



Update

Health and Fitness News for Our Clients

Strength Training For Older Adults

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health.

Benefits of Strength Training.

There are numerous benefits to strength training regularly, particularly as you grow older. It can be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, including arthritis, diabetes, osteoporosis, obesity, back pain, and depression.

Arthritis Relief. Tufts University recently completed a strength-training program with older men and women with moderate to severe knee osteoarthritis. The results of this six-

continued on page 3

Also In This Issue	
From The Office	2
The Benefits Of Red Pepper Early In The Day	3
Recipe Of the Month: Cool Caprese Salad	4

Protect Yourself From The Sun

When it comes to sun protection, a little dab of sunscreen won't do ya. To get the full sun protection factor (SPF) that's printed on the bottle, you have to use the amount that scientists use in testing. For most sunscreens, that's about 2 mg/cm². Here's how much that is in plain English.

Sunburn Safeguard. Most of us use only about a quarter of the sunscreen quantity needed to get the full SPF protection advertised on a label. To get the full benefit, you need to slather on *a lot* of the stuff—about 2 milligrams of product per square centimeter of skin.

That translates roughly into about two finger-length squirts of the sunscreen applied to every major body area (head/neck/face, left arm, right arm, upper back, lower back, upper front torso, lower front torso, left thigh/knee, right thigh/knee, left lower leg/foot, right lower leg/foot). Feel like you're swimming in sunscreen? Good. You're on the right track.

Short of staying out of the sun altogether, sunscreen is a person's next best defense against premature skin aging and skin cancer. People should use sunscreen any day that they'll be in the sun for a total of 20 minutes or more.

continued on page 2

Picnic Pitfalls And Solutions

It's summertime, which brings the collision of picnic season and swimsuit season. The weather's perfect for hiking, camping, barbecuing, and days at the beach—lots of opportunities for outdoor exercise, but just as many opportunities to pig out at pool parties, luaus, outdoor festivals, and county fairs. Here are some foods to try avoiding during the dog days of summer and some ideas for substitutions for picnic favorites.

Fried Chicken. The problem is the F for fried. One extra-crispy breast will run you 460 calories and 28 grams of fat, 8 of them saturated. That's almost three times the calories of a grilled, skinless breast and almost ten times as much fat. You're better off cooking the chicken yourself. But if you're grabbing something on the run, you might want to visit

the rotisserie case at your local supermarket. Try picking a chicken that's not slathered in sugary barbecue sauce. And if you throw away the skin, you'll save yourself from eating most of the fat and calories.

Sandwiches. Make sure you buy whole-grain bread, and that it has the word "whole" in the ingredient list. "Wheat" bread is essentially the same as white bread, only with a little molasses added for brown coloring. Whole wheat bread contains the fiber and the vitamins you're looking for. For lunch meat, try avoiding processed meats like bologna and salami. They're packed with extra fat and sodium. And when buying unprocessed meats like turkey or roast beef, make sure they really are unprocessed. Watch out for flavored

continued on page 2

Sunscreens contain a variety of ingredients that either reflect, absorb, or scatter ultraviolet (UV) radiation. Sun protection factor (SPF) refers to a sunscreen's ability to protect a person's skin from some UV rays and gives a measure of how long it would take a person's skin to burn while wearing the product. Generally, the higher the SPF, the more a sunscreen protects from the sun, but this is based on individual sun sensitivity. For example, for an extremely fair skinned person who typically burns after only 5 minutes in the midday sun, a sunscreen with an SPF of 30 will increase the time it takes his or her skin to burn to 150 minutes (5 multiplied by 30).

However, this does not mean people should use sunscreen to increase the amount of time they spend in the sun. Even if a person's skin doesn't burn while in the sun, skin that is exposed to excessive amounts of sunlight is still experiencing sun damage.

from RealAge Health News,
www.realage.com



From the Office

The Washington, DC area and Seattle area **For EveryBody Fitness** offices will be closed August 1-15. We hope you are enjoying your summer!

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

turkey as well. Most of the time the secret ingredient is salt. If you want to be really healthy, buy a whole turkey breast from your poultry section and roast it yourself, so you can control how much salt is added.

Brats and Burgers. It's always great to fire up the grill and start cooking up a mess of meat. And the good news is that grilling is one of the healthiest ways to cook food. It adds tons of flavor and doesn't add fat. Of course, the best thing to grill would be skinless chicken, fish, or vegetables. For burgers, consider a leaner option than beef like ground turkey, or buffalo. But as always, check the label. Some grinds of turkey have as much fat as a fatty grind of beef. Ground turkey breast is usually much leaner than ground turkey. If you're going to make beef burgers, try to find a grind that is under 5 percent fat. Bratwurst is another delicious summer fave, but watch the fat and sodium content in those as well. The chicken, turkey, and even veggie versions of sausage sound like they'd be lighter, but they're often just as fatty as the pork versions.

Potato or Macaroni Salad. Mayonnaise is the culprit in these dishes. At 50 calories a tablespoon with 5 grams of fat, these side dishes can turn deadly for your diet in a hurry. Instead of mayonnaise, consider using nonfat yogurt, food-processed nonfat cottage cheese, or nonfat ricotta cheese instead. You'll get fewer calories, less fat, and lessen the risk of salmonella poisoning by going eggless. One way to make potato salad healthier is to leave the skins on the potatoes, as they have the fiber and most of the vitamins in the spud. For macaroni salad, use a whole-grain pasta to get extra fiber. Better yet, make a pasta salad with heart-healthy olive oil, vinegar, and lots of veggies.

Baked Beans. Full of fiber and low in fat, beans are a great side dish that will keep you full. What you want to watch out for is the sugar that is added to most baked beans. Try plain pinto beans or beans canned with jalapeños. Three-bean salad is another flavorful way to consume your legumes without a lot of added fat or sugar.

Trail Mix. Summer's a great time for checking out nature, and it's always great to bring along a healthy snack. But check the trail mix ingredients. Some, especially those containing granola, can be loaded with super-unhealthy hydrogenated oils and fat. Also check out how much sugar is in the trail mix or granola bars you're taking backpacking. Some bars aren't much healthier than a Snickers. Try making your own trail mix with healthy unsweetened oats, nuts, and dried fruit.

Ice Cream. It's hard to resist a cool ice cream cone on a hot summer day. But that scoop of vanilla can have up to 400 calories and 25 grams of fat, 15 of them saturated. If you're culinarily gifted, you might consider making your own sorbet. If not, check out some of the ones available on the market. Sorbets are usually low-fat or nonfat, although they can still have tons of sugar. Try to find some that are mostly fruit. Speaking of fruit, for a healthy frozen treat, how about sticking some fruit in the freezer? Most fruits, especially berries, grapes, and bananas, freeze quite well. They'll last longer and popping a few frozen grapes in your mouth can cool you off on a hot day and you'll still get all the vitamins, fiber, and health benefits that a Creamsicle just can't provide.

adapted from www.beachbody.com

Strength Training, continued from page 1

teen-week program showed that strength training decreased pain by 43 percent, increased muscle strength and general physical performance, improved the clinical signs and symptoms of the disease, and decreased disability. The effectiveness of strength training to ease the pain of osteoarthritis was just as potent, if not more potent, as medications. Similar effects of strength training have been seen in patients with rheumatoid arthritis.

Restoration of Balance and Reduction of Falls. As people age, poor balance and flexibility contribute to falls and broken bones. These fractures can result in significant disability and, in some cases, fatal complications. Strengthening exercises, when done properly and through the full range of motion, increase a person's flexibility and balance, which decrease the likelihood and severity of falls. One study in New Zealand in women 80 years of age and older showed a 40 percent reduction in falls with simple strength and balance training.

Strengthening of Bone. Post-menopausal women can lose 1-2 percent of their bone mass annually. Results from a study conducted at Tufts University, which were published in the *Journal of the American Medical Association* in 1994, showed that strength training increases bone density and reduces the risk for fractures among women aged 50-70.

Proper Weight Maintenance. Strength training is crucial to weight control, because individuals who have more muscle mass have a higher metabolic rate. Muscle is active tissue that consumes calories while stored fat uses very little energy. Strength training can provide up to a 15 percent increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control.

Improved Glucose Control. More than 14 million Americans have type

II diabetes—a staggering three-hundred percent increase over the past forty years—and the numbers are steadily climbing. In addition to being at greater risk for heart and renal disease, diabetes is also the leading cause of blindness in older adults. Fortunately, studies now show that lifestyle changes such as strength training have a profound impact on helping older adults manage their diabetes. In a recent study of Hispanic men and women, 16 weeks of strength training produced dramatic improvements in glucose control that are comparable to taking diabetes medication. Additionally, the study volunteers were stronger, gained muscle, lost body fat, had less depression, and felt much more self-confident.

Healthy State of Mind. Strength training provides similar improvements in depression as anti-depressant medications. Currently, it is not known if this is because people feel better when they are stronger or if strength training produces a helpful biochemical change in the brain. It is most likely a combination of the two. When older adults participate in strength training programs, their self-confidence and self-esteem improve, which has a strong impact on their overall quality of life.

Sleep Improvement. People who exercise regularly enjoy improved sleep quality. They fall asleep more quickly, sleep more deeply, awaken less often, and sleep longer. As with depression, the sleep benefits obtained as a result of strength training are comparable to treatment with medication but without the side effects or the expense.

Healthy Heart Tissue. Strength training is important for cardiac health because heart disease risk is lower when the body is leaner. One study found that cardiac patients gained not only strength and flexibility but also aerobic capacity when they did

strength training three times a week as part of their rehabilitation program. This and other studies have prompted the American Heart Association to recommend strength training as a way to reduce risk of heart disease and as a therapy for patients in cardiac rehabilitation programs.

*from Centers For Disease
Control and Prevention
www.cdc.gov*

The Benefits Of Red Pepper Early In The Day

Here's a little known secret for curbing your appetite: red pepper. Red pepper, when eaten early in the day, decreases food intake later in the day. Try adding a little to your egg-white omelet in the morning. Here's how it helps control hunger.

Capsaicin Catalyst. The capsaicin in red pepper may get the credit for decreasing appetite. The heat-giving ingredient appears to stop sensory information in the intestine from reaching the brain. It basically kills—or stuns—the message that you're hungry. Capsaicin may also give your metabolism a boost.

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



Recipe Of the Month: Cool Caprese Salad (Tomato and Mozzarella Salad)

1 large vine-ripened tomato, cut into 6 thin slices
6 thin slices fresh mozzarella (part skim)
6 leaves fresh basil
1 tablespoon olive oil
1 tablespoon balsamic vinegar

Arrange the tomato slices on a large platter and top with the fresh mozzarella slices. Top each mozzarella slice with one fresh basil leaf, or sprinkle with finely chopped basil. Drizzle with the olive oil and balsamic vinegar. Makes 6 servings. Serving size: 1 tomato slice and 1 mozzarella slice. Calories per serving: 121. Saturated fat per serving: 4 grams.



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