OBESITY ARE KNOWN RISK FACTORS FOR:

- Diabetes
- Heart disease
- Stroke
- Hypertension
- Gallbladder disease
- Osteoarthritis (degeneration of cartilage and bone of joints)
- Sleep apnea and other breathing problems
- Some forms of cancer (uterine, breast, colorectal, kidney, and gallbladder)

### OBESITY IS ALSO ASSOCIATED WITH:

- High blood cholesterol
- Complications of pregnancy
- Menstrual irregularities
- Hirsutism (presence of excess body and facial hair)
- Stress incontinence (urine leakage caused by weak pelvic-floor muscles)
- Psychological disorders such as depression
- Increased surgical risk

### ABOUT OVERWEIGHT AND OBESITY?

**OVERWEIGHT** refers to an excess of body weight compared to set standards. The excess weight may come from muscle, bone, fat, and/or

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body water. **OBESITY** refers specifically to having an abnormally high proportion of body fat. [1] A person can be overweight without being obese, as in the example of a bodybuilder or other athlete who has a lot of muscle. However, many people who are overweight are also obese.

A number of methods are used to determine if someone is overweight or obese. Some are body fat. The most commonly used method today is body mass index (BMI). BMI can be used to screen for both overweight and obesity in adults. It is the measurement of choice for many obesity researchers and other health professionals, as well as the definition used in most published information on overweight and obesity. BMI is a calculation based on height and weight, and it is not gender-specific. BMI does not directly measure percent of body fat, but it is a more accurate indicator of overweight and obesity than relying on weight alone.

BMI is found by dividing a person's weight in kilograms by height in meters squared. The mathematical formula is:

$$\text{weight (kg) / height squared (m}^2\text{)}.$$

To determine BMI using pounds and inches, multiply your weight in pounds by 704.5,\* then divide the result by your height in inches, and divide that result by your height in inches a second time. (Or you can use the BMI calculator at <http://www.nhlbisupport.com/bmi/>, or check the chart shown below that has calculated BMI for you.)

*The multiplier 704.5 is used by the National Institutes of Health. Other organizations may use a slightly different multiplier; for example, the American Dietetic Association suggests multiplying by 700. The variation in outcome (a few tenths) is insignificant.*

The following contains the Body Mass Index Table. To use the table, find the appropriate height in the left-hand column labeled Height. Move across to a given weight. The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off.

Body Mass Index Table

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	Weight (Pounds)
Height (Inches)																							
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	
68	125	131	138	144	151	158	164	171	177	184	190	197	204	210	216	223	230	236	243	249	256	262	
69	128	135	142	149	155	162	169	176	182	189	196	203	210	216	223	230	236	243	250	257	263	270	
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	

An expert panel convened by the National Heart, Lung, and Blood Institute (NHLBI) in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), both part of the National Institutes of Health (NIH) identified overweight as a BMI of 25–29.9 kg/m<sup>2</sup>, and obesity as a BMI of 30 kg/m<sup>2</sup> or greater. However, overweight and obesity are not mutually exclusive, since people who are obese are also overweight.[1] Defining overweight as a BMI of 25 or greater is consistent with the recommendations of the World Health Organization <[2] and most other countries.

Calculating BMI is simple, quick, and inexpensive—but it does have limitations. One problem with using BMI as a measurement tool is that very muscular people may fall into the “overweight” category when they are actually healthy and fit. Another problem with using BMI is that people who have lost muscle mass, such as the elderly, may be in the “healthy weight” category—according to their BMI—when they actually have reduced nutritional reserves. BMI, therefore, is useful as a general guideline to monitor trends in the population, but by itself is not diagnostic of an individual patient’s health status. Further evaluation of a patient should be performed to determine his or her weight status and associated health risks.

The definitions or measurement characteristics for overweight and obesity have varied overtime from study to study and from one part of the world to another. The varied definitions affect prevalence statistics and make it difficult to compare data from different studies. Prevalence refers to the total number of existing cases of a disease or condition in a given population at a given time. Some overweight and obesity related prevalence rates are presented as crude or unadjusted estimates, while others are age-adjusted estimates. Unadjusted prevalence estimates are used to present cross-sectional data for population groups at a given point for a given group or time period. For age-adjusted rates, statistical procedures are used to remove the effect of age differences in populations that are being compared over different time periods. Unadjusted estimates and age-adjusted estimates will yield slightly different values.

### **More Facts About the Obesity Epidemic**

- Poor diet and lack of exercise combined--the prime causes of obesity--could overtake tobacco use as the leading preventable cause of death in the United States in the next few years.
- In 2000, the economic costs of obesity were about \$117 billion in both direct costs--such as doctor visits, medicine, and hospital or nursing home care-- and indirect costs, such as lost wages from illness and disability, and loss of future earnings from early death.
- Obesity has become a serious problem among children and adolescents. Approximately 16 percent of young people aged 6 to 19 years are now overweight. Many health problems that used to be associated only with overweight adults are now being seen in young people.
- Obesity and overweight are complex conditions with a variety of causes--including behavior (such as consuming too many calories and not getting enough exercise), environment (for example, living in a place that does not offer opportunities for an active lifestyle and healthy food choices), and genetics.

We have heard it time and time again, it comes down to making a lifestyle change. Changing the way you live involves making positive changes in the dietary and exercise departments as well as mentally. Make the best choices possible for reasons other than vanity. Choosing to keep yourself healthy is every bit as important as why. Whether it’s fighting off the onset of certain health risks as we age or avoiding a poor family health history it’s well worth it to make the necessary changes to stay alive while living a better quality of life.

As always check with your family health care provider to discuss your particular concerns and any recommendations.

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

## *Holmes Cycling and Fitness*



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