



Update

Health and Fitness News for Our Clients

Takeout Tips And Traps

In a perfect world, we'd all be able to spend the morning browsing the farmers market for the perfect seasonal produce and spend the afternoon making nutritious meals that, in their flawless presentation, would bring a tear to Martha Stewart's eye. But in reality, sometimes you don't even have time to make do with what's in the fridge. You might even have to resort to what's hanging on your doorknob or stuck in your windshield wiper—the scourge of diets everywhere—the delivery menu.

Ah, the delivery menu. A full meal (or more) brought to your door in 30 minutes or less. No cooking. No cleaning. It's like going to a fine restaurant—in your underpants. A dream come true. But it can be a nightmare for your figure if you succumb to some of the common pitfalls of deliverable cuisine. Here are some things to keep in mind, so you can order your dinner in without having to let your pants out.

Watch Out

Good things come in small packages. Unfortunately, most delivery food comes in large packages. It's rare that you can get someone to bring you one or two slices of pizza. You usually get the whole pie. And Chinese and Thai

food come in those top-heavy tapered white boxes, so while it may seem you've only eaten half a container, you've actually gone through most of it. Before you dig in to your freshly arrived repast, get a plate from your kitchen. (Come on, someone else cooked the dinner, you can wash one plate!) Put a serving on your plate and put the rest in the refrigerator for another time. By removing the extra food, you'll significantly reduce the chances that you'll power-eat your way through two or three meals worth of calories straight out of the container.

Don't eat the "minimum." One problem with delivery, especially for single people, is that there's usually a \$10.00 or \$12.00 minimum for delivery. Don't be lured into loading up your order with fatty appetizers or extra desserts just to ensure free delivery. Order two regular-size entrées, and put one in the refrigerator for tomorrow's lunch or dinner. You'll save money by not ordering takeout two nights in a row, and that's also two nights in a row you don't have to cook. You win!

Watch your sides. Your diet's already in trouble since you have to order a banquet's worth of food just to get the delivery guy to show up at your door. Don't get talked into the add-ons like egg rolls, breadsticks, or chicken wings. Your pizza's already going to run you about 300 calories a slice; do you really want to add a 300-calorie order of wings to that?

Read the fine print. The best thing about Chinese, Thai, and other ethnic menus is that since the dish is in a foreign tongue, they usually have to add a couple sentences about what's in the

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For Every Body Fitness Has Many Services To Offer

For Every Body Fitness works hard to be your premier fitness provider. We wanted to take this opportunity to highlight our wonderful programs and let everyone know about our latest venture.

All year long, **For Every Body Fitness** offers a variety of aerobics, weight training, Pilates, and yoga/mind and body classes, plus personal training services at certain facilities. Our instructors keep current industry standard certifications, including CPR training. We offer classes that require no equipment; however, if you would like to add any equipment to your site, we can help find the best fit for you.

Now we would like to introduce our new alliance with Paramount Fitness. We are a direct link to discounts for all of their products across the country as well as **Precor**. We work with the Paramount staff in structuring remodels for fitness centers both large and small. Paramount offers state-of-the-art equipment in all price ranges and provides excellent service to their clients.

For Every Body Fitness and Paramount are able to work together to provide

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See inside for new electronic billing procedures

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The Tortoise Or The Hare?

When it comes to exercise, are you a tortoise or a hare? Does it matter? A new study says yes, but it might not be for the reason you expect.

You've heard the old saying: slow and steady wins the race. Well, it may also burn more calories, at least in the long run. According to the American Council on Exercise (ACE), researchers at Maastricht University in the Netherlands concluded that people who engage in moderate physical activity, such as walking and biking, had the highest overall physical activity levels.

Their study of thirty men and women over a two-week period also revealed that those who exercised vigorously for short periods of time compensated for that activity by spending a greater part of their day being sedentary.

Sure, vigorous exercise burns more calories, but the moderate exercisers tended to be more active overall.

The moral of this story? Keep at it! Moderate exercise does help, and it might just be what you need to live a healthier lifestyle.

From the Office

All **For EveryBody Fitness** classes will be held on Martin Luther King, Jr. Day Monday, January 15 and on Presidents Day, Monday, February 19.

We are expanding to Baltimore! Contact the office through our website at www.fittbizz.com if you would like to refer a site in the Baltimore area.

For handcrafted art from the heart, visit www.from-the-heart-pottery.com.

All We Offer, continued from page 1
gym design, management, service and programming.

We also offer year-round aqua classes at indoor aqua facilities. But come summertime, we can add aqua programs to any site that has a pool. We start planning early, so please contact the office if you would like to add an aqua program this summer. Aqua aerobics is easier on the joints,

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item and how it's prepared. Look for words and phrases like "steamed," "boiled," "all white meat," etc. Stay away from words like "fried," "crispy," "cheese-filled," "creamy," etc. Also, some menus include heart icons, next to the healthier items—keep an eye out for those!

Spice it up. While some claims that spicy food will boost your metabolism are overexaggerated, there are some other benefits to eating the hot stuff. First off, peppers and curries add a lot of flavor, without adding sodium. Pick dishes that emphasize spice over salt. Secondly, if your mouth is on fire, you might be encouraged to drink more water to cool you off. And water will help fill you up in addition to its other myriad benefits. Avoid using high-calorie sodas, beers, or drinks like Thai iced tea (200 calories a serving) to put out the fire, though. So, sprinkle some hot peppers on your pizza or order your food extra spicy, if you can take the heat!

Here are a few ideas for various popular take out options.

Chinese: Steamed rice is best, especially if you can get seamed brown rice. Avoid fried rice. Look for dishes with lots of vegetables, and again avoid the word "fried" with them. Watch out for sauces made of oil or corn syrup, and definitely lay off the salt. Choose a restaurant that does not use MSG in preparing their dishes. You can enjoy that fortune cookie for dessert, because it only has approximately 30 calories.

so many people who do not want to start with traditional exercise are drawn to this type of class.

For Every Body Fitness would love to help you reevaluate your program and introduce any of our services to your site. Please contact the office or visit our website at www.fittbizz.com for more information. Thank you for making **For Every Body Fitness** your fitness provider.

Pizza: It's hard to find a healthful pizza for delivery. If you can, get a pizza crust at the store and fix one yourself. But if takeout is the only option, ask if they have low-fat cheese or request half the normal amount of cheese. Load up on veggies instead of fatty meat options like pepperoni or sausage. If you are a meat lover, try Canadian bacon, chicken, or shrimp for lower fat meat options. Check your crusts as well: in general, thicker crust has more calories, but watch for thin crusts coated in oil. When in doubt, ask which crust has the fewest calories.

Thai: Again, steamed rice and steamed vegetables are your best bet. Avoid high fat and high sodium sauces. A small amount of peanut dipping sauce is good, but calories add up fast if you use too much. Many dishes are prepared with high-fat coconut milk. Instead, look for dishes flavored with ginger, citrus, curry, or chilies instead. Many Thai salads use lime juice dressing, but again, be careful that it does not have a high-fat ingredient as well. Finally, check for fish or tofu options. If you don't care for these options, Thai spices might help you overcome your aversion.

So while it's unlikely you'll lose much weight on a takeout diet, there are still a lot of ways you can minimize the damage. But if you're still afraid that takeout temptation will take out your resolve, try turning that "30 minutes or less" into your workout time, then enjoy your dinner.

adapted from
www.beachbody.com

A New Benefit for Our Client Sites: Electronic Billing

Over the past few years, the federal government has been working toward a reduction in “unnecessary, duplicative, or disruptive paperwork.” In support of that initiative, **For Every Body Fitness** is introducing electronic billing.

Starting in January 2007, each month, clients will receive an electronic invoice via email. But in or-

Please send your site's
billing email address
to fittbizz@aol.com.

der to implement this system, we need a current email from every site. Please send a quick email to fittbizz@aol.com and specify the exact email address your invoice should be sent to. Then in January, check your email for your invoice. Thanks for your help in this initiative to streamline business and preserve the environment.

The Importance Of Physical Activity

“Do it, move it, make it happen. No one ever sat their way to success.” —Unknown

The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as thirty minutes of brisk walking five or more times a week.

Despite the proven benefits of physical activity, more than 50 percent of American adults do not get enough physical activity to provide health benefits. Twenty-five percent of

adults are not active at all in their leisure time. Activity decreases with age and is less common among women than men and among those with lower income and less education.

Insufficient physical activity is not limited to adults. More than a third of young people in grades 9–12 do not regularly engage in vigorous-intensity physical activity. Daily participation in high school physical education classes dropped from 42 percent in 1991 to 32 percent in 2001 (CDC, 2002).

Remember, everyone can benefit from daily activity:

- **Older adults.** Evidence indicates that muscle-strengthening exercises can reduce the risk of falling and fracturing bones and can improve the ability to live independently.
- **Parents, children, and teenagers.** Parents should encourage their children to be active.
- **People trying to manage their weight.** Regular physical activity burns calories while preserving lean muscle mass.
- **People with high blood pressure.** Regular physical activity helps lower blood pressure.

Plum Crazy?

Go a little plum crazy in the morning for a big antioxidant boost. Plum pancakes? It may sound peculiar, but plums are a rewarding addition to your breakfast choices. Berries may boast the most antioxidant power, but **plums win hands down over grapefruit, oranges, and even purple grapes.** Toss a handful of dried plums onto your cereal or into your pancake batter before cooking and **enjoy with a glass of orange juice.** The vitamin C in the juice will help you absorb the iron in the plums.

After berries, plums are one of the fruits that have the highest levels of antioxidants — about 23 mg per half cup. A half cup of cherries serves up the same amount. And plums offer up additional nutrients, such as potassium, magnesium, iron, fiber, and vitamin A.

Your body uses antioxidants to neutralize nasty molecules that contribute to aging and chronic diseases, such as diabetes, cancer, and heart disease. You can get antioxidants from a variety of fruits, vegetables, beverages, and even dark chocolate. In this study, coffee and black and green teas also were found to have high levels of antioxidants.

*from RealAge Health News,
www.realage.com*

A Sweet New Resource

The U.S. Department of Agriculture has released a data resource of sugars added to foods. Visit www.ars.usda.gov/Services/docs.htm?docid=12107 to see how much sugar is added to your favorite foods.

Recipe of the Month:

Baked Apples

It's a little on the decadent side, but oh so good. To lighten the recipe, reduce butter to one tablespoon and maybe add a little applesauce.

3/4 cup firmly packed dried apricots, chopped
3/4 cup chopped walnuts
3/4 cup firmly packed light brown sugar
3 tablespoons unsalted butter, softened
6 Granny Smith apples
3/4 cup fresh orange juice
1/4 cup butter, softened

Preheat oven to 375 degrees F.

In a medium bowl, combine the apricots, walnuts, brown sugar, and butter.

Core the apples, making each opening large enough to hold 1/6 of the apricot mixture, peel the top third of each apple. Arrange the apples, cavity side up, in a 13 by 9 by 2-inch baking dish, and fill the cavities with the apricot mixture. Sprinkle any remaining filling around the apples, pour the orange juice around them, and dot with butter.

Bake apples 15 minutes and baste with juices. Continue to bake, basting regularly, until tender, about 1 hour. Remove from oven and let stand about 10 minutes before serving. Transfer to serving bowls, spoon juices over, and serve.



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