

FT New York City

*Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.
 1 Corinthians 13:7*

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Midnight Snacks Defeated!

Many people are able to follow their healthy routine during the day, but when the late night hours roll around, they're rummaging through the kitchen with the munchies wondering where the Cheetos are. This midnight snacking is a common occurrence and can become a bad habit if you are not careful. If you're concerned that this could become a problem, here are some ways to beat the late-night munchies into submission.

Fill your stomach during the day. Start out with a healthy breakfast. Studies have shown that people who eat breakfast are less likely to overeat later in the day. Eat regularly through the day and have low-fat, low-sugar snacks on hand. Choose whole grains more often (breads, pastas, brown rice). Go for fresh fruit instead of fruit juice. Spacing 5-6 smaller meals throughout the day reduces that urge to snack while watching Leno.

Drink a huge glass of water or a mug of tea. Many times we think we're hungry when our bodies are really just thirsty—so when you have the munchies at night, drink a

giant glass of water or a large mug of tea and wait 10-15 minutes. Then see if you're still hungry or if you can do without a snack.

Be strong at the grocery store. If you don't buy junk food in the first place, you can't eat it. It is easier to hold off from buying it in the store during the day surrounded by other people than it is to have self-control at night when you are sitting in front of the TV in your pajamas just as your arms reach away. It is better to fight the urges when you have more energy at the grocery store on the weekend than after a long day of work, errands and kid's homework.

Keep your hands and your mind busy. A lot of late-night snacking occurs in front of the TV where your mind isn't continually occupied. Work on a crossword during commercials, take up knitting or write out birthday cards to keep your mind busy.

WILL-POWER!
 You need to keep



telling yourself that you can stop or that you don't need a snack. Keep your fitness and weight loss goals in mind. Remember the last time you fit into that smaller pair of jeans or the feeling you got when you ran the mile faster than you ever had before.

If you must... Eat a snack that's low-fat. Remember that many low-fat snacks are loaded full of salt, so watch carefully what you're snacking on.

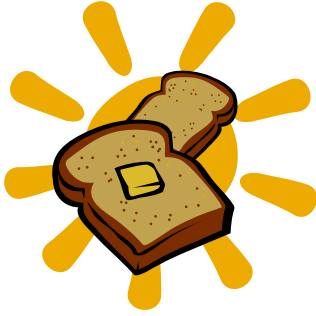
Easy snack ideas:

- Low fat yogurt
- Rice cakes
- Sliced veggies or baby carrots
- Dried fruit and nut trailmix (small handful)
- Air-popped popcorn with garlic powder or other spices
- Low-sugar cereal

www.nih.gov

TRANS FAT

Coming to a Label Near You



The Food and Drug Administration (FDA) now requires food manufacturers to list *trans* fat, or *trans* fatty acids, on Nutrition Facts and some Supplement Facts panels. Scientific evidence shows that consumption of saturated fat, *trans* fat, and dietary cholesterol raises low-density lipoprotein (LDL or "bad") cholesterol levels that increase the risk of coronary heart disease (CHD). According to the National Heart, Lung, and Blood Institute of the National Institutes of Health, over 12.5 million Americans suffer from CHD, and more than 500,000 die each year, making CHD a current leading cause of death in the United States.

The FDA has required that saturated fat and dietary cholesterol be listed on the food label since 1993. By adding *trans* fat on the Nutrition Facts panel (required as of January 1, 2006), consumers can base their food decisions off of more descriptive information, making it easier to decipher heart-healthy choices helping the public to reduce their risk of CHD.

Where will I find *trans* fat?

You will find *trans* fat in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. Unlike other fats, the majority of *trans* fat is formed when liquid oils are made into solid fats like shortening and hard margarine—however, a small amount of *trans* fat is found naturally, primarily in some animal-based foods. Essentially, *trans* fat is made when hydrogen is added to vegetable oil -- a process called hydrogenation, which increases the shelf-life and flavor of foods containing these fats.

Do Dietary Supplements Contain *Trans* Fat?

Some do, yes! Energy and protein bars are prime culprits. As a result of the FDA's new label requirement, if a dietary supplement contains 0.5g or more it must be labeled as such.

Practical Tips for Consumers!

Here are some practical tips you can use to keep your consumption of saturated fat, *trans* fat, and cholesterol low.

- ◆ Compare foods & choose foods lower in saturated fat, *trans* fat, and cholesterol. For saturated fat and cholesterol: 5%DV or less is low and 20%DV or more is high. (there is no %DV for *trans* fat.)
- ◆ Choose Alternative Fats. Replace saturated and *trans* fats in your diet with mono- and polyunsaturated fats. These fats do not raise LDL (or "bad") cholesterol levels and have health benefits when eaten in moderation. Monounsaturated fats include olive/canola oils. Polyunsaturated fats include soybean, corn, & sunflower oil and nuts and fish.
- ◆ Choose vegetable oils and soft margarines (liquid, tub, or spray) more often.
- ◆ Consider fish - it is lower in saturated fat than meat.
- ◆ Choose lean meats, such as poultry (without skin, not fried), lean beef and pork (trim visible fat, not fried).
- ◆ Watch Calories. Don't be fooled! Fats are high in calories.



Names of Trainers

Other Services

Kevin King

Pliates - Jennifer Sokolov

Alan Baron

Yoga - Gayla Marie Sties

Isabella Hochkeppel

Acupuncture/Shiatsu/PT /boxing -
Damon Baram

Kevin Martinez- mixed martial arts,
boxing kick boxing

Staff Nutritionist - Colette Nelson

March Client of the month

Melissa and Jaime Christian

Melissa and Jaime, who have two children, consistently support and encourage each other toward meeting their fitness goals . It is indeed a family affair.



FT New York Club News

Coming Soon!!!!

Fighting Fat over “40” mini seminars by Staff nutritionist Colette Nelson.

Look out for sign up sheet at the front desk!

New Clients

Rebecca Heigley
 Nancy Poulson
 Tiffany Gaudio
 Gillian Berkowitz
 Gary Mendelsohn,
 Martin Dunn
 Monica Brigger
 Paul Dinin
 Janice Lazo

Client Anniversaries

Jonathan Greenman
 Dina Felders

Quote of the Month

Management is efficiency in climbing the ladder of success; leadership determines whether the ladder is leaning against the right wall.

Stephen R. Covey



RECIPE

Black Bean Tacos w/ Chipotle Chile Salsa

Ingredients

Chipotle Chili Salsa:

- 1½ cup diced tomatoes
- ½ cup chopped red or sweet onion
- 2 Tbsp lime juice
- 3 dried chipotle chilies, reconstituted, drained and minced
- 2 Tbsp chopped fresh cilantro

Tacos:

- 11 ounces (uncooked weight) black beans
- 2 cloves garlic, minced
- 1 cup chopped zucchini or yellow summer squash
- ½ cup shredded low fat Monterey Jack or cheddar cheese
- 1 cup diced tomatoes
- 1 ½ cups shredded lettuce
- 8 tortillas warmed

Directions

For tacos: place black beans in a medium saucepan with water and cover. Stir in remaining minced chipotle chiles and garlic. Cook beans according to package directions; drain. Meanwhile, stir together tomatoes, zucchini and bell pepper. Arrange warm black beans, tomato mixture, lettuce and cheese in separate serving bowls. For each serving, take two flour tortillas, sprinkle each with lettuce, spoon on black beans, tomato zucchini mixture and cheese. Top with salsa and cilantro as desired.

For salsa: combine tomatoes, half the chipotle chiles, onion, cilantro and lime juice in a medium bowl; set aside to allow flavors to blend (cover and chill if preparing more than 30 minutes ahead).

www.cdc.gov Servings: 4 (2 tacos each)

Nutritional analysis per serving: Calories 562, Fat 7g, Calories from Fat 11%, Cholesterol 21mg, Fiber 17g, Sodium 304mg, Protein 29g.

The Hidden Poison Lurking on Your Kitchen Table

The 13 Amazing Health Benefits of Himalayan Crystal Salt, the Purest Salt on Earth
(and Why You Want to Avoid Conventional Salt Like the Plague)

Salt is essential for life - you cannot live without it. However, most people simply don't realize that there are enormous differences between the standard, refined table and cooking salt most of you are accustomed to using and healthy natural salt.

These differences can have a major impact on your staying healthy, or increasing your risk of diseases you want to avoid..

If you want your body to function properly, you need holistic salt complete with all-natural elements. **Today's common table salt is poison that has nothing in common with natural salt.**

Your table salt is actually 97.5% sodium chloride and 2.5% chemicals such as moisture absorbents, and iodine. Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt causing the potential for a myriad of health problems in your body.

This Salt Is Over 250 Million Years Old

This is by far the purest salt available on earth and is absolutely uncontaminated with any toxins or pollutants.

This salt from the Himalayas is known as "white gold" because it contains eons of stored sunlight. Together with pure spring water, Himalayan Crystal Salt offers all the natural elements exactly identical to the elements in your body - the very same elements originally found existing in the "primal sea."

Containing all of the 84 elements found in your body, the benefits of natural Himalayan Crystal Salt include:

Regulating the water content throughout your body.

Balancing excess acidity from your cells, particularly your brain cells.

Balancing your blood sugar levels and helping to reduce your aging rate.

Assisting in the generation of hydroelectric energy in cells in your body.

Absorption of food particles through your intestinal tract.

Help in clearing mucus plugs and phlegm from your lungs - particularly useful in asthma and cystic fibrosis.

Acts as a strong natural antihistamine and helps clear up congestion in your sinuses

Prevention of muscle cramps.

Making the structure of your bones firm - osteoporosis can occur when your body needs more salt and takes it from your bones.

Regulating your sleep - it is a natural hypnotic.

Maintaining your libido.

Preventing varicose veins and spider veins on your legs and thighs.

Stabilizing irregular heartbeats - in conjunction with water it is actually essential for the regulation of your blood pressure.

The Typical Table And Cooking Salt In Your Grocery Store Has Been "Chemically Cleaned."

What remains after typical salt is "chemically cleaned" is sodium chloride - an unnatural chemical form of salt that your body recognizes as something completely foreign. This form of salt is in almost every preserved product that you eat. Therefore, when you add more salt to your already salted food, your body receives more salt than it can dispose of.

This is important as over 90% of the money that people spend on food is for processed food. Typical table salt crystals are totally isolated from each other. As a food, table salt is absolutely useless,

and can potentially act as a destructive poison. In order for your body to try to metabolize table salt crystals, it must sacrifice tremendous amounts of energy.

Inorganic sodium chloride upsets your fluid balance and constantly overburdens your elimination systems, which can impair your health.

When your body tries to isolate the overdose of salt you typically expose it to, water molecules must surround the sodium chloride to break them up into sodium and chloride ions in order to help your body neutralize them. To accomplish this, water is taken from your cells and you have to sacrifice the perfectly structured water already stored in your cells in order to neutralize the unnatural sodium chloride.

This results in dehydrated cells that can prematurely kill them.

You Are Losing Precious Perfectly Structured Intracellular Water When You Eat Normal Table Salt

For every gram of sodium chloride that your body cannot get rid of, your body uses twenty-three times the amount of cell water to neutralize the salt. Eating common table salt causes excess fluid in your body tissue, which can contribute to:

- **Unsightly cellulite**
- **Rheumatism, arthritis and gout**
- **Kidney and gall bladder stones**

When you consider that the average person consumes 4,000 to 6,000 mg of sodium chloride each day, and heavy users can ingest as much as 10,000 mg in a day, it is clear that this is a serious and pervasive issue.

So Why Are Many People Still Using Table Salt?

Because well over 90% of the world's salt is being used directly for industrial purposes that require pure sodium chloride. The remaining percentage is used for preserving processes and ends up on your kitchen table.

With the use of rigorous advertising, the salt industry is successful in convincing you there are actually health advantages to adding potentially toxic iodine and fluoride to salt. In addition, your table salt very often contains dangerous preservatives not required to be listed on the packaging. Calcium carbonate, magnesium carbonate, and aluminum hydroxide are often added to improve the ability of table salt to pour. Aluminum is a light alloy that deposits into your brain - a potential cause of Alzheimer's disease.

Get Nature's Health Insurance - Pure Himalayan Crystal Salt

Today's table and cooking salt is void of the vital trace minerals that make this Himalayan crystal salt so precious. Crystal salt has spent over 250 million years maturing under extreme tectonic pressure, far away from exposure to any impurities.

The salt's unique structure also stores vibrational primal energy. All of the crystal salt's inherent minerals and trace elements are available in colloidal form - meaning they are so small your cells can readily absorb them.

The Crystal Salt from the Himalayas does not burden your body as other salts do. It is very difficult for your body to absorb too much crystal salt since there are powerful and effective feedback loops that regulate this process. Natural crystal salt always has a balancing effect and does not contribute to high blood pressure like typical table salt.

Crystal Salt's array of elements forms a compound in which each molecule is inter-connected. The connectedness allows the vibrational component of the 84 trace elements present in the salt to be in harmony with each other and adds to the balancing effect of the salt. When it comes to the holistic power of natural salt, nothing compares to Himalayan Crystal Salt. Here's why:

It is the highest grade of natural salt.

Under an electron microscope, crystal salt has a perfect crystalline structure.

It is mined by hand and hand-washed.

Crystal salt is immune to electromagnetic fields

Crystal Salt contains no environmental pollutants.

There is no limited shelf life and no need for silica packets to prevent clumping.

Key Minerals in Himalayan Crystal Salt Restore Your Body's Balance

Himalayan Crystal Salt is salt in its native form, with all its vibrational energy intact and it helps your body return to a state of balance. Not having balanced electrolytes shifts your body out of homeostasis - the balance of chemicals that is conducive to the body's function.

The renowned Frezenius Institute in Europe analyzed the Himalayan Crystal Salt and proved that it has an amazing array of important trace minerals and elements including potassium, calcium and magnesium that help your body achieve balance by restoring fluids and replenishing your supply of electrolytes whenever you sweat heavily.

Himalayan Salt vs. Sea Salt and Rock Salt: A Crystal Comparison

Many people believe sea salt is a healthy alternative to table salt, but this is no longer the case. The oceans are being used as dumping grounds for harmful toxic poisons like mercury, PCBs and dioxin. Reports of oil spills polluting the sea are becoming more frequent. **With some 89% of all the sea salt producers now refining their salt, today's sea salt simply isn't as healthy as it used to be.**

If you were to look into a microscope at sea salt (pictured left) you would see it has irregular and isolated crystalline structures disconnected from the natural elements surrounding them. Thus, however many vital minerals it may contain, they cannot be absorbed by your body unless the body expends tremendous energy to vitalize them. **Your body's net gain is small compared to the great loss of energy.**

Because the crystalline structure of crystal salt is balanced (pictured right), it is not isolated from the 84 inherent mineral elements, but is connected to them in a harmonious state. This means the energy content in the form of minerals can be easily metabolized by your body. When you use this salt it has a vital energetic effect. **Your body gets an ample net gain with zero energy loss.**

Mined salt, or rock salt, is also a poor substitute for Himalayan Crystal Salt. While natural rock salt comes close to being holistically intact and is more valuable than industrial table salt, from a biophysical as well as bio-chemical perspective, it holds little value.

The elements contained in rock salt lack sufficient compression to be included in the crystal web, but are only attached to the surface and in the gaps of the crystalline structure. It is the considerable pressure that brings the elements to a colloidal state - where your cells can readily absorb them. **The valuable elements found in rock salt are useless because your body cannot absorb and metabolize them.**
