Health Mate

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"We should be taught not to wait for inspiration to start a thing. Action always generates inspiration. Inspiration seldom generates action."
- Frank Tibolt

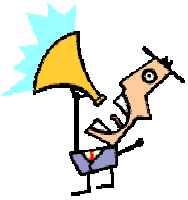
Negative Self-Talk

Negative self-talk is a destructive habit and part of an essential defense mechanism that we often develop to protect ourselves. Many people end up talking themselves out of actions that may be scary or uncomfortable. "I can't do this" is really just a way of saying, "I don't want to deal with the experience of doing this."

Many assume that if a past experience produced a certain result, there is nothing they can do to change that experience in order to produce a different result. We are all strongly influenced by our feelings, often determining how and what action we ultimately take. If the feeling is uncomfortable, negative self-talk results; then we often decide not to take any action at all.

In order to become successful at making healthy choices, you must avoid negative self-talk and start practicing positive thinking. Remind yourself that you're a worthwhile person whatever you do. Try to consistently acknowledge that you are making positive changes to improve your health. Visualize yourself as capable, happy, and confident. And be proud of what you've accomplished thus far. These positive feelings will help the process of change.

Remember, there are bound to be times when you're feeling frustrated or depressed. Positive thinkers know that these feelings are valid, and they don't try to ignore them. Positive thinkers acknowledge and try to understand them, but they don't blame themselves for the conditions that lead to these feelings. Stay positive and there will be a much greater opportunity for success.



Vitamin B12

Be sure to get enough Vitamin B12 in your diet. B12 works with folate to assist cell division in protein synthesis. Too little of B12 may lead to fatigue, anemia, and even depression. In addition, bone cell activity and metabolism seem to depend on its presence. The RDA for B12 is about 6 micrograms/day. But to achieve the above benefits, 10-50 micrograms daily is often recommended.

Vitamin B12 is primarily found in meat and other products from animals. If you're a vegetarian, be sure to include a reliable source of Vitamin B12 in your diet. Reliable sources include B12 fortified cereals, soy products and certain brands of nutritional yeast. Unreliable sources may include seaweed, algae, tempeh and miso because the type of B12 these foods contain cannot be used by the body.

Reaching the Younger Generation- Using Their Music as a Teaching Tool

This information was given **by Roger Bryson**
at the National Wellness Conference, July 2000

I. Recording Artists (popular to teens) that have avoided questionable and compromising lyric choices:
N Sync, Backstreet Boys, 98 Degrees, Monica, Marc Anthony, Brittany Spears, Garth Brooks, Time McGraw, Mark Wills, Hootie and the Blowfish, Seal, Dreamworks Pictures' Soundtracks and Disney Soundtracks.

II. Recording Artists and CD selections (popular to teens) that not only avoid wrongful lyrics, they choose positive and healthy themes in their songwriting:

N Synch	"N Synch," "No strings attached"
98 degrees	"98 Degrees and Rising"
Backstreet Boys	"Millenium"
Santana	"Supernatural"
Garth Brooks	"Live"
Bravo All Stars	"Let the Music Heal Your Soul" *Single
Mandy Moore	"So Real"
Jewel	"Spirit"
Cher	"Believe"
Brittany Spears	"Baby, One More Time"

Mark Wills "Permanently"
Jana Stanfield "Brave Faith"

III. Recording Artists that have traditionally avoided questionable and compromising lyric and theme choices:
Celine Dion, Stevie Wonder, Al Green, Barbara Streisand, Frank Sinatra, Tony Benett, Bruce Stringsteen, Elton John, Billy Joel, Sting, Manhattan Transfer, New York Voices, Louie Armstrong, Nat King Cole, Whitney Houston, James Taylor, Bob Dylan, Elvis Presley, Harry Conick, Jr.

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Sabotaging Your Eating

Q: Help! Everyone in my family has a high metabolic rate, except me. Consequently, I'm sabotaging my exercises by eating with them. How can I tailor my nutritional needs so that I can stop eating like my teenaged kids?

A: So often we fall into behavioral patterns based on the people around us. They can be good, like when other family members are interested in similar sports and you become involved, or they can be bad, in the case of eating habits, If your needs are different from those around you.

I often give people in situations such as yours, information on cue techniques. What this refers to is the psychology behind why we do what we do, and what things around you trigger eating behaviors. It sounds confusing, but I'll give you some tips that may prove to be helpful....

1. If you overeat with a person or group of people, try to arrange alternate activities with them or educate them of how they can assist you.

2. When eating, only eat; concentrate on tasting and enjoying your food. Don't do any other activities (like reading, watching TV, doing home work) because this distracts you from realizing what and how much you are eating. It's okay to talk or listen to music. Remember that activities can become cues that make you want to eat. If you always have a snack in front of the TV, then watching TV will make you want to eat.

3. Leave food on your plate. If you practice this while on a reduced diet, it will help you to use it in situations when you're over-served. Do not deduct the calories of the food not eaten.

4. Get food out of sight. Put snacks and high calorie treats in hard to reach places and purchase smaller units. Clear countertops (remove candy dishes, cookie jar). Place tempting foods at a meal you're likely to have calories to spare, e.g., sweets at breakfast or chips with lunch.

5. Get platters off the table -- this is a temptation to take seconds. Serve foods from the stove directly to your plate. If plates must be on the table, keep them at the opposite end or perhaps on a serving tray or on the counter.

6. Be assertive in food refusal and selective in your food choices. Never accept food from anyone unless you have requested it. Ask your family not to offer you food. Make each contact with food a voluntary one. Do not allow food to be forced on you or feel you must eat out of obligation.

7. Slow down your eating. Be conscious of each bite taken. Think about chewing the food thoroughly and enjoying each bite. Use techniques such as counting bites or placing your fork down after a few bites of food. You can also take a sip of beverage between bites of food to make the meal last longer. This will assist you to sense when you are getting full versus eating quickly then having a stuffed or bloated feeling.

I hope some of these suggestions are helpful. I think the first one is the most important in your situation. Talk to your family members and ask for their assistance. You can also make suggestions for them to eat healthy meals and snacks with you. For example, if they eat high-sugar, high-fat desserts, you can interest them in trying fresh strawberries over angel food cake as an alternate. Small changes like this may prove useful.

Printed from Global Health-Fitness
Laura Spanbauer, MS, RD, CDN, GHF's Sports Nutrition Expert

Iron Deficiency Means Harder Work-Out w/ Less Gains

For women with low iron, exercise is harder work for less gain. They tire more easily and have lower capacity for physical work. If you are a FitnessLink kind of woman, chances are you may have some iron deficiency because, says Jere Haas, director of Cornell University's Division of Nutritional Sciences, women who are physically active and eat little meat "are particularly at high risk for iron depletion."

Following is a guide to recognizing and treating or avoiding - iron deficiency:

- If you are active, failure to notice gains from training and fatigue may be your first indications of low iron.
- Up your intake of iron-rich foods. Animal sources (meat, poultry, shellfish) provide heme iron, the more absorbable form; non-heme iron comes from plants (potatoes with skins, legumes, greens).
- Take citrus fruit or juice with meals (or supplements). Vitamin C improves absorption of iron. If you eat meat, have fruit or vegetables with it.
- Avoid taking calcium and iron together. In fact, if you take iron tabs, take them at a different time than any other supplements, as other vitamins and minerals interfere with the body's absorption of iron.
- Get a hemoglobin test. (It takes only a squeeze of blood simple and inexpensive.)
- Don't take ANY commercial iron supplements without consulting a nutrition professional. Excess iron builds up in the body; too much is worse than too little.

(Susan Henry, FitnessLink Staff)

Exercise and Pregnancy

Continue to exercise through- out your pregnancy, as long as you have permission from your healthcare provider and follow these safety guidelines:

1. Exercise to your individual tolerance level and stop exercising if you experience any dizziness, shortness of breath or pain. I suggest walking instead of running, since it is less stressful on your body with similar results. Because you are already in good shape, I recommend you walk for 30-40 minutes at least 4 times a week.

2. Exercise intensity should be at a level where you can speak, but can't sing. Adjust your pace accordingly. If you choose to walk on a treadmill, start with 3.5 and see how you feel after 20

minutes. Remember, as your pregnancy progresses, you will need to decrease the pace to offset the increase in body weight.

3. Be sure to stretch after each exercise session, especially your hamstrings and hip flexors.

4. Avoid exercising on your back after 12 weeks of pregnancy. To exercise your abdominals, use this breathing exercise: Sit comfortably in a chair and expand your belly as you inhale. During the exhale, consciously push your belly-button toward your spine. Repeat for a total of 15 times and repeat for a total of 3 sets. Be sure to fill your lungs completely and empty your lungs completely.

5. If you choose to lift weights, decrease the weight and increase the reps. Be sure to never hold your breath! Have Chad or Chris develop a program for you, specific to your fitness level, goals, time and equipment availability, etc. I'll review this program prior to them sending it out to make sure it's as safe as it is effective.

Also, you may want to try the MOTHERWELL Home Exercise Video, which includes safe exercises for pregnant women. I suggest using this video as a supplement to your walking, at least 2 days a week to strengthen and stretch the muscles that are affected by the pregnancy. For information on the video as well as MOTHERWELL classes in your area, visit this website: http://www.motherwellfitness.com.
Bonnie Berk, RN, BS, CES, CPFT GHF's Maternity Fitness Expert

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Exercise- The Key to Weight Loss

Editors' Note: Does it sometimes seem like I am putting in the same types of articles with the same message-------- probably so---- that is because most experts agree on the same issues when it comes to weight loss: 1) Balance, Variety and Moderation with what you eat; 2) Diets don't work for long term weight loss; 3) Exercise is critical. When or will ever, Americans quit looking for the magic?? Paula

By Jeff Rutstein

As we grow older it seems that we are in a constant battle with our waistline. The older we get the harder it is to lose weight.

Many of us have tried various fad diets which may take the weight off in the short-run but undoubtedly it comes right back. In fact, over 95% of dieters will put the weight back on plus an extra five pounds.

Diets just don't work. The key to permanent weight loss is through exercise and proper nutrition through behavior modification.

When we diet we're losing fat and also muscle. This decrease in muscle mass will cause our metabolism to slow down so we are unable to burn as many calories. As we age this naturally begins to occur. After our mid 20s our metabolic rate decreases by approximately five percent per decade. One explanation for this is that our muscle mass

decreases and our body fat increases due to inactivity. We get caught up in our work and spend our leisure time in front of the TV instead of taking care of our bodies. Being overweight in one of the major causes of hypertension, high blood pressure, certain types of cancer and an overall lackluster feeling.

As many dieters know, the weight is going to come back faster and faster the more you diet. Whether you're eating pre-packaged foods, diet shakes, or grapefruits and water, you're not going to be able to stay with it forever without going crazy. When you see that chocolate cake you won't be able to just have one piece you're likely to eat the whole thing. It's a vicious cycle.

There is good news. Something can help break this cycle-exercise. In order to lose weight we must create a caloric deficit. That is, we must expend more calories that we are consuming. This is done through exercise and proper nutrition, not fad diets. Through exercise we are able to burn calories and add muscle. For every pound of muscle we obtain, an extra 350 calories per week is burned in order to sustain this. We'll be using up extra calories even while we sleep.

Aerobic exercises, such as walking and jogging, are excellent ways to burn calories. Always begin with a warm-up period of 3-5 minutes, gradually reaching your target heart rate. (This is 60 to 80 percent of your maximal heart, which is estimated at 220-age. For example, if you were 60 yrs. Old your target heart would be 96 beats per minute through 128 beats per minute.) Always start at the low end of your target heart rate. Exercising in this range for 15 through 20 minutes will allow for fat reduction to occur. A cool down of 3 to 5 minutes is recommended as this allows your heart rate too gradually return to normal.

Remember; consult your physician about any exercise program you are considering.

In order to shape and tone our bodies, we need to do **body shaping exercises**. This will add muscle and firmness to our physiques. Many women tend to deposit fat around their thighs and buttocks, while males tend to put fat around their stomachs.

Here are a few exercises that can help tighten these areas....

Outer thigh lift: Lying on your right side with your hips and ankles in line with your shoulders, slowly lift your left leg as high as possible, hold, then return to the starting position. Do 10 repetitions and switch sides.

Inner thigh lift: Lying on your left side with your hips and ankles in line with your shoulder. right knee is bent to 90' angle. Slowly lift your left leg as high as possible. Hold, then return to the starting position. Do 10 repetitions and switch sides.

Abdominal crunches: Lying on your back with knees bent and hand behind your head, slowly curl your shoulders up, pause, slowly lower to the starting position. Do 10 repetitions.

You will notice that you will be much more conscience of the foods you're eating when you exercise. Since you'll be taking care of your body, you won't want to fill it up with junk foods.

It is best to eat three well-balanced meals and two nutritious snacks in between. This will help eliminate the binge eating that often happens when meals are skipped. Try to drink plenty of water and eat high fiber foods since this will give you a full feeling without adding extra calories.

Jeff Rutstein is President of Custom Fitness - www.customfitness.com - in Boston, Massachusetts. Custom Fitness has been featured in The Washington Post, Reuters, The Boston Globe and over 100 other media outlets. For more information, Jeff can be reached by e-mail at jeff@customfitness.com

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Music on Your Bike

Research shows that both men and women are able to exercise new longer on stationary bicycles while listening to music. On average, men were able to exercise almost 35% longer, and women 30% longer, before becoming bored and/or tired. Try listening to music and see if it helps you exercise longer without getting bored.

Wasting Your Calcium Supplement?

Why timing is important

By Holly McCord, R.D., with Sherry Weiss Kiser

You probably know it's best to take your calcium in doses of 500mg or less, but do you know why? Here's the reason: Above 500mg, calcium absorption becomes much less efficient; some of that calcium is "wasted'" in effect.

So when do lots of us usually take our calcium supplement? At breakfast, and that's the meal where we're apt to get the most calcium of the whole day.

Here's the calcium in typical breakfast fare:

- **Milk in cereal, coffee –** 300 mg of calcium per cup
- **Calcium-fortified cereal –** up to 250 mg per serving (check label)
- **Calcium-fortified orange juice –** 300-350 mg per cup
- **Multivitamin –** up to 200 mg of calcium (check label)

If you add a calcium supplement – often 300 to 600 mg – your calcium total for one meal may look spectacular, but what you actually absorb may be much less, says Connie Weaver, Ph.D., an expert in calcium absorption at Purdue University in Fort Wayne, Indiana.

Solution: "Add up the calcium in your breakfast. If it's high, pick a different meal to take your supplements with," suggests Dr. Weaver. If you think you won't remember, try keeping the supplements next to the silverware. Calcium carbonate supplements are absorbed best when taken with food; calcium citrate can be taken on an empty stomach.

Quick Tip: Daily calcium goals to help prevent osteoporosis: age 50 and under, 1,000 mg; over age 50, 1,500 mg.

Top Tips for Home Buyers

News USA ***August, 2000***

(NUISM) - Boom times are back in the housing market, with home sales on a record pace for the fourth consecutive year, according to the National Association of Realtors.

That's great news if you're selling your house. But what if you want to buy in this sizzling season? Experts say smart shoppers are those who keep their cool.
"Buying a house can be an emotional roller coaster," says Ned Hoyt, CEO of iOwn, a leading online mortgage company (www.iOwn.com). "We try to give consumers the whole picture upfront so they can make their home buying decisions with confidence."
Hoyt recommends spending some time preparing for your home search well before you spend any money on the house itself. Here are his top tips:

- Know your price range. The rule of thumb is that you can afford a house between two and three times your annual salary, but make sure you're comfortable with that amount. Look over last year's income and expenses before you commit to a down payment. Don't forget to take into account other home buying costs, like closing fees and mortgage insurance.
- Be prepared to get financing. Unprepared bidders will lose out in a highly-competitive market, so you must get your finances in order to improve your chance for your dream home. Order your credit report and correct any errors ahead of time to ensure a smooth transaction. Get prequalified for a loan and then get pre-approved, which gives you a commitment from a lender and shows that you are able to obtain financing immediately, which can be a strong negotiating tool.
- Shop around for the best rate. Getting the right mortgage can save you literally thousands of dollars. Fortunately, the Web makes it easy to do daily rate checks from a variety of sources. For example, iOwn lets you compare mortgages from nearly 25 leading lenders, and you can even receive automatic e-mail updates to notify you of rate changes.
- Find a real estate agent. You can house-hunt without a real estate agent; however, a good broker can be a real asset, especially for first-time buyers. Agents can help you get a feel of prospective neighborhoods, find a home, make a bid, negotiate prices and represent you at closing. Make sure, though, that you choose someone you trust and with whom you can work comfortably.
- Become an educated buyer. You're not just looking for a house - you're buying a neighborhood as well. Get a feel for where you will be living; subscribe to the local paper, visit open houses or check the Internet for community resources. For example, iOwn offers facts and figures on cities and school districts nationwide.

Scott Ingraham of the Baltimore/Washington, D.C. area has been using iOwn to prepare for the move that he plans to make after he retires this month. "The service has been and continues to be a wonderful way for us to see what is available, what the prices are like and what kind of choices we can expect to have when we make that move," said Ingraham.

Transplant Therapy for Diabetes

NIH ANNOUNCES NEW CLINICAL TRIALS

NATIONAL INSTITUTES OF HEALTH
National Institute of Allergy and Infectious Diseases, NIH NEWS RELEASE

FOR IMMEDIATE RELEASE , Thursday, July 13, 2000
CONTACT: NIAID Office of Communications and Public Liaison, Greg Roa, (301) 402-1663
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Ten research centers will soon begin testing a promising technique for transplanting insulin-producing pancreas cells that may one day allow people with type 1 diabetes to stop their insulin shots. Known as the "Edmonton protocol," the experimental technique is among the first to be carried out in the $144 million Immune Tolerance Network (ITN), an international consortium of clinical researchers dedicated to developing approaches to induce immune "tolerance." If successful, these approaches will selectively modulate the immune system to inhibit harmful immune responses while keeping protective ones intact.

The ITN is a seven-year effort spearheaded by the National Institute of Allergy and Infectious Diseases (NIAID) and co- funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), and the Juvenile Diabetes Foundation International (JDFI). Both NIAID and NIDDK are components of the U.S. government's National Institutes of Health (NIH).

Starting this fall, the ITN will spend $5 million dollars to expand studies of the Edmonton protocol in centers located in Edmonton, Alberta (Canada), Miami, Minneapolis, Boston, St. Louis, Seattle, and Bethesda, Maryland. Additional European sites are planned in Geneva, Switzerland, Giessen, Germany, and Milan, Italy. Approximately 40 patients-18 to 65 year-olds who have type 1 (juvenile) diabetes and are unable to control their blood sugar with even the most rigid insulin schedule-will receive transplants of the insulin-producing pancreas cells, known as islets, in the next 18 months.

"This trial will serve as a platform for future ITN studies to investigate new 'tolerance therapies,' treatments that may replace the life-long immunosuppressive drugs that transplant recipients currently require to maintain functioning islets," says NIAID Director Dr. Anthony S. Fauci.

The Edmonton protocol was developed by Dr. James Shapiro and colleagues at the University of Alberta. In a journal article last month, Dr. Shapiro and his colleagues reported reversing dependence on insulin injection in seven diabetic patients. The ITN will expand those studies to larger numbers of patients and investigate the underlying immunologic mechanisms at work following islet transplantation.

"While we have known for nearly a decade that tight control of blood glucose delays or prevents diabetes complications, many people have great difficulty achieving optimal control with current treatment methods. Islet transplantation offers the potential for gaining such control and arresting complications," says NIDDK Director Dr. Allen Spiegel.

NIH, which participates in the ITN, will be attempting to duplicate the Edmonton results. Rather than suppressing the body's entire immune system, tolerance therapies specifically block just those immune responses that destroy a person's own tissues or cause them to reject transplanted tissues. Several promising tolerogenic approaches are now under investigation.

"The ITN clinical trials represent a very significant step forward in diabetes research, and we hope to someday make this approach available to all people with diabetes," says Dr. Jeffrey Bluestone, director of the ITN.

Patient Enrollment Criteria and Procedures
Males and females between the ages of 18 to 65 who were diagnosed with type I diabetes at least five years ago and who:

- cannot control their blood sugar even with intensive insulin therapy
- do not adequately sense the onset of hypoglycemia (low blood sugar)
- have had a least one hypoglycemic reaction in the last 1.6 years that cannot be otherwise explained and required medical attention
- have secondary complications of diabetes, such as progressive vision, kidney, nerve or vascular problems despite efforts to optimize control of blood sugar

More information for patients wishing to participate is available on the ITN Web site at http://www.immunetolerance.org or from the ITN Patient Referral Hotline at (773) 834-5341 in the United States. Canadian residents may phone (780) 407-1501. Referral forms are to be completed, signed by the patient's physician and returned by January 1, 2001. Patients who appear to meet all the criteria will be contacted for further consultation prior to a final evaluation.

Make a Healthy Habit a Family Affair

Make Healthy Habits A Family Affair

Have you ever thought about the traditions and practices that you've inherited from your family? Stop for a minute and make a list of the healthy habits that have stayed with you over the years. Can you think of some you would like to add-and pass on to your children and grandchildren? It's not too late! Here are some ideas to consider.

Fitness

- Be a role model. Studies indicate that there's a direct relationship between how active children become as adults and the level of physical activity they saw in their parents while growing up. (What a strong enticement for you to get active!)

- Get off the couch. Take a break from TV by planning one family physical activity outing a week. Let your child help pick the activity and location. Check out classes you can take together, such as karate.
- Give presents that promote physical activity. Inline skates, hula-hoops, bicycles, baseball gloves and other sports equipment make excellent gifts.
- Have your child help with household chores. Teach your children responsibility by having them clean the house, mow the yard, wash the car, etc.
- Help your child find the appropriate activity. Your son or daughter may not enjoy the same activities you've always liked-but that's OK. Help them find something they are good at, and encourage them to stick with it so they can improve and feel confident in their ability.

Nutrition

Again, be a role model. If you're not eating five to seven servings of fruits and vegetables a day, how can you expect them to do the same?
Teach your child how to snack. That's right. They don't need to give up snacks-they just need to eat snack foods that are nutritious, such as apple slices, orange wedges, carrot sticks, peanut butter on whole-wheat crackers, etc. Get them involved. Kids are more likely to enjoy the food that they personally prepare. Supervise them until they are capable of doing it by themselves. Don't be too pushy. Kids who are pushed to try new foods are less likely to try those foods again than children who decide for themselves. Parents who serve meals in a relaxed manner help minimize a child's negative emotions.

General Wellness

Establish a pattern. A routine is important to a child. Even when young, children thrive on regular bedtimes, meal times and nap times because it gives them structure in their lives.
Smokers - quit smoking. Nonsmokers - talk with your children about the dangers of smoking. Smoke is unhealthy for your family members to inhale, and youngsters are more likely to pick up the habit if they think it's a cool "adult" thing to do.
(Cooper Institute for Aerobics Research)

Barbells, Dumbells, or Machines

By Chad Global-Fitness.com

Q: Which is better for you, barbells, dumbbells, or machines?
A: This is a good question, but the very best answer is that none of them are better than the other. They each have there own advantages and you could make an argument for all three. The key to getting good results, again and again, is to do a combination of all three and to continually switch your program around, try new exercises and training techniques, and keep searching for what works best for YOU.

I can't emphasize this enough; be sure to ALWAYS change your workout around. No two workouts should be the same -- you need to continually shock your muscles ("keep them guessing"). If you do the Bench Press with a barbell on chest workout # 1, use dumbbells for chest workout # 2. Just the same, if you started your chest routine on workout # 1 with

Bench Press, on workout # 2 (for your chest) you should start your routine with the Incline Bench Press, Dips, Pec Deck, or whatever -- continually change the order.

If you always do the Bench Press first, your upper chest muscles never have the opportunity to be trained when they are fresh -- they will always be somewhat fatigued from being indirectly trained on the Bench Press. But simply changing the exercise order of each muscle group will add variety to your workout and "shock" your muscles enough to force new results.

It is so important to continually try new exercises. Because the human neuromuscular system adapts to specific movement patterns, it is advisable to change your training exercises occasionally. For each major muscle group, we will teach you at least 10-15 exercises you should eventually implement in your program. Remember, if progress comes to a halt in the Bench Press, then either the Incline Bench Press, Flys, Dips, or any other chest exercise can serve as excellent substitutes to shock your muscles and promote further progress.

Please go to http://www.global-fitness.com/strength/s_program.html.
The GHF Strength Training Programs are customized to your experience and fitness level, goals and personal interests, and time commitment. You can select from the results you wish to achieve, your fitness and experience level, and the number of days per week you want to train to customize a program that is right for you.

Notice every workout (for all the programs) is different -- no two workouts are the same. We continually add variety and gradually increase the intensity as we introduce intermediate and advanced techniques. You WILL get great results and will NOT get bored!! Of course, if you only have dumbbells or a Bowflex machine, for example, I could personally develop a program that meets your equipment requirements.

Inspiration Point

Today, the One and Only

Today is no ordinary day. It is special. It is unique. There has never been a day quite like today. It offers opportunities which are all its own. Today is here now and it will never come again. It's a valuable gift you've just now received, to do with as you wish. Will you expand it into even better things or will you squander the one chance you have to make this day count?

Consider the vast amounts of energy and matter which must come together in precisely the right combination just to make this day a reality. How could you possibly take it for granted? This very day there is greatness waiting to be expressed.

You're in a great position, one which won't be the same after this day is over. Do all you can with this day. Make the most of every moment. It's here for you now. Take it in and run with it.

"Commitment is what turns a promise into reality. It is the words that speak boldly of your intentions. And the actions that speak louder than words.

It is making the time when there is none. Coming through time after time after time, year after year after year. Commitment is the stuff character is made of; the power to change the face of things. It is the daily triumph of integrity over skepticism." - Author Unknown

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Growing Challenge

No matter how magnificently you may arrange your life, no matter what level of wealth, power, position or respect you may attain, there will always be challenges for you to face.

In fact, the higher you climb, the more daunting the challenges usually become. Fortunately, your ability to prevail against challenge also increases with every accomplishment.

There will always be challenge and right along with it, opportunity. There will always be the need for strength, for courage, for focus and perseverance.

Those who put off facing the challenges until "someday" find that the someday never comes. Those who wait for things to get better, instead of doing something about their situation, will find things getting worse and worse.

Meet each challenge as quickly and as competently as you can. There will be another one right behind it. And as you work your way through them all, you'll find yourself fully alive. Success comes not from the absence of challenge, but from the ever-increasing ability to benefit from it.

Healthy Habits

Make small adjustments to your everyday life and see tremendous results over time.

This months Healthy Habit: EXERCISE OF THE MONTH

Butt Blaster

- Lie face down on a bench with your hips at the end of the bench. Touch your toes to the floor, placing them about two feet apart.
- Slowly lift your legs - keeping them apart - up to bench level. Squeeze the gluteal muscles (butt) and lower back.
- Lower the legs to starting position and repeat.

For photo and video demonstrations of this exercise:
http://www.fitnesslink.com/exercise/demos/blaster.shtml

Nutrition Tip Of The Month

Did you know that a 3-ounce piece of grilled chicken without skin) has only 3 grams of fat but a 3-ounce serving of regular ground beef has 19 grams of fat? Choose a grilled chicken sandwich on whole-grain bread instead of that hamburger on a white roll. You'll be amazed at how quickly those fat savings add up.

Recipes

Vegetable and Rice Pizza

Makes 8 slices

Ingredients:

- 6 cups brown rice, cooked
- 4 egg whites or 4 tablespoons egg substitute, lightly beated
- 2 cups non/lowfat mozzarella cheese, grated
- 1-1/3 cups pizza or spaghetti sauce
- 2 teaspoons black pepper
- 4 garlic cloves, minced
- 2 tablespoons non/lowfat Parmesan cheese, grated
- 10 whole mushrooms, sliced
- 1/2 cup red pepper, chopped
- 1/2 cup pineapple chunks

Directions:

- In a bowl, mix rice with 2/3 cup mozzarella cheese and egg whites or substitute.
- Spray a 12 inch pizza pan with nonstick cooking spray (nonfat) and press mixture into pan and bake at 400 degrees F for 5 minutes.
- Combine sauce with pepper and garlic and spread over the baked rice crust.
- Top with remaining ingredients and sprinkle with reserved mozzarella cheese. Bake an additional 10 minutes.

Nutritional Information:

Serving size: 1 slice; Calories: 200; Fat: 4 g; Cholesterol: 10 mg; Protein: 15 g; Carbohydrates: 27 g; Fiber: 4 g; Sodium: 320 mg

For more healthy, delicious recipes and a suggested shopping list, please go to http://www.global-fitness.com/weight/w_recipes.shtml

Turkey Veggie Burgers

Makes: 6 servings

Ingredients:

- 1 1/2 lbs. fat-free ground turkey

- 1 small zucchini, grated
- 1 tbsp. onion flakes
- 1 large carrot, peeled and grated
- 1 tbsp. Worcestershire sauce
- 1 tbsp. Dijon mustard
- 1 tbsp. low-sodium ketchup
- pepper to taste

Directions:

- Prepare a hot grill and lightly spray with nonfat cooking spray.
- In a large bowl, combine all ingredients and mix until blended.
- Shape into 6 large patties and place on a hot grill.
- Cook 6-8 minutes per side, until no longer pink and cooked through.
- Serve on fat-free bread with lettuce, tomato, and onions, if desired.

Nutritional Information:
Calories: 120; Carbohydrate: 4 grams; Cholesterol: 51 milligrams; Dietary Fiber: 1 grams
Fat: 1 gram; Protein: 25 grams; Sodium: 349 milligrams

This recipe was provided by Jyl Steinback, BS Ed, GHF's Family Lifestyle Expert. To learn more about Jyl, her credentials, and her web site, go to http://www.global-fitness.com/fitnessconsult.html

Black Bean and Shrimp Salad Makes: 8 servings

Ingredients:

- 1 tablespoon olive oil
- 1-1/4 cup corn
- 3-3/4 tablespoon ginger, minced
- 3 cloves garlic, minced
- 2-1/4 pounds cooked shrimp, thawed and drained
- 12 ounces canned black beans, rinsed
- 1-1/2 teaspoon non/lowfat margarine
- 1-1/2 teaspoon sugar
- 1 cup green onions, chopped
- 2 cups lettuce, chopped
- 3 tomatoes, cut into wedges
- 1/4 cup plus 2 tablespoons fresh cilantro, chopped

Directions:

- Heat oil in a large nonstick skillet over medium-high heat. Add corn, ginger and garlic and sauté for 2 minutes.

- Add shrimp to skillet along with beans, margarine and sugar. Stir frequently until margarine is melted. Add green onions. Toss.

- Place lettuce on serving plates and spoon shrimp and bean mixture over salad and top with tomato and cilantro.

Nutritional Information: Serving Size: 1 1/2 cups
Calories: 250; Fat: 4g; Cholesterol: 330mg; Protein: 20g; Carbohydrates: 35g; Fiber: 10g; Sodium: 410mg

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This newsletter is intended solely for the Coast Guard Mid-Atlantic Region in conjunction with the Coast Guard Mid-Atlantic Work-Life Health Promotion Program. It is designed to inform Coast Guard Personnel regarding the latest health information to assist them in developing and maintaining a healthy lifestyle. Articles in this publication are taken from various health resources and are not specifically endorsed by the Coast Guard or the federal government. The contents within are not a replacement for professional medical evaluation, advice, diagnosis, or treatment. Please see your physician or other health care provider for medical advice.

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