

Health and Fitness Review

How To Avoid Unwanted Inches

A person gains weight over a number of years. It is much easier to prevent weight gain than to lose extra weight. How? Well here are the guidelines that affect easy and practical lifestyle changes and lead to healthy dietary habits and a fitter you.

Match supply of food with body demand; you require maximum energy in the morning to get the body going. Then food requirement for lunch is low and that for dinner even lower. Remember: 'Breakfast like a king, lunch like a prince and dinner like a pauper'.

Avoid skipping meals altogether. Skipping lunch will lead to high insulin levels after dinner, leading to most of the food being stored as fat.

Taking 5 small evenly spaced

meals (Breakfast, healthy snack, lunch, healthy snack and dinner) is better than 3 heavy meals.

Drink lots of water.

Prefer complex over simple carbohydrates. Fruits over desserts, whole grain over refined carbohydrates. Limit sugar, candy and soft drinks.

Ensure an adequate amount of fruits, vegetables and whole grain cereals to get vital fiber in your diet.

Try and have a healthy variety, neither avoiding a certain food nor binging on another.

Adopt an active lifestyle. Just walking a mile a day could help prevent a 12 lbs weight gain per year.



For more information see:
http://www.cdc.gov/nccdphp/dnpa/heal_eat.htm
<http://www.usda.gov/cnpp/>
<http://www.nal.usda.gov/fnic/etext/fnic.html>
<http://my.webmd.com/nutrition>

Inside this issue:

- Start A Weight Training Program Now—Here's How 2
- Water Is The Nectar Of Life—Drink It Up! 2
- Vaccine Against Smallpox Not Currently Available 3
- Good Health Is In Your Hands 3

“Until the pain of remaining the same hurts more than the pain of change, people will choose to remain the same.”

Just Say 'NO' To Supersized Portions

Supersize food servings lead to supersize eating, according to a new study by Penn State University (PSU) researchers.

In this first systematic, controlled study of the adult response to portion size, participants ate an average of 30 percent more from a five-

cup portion of macaroni and cheese than from one half its size, said Penn State's Dr. Barbara Rolls. It didn't matter whether the portion was already on the dinner plate or whether participants scooped out how much they wanted from a serving dish. In both cases, participants ate more when more food

was available — but they didn't report feeling any fuller afterward. The results held true for both men and women, and normal-weight and overweight individuals. Given this susceptibility to portion size, Americans may need to pay more attention

-Continued on page 3

Start A Weight Training Program Now—Here's How

You're ready to get toned but the thought of walking into a gym is overwhelming. It doesn't have to be.

In fact, the staff at the gym can be a great resource. Take advantage of free trials offered by your gym. You'll become acquainted with the gym layout, removing some of the anxiety from your future visits.

If your gym offers a free training session, sign up for it. You'll get the personal attention of a professional trainer who will introduce you to the equipment and explain its purpose and proper use.

If you choose to go it alone, start slow. Don't try to break any records. Frequency, intensity and duration are the foundations to building a better body. A basic plan might look like this:

–Weight train intensely, three times per week with aerobic exercise on the other

three days. The weight should be heavy enough so that your last rep requires some extra effort to complete while maintaining proper form.

–Use alternate days to train the upper and lower body. Perform two exercises for each major muscle group.

–For each exercise conduct three sets, starting with a set of 12 reps, then increasing the weight and doing 10 reps,



and so on. Rest for one minute between each set.

–Stretch before and after your workout.
–Track your progress in a journal indicating your chosen exercises and weight lifted.

–Rest at least one day per week.

Establish a basic routine and once you've mastered that, step up to the next level by adding more sets. For a well-rounded fitness program you must incorporate a healthy nutrition plan as well. If you've been sedentary, consult your physician before starting any workout program.

For more information see:

<http://www.mayoclinic.com/invoke.cfm?id=HQ01627>

<http://my.webmd.com/encyclopedia/article/1676.54793#ta1616>

Water Is The Nectar Of Life - Drink It Up!

Water is essential to your body cells, tissues, organs and bodily functions. Making up 55–70%

of your body, it regulates your body temperature, provides moisture to your skin, cushions your joints and increases brain function.

Barbara Levine, R.D., Ph.D., the Director of the Nutrition Information Center at the Hospital–Weill Medical College of Cornell University, states, "Next to oxygen, water is the human body's most important nutrient. Yet 75 percent of Americans are severely dehydrated."



A healthy amount of water intake, according to the registered dieticians of the Good Health

Advisory Board, depends on your size. The current recommendation for water intake is ½ oz. per pound of body weight. For example, a 150 lb. person

needs 75 oz. of water a day to be adequately hydrated.

If you exercise, your water intake should increase. Reports indicate the following formula for hydrating before, during and after exercise. 2 to 2 ½ hours before exercise drink at least 2 cups of water, with an additional 2 cups, 15 minutes before. During exercise, drink 2/3 to 1 cup of water every 15 minutes, and after exercise, 2 cups of water for every pound you lost and until your urine is pale.

For more information and a hydration calculator, visit www.water.com. Visit www.cdc.gov for key tips on exercising in the heat, and if you have a specific question, www.webmd.com offers message boards monitored by medical specialists.

Good Health Is In Your Hands

Recent outbreaks of infectious diseases on luxury cruise lines as well as the onset of the cold and flu season has prompted the Center for Disease Control (CDC) to issue new guidelines for hand hygiene.

The CDC has issued a study of the effectiveness of hand hygiene in the prevention of disease in health care settings. The study concludes that effective hand hygiene is an essential part of good health practices and makes a series of recommendations.

When hands are visibly dirty, contaminated or are visibly soiled with blood or other body fluids, wash hands with either a non-antimicrobial soap and water or an antimicro-

bial soap and water.

- B. If hands are not visibly soiled, use an alcohol-based hand rub for routinely decontaminating hands in all other clinical situations. Alternatively, wash hands with an antimicrobial soap and water.

Hand-hygiene technique

When decontaminating hands with an alcohol-based hand rub, apply product to palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry. Follow the manufacturer's recommendations regarding the volume of product to use.

When washing hands with soap and

water, wet hands first with water, apply an amount of product recommended by the manufacturer to hands, and rub hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers. Rinse hands with water and dry thoroughly with a disposable towel. Use towel to turn off the faucet. Avoid using hot water, because repeated exposure to hot water may increase the risk of dermatitis.

For more information see:

www.hopisafe.ch
www.cdc.gov/ncidod/hip
www.med.upenn.edu

Vaccine Against Smallpox Not Currently Available

Most Americans over the age of 35 were vaccinated against smallpox as children. However, that vaccination will offer little, if any, protection in the event of a smallpox attack by bioterrorists.

Prior to 1972, American children received a smallpox vaccination before they started school. Routine vaccination programs ended as the disease disappeared in the United States, and in 1980 the World Health Organization (WHO) declared that the highly contagious, often fatal disease had been eradicated worldwide. Since September 2001, however, the U.S. government has been planning

for the possibility that terrorists could use laboratory strains of smallpox to infect large populations.

For most Americans, all that remains of their smallpox vaccination is a faint scar on their upper arm or back; immunity is probably long gone. According to the U.S. Centers for Disease Control (CDC), vaccination provides full immunity from smallpox for three to five years, followed by decreasing immunity each year after that.

Anyone who was vaccinated again later — such as upon entering the military —

may have increased immunity.

Currently, smallpox vaccination is not available to members of the general public, regardless of whether they were vaccinated 30 years ago. This is because:

A. About one or two people per million die from receiving the live smallpox vaccine.

B. The government does not have enough vaccine yet to protect everyone. Production of new vaccine is under way.

For more information, see:

<http://www.cdc.gov>
<http://www.webmd.com>

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Just Say ‘NO’ To Supersized Portions

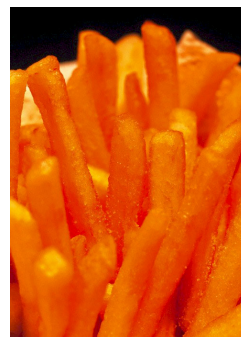
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to what they order at restaurants, where serving sizes have been creeping up for decades. A 2002 New York University study (Young/Nestle) showed that marketplace food portions began to grow in the 1970s, rose sharply in the '80s and have continued to rise. In the mid-1950s, for example, McDonald's offered just one size of french fries. Today, that size is considered “small” and

is one-third the weight of the largest size available in 2001. Today's “large” fries weigh the same as the “supersize” fries of 1998.

For more information, see:

<http://www.psu.edu>
<http://www.nyu.edu>
<http://www.webmd.com>



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