

STORM FITNESS HEALTH & FITNESS NEWSLETTER: 4/06; Q2

"A Health & Fitness Newsletter filled with Insider Tips On
How To Stay Looking Great and Feeling Young"

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IN A HURRY? DON'T HAVE TIME TO READ THE NEWSLETTER RIGHT NOW?
JUST PRINT THE NEWSLETTER OUT, TAKE IT HOME WITH YOU AND READ
IT AFTER DINNER OR BEFORE BEDTIME THIS EVENING!

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Greetings Clients and Friends,

Happy Spring! Summer is right around the corner so if
you've been slacking off this winter now is the time to get
your butt moving so that when it's time for short sleeves
you won't be wishing that you had taken action before the
warm weather hit.

There's some great stuff packed in this newsletter this
month. Storm Fitness will be presenting at a luncheon
event on April 19th at the Old Brogue in Great Falls. Make
sure to read all about it in the Presentations section and
come join us for a fun time and get some juicy nutrition
and fitness information all at the same time!

Other exciting news...Denise Feil our Registered Dietician
will be conducting a 90 minute supermarket tour this month
at the Harris Teeter in Reston - make sure to read the
events section and find out just exactly what a supermarket
tour is and how to register ... trust me, you won't want to
miss this one...you will find out essential shopping
information you were never even aware of!

Get out there and get moving - get yourself off to a good
spring!

Yours in Health and Fitness,
Jessica Storm & the Storm Fitness Team

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HAPPY SPRING! LET'S GET FIT & STAY FIT!!!
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EVENTS:

90 MINUTE SUPERMARKET TOUR!!!

"Take the Tour and become Supermarket Savvy"

Come join us at Harris Teeters on April 4, at 10:30 am or on April 5, at 7:00 pm for an informative, hands-on trip up and down grocery store aisles with Registered Dietitian Denise Feil. Call Denise Feil @ 703-421-4270 to reserve your spot today; cost \$30 per person.

Are you having trouble staying on your diet, confused by complex nutrition labels or just looking to shop more healthfully? The answer begins by paying closer attention to the foods you put in your cart. And that's where the Supermarket Tours come in! An informative, hands-on trip up and down grocery store aisle with our Registered Dietitian could go a long way toward developing healthy shopping habits.

A Supermarket Tour will assist you in choosing foods that meet your specific nutrition goals, lower your dietary fat or sodium content, or possibly eat more high fiber or high calcium foods. This hands on shopping trip will teach you about making healthy food choices and preparing tasty meals for you and your family.

Participants will discover how to make smart food choices based on their personal dietary needs, trim fat, cholesterol, control sodium and add taste without giving up the convenience and fun of eating.

What You'll Learn

- Stop being misled by false advertising health claims
- Make sense of food labels and ingredient lists
- Choose healthier foods, high fiber and calcium; lower fat and sodium
- Learn to quickly evaluate foods for their nutritional content
- Select healthier "junk" food alternatives
- Choose healthy convenience foods

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PRESENTATIONS:

COME AND JOIN US FOR THE "HOT TOPIC" LUNCHEON!!!

Presentation topic: "Stepping up to Health and Nutrition"

Presented by: Storm Fitness's Registered Dietician and Personal Trainer Denise Feil!

Date: Wednesday, April 19th

Time: 11:15am, Serving 11:30am, Presentation starts 11:45am
Open to anyone who would like to attend!

Location:
Old Brogue Restaurant
Great Falls, VA

Price and Info:

Lunch is \$20 in advance; \$25 at the door
Price is inclusive of meal, beverage, tax and gratuity
Please Email Nichole Rodriguez for a registration form at:
offmgr@hebinc.com
Bring a friend and learn how to stay healthy and fit!

What you will learn:

- Find out how the food and physical activity choices you make today and everyday affect your health and how you feel today and in the future.
- Learn the most effective strength and cardio training exercises for burning calories and getting you into great shape.
- Find out how to make smart choices from every day food groups & give your body the balanced nutrition it needs.
- Learn the types of specific exercises you want to focus on as you progress through each life stage.
- Find out what mistakes you might be making in your exercise program and how to fine tune it to get the most results for your time.
- If you have any questions before the presentation please send them to jessica@stormfitness.com - we will make sure that they are answered for you at the presentation.

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Health and Wellness:

Learning How To Age Gracefully

The older you get the more likely you will have to deal with stiff and painful joints. The benefits of exercise from lower blood pressure to improved mood are far too great to consider giving up, and you shouldn't have to! Most people who want to remain active eventually learn to accommodate their aging bodies by changing sports or exercise routines. Recent studies have taught exercise physiologists a lot about what combinations of exercises work best at different ages. There are 4 types of Fitness Activities that need to be considered in a daily exercise regimen and the degree to which these are performed varies with age:

Expect to change the mix of these things as you move through the decades of your life.

1) **Cardiovascular/Endurance Exercises** - improve health of heart, lungs circulatory system and improve stamina which makes climbing stairs or grocery shopping more doable. Endurance exercise may also delay or prevent many diseases.

2) **Strength Exercises** - build muscles, making one stronger. They help keep weight off and blood sugar in check. In addition they help prevent osteoporosis.

3) **Balance Exercises** - help prevent falls, some balance exercises build up leg muscles while others provide practice in controlling the body while doing simple activities like standing on one leg.

4) **Flexibility Exercises** - are stretching exercises, they help keep the body limber by stretching muscles and the tissues that hold bones and muscles in place. These exercises can also help prevent injuries and falls.

As we start to age, we lose muscle strength which negatively affects our balance and what we once considered minor obstacles in the home can now become major challenges. Therefore, aging adults should focus on exercises that build strength and balance.

In your 20's:

At this age you should regularly be doing some moderate and vigorous exercise. You want to break a sweat at least 4 times a week for 30 minutes. Don't slack off the other days of the week, go for a walk or climb the stairs, anything to elevate your heart rate. Plan to do strength training exercises at least 2 times per week. You can probably get away with fewer exercises that target your trunk muscles but avoid ignoring them all together. Your natural sense of balance which depends on muscles and nerves is already beginning to fade.

In your 30's and 40's:

At this point you need to start becoming more systematic about your exercise. Grace and bursts of speed don't come as naturally as they used to. Women in particular need to focus on strength training 2-3 times per week in order to build muscle mass and preserve bone. Aerobic activity should be a daily routine and if you haven't already, be sure to include stretching, flexibility and balance exercises in your regimen. This is the time when many runners and soccer players switch to biking or rowing or cross country skiing for less impact.

In your 50's and 60's:

What you do now starts to depend more on your risk factors. Cardiovascular disease is still the biggest threat so keep your heart rate going with aerobic activity. It becomes more important to do exercises that address your strength and flexibility and balance as well as cardiovascular requirements. Resistance bands and stability balls work well to provide challenge.

In your 70's and beyond:

There is no reason not to do aerobic and strength training at this age. The greatest benefit often occurs in those that are frail or suffer from chronic conditions. As you might expect,

flexibility and balance training are more important than ever to prevent falls.

Whatever your age, add spice to your routine by adding variety to keep from getting bored and to avoid injury. Change sports with the seasons and make time to enjoy life.

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Health and Fitness Q & A:

Q: I have a question for you and am looking for some advice. I recently had a total hysterectomy in June and am now starting to get my energy back. For exercise I have been lifting weights at home and walking. My problem is my eating. I am always hungry and eating constantly. If I stick to a low protein diet, I am okay. Before surgery, I was losing weight but after surgery I was eating junk food, such as chips, soda, cookies, ice cream, etc. I know these are not good for you, but I can't stop the craving. Please help.

A: Boy can I relate to that and I do have a couple of suggestions.

1) If you can't stay out of it, get rid of it. There are things we can't have in our house because we can't stay out of it. We will eat and eat it until it is gone and so it is banned from coming through our doors. Do not invite the enemy into your camp. Kick it out and don't let it back in.

2) Remember that the more "sugar" and processed carbs you eat (i.e. junk food) the more of it you will want. Your body goes through an insulin and blood sugar spike after eating it which then plummets when the sugar is exhausted, causing hunger pangs and a deep desire for more of the same. If you don't have it to begin with, your body doesn't go through this cycle. Give your body 2-3 weeks of no sugar and you will no longer crave it and you will feel sooo much better!

3) PLAN what you are going to eat at each meal of the day and stick relatively close to your plan. It's when we don't plan and have an ample supply of junk food on hand that we rely on it instead of thinking about what we SHOULD eat and cooking a meal. I sit down every Sunday and plan my exercise and meals for the coming week. Taking 10 minutes to do that, and another 60 minutes to cook a few healthy meals for the week and store them in containers. I also make sure to have a few handy quick options like protein bars, protein shakes, canned tuna, cottage cheese, fresh fruit, etc). This makes it simple and healthy.

4) Don't try to cut back your calories too much at once. If you are starving yourself to lose weight (i.e. you are always hungry) then figure on eating a good bit of calories broken over many meals during the day. If these calories are mostly from whole foods versus processed foods, you'll find that you are much more satisfied. If you aren't ravenously hungry at that level for a couple of weeks, you can then cut out 100-200 calories a day from that level until you find that that amount of food more than satisfies you and then cut back a bit

more. Remember, though, that you will be much better off exercising more at some point than cutting your calories back too much. Bodies can't maintain themselves at much beyond 1,500 calories a day.

I hope this helps you on your journey!

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Nutrition:

8 Nutrition Myths Debunked!

1. Sugar Causes Diabetes

If you do not have diabetes, sugar intake will not cause diabetes. So far, a diet high in calories, being overweight, and an inactive lifestyle are the main risk factors for Type 2 diabetes.

2. All Fats are bad

The fact is we all need fats. Fats help nutrient absorption, nerve transmission and maintain cell membrane integrity just to name a few functions. The key is to replace bad fats (saturated fats and trans fats) with good fats (monounsaturated fats and polyunsaturated fats) in our diet.

3. Brown Sugar is better than White Sugar

The brown sugar sold at the stores is actually white granulated sugar with added molasses. Yes, brown sugar contains minute amounts of minerals. But unless you eat a gigantic portion of brown sugar everyday, the mineral content difference between brown sugar and white sugar is absolutely insignificant.

4. Brown Eggs are more nutritious than White Eggs

Eggshell color can vary but it has nothing to do with the quality, flavor, nutritive value, cooking characteristics or shell thickness of an egg. The eggshell color only depends upon the breed of the hen.

5. Avoid seafood to lower blood cholesterol

Cholesterol found in seafood and other meats has little effect on blood cholesterol in most people. Saturated fats and trans fatty acids are the most important factors that raise blood cholesterol, not dietary cholesterol! Saturated fats are found in some pre-packaged and processed foods containing shortening or partially hydrogenated vegetable oil. Trans fatty acids, on the other hand, are also found in packaged snack foods, deep-fried foods or firm margarine containing hydrogenated oil.

6. Avoid carbohydrate to lose weight

Many low-carb diets actually do not provide sufficient carbohydrates to your body for daily maintenance. Therefore your body will begin to burn stored carbohydrates (glycogen) for energy. When your body starts burning glycogen, water is released. Therefore the drastic initial drop of weight at the beginning is mostly the water that you lose as a result of burning glycogen. It doesn't matter if you eat a high or low carb diet, you will lose weight if you decrease your caloric intake to less than that is needed to maintain your weight.

7. Eating for 2 is necessary during pregnancy

Many pregnant women are going over board these days consuming way more calories than is necessary. It is generally recommended

that pregnant women increase their daily intake by 100kcal in the first trimester and 300kcal in the second and third trimester.

8. **Skipping meals can help lose weight**

Many people think that by skipping a meal, they eat less food and therefore it's effective in helping them lose weight. However they fail to recognize that our bodies do not operate this way. If we skip a meal, our body will think that we are in starvation mode and therefore slow down the metabolism to compensate. We then tend to overeat at the next meal. Often times, skipping a meal results in an increase in total caloric intake than if we just ate more frequently throughout the day. A better approach is to eat smaller frequent healthy meals and snacks to keep our blood sugar balanced.

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Healthy and Tasty Treats:

Middle Eastern Chicken Burgers

Prep time 10 min

Cook time 10 min

Burgers:

2 teaspoons extra-virgin olive oil
1 large onion, finely chopped
1 teaspoon ground cinnamon
1 teaspoon ground coriander
1/4 teaspoon red pepper flakes
1 1/2 teaspoons kosher salt
Freshly ground black pepper
2 cloves garlic, minced
1/4 cup chopped flat-leaf parsley
1 pound ground lean chicken
1/4 cup plain yogurt
3 tablespoons pomegranate molasses, for brushing

Fixings:

4 whole wheat buns, toasted
1 tomato, thinly sliced
1 English cucumber, thinly sliced
1 small red onion, sliced
Lettuce

Heat the olive oil in a skillet, add the onion, cinnamon, coriander, pepper flakes, and season with salt and pepper. Cook until onions are tender, about 5 minutes. Stir in the garlic and parsley and cook until garlic is fragrant, about

1 more minute. Transfer to a large bowl and let cool slightly. Stir in the chicken and yogurt until the onions are evenly mixed. Season with salt and pepper. Shape into 4 1/2-inch thick patties.

Cook in a nonstick skillet over medium heat until browned and cooked through, about 5 minutes on each side, or until an instant-read thermometer inserted into the sides of the burgers registers between 165 and 170 degrees F. Brush burgers with the pomegranate molasses and set aside to rest for 5 minutes. Serve on toasted buns with fixings.

Nutrition information:

Per serving
Calories, 435
Fat 7 grams
Fiber 6 grams
Protein 32 grams
Carbs 48 grams

~2004 Television Food Network

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Take Our Trivia Quiz and Win

Each quarter I'll give you a new health or fitness related trivia question. The first person who calls my office with the correct answer will win a free \$70 reduction on any personal training service I provide (one certificate per person, please). And best yet, your certificate is transferable. Use it yourself, or give it to a family member, friend or neighbor and help them reach their fitness goals (a truly priceless gift). Take your best guess, and then call me at 703-869-8376.

Here's this quarter's Trivia Question:
What is the longest muscle in the body?

Call me right now with your answer; if I'm not in, my answering machine will date and time stamp your message. Good luck!

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Motivational Quote:

"One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon--instead of enjoying the roses that are blooming outside our windows today." --Dale Carnegie

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HEALTH NEWS:

Exercise Benefits Joint Pain

Is joint pain keeping you from getting the exercise that you need?

If you're like much of the population it most certainly is limiting you.

If you have joint pain caused by arthritis, bursitis, tendonitis, or an autoimmune disorder such as lupus exercise might seem out of the question...but, there is good news for you! The conventional wisdom used to be that exercising would make your joint problems worse, but over the past decade breakthroughs have been made that now show those thoughts were actually completely wrong!

The real truth is that the less you move your joints the weaker and more painful they will become...but, the more you move them, the more fluid, flexible and healthy they will be. Being physically inactive will not only worsen your joint problems, it also increases your risk for developing Type II diabetes, cardiovascular disease and osteoporosis. Physical activity will lessen chronic joint symptoms and improve your quality of life.

To help your joints focus on three types of exercise; 1) **Flexibility** - begin with movements that help stretch your muscles and improve the range of motion of your joints which will reduce stiffness. 2) **Strength training** - stronger muscles support and protect joints better. Use light weights and more repetitions to avoid any undue stress on the joints. 3) **Aerobic training** - walking, swimming and biking all get your heart pumping and yield great health benefits.

Top tips for exercising when you have joint problems:

- Dive in - exercising in water is low to no impact which will take weight off painful joints and

encourage a larger range of motion. If you have shoulder problems you might want to avoid overhead motions of some swim strokes.

- For knee and hip pain try a stationary bike to reduce impact on sore joints.
- Elliptical machines also provide minimal impact on joints while providing a good cardiovascular workout.
- Try yoga or tai chi for stretching and to improve flexibility, range of motion and balance
- Apply heat before exercise to relax muscles and joints. After exercise ice joints to reduce swelling.
- If you feel sharp pain in a joint or elsewhere while you are exercising, stop.
- When you have joint pain it is important to start out slowly and to talk with your health care professional before starting to exercise in order to choose the right activity for your specific condition.

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Well gang, that's all for this quarter! We hope you enjoyed this edition of the Storm Fitness Newsletter. Thank you again for coming along for the journey with us and we wish you a very happy and successful spring season with all your health and fitness goals! Again, if you need anything at all we are always here to answer any questions you might have. Keep in touch!

Yours in health and fitness,

Jessica Storm & the Storm Fitness Team

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Did you miss last quarter's newsletter? Now you can catch up! Read past newsletters in PDF format at the Storm Fitness website! www.stormfitness.com

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