

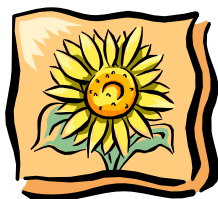
FT New York City

For when your faith is tested, your endurance has a chance to grow.

James 1:3

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FITNESS TOGETHER

387 Greenwich St.
 NY, NY 10013

Phone: 212-226-0012

Fax: 212-226-0013

E-mail:

Lindawoodhoyte@fitnessstogether.com

We're on the web!
www.ftnewyorkcity.com

Rules for Roughing It

Keeping Healthy and Safe in the Great Outdoors

As summer rolls around, many families look forward to pitching the tent, sitting around the campfire and enjoying the nature that surrounds them. Be sure to follow these rules to make sure your camping trip is safe and healthy for everyone.

Bring Layers – While the days might be hot, the nights can get downright cool, especially if you are in a high altitude. Make sure you have an appropriate sleeping bag for nighttime too.

Stay Hydrated– It is important, as always, to stay hydrated while you are out and about. What to drink? NOT the water from a stream or lake which can contain dangerous bacteria and make you sick. Be sure to bring plenty with you.

Remember your Veggies and Fruit– Camping conjures up visions of hotdogs and marshmallows. But don't forget to include

those fruits and veggies too. Bring carrot sticks and other cut veggies. The outdoors doesn't give you an excuse to drop the healthy foods from your diet!

Keep Those Hands Clean

– Just because you are not near a sink with your pump bottle of Dial, you shouldn't forget about cleanliness. Keep an antibacterial gel on hand to use often or bring hand soap along.



Respect the Environment

– Keep the area around you clean. Respecting the earth is part of keeping you healthy too. Don't feed any animals you may see around you. If signs ad-

vised you to store food and other items away from your tent because of bears, follow them! Also, be sure to clean up after yourselves. Pack out your trash if required. You will leave the area beautiful for the next person to be there.

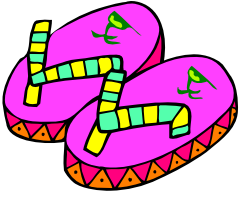
Be Fire Aware–

A campfire is a highlight of many campers nights (and mornings). Remember fire safety – is it out before you leave the site? Watch young children carefully around the fire too.

Don't Forget the First-Aid!

– Always keep a well-stocked first aid kit on hand for accidents or emergencies. If you don't have a first-aid kit, you can make one! Stock a container with band-aids, gauze, neosporin, benadryl aspirin and rubbing alcohol. Also, remember your flashlight or lantern which will help you see in the dark.

Shoes Make a Difference



The human foot has 26 bones, 33 joints and more than 100 tendons, muscles, and ligaments and is obviously a vital part of our well-being. Do you pay enough attention to what you are putting on your feet? To protect this very important part of our body and prevent future health issues, it is important to wear the correct shoe – while at work, running errands or exercising.



As stylish as they may be, high heels and shoes that squeeze the feet are linked to a host of foot problems. Painful bunions, which are misaligned toe joints, are much more common in women than men. Poorly fitting shoes don't cause bunions, but can aggravate existing ones. Some people with bunions can eliminate pain with conservative approaches such as wearing bunion pads, avoiding high heels, and buying comfortable shoes that are shaped like their feet and that provide more toe room. If you cannot rid yourself of your 3 inch heeled strappy sandals, be smart and limit the amount of time you wear them.



Other common problems from tight shoes include nerve growths called neuromas, corns, calluses, blisters, and hammertoes, a condition in which the toes are bent like a claw.

"Shoes should be comfortable right when you buy them," says Jane Andersen, D.P.M., a podiatrist in Chapel Hill, N.C. "You should be able to wiggle your toes. And shoes should

have a strong sole that flexes at the ball of your foot."

Consumers also should make sure that they're wearing the right size. "Most adults don't have their feet measured when they buy new shoes," Andersen says, "but your shoe size can change as you get older because the feet can spread and lengthen." Don't be afraid to sit down and take some time to try on a variety of different brands and styles of shoe until you get one that fits correctly.

One way to ensure that you get the right shoe size is to stand on a blank piece of paper and trace the outline of your feet on the paper with a pen at home. "Your shoe choice should completely cover the outline of your foot," Barbara Buch of the FDA says, "with no lines showing outside the shoe when the shoe is placed on top of the outline you traced."

Wearing inadequate and worn-out shoes is a common mistake for athletes, says James Losito, D.P.M., team podiatrist for the Miami Heat basketball team and professor of podiatric biomechanics at Barry University in Miami Shores, Fla.

"Running shoes should be discarded after 200 miles to 400 miles of use and they should fit correctly," Losito says. "There should be a thumb-width of length between the longest toe and the end of a shoe. Failure to wear the correct shoe size can result in runner's toe, calluses, ingrown nails, fungal nail infections, and hammertoe deformities."

Another important item to keep in mind is to purchase the right shoe for the sport. "Many injuries occur because someone is wearing a running shoe while playing basketball," Losito says.

If you are having problems with your feet now, don't despair. Orthotic devices may help you prevent or relieve foot problems. According to the American Academy of Orthopaedic Surgeons, orthotic devices commonly used include bunion shield pads, arch pads for people with a flat foot, and heel inserts for people with plantar fasciitis. These devices are sold over-the-counter at drugstores and sporting stores. They can be custom made and also sold by podiatrists, physical therapists or orthotic companies.

So, next time you are picking out your next pair of shoes, be smart. Buy new shoes often enough, get measured to ensure you have the correct size, pick the right shoe for the sport and beware of what those "too-small" high-heeled shoes can do to your feet.

Mr. Dodson, the pastor, said he had previously used insulin to control his blood sugar, but he disliked insulin because it caused him to feel lethargic and his joints to ache. As soon as he began taking Byetta, he was able to stop using insulin, greatly improving his quality of life, he said. [Skip to next paragraph](#)

"I can't tell you what it means to me," Mr. Dodson said. "I used to hate pictures, literally hate them, and now I ask people to take my picture."

The reports of weight loss raise the question of how widely Byetta will be prescribed as a diet drug to people who are not diabetic — a so-called off-label use. Doctors can legally do so, but the F.D.A. and the makers say the drug is supposed to be prescribed only to people with diabetes whose blood sugar is too high even though they are already taking other diabetes medicines. And insurers generally will not cover the drug for nonapproved uses.

Amylin and Eli Lilly say people who are not diabetic should not take Byetta. The companies say they have no plans to study Byetta as a weight-loss treatment in people with normal blood sugar.

"We do not nod and wink to off-label," said Michael Quattro, vice president for marketing at Amylin. "It's the wrong thing to do for the patient."

Many doctors also say that Byetta is probably inappropriate as a weight-loss drug. Although many diabetic patients appear to tolerate it reasonably well, the drug's most common side effect is nausea, which for some patients is so serious that they must stop using it. The drug also causes a rash, fever and chills in some patients, although those effects often fade with continued use.

Byetta is designed to work in a way that carries a lower risk than insulin of causing hypoglycemia, or low blood sugar — a dangerous condition that can lead to coma or death in severe cases. In clinical trials, a small number of people taking Byetta had mild or moderate hypoglycemia, and some patients taking the drug now report similar problems. Despite the cautions and drawbacks, some doctors appear to be prescribing Byetta primarily as a weight-loss aid in people who do not have elevated blood sugar.

Lynn Cole, a software project manager in Rochester, says that she has been taking Byetta since October even though her blood sugar levels were at near-normal levels when she started taking it.

"I'm not hungry; I don't have a desire to eat," Ms. Cole said. "I definitely do not eat as much as I used to." Ms. Cole, who is 5 feet 4 inches and 250 pounds, said she had lost about 20 pounds taking Byetta. The weight loss has also encouraged her to join a gym and begin to work out, she said.

Jan Knorr, the director of the diabetes disease management program at the Jewish Guild for the Blind in New York,

June Client of the month

Eugene Giscombe, Yana, Kelly Parker

Eugene Giscombe has lost a total of 15 inches. Way to go Eugene!

Yana who attends belly dancing class 2-3 times a week, along with a change in her diet, lost 24 lbs. Remember, belly dancing works the core and so much more.

Congratulations to Kelly Parker who lost 14 inches and 10lbs

New Staff

Personal Trainers:

[Anthony Oliveras](#)

[Issac Ryan](#)

[Pete LeBlanc](#)

Izabella Hochkeppel

Kevin Martinez - Mixed Martial Arts, Boxing, Kick Boxing

Damon Baram

[Gayla Marie Stiles - Yoga](#)

Kourtney Houston's – National Aerobics Chamption

June Birthdays

Clair Scanlon and Alfred Griffin

*** No Anniversaries this month

Quote of the Month

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you had everything to do, and you've done it.

-Margaret Thatcher



RECIPE

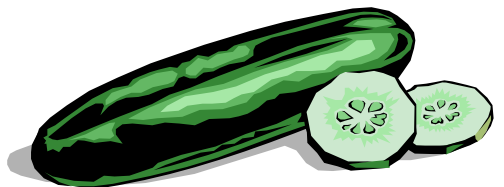
Cool Herbed Cucumber Soup

- Cooking spray
- 1 cup onion, chopped
- 6 medium cucumbers, peeled, seeded and chopped
- 3 Tbsp. flour
- 4 cups low sodium vegetable stock
- 1 tsp. dried mint
- 1/2 cup fat free half and half
- 1 tsp. paprika (for garnish)
- 6 cucumber slices, thinly sliced (for garnish)

Spray large saucepan with cooking spray; heat over medium heat and sauté onion until hot and translucent. Add cucumbers and flour and cook 5 – 7 minutes.

Add stock and mint to saucepan, bringing to boil. Reduce heat and simmer, covered, 10 minutes. Cool 10 minutes and process soup in food processor / blender until smooth; stir in half and half. Refrigerate about 4 hours or until chilled.

Pour soup into bowls; sprinkle with paprika and top with cucumber slice.



www.cdc.gov Servings: 6 Calories: 90 Calories from Fat: 5 Cholesterol: 0mg Sodium: 480 mg Total Carbohydrate: 19g Dietary Fiber: 3 g Sugars: 6g Protein: 3g

