

The Leaderboard

Do not boast of yourself and tomorrow, for you know not what a day may bring forth.
Proverbs 27:1

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Drive Smart For Earth Health

Our health is affected not only by what we eat and how often we exercise, but also the world around us. Earth Day is on April 22nd giving everyone a chance to think about what they can do to help the earth and in turn, help themselves. Transportation, especially with the ever-increasing cost of gas, is something to consider.

Transportation consumes about 25 percent of the total energy used in the United States. When people drive they are responsible for releasing harmful chemicals into the air. When, where, how, why and what you drive all play an important role in affecting air pollution. Here are some suggestions on how to be more environmentally friendly when you need to get somewhere.

- ◆ Drive less, especially during peak traffic periods or hot days.
- ◆ Use public transportation, walk, or ride a bike.
- ◆ Shop by phone, mail or Internet.
- ◆ Telecommute.
- ◆ Combine your errands into one trip.
- ◆ Avoid revving or idling

- engine over 30 seconds.
- ◆ Avoid waiting in long drive-through lines. Turn off your car and go inside.
- ◆ Accelerate gradually, maintain speed limit and use cruise control on the highway.
- ◆ Follow your owner's manual on recommenda-



- tions for maximum economic efficiency.
- ◆ Use an energy-conserving (E.C.) grade of motor oil.
- ◆ Minimize use of air conditioning.
- ◆ Get regular engine tune ups and car maintenance checks (especially for the spark plugs).
- ◆ Use EPA-certified facilities for air conditioner repair. (Call facilities before going).
- ◆ Find out if materials are recycled when you change your tires, "throw away" your car

or change car fluids. Ask before your car is serviced and consider going to someone who is environmentally friendly.

- ◆ Replace your car's air filter and oil regularly. For information of how to do this correctly and environmentally visit <http://www.epa.gov/epaoswer/non-hw/recycle/recy-oil.pdf>
- ◆ Keep your tires properly inflated and aligned.
- ◆ Repair all vehicle leaks.
- ◆ Fill gas tank during cooler evening hours to cut down on evaporation. Don't "top off" the tank. Replace gas tank cap tightly.
- ◆ Look for the most efficient, lowest-polluting model of vehicle.
- ◆ Don't ignore the "check engine" or "service engine soon" light if it comes on.

www.epa.gov

Managing Your Weight:

Using fruits and vegetables to your advantage

It is well known that fruits and vegetables are full of vitamins, minerals, fiber and other substances important for your health. But did you know that eating fruits and vegetables can also be a powerful, healthy way to lose or maintain weight? **To lose weight, you must eat fewer calories than your body uses.**

This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

Here are some simple ways to cut calories and eat fruits and vegetables throughout your day:

Breakfast: Start the Day Right

- ◆ Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- ◆ Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

Lighten Up Your Lunch

- ◆ Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.



- ◆ Add a cup of chopped vegetables, such as broccoli, carrots, beans, red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.



or

Dinner

- ◆ Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.
- ◆ Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. **BUT** remember to use a normal- or small-size plate — not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

Smart Snacks

- ◆ Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories. These snacks are all about 100 calories or less: a medium sized apple, a medium sized-banana, 1 cup steamed green beans, 1 cup blueberries, 1 cup grapes, 1 cup carrots, broccoli or bell peppers with 2 tbsp. hummus.
- ◆ Instead of a high-calorie snack from a vending machine, bring some cut-up vegetables or fruit from home. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries, AND 1 cup of carrots with 1/4 cup of low-calorie dip!

Pet Power!

Did you realize that owning a pet has great health benefits for you and your family? As most households in the U.S. have at least one pet, here is some good news we can all use:



Pets can decrease your:

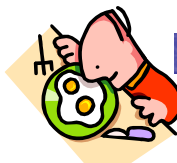
- ◆ Blood pressure
- ◆ Cholesterol levels
- ◆ Triglyceride levels
- ◆ Feelings of loneliness

Pets can increase your:

- ◆ Opportunities for exercise and outdoor activities
- ◆ Opportunities for socialization

For more information and specific studies about this topic go to www.cdc.gov/healthypets/health_benefits.htm

Great

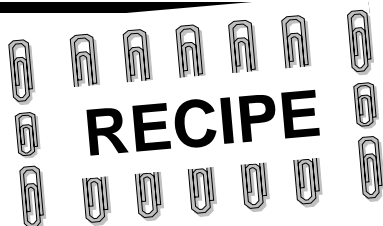


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BEGIN-

Breakfast provided at school is proving to be an excellent benefit for many children. Many schools nationwide participated in National School Breakfast Week this year March 7-March 11th, sponsored by the School Nutrition Association. Research shows that children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities. Qualitative research, including studies conducted by Harvard University and the University of Minnesota, also point to improvements in standardized test scores in children who ate a school breakfast. Research by the USDA Center for Nutrition Policy and Promotion found that children who eat school breakfast eat more fruits, drink more milk and consume less saturated fat than those who don't eat breakfast or have breakfast at home. On a typical day during last school year, 8.7 million children in more than 78,000 schools and institutions participated in the School Breakfast Program.

For more information, go to www.schoolnutrition.org



Marinated Veggie Skewers

INGREDIENTS

- 2 tbsp stone-ground mustard
- 2 tbsp red wine vinegar
- 2 tbsp extra-virgin olive oil
- 1 tsp chile-garlic sauce
- 1/4 teaspoon salt
- 2 green bell peppers, cut into 1-inch chunks
- 2 orange bell peppers, cut into 1-inch chunks
- 1 small cucumber, halved lengthwise, seeded and sliced
- 16 small mushrooms
- 16 grape tomatoes
- 16 (6-inch) wooden skewers

DIRECTIONS

Whisk together mustard and next 4 ingredients. Place half of marinade in a quart-size zip-top plastic bag; cover and chill remaining marinade until ready to use.

Add 16 pieces each green pepper, orange pepper and cucumber to bag (reserve the remainder for another use). Add the mushrooms and tomatoes; seal bag, and shake gently to coat vegetables. Marinate in refrigerator for 1 1/2 hours, turning occasionally.

Thread 1 green pepper chunk, 1 orange pepper chunk, 1 cucumber slice, 1 mushroom, and 1 tomato onto each skewer. Arrange skewers on a large platter; drizzle with reserved marinade.

www.health.com Serves: 8 (2 skewers = 1 serving) Prep time: 25 min Marinating time: 1 1/2 hrs. Calories: 47 Fat: 2g Fiber: 2g Protein: 2g Fiber: 2g



Short-Term Exercise Helps Even the Sedentary

Even the smallest amount of exercise for sedentary, overweight people proves to make a difference, according to studies.

By controlling the amount of food and drink formally sedentary, overweight people consumed during and after short-term exercise, researchers noted a significant impact on insulin action. Further, there was a considerable effect on the subjects' cardiovascular disease (CVD) risk factors.

The study involved two groups of eight, who exercised for a time span of six days. During the six days, the subjects participated in enough treadmill exercise to burn 500 kilocalories (k/cal) a day, walking 60-65 percent of maximum vital oxygen capacity.

All subjects were previously sedentary and overweight. They were matched according to:

- Age: 30-60
- Physical characteristics

Insulin action was measured before the six days of exercise and then again the day after, when the fixed energy balance was over. Researchers were hoping to find out where energy balance fit in relation to improved insulin levels following a bout of short-term exercise.

The subjects in the first group, the negative energy balance (NEG) group, showed a 40 percent increase in insulin



action. The second group, the zero energy balance group (ZERO), who were required to finish an energy drink during exercise, as well

as consume food afterward to replace the 500 k/cal burned, demonstrated no change in insulin action.

Moreover, subjects in the NEG group showed positive changes in traditional and novel CVD risk factors, while subjects in the ZERO group showed neither positive nor negative changes. These findings reinforced the important role of exercise in managing blood sugar levels in both pre-diabetics and Type-2 diabetics.

Interesting enough, two of the sponsors of this study were Gatorade Sports Science Institute and Pfizer, Inc.

EurekaAlert October 7, 2004

Dr. Mercola's Comment:

If I haven't provided enough incentives for you to get moving through optimal health -- as if enjoying a longer life, slowing down the aging process and feeling better about yourself isn't enough -- this article is another plus for those who still find themselves "exercise-challenged." For most diabetics, blood sugar is only the symptom; the real challenge is to control your insulin levels. Once the insulin levels are stabilized it is common for the blood sugar to come back to normal levels.

Exercise, however, works by increasing the sensitivity of insulin receptors so the insulin that is present works much more effectively and your body doesn't need to produce as much.

Assuming people can exercise, I encourage my patients to gradually increase the amount of time they are exercising to one hour per day. Initially the frequency is daily. This is a treatment dose until they normalize their weight or insulin levels. Once normalized, they will only need to exercise three to four times a week. Most people, especially doctors, don't tend to appreciate how powerful exercise is. However, I believe it needs to be viewed like a drug -- you have to be very careful with the dose. If the dose is not high enough, it will not work.

Further, the power of exercise is absolutely critical to the "cure" of many chronic diseases like:

- [Obesity](#)
- [Depression](#)
- [Cancer](#)
- [Aging](#)
- [Diabetes](#)
-

Exercising and eating right should come naturally in your daily life. You can learn more about incorporating the right exercise program into your life by reading Paul Chek's newest book, *How to Eat, Move and Be Healthy!*, a perfect complement to my nutritional plan.

Chek's book challenges you to take control of your health and gives you the steps to designing your own individual nutrition and exercise program. You will find the many descriptive "how to" illustrations both easy to follow and implement into your exercise routine