

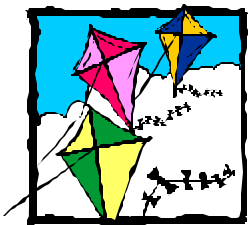
The Leaderboard

Get all the advice and instruction you can, and be wise the rest of your life.

Proverbs 19:20

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Strength Training For Youth

American children are increasingly overweight. One more way to steer them toward an active lifestyle is through strength training. Unfortunately, many long-standing myths and misconceptions have fostered a belief that strength training may be ineffective and potentially unsafe for youngsters. According to the *Youth Strength Training* book recently published by the American Council on Exercise (ACE), America's Authority on Fitness, strength training is a safe and effective option for most children age 7 and older.

Research has clearly and consistently shown that supervised strength training is an extremely safe and beneficial form of physical activity for young people. There has not been a single reported serious injury in all of the prospective studies published on youth strength training. Youngsters who start strength training at an early age tend to have better attitudes to-

ward fitness including improved self-esteem, mental discipline and socialization skills.

"Although aerobic exercise and eating sensibly are routinely recommended for young children, strength training can also bring benefits of improved musculoskeletal fitness, body composition and injury resistance,"



said Dr. Cedric Bryant, ACE chief exercise physiologist. "With regard to strength training, it is imperative that children participate in programs that are designed and supervised by competent health and fitness professionals."

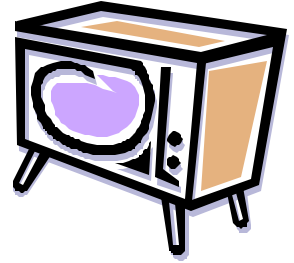
ACE suggests the following tips when a child be-

gins a strength training routine:

- Children should begin with two, non-consecutive weight training sessions per week and perform eight to 12 strength exercises that work all of the major muscle groups.
- Using controlled movement speed, children should lift enough weight for 10-15 repetitions per set.
- Children should increase their weight load by five to 10 percent whenever 15 repetitions can be done easily.
- Try working with medicine balls and resistance bands in addition to weight machines or weights to add variety to the child's workout.

For more info, check out the book *Youth Strength Training* by Avery D. Faigenbaum and Wayne L. Westcott or visit www.acefitness.org.

PUMP FICTION



The benefits of exercise are well-documented. Unfortunately, that's not always the case with advertising claims for exercise equipment.

Some advertisers claim — without evidence — that their exercise products offer a quick, easy way to shape up, keep fit and lose weight. The truth is, there's no such thing as a no-work, no-sweat way to a healthy, toned body. Deriving the benefits of exercise requires doing the work.

Before you jump into the next home fitness fad, the Federal Trade Commission (FTC) offers this advice: Exercise good judgment and evaluate advertising claims for exercise products carefully.

Evaluating claims

Read the performance claims critically. Be leery of those that say the equipment or device can:

- Provide easy or effortless results or burn excessive calories. The claims may be true for athletes in top physical condition, but not for most people.
- Help you burn more calories or lose weight faster than other types of equipment. In general, exercise equipment that works the whole body or major parts of it probably helps you burn more calories than devices that work one part of the body. The more you use the equipment, the more calories you'll burn.
- Help you "spot" reduce: for example, help you trim your hips or lose the proverbial "spare tire." Toning and losing weight in one particular area of the body require regular exercise that works the whole body.

Always read the fine print. The advertised results may be based on more than just the use of the machine; they also may be based on restricting calories. The fine print may explain this.

Be skeptical of testimonials or before-and-after pictures from "satisfied" customers. Their experiences may not be typical; Just because one person had success with the equipment doesn't mean you will, too. As for those popular celebrity endorsements, they, too, are no proof that the equipment will work as claimed.

Finding the right equipment

After you've evaluated the advertised claims – but before you make a final purchasing decision – consider these questions:

- Will the equipment help you achieve your desired goal (build strength, increase flexibility, improve endurance or enhance your health)?
- Will you stick to the program? Before you buy, prove to yourself that you're ready to act on your good intentions.
- To help you choose the best equipment for your needs, check out consumer and fitness magazines that rate exercise equipment. Then test various pieces of equipment at a local gym, recreation center or retailer to find the machine or device that feels comfortable to you.
- Don't be fooled by companies that advertise "three easy payments of" or "only \$49.95 a month." The advertised price may not include shipping and handling fees, sales tax, and delivery and set-up fees. Ask about all the costs before you close the deal.
- Get details on warranties, guarantees and return policies: A "30-day money-back guarantee" may not sound as good if you're responsible for paying a hefty fee to return a bulky piece of equipment you bought.

You may get a great deal on a piece of fitness equipment from a second-hand store, consignment shop, yard sale, or the classified ads. Buy wisely: Items bought second-hand usually aren't returnable and don't carry the warranties that new equipment does.

Whether used or new, home exercise equipment can be a great way to shape up — but only if you use it regularly. Don't be taken in by claims of quick, easy and effortless results: There's no such thing as a no-work, no-sweat way to a toned body.

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SPRING FOR SPROUTS

Sprouts are commonly seen at salad bars and supermarkets and each kind has its own unique flavor. Sprouts have a long history and were used for medicinal purposes in ancient China. So what exactly classifies as a sprout? By definition it is a vegetable seed that just begins growing. Sprouts grow from the seeds of vegetables, grains and various beans. They are the first edible shoots.



Varieties Sprouts like other vegetables can vary in texture and taste. There are some that can add some spice to your meals like radish and onion sprouts. Hardy sprouts, like Mung bean sprouts, can withstand cooking. More delicate ones, like alfalfa sprouts, can be used in salads and sandwiches. While probably not all varieties of sprouts are available at your local supermarket, try going to a farmer's market to find other varieties.

- ◆ **Bean Sprouts:** Commonly associated with the Mung beans, these sprouts have small light yellow leaves and a silvery white shoot. These sprouts produce a subtle nutty flavor and lots of crunch when added to stir-fries, soups and salads.
- ◆ **Green-Leaf Sprouts:** Typically germinated vegetable and grain seeds, these sprouts are recognized by two tiny green leaves at the tip of a slender 1/2 inch to 3 inch shoot. These sprouts are often used in salads and sandwiches.
- ◆ **Alfalfa Sprouts:** One of the most common sprouts on the market, these sprouts have threadlike shoots with green tops. They provide a subtle nutty flavor. A great addition to salads and sandwiches.
- ◆ **Radish sprouts:** Known as the "hot" sprout, these sprouts evoke the zippy taste of radishes.
- ◆ **Sunflower sprouts:** Similar to alfalfa sprouts, sunflower sprouts have a mild, sweet flavor adding crunch to any dish.
- ◆ **Pumpkin sprouts:** Grown from hulled seeds, these sprouts can be eaten raw or lightly toasted. Excellent when added to salads, soup and bread.

Selection Sprouts are fresh when they are crisp and their roots are moist and white. Avoid musty-smelling, dark or slimy-looking sprouts.

Storage Sprouts are highly perishable and should be eaten as soon as possible, but there are some ways to extend their shelf life. Most sprouts can be kept in a plastic bag in the crisper of the refrigerator for up to 3 days. Delicate sprouts like alfalfa should be refrigerated in the original ventilated plastic container. Rinsing daily under cold water may extend their life.

www.cdc.

Fruit and Your Diet

by John Parrillo

One of the most common questions about our program is why we omit fruit from the diet. Although it will take a few pages of biochemistry to explain it, I can tell you the answer in one sentence: **FRUIT MAKES YOU FAT**. This little-known fact has caused such a stir that sometimes I almost regret bringing it to light, but my job is to get the best results possible for the people who follow our programs. Can you eat some fruit and still have a good physique? Sure you can. But people who come to Parrillo Performance want the **BEST RESULTS POSSIBLE**. Professional bodybuilders don't want good physiques — they want perfect physiques. If you're not interested in biochemistry or physiology, you can skip the rest. All you need to know is that **fruit makes you fat**, and juice is even worse than whole fruit. Of course, fruit is generally a healthy food — high in fiber, vitamins and minerals and low in fat. But try to think of fruit as nature's candy, because that's exactly what it is. If your goal is to build a lean and muscular physique, then you don't want to eat candy. Sugar and fat are natural, but that doesn't mean they'll make you lean and muscular. I originally learned that fruit makes you fat not by reviewing the biochemical pathways of metabolism, but by actually doing nutritional experiments with real bodybuilders. Rather than being some theory out of a book, this is an experimental fact. For a long time I didn't understand it — I just knew from our work in the gym that certain foods made bodybuilders get in better shape and other foods made them get fat.

The experiment goes like this: As a bodybuilder gets closer to a contest, his body fat level gets very low — maybe 3-5% for a male and 8-9% for a female. At his point the skin is paper thin (in the human most fat is stored just under the skin). You can see the striations of muscle clearly through the skin. As you can imagine any little change at this point really shows up. This is why I like to use competitive bodybuilders for the most demanding nutritional experiments — they are a very sensitive indicator of what works and what doesn't. With the athlete in contest shape, we measure body weight and percentage of body fat every day.

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We weigh the food the subject will eat and calculate how many calories are being consumed and break it down into calories from protein, carbohydrate and fat. If the subject's weight doesn't change, this means caloric intake exactly balances caloric expenditure, so we have a direct empirical measurement of the total daily energy expenditure for the subject. Everything is measured and controlled, and nothing is left to chance. Okay, here's what happens: Let's say we remove 300 calories worth of complex carbohydrates from the subject's diet in the form of rice, and replace it with 300 calories worth from fruit. The subject's total caloric intake remains the same as does the percent of calories from protein, carbohydrate and fat. The training program remains exactly the same. The only change is in the form of carbohydrate supplying 300 of the calories: rice has been replaced by bananas. You would expect the subject's body weight and percent body fat to remain the same, right? To everyone's surprise, the subject starts to gain fat. We let this go on for a couple of weeks and the subject continues to gain fat. Now, we pull the bananas out of the diet and put the rice back in — i.e., go back to the original diet. Guess what? The subject loses fat. Amazing, but true. We've done countless experiments like this with just about every food imaginable. That's how we came up with our diet — by finding what really works.

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Well, back to the story on fruit. Why does it make any difference what kind of food you eat? For a given number of calories it seems like it shouldn't matter what foods they come from. This is one of the most common mistakes people make when trying to lose fat. They think that if they reduce calories they will automatically lose weight. This is true, but only for a little while. And if you lose

Different foods have different chemical compositions and therefore have different effects inside your body. All food is

weight by drastically cutting calories, about 50% of the weight lost will be muscle. What people fail to realize is that the types of food you eat is just as important as how many calories you consume. If cutting calories was the answer, then those low-calorie weight loss drinks would work. But they don't. The key point is that different foods have different chemical compositions and therefore have different effects inside your body. Of course, all food is fuel, but what type of fuel it is matters a lot. Try putting kerosene in you car sometime and see how it runs. For

any machine to run optimally, including the human body, it requires the right kind of fuel. During the last year in this column, I've explored two major themes in detail. The first was the central role of hormones in determining your body composition (amount of muscle and fat) and how to control these hormone levels through diet and exercise. The second theme was thermogenesis — the thermodynamics of food metabolism in the human body. The bottom line you should have gotten out of this was that different foods have different effects on the body, by virtue of the hormonal responses they elicit and the route of energy metabolism that they follow. Some foods, such as simple sugars, are undesirable because they cause a large and rapid insulin release, and insulin is a potent stimulus for fat storage (1). Other foods, such as conventional dietary fats (but not MCTs like CapTri®) are undesirable because they have a low TEF (Thermic Effect of Feeding) and lower the FQ (Food Quotient) of the diet (2). Remember that the energy contained in all foods is converted to ATP (adenosine triphosphate) before it is used as fuel in the body. ATP is the chemical form of energy directly used to power muscle contractions and other biological functions. Simply put, if a food is efficiently converted into ATP, then all of the energy contained in that food is available to do work in the body. Any excess energy from such a food will be stored as fat. If a food is inefficiently converted to ATP, then a substantial portion of the calories contained in the food will be lost as heat, and therefore cannot be stored as fat. The problem with fruit is that virtually all of the calories it supplies come in the form of simple sugars. The most abundant sugar in fruit is fructose (commonly known as fruit sugar), although some fruits (oranges and grapes for example) also contain a lot of glucose.

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I know, I know, all of you budding biochemists out there are going to point out that fructose is very low on the glycemic index. This means that it does not elicit a large and rapid insulin release, and so on that basis we would not expect it to promote fat storage. Right you are. Although the reason fruit makes you fat is because of the fructose it contains, the effect is not mediated by insulin. The problem with fructose is that it bypasses the enzyme phosphofructokinase- 1 (PFK-1), the rate limiting step of glycolysis (3). In other words, fructose bypasses the control point that decides if a dietary sugar is going to be stored as glycogen or fat. Complex carbohydrates, such as rice, oatmeal or potatoes, are preferentially stored as glycogen until glycogen stores are full. Fructose, on the other hand, gets directly converted to fat in the liver, then gets whisked off in the bloodstream to be stored in fat cells (3). Next month I'll walk you through the metabolic pathway, step by step.

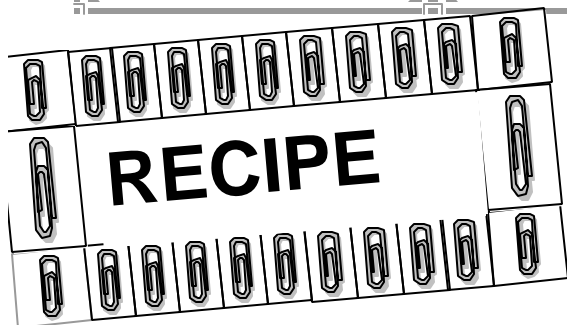
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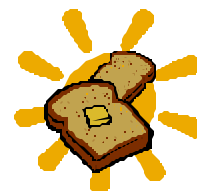
Quote of the Month

"Life consists not in holding good cards but in playing those you hold well."

Josh Billings



Cranberry Bread



INGREDIENTS

- 1 cup all-purpose flour
- 1/2 cup whole -wheat flour
- 1 cup granulated sugar
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 3 egg whites
- 1/3 cup applesauce
- 3 tablespoons buttermilk
- 1 1/2 cups fresh cranberries
- 1/2 cup chopped walnuts
- Nonstick cooking spray

DIRECTIONS

Preheat oven to 350 degrees F.
Lightly coat a loaf pan with nonstick cooking spray.

In a medium-sized bowl, combine flours, sugar, cinnamon, salt and baking soda. In a larger bowl, beat the egg whites at a high speed for 1 minute. Beat in applesauce and buttermilk. Gradually add the flour mixture and beat until just combined. Stir in cranberries and walnuts. Transfer to prepared loaf pan.

Bake for 45 minutes or until edges begin to pull away from the sides of the pan and a toothpick inserted in the center comes out clean.
Slice and serve.

www.shape.com Serves: 12 (1 slice = 1 serving) Prep time: 15 min Cook time: 45 min