

FT New York City

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you. Deuteronomy 31:5-7

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More Energy for Long Workouts

People need energy to keep up a long workout just like vehicles need fuel to continue down the road. How many times have you been in the middle of a long workout and felt so tired that you couldn't muster up enough energy to finish? It happens to many people. What should you do about this loss of energy? There are many items available to keep up enough strength to finish your workout comfortably.

WATER

Water is an obvious first choice. Water is calorie-free and a great source of the fluid your body needs to keep going.

For every liter of sweat lost in exercise, heart rate increases eight beats per minute. The increase of heart rate causes body temperature to elevate causing a less energized performance. Many experts suggest at least one cup of water every 15 minutes of exercise to cool and hydrate the body.

SPORTS DRINKS

If you are keeping up with a good water re-hydration routine and are still getting sluggish, you may seek other en-

ergy-boosting alternatives.

Sport drinks have calories, vitamins, and minerals and are a great source of fluid carbohydrates. Activities lasting longer than 45 minutes to an hour can leave your body wanting more than just water. It is important to monitor the duration of your workout. A workout lasting 30 minutes or less should not require additional carbohydrates.

Along with carbohydrates, sports drinks contain electrolytes. Electrolytes are essential minerals that control osmosis of water between body compartments and help maintain the acid-base balance required for normal cellular activities.

A person loses electrolytes through sweat. The sweat that evaporates from the skin contains a variety of electrolytes; the composition of these electrolytes can vary from person to person but generally contains a few of these listed: Sodium, Potassium, Calcium, Magnesium, Chloride, Bicarbonate, Phosphate, and Sulphate. For example, Gatorade contains

Glucose Polymers and fructose; with 14 grams of Carbohydrates.

Sports drinks are available in a variety of flavors. Some are pre-made liquids while others are mix-it powders.

Types of Sports Drinks

Isotonic Fluids:

- Electrolytes and 6-8% carbohydrates
- Quickly replaces fluids lost by sweating
- Supplies boost of carbohydrates
- Great for mid to long distance runners and sports teams

Hypotonic Fluids:

- Electrolytes and a low level of carbohydrates
- Quickly replaces fluids lost by sweating
- Suitable for athletes who need fluid without the extra carbohydrates such as jockeys and gymnasts

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Better Health and You – Tips for Adults



- Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day.
- Choose whole grains more often. Try whole wheat breads and pastas, oatmeal, brown rice, or bulgur.
- Select a mix of colorful vegetables each day. Different colored vegetables provide different nutrients.
- Have low-fat, low-sugar snacks on hand at home, at work, or on the go, to combat hunger and prevent overeating.
- At restaurants, eat only half your meal and take the rest home.
- Visit museums, the zoo, or an aquarium. You and your family can walk for hours and not realize it.
- Take a walk after dinner instead of watching TV.
- Get plenty of sleep.

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Hypertonic Fluids:

- High level of carbohydrates
- Use to supplement daily carbohydrate intake normally after exercise to increase muscle
- Suitable for ultra distance events where high levels of energy are required
- If used during exercise, Hypertonic drinks need to be used in conjunction with Isotonic drinks to replace fluids

ENERGY BARS

There are other options, rather than sports drinks, as well. Energy Bars have been on the market for years and are eaten often as a snack. At 110 to 250 calories each, energy bars also provide vitamins, minerals and fiber, which increases the nutritional value. Made of fortified foods, most bars are about 70% carbohydrates to replenish energy used during vigorous exercise and sporting events. The key to finding the right energy bar is to find one that tastes good and doesn't upset your stomach. It is important to never try a new energy bar during a race or important sporting event – you should use them during training for the event to avoid stomach problems. Also, keep in mind that eating an energy bar is not enough - you must keep drinking water / fluid to keep your body hydrated as well as help with digestion. There are several types of energy bars. Some of the most common types include: high protein, moderate carbs, low glycemic index and soy. Energy bars are not necessary for most people, but they provide convenience and variety. There are other foods that will help replace nutrients lost during exercise, including: fig bars, bananas, raisins, dried apricots, and bagels.



ENERGY GELS

Energy gels are a relatively new idea to the fitness industry. They feel similar in texture to pudding and are easy to eat. They are a specifically formulated mix of simple and complex carbohydrates and water containing 70-100 calories. They provide more energy per ounce than sports drinks and digest easier than solid food. Energy gels need to be used with care, they are designed to quickly raise blood sugar and maintain those glucose levels for up to 45 minutes during exercise. Since most energy gels are a concentrated carbohydrate, you should always consume adequate amounts of water when taking a gel to aid absorption and hydration.

How one chooses to refuel during exercise depends on their body's reaction to what is put in it. Always consult your trainer or your doctor before using supplements during exercise.



By [Kathleen Zelman, MPH, RD, LD](#)
WebMD Medical News

You've heard that old saying, eat breakfast like a king, lunch like a prince, and dinner like a pauper? This age-old advice is based on scientific evidence that recommends consuming the bulk of your calories during the day when you are the most active. Unfortunately, most of us eat our largest meal at dinner, when we are the least active, chow down on a sizeable lunch, and skip breakfast -- to save calories.

Break the fast

After a good night's rest, your blood sugar or glucose level is low. Skipping breakfast allows the body to stay in the hibernation-like state, which burns only minimal calories. *Believe it or not, you can actually lose weight by eating breakfast because the food in your stomach boosts your metabolism.*

It's true, your body needs to get its metabolism revved up, and the only way to do it is with a nutritious meal. Kick start that engine with a healthy breakfast and you will help keep blood sugar and hormone levels stable while your metabolism hums along at a higher level, burning more calories.

Advice based on science

I'm not a breakfast eater, and neither are 95% of overweight individuals. But science suggests that we would benefit if we adopted the habits of people who eat breakfast and have proved to be more effective in managing their weight.

The National Weight Control Registry, a center that tracks individuals who have lost 30 pounds and kept it off for a year, found most successful losers start the day with breakfast. A recent study at Vanderbilt University found that women who ate breakfast were better able to stick to their diets and lost more weight than those who skipped breakfast and cheated on their diets.

Stop those cravings

The advantage of a healthy breakfast is that it can stabilize the hormones and blood sugar levels to prevent potential bingeing and overeating during the day. It might give you the power to pass on those doughnuts in the break room.

You can do it!

Not eating breakfast is just a bad habit that needs breaking! Start simple, try a small meal or meal replacement, then gradually experiment with a variety of foods that appeal to you. It is important that the meal contain complex carbohydrates, protein, and a little fat so that it keeps you satisfied until lunch.

Sample meals

Bowl of whole grain bran cereal, skim milk, and sliced banana
One egg, whole wheat toast, and glass of orange juice
Two pancakes, blueberries, and café au lait
1/2 bagel with peanut or almond butter and glass grapefruit juice
Small bran muffin with raisins and glass of skim milk
Low-fat yogurt and a small bowl of low-fat granola

Checking your weight less often can mean that you might wake up one morning and discover that you gained 10 pounds. That can be pretty discouraging, and it might cause you to just give up.

Remember, Breakfast does not need to take a lot of time. You can save time by setting out everything you need the night before. All you need is an extra 10 minutes, and if that is all it takes to help you be slimmer and healthier, isn't it worth it?

Be creative -- breakfast can be last night's leftovers or a fruit smoothie. Just do it!

Birthdays

Allen Cohen - September 23
Eileen Hulme - September 11

Client Anniversaries

Allen Cohen—September 23
Nikki Menekse—September 17

Quote of the Month

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

RECIPE

Avocado Tacos

Ingredients

- 1 ripe avocado, peeled and seeded
- 1 medium onion, julienne
- 2 lg green peppers, julienne
- 2 lg red peppers, julienne
- 1 cup fresh cilantro, chopped
- 1 1/2 cups fresh tomato salsa (see recipe below)
- 12 flour tortillas

Fresh Tomato Salsa

- 1 cup tomatoes, diced
- 1/3 cup onions, diced
- 1/2 clove garlic, minced
- 2 tsp cilantro
- 1/3 tsp jalapeno peppers, chopped
- 1/2 tsp lime, juiced
- Pinch of cumin

Directions

Spray skillet with cooking spray. Lightly saute onion and green and red peppers.

Cut avocado into 12 slices.

Warm tortillas in oven and fill with peppers, onions, avocado slices and salsa.

Fold tortillas and serve.



Fresh Tomato Salsa

Mix together all ingredients and refrigerate in advance.

www.cdc.gov Servings: 12 (1 taco) Prep time: 30 minutes
Calories: 280 Fat: 8g Sodium: 350 mg Total Carbohydrate: 47g
Dietary Fiber: 5g Protein: 7g Sugar: 4g

