

The Leaderboard

A relaxed attitude lengthens life; jealousy rots it away.
Proverbs 14:30

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FITNESS FOR LIFE
 FRANCHISE
 CORPORATION

387 Greenwich St.
 New York, New York
 10013

Phone: 212-260-0012
 Fax: 212-260-0013
 E-mail:
 Lindawoodhoyle@fitnessstogther.com

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

BUYING PRESCRIPTION MEDICATION ONLINE:

A Consumer Safety Guide

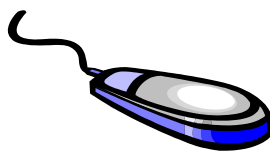
The Internet has changed the way we live, work and shop. The growth of the Internet has made it possible to compare prices and buy products without ever leaving home. But when it comes to buying medicine online, it is important to be careful. Some websites sell medicine that may not be safe to use and could put your health at risk.

Some websites that sell medicine aren't U.S. state-licensed pharmacies or aren't pharmacies at all. They may give a diagnosis that is not correct and sell medicine that is not right for you or your condition. They also may not protect your personal information. The actual medicine sold online may be fake, too strong or too weak, have expired or is not FDA approved.

It is important to follow these tips to find a reputable source for online medication.

- Meet and talk with your doctor before you get a prescription of any kind. Ask your doctor if there are any special steps to take in filling your prescription.

- Make sure the website is a U.S. state-licensed pharmacy. You can contact your state board of pharmacy (go to www.nadp.info to find a list) to deter-



mine is the website is a state-licensed pharmacy and if they are in good standing.

- Confirm that the site offers access to a licensed pharmacist to answer questions you may have about the medicine you are purchasing.

- Be sure that the site has someone for you to contact if there are any issues in the ordering process. Check for a U.S. address

and phone number.

- Check that the site requires a prescription from your doctor or other health care professional who is licensed in the United States to write prescriptions for medicine.

- Make sure your privacy is protected. Look for privacy and security policies that are easy to read and easy to understand. Don't give any personal information (such as social security number, credit card, or medical and health history) unless you are sure the website will keep your information safe and private. Make sure that the site will not sell your information, unless you agree.

- If you have complaints about a site, or are unsure of a site, please report them. Go to www.fda.gov/buyonline and click on "Notify FDA about problem websites."

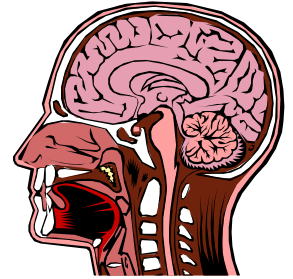
www.fda.gov

Teen Brains: Still Under Construction

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Contrary to what most parents have thought at least once, “teens really do have brains,” quipped Dr. Jay Giedd, an NIH research scientist, in a recent lecture on the “Teen Brain under Construction.” In fact, researchers have not only confirmed that teens have brains; they are now beginning to understand the biological basis for their sometimes peculiar behavior.

Giedd, who studies brain development at NIH’s National Institute of Mental Health, explained that scientists have only recently learned more about the path of brain growth. One important finding, he said, showed that the frontal cortex area—which governs judgment, decision-making and impulse control—doesn’t fully mature until around age 25.



“That really threw us,” Giedd said. “We used to joke about having to be 25 to rent a car, but tons of industry data show that 24-year-olds are costing insurance companies more than 44-year-olds are.” But why is that? “It must be behavior and impulse control,” he said. “Whatever these changes are, the top bad things that happen to teens involve emotion and behavior.”

Medically, Giedd said, in terms of cancer, heart disease and other serious illnesses, people in their teens and early 20s are incredibly healthy. But with accidents as the leading cause of death in adolescents and suicide following close behind, “this isn’t a great time emotionally and psychologically. We call it the great paradox of adolescence: right at the time you should be on the top of your game, you’re not.”

The next step in Giedd’s research, he said, is to learn more about what influences brain growth, for good or bad. “Ultimately, we want to use these findings to treat illness and enhance development.” Until then, parents need to know that the science shows they really can influence their children’s brain development. “From imaging studies,” Giedd said, “one thing that seems especially intriguing is this notion of modeling . . . that the brain is pretty adept at learning by example. As parents, we teach a lot when we don’t even know we’re teaching, just by showing how we treat our spouses, how we treat other people, what we talk about in the car on the way home. . . . Things that a parent says in the car can stick with them for years. They’re listening,” he said, “even though it may appear they’re not.” So, what can we do to change our kids? “Well, start with yourself in terms of what you show by example,” Giedd advised.

www.nih.gov

THE AMAZING KIWIFRUIT



Kiwifruit is one of the most popular fruits today. With its unique brown and fuzzy packaging, the flavor of peaches, strawberries and melon and the soft and juicy texture make this a favorite of many. While it wasn’t available in U.S. supermarkets until the 1970s, Kiwifruit has been around for more than 700 years. It began in China and the knowledge of the small fruit spread to other countries from there. Its present day name was derived from New Zealand’s national bird, the “kiwi”.

Kiwifruit certainly has benefits for the body. It is high in antioxidant vitamin C and a good source of fiber, vitamin E and potassium. It is fat free, sodium free and cholesterol free.

Not only does kiwifruit make a tasty treat, it also has some other unique uses. Did you know kiwifruit could also be used as a natural meat tenderizer? That’s because kiwifruit contains an enzyme called Actinidin. Just cut in half and rub kiwifruit over the meat, or peel and mash with a fork then spread it on the surface of the meat and let stand for 10 to 15 minutes or longer. The enzyme Actinidin also breaks down protein in dairy products. That’s why when kiwifruit is combined with low fat ice cream, yogurt, or sour cream, it’s best to serve and eat it right away.

www.cdc.gov

A HEALTHY HALLOW-

Halloween brings out the kid in all of us. It is fun to get dressed up in costume and parade around the neighborhood or hand out treats at the door. Follow these tips to help promote a healthy and safe Halloween.

WHEN GIVING . . .

When giving treats to others, Skittles and Snickers don't have to be the rule. Just because the treats you give aren't candy, it doesn't mean they won't be appreciated.

Here are some possible low-fat, low-calorie options to get you started:

- Cheese and cracker packages
- Sugar free gum
- Cheese sticks
- 100% Juice box packages
- Small packages of nuts or raisins
- Peanuts in the shell

You could also consider giving fun treats that you can't eat like stickers, balloons, crayons, pencils, colored chalk, whistles or rubber spiders!



AND WHEN GETTING . . .

- Feed your kids – and yourself – a good meal before heading out on the streets. That way, you won't feel as tempted to dig into the candy right away.
- Make sure the costumes fit well and that any masks don't block vision.
- Have your kids carry flashlights or glow sticks to make sure motorists are aware of their presence.
- When you arrive home, check all treats your children have gathered to ensure that they aren't eating treats from packages that are already open. Inspect fruits or homemade goods for anything suspicious.
- Instead of gorging on the candy that night, have your kids eat it over several days as a substitute for dessert or a few pieces along with a healthy snack. That goes for adults too!

Liquid Candy: The Rise of Soft Drinks in America

According to this Los Angeles Times article, the push to get sodas out of schools is growing stronger. Anti-soda measures are currently under consideration in many states and school districts.

The American Beverage Association has already made some policy changes in response, including resolving to remove sodas entirely from elementary schools, allow middle-school kids access to full-calorie sodas only after school hours, and make sure that, at most, only 50 percent of the vending machine beverages in high schools are soft drinks.

All Sugary Drinks are a Problem

Soft drinks are currently the primary source of added sugars, and studies connect them to obesity and nutrient deficits. Along with sodas, juice drinks, sports drinks, energy drinks, coffee, and even fruit juice can also cause weight and health problems if drunk excessively. The American Academy of Pediatrics suggests that children drink no more than 8 to 12 ounces of fruit juice daily.

More Than 46 Gallons of Soda a Year!

In 1976, soft drink sales surpassed those of milk. Soda consumption has doubled since 1971, from 25.5 gallons per person per year to over 46 gallons in 2003. At the same time, other sugary drinks have gained popularity, including sweetened teas, energy drinks, and sports drinks.

Your Body Simply Can't Handle It

Children see and imitate what their parents do.

Quote of the Month

Some people weave burlap into the fabric of our lives, and some weave gold thread. Both contribute to make the whole picture beautiful and unique.

Anonymous

RECIPE

Grilled Chicken w/ Green Chile Sauce

Ingredients

- 4 skinless, boneless chicken breasts
- 1/4 cup olive oil
- 1/4 tsp oregano
- 1/2 tsp black pepper
- 1/4 cup water
- 10 to 12 tomatillos, husks removed and cut in half
- 1/2 medium onion, quartered
- 2 cloves garlic, finely chopped
- 2 serrano or jalapeno peppers
- 2 tbsp cilantro, chopped
- 1/4 teaspoon salt
- 1/4 cup low fat sour cream

Directions

1. Combine the oil, juice from one lime, oregano and black pepper in a shallow glass baking dish. Stir. Place the chicken breasts in the baking dish and turn to coat each side. Cover the dish and refrigerate overnight. Turn the chicken periodically to marinate chicken on both sides.
2. Put water, tomatillos and onions into a saucepan. Bring to a gentle boil and cook uncovered for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos and any remaining water. Add the garlic, peppers, cilantro, salt and the remaining lime juice. Blend until all ingredients are smooth. Place the sauce in a bowl and refrigerate.
3. Place the chicken breasts on a hot grill and cook until done. Place the chicken on a serving platter.
4. Spoon on a tablespoon of low fat sour cream over each

www.nhlbi.nih.gov Serving Size: 1 breast Each serving provides: 192, Fat 5g, Cholesterol 71 mg, Sodium 220 mg, Calcium 53 mg, Iron 2 mg

Liquid Candy: The Rise of Soft Drinks in America

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Some scientists worry that calories from sugary drinks may not be adequately controlled by the body's appetite regulation system; it does not reduce your hunger like solid food does, so the total calorie intake is even higher. Others are concerned by the fact that U.S. soft drinks are sweetened with high-fructose corn syrup, which is processed differently in the body than other sugars, and may turn into fat more easily.

The article also revealed that:

- Carbonated drinks and juices were the leading source of calories in the diet of the average teenager, ranging from 12-13 percent
- People who consume high amounts of added sugars are more likely to be deficient in calcium, phosphorus, and magnesium, as well as various vitamins
- Each added 8-ounce daily serving of soft drink a child consumes increases their chance of being obese by 60 percent

Los Angeles Times September 15, 2005

Dr. Mercola's Comment:

This is a great article, making a number of excellent points about why soft drinks are the single most important factor in the epidemic of childhood obesity that is sweeping America. I'm also particularly glad the article covers the dangers of all sugary beverages, including energy drinks and, yes, fruit juice, which are often wrongly considered "healthy."

To truly be healthy, you will want to seriously consider reducing or eliminating all sugars from your diet.

That being said, soft drinks are probably the worst and most dangerous culprit, and there are certainly many good reasons to keep kids away from them. The 46 gallons a year number quoted in the article is two years old - in that brief interval, consumption has skyrocketed to roughly 56 gallons per person per year.

In fact, earlier this year it was documented that sodas became the number one source of calories in America. Some conditions related to soft drink intake include:

- Osteoporosis
- Attention deficit disorder (ADD)
- Insomnia
- Kidney stones
- Tooth decay



The worst of all, however, may be obesity. Consider the fact that your risk for obesity increases by a whopping 60 percent for each can of soda you drink a day, and that obesity may actually lower the average age of death in the United States to a point so low that your children will be dying at a younger age than you do for the first time in history.


Recently, I mentioned that mounting pressures on the American Beverage Association are forcing the group to recommend limiting the availability of soft drinks in schools. However, eliminating temptations during the school day doesn't completely solve the problem if parents make a quick side trip for a Big Gulp on the way.

Why Are We Fat?

The short answer is too much food and not enough activity

To lose weight you need to increase activity and decrease calories. Theoretical equations sound so easy, don't they? But if losing weight really were this simple, why does the collective girth of the United States continue to grow? According to a Harris phone survey from March 1998, a whopping 76 percent of adults older than age 25 were found to be heavier than the recommended weight for their height and body frame. The percentage of the population in the "obese" category (weighing 20 percent or more above recommended weight) was 28 percent. However, the National Institutes of Health puts the rate of overweight adults at 55 percent.

What's behind this growth? Two societal shifts — one in employment and one in eating habits — appear to hold the answer. Today, more people than ever work at sedentary jobs. Rows of office cubicles filled with immobile bodies have replaced rows of soil with people digging and planting and fertilizing as they till the fields. Even activity-intense manufacturing jobs, which once amounted to veritable eight-hour



Continued from pg. 5

workouts, have largely left our shores.

These employment shifts are great for business, but the downside to performing mental work rather than physical work is that our national body has turned flabby. Staying in shape used to be a no-brainer, the happy byproduct of a working life. Now it requires a commitment to an after-hours exercise program, one that steals time away from family and leisure. Shift No. 2 is the country's ever-increasing reliance on fatty convenience foods, which have all but swept traditional well-balanced meals off the family dinner table. The healthful shape of the Food Pyramid has been replaced by the unhealthful shapes of buckets (from take-out chicken), boxes (from Happy Meals) and bags (from drive-thru windows). Even dinners prepared at home can contain high amounts of fat when folks rely on prepared packaged foods, such as vegetables in cheese sauces and meal-in-a-boil-bag entrees.

When Losing Means Winning

"In this age, which believes that there is a short cut to everything, the greatest lesson to be learned is that the most difficult way is, in the long run, the easiest."

Author Henry Miller said that, and although he wasn't talking specifically about exercise and wise food choices, his words fit the subject well. By now, most people know that fad diets and get-thin quick schemes don't last. In the same way that you didn't become good at your job overnight or a skilled parent by reading a book in a single weekend, you can't become the healthy, fit person you want to be in an instant. Only long-term change can do that. When exercising becomes as habitual as brushing your teeth, and when thinking about what's on your plate becomes as automatic as looking both ways before crossing the street, that's when lasting change will occur.