

Fit News NYC

Live in harmony with each other. Don't try to act important, but enjoy the company of ordinary people.
 And don't think you know it all! *Romans 12:16*

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FITNESS TOGETHER

387 Greenwich St.
 New York, NY10013

Phone: 212-226-0012

Fax: 212-226-0013

E-mail:

lindawoodhoyte@fitnessstogether.com

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

AT RISK: Will you be overweight in 30 years?

A large, community-based study--considered the first to assess the long-term risk of developing overweight and obesity in U.S. adults--found that over 30 years, 9 out of 10 men and 7 out of 10 women were overweight or became overweight. In addition, more than 1 in 3 of those in the study were obese or became obese.

"National surveys and other studies have told us that the United States has a major weight problem, but this study suggests that we could have an even more serious degree of overweight and obesity over the next few decades," says Elizabeth G. Nabel, M.D., director of the National Heart, Lung, and Blood Institute (NHLBI).

Researchers analyzed the short-term and long-term chances of developing overweight and obesity among more than 4,000 white adults enrolled in the offspring cohort of NHLBI's Framingham Heart Study, an ongoing

study in Framingham, Mass. Participants ages 30 to 59 were followed for 30 years, from 1971 to 2001.

Nabel, who also co-chairs the Obesity Research Task Force at the National Institutes of Health, says that because the research looked only at whites, "these results may underestimate the risk for some ethnic groups."

Other studies have shown, for example, that Hispanic and black individuals, especially women, have a greater prevalence of excess weight compared with their white counterparts.

The Framingham researchers assessed the participants' body mass index (BMI)--a standard measure of weight relative to height, which is an indicator of total body fat. A BMI of 18.5 to 24.9 is considered a normal, or healthy, weight for adults. A BMI of 25 to 29.9 is considered to be over-

weight, and obesity is a BMI of 30 or higher.

Making it to middle age without extra pounds was no guarantee for staying at a healthy weight--even in the short term. About 1 in 5 women and 1 in 4 men who were at a healthy BMI at a routine Framingham study examination became overweight after four years. Among those who were overweight, 16 percent to 23 percent of women and 12 percent to 13 percent of men became obese within four years.

"Our results, although not surprising, are worrisome," says Ramachandran Vasan, M.D., associate professor of medicine at Boston University's School of Medicine and lead author of the study. "If the trend continues, our country will continue to face substantial health problems related to excess weight."

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WINTER STORM SAFETY



Wintertime is guaranteed to bring cold, ice and snow to many parts of the country. These elements, while enjoyable for some as they ski or enjoy other winter activities, can also be downright dangerous. Using common sense and being prepared are important as you battle the winter weather. Follow the tips below from www.cdc.gov for winter storm safety in your home and in your car.

In your home . . .

Plan ahead and prepare:

- Insulate walls and attic
- Caulk and weather-strip doors and windows
- Install storm windows
- Service snow-removal equipment

Have the right supplies in case you are stuck inside:

- Enough drinking water to last a week
- Canned and/or no-cook food with a non-electric can opener
- Baby food and formula (if baby in the household)
- Prescription drugs and other medicine

More advice if you do leave your home:

- Wear mittens rather than gloves – mittens are warmer.
- If you shovel snow, do stretching exercises to warm up. Take breaks often.
- Cover your mouth to protect your lungs from extremely cold air.

In your car . . .

Plan ahead and prepare:

- Keep at least 1/2 tank of gas in your car.
- Check your windshield wiper fluid regularly.
- Make sure that your tires are in good shape or change them to snow tires

Have the right supplies in case you are stuck in your car:

- Drinking water and snack food
- Extra hats, mittens and blankets
- A shovel with road salt or sand or kitty litter
- Emergency flares
- Booster cables

More advice if you are trapped in your car:

- Stay there unless help is visible within 100 yards.
- To keep warm, turn on the car's engine for about 10 minutes each hour.
- Display a "call for help" sign
- Do light exercise to stay warm.
- Open a window slightly for fresh air.

"At Risk" Continued from page 1 According to the National Center for Health Statistics, part of the Centers for Disease Control and Prevention, 65 percent of U.S. adults ages 20 years and older are either overweight or obese, and about 30 percent of adults are obese.

"Overweight and obesity increase the risk of poor health," says Nabel. "We hope these results will serve as a wake-up call to Americans of all ages. Even those who are now at a healthy weight need to be careful about maintaining energy balance to avoid gaining weight. Taking simple steps to make sure that the overall number of calories you consume do not exceed the amount you burn can play a major role in lowering your risk for many chronic conditions."

Being overweight increases the likelihood of developing diabetes, high blood pressure and heart disease, stroke, breathing problems such as asthma and sleep apnea, some cancers, osteoarthritis, and gall bladder disease. Obesity is associated with these conditions as well as with early death. Research has shown that even a small weight loss--10 percent of body weight--can help people who are overweight or obese lower their risk of developing many of these conditions. For help assessing obesity risk and advice on how to lose weight, consult your health care professional.

Baby Boomers: Start Optimizing Your Health

The "Health, United States, 2005" report from the National Center for Health Statistics contains grim news for baby boomers in the 55-64 range. This is the fastest growing segment of the U.S. population, and these statistics could therefore provide a picture of the future of the nation's health as a whole.



Half with High Blood Pressure, Two-Fifths Obese

Half of the Americans currently in their Baby Boomer years have high blood pressure and 40 percent of them are obese. And they have severe health problems, such as diabetes and heart disease, more often too.

Chronic Diseases Plague African-Americans and Hispanics

Especially hurt by chronic, crippling disease during the Baby Boomer years are African-Americans and Hispanics. Many of them also lack health insurance.

Frightening Statistics : Other lowlights from the study:

Some 20 percent of patients older than age 59 suffer from diabetes

Only a third of adults exercise actively

Use of cholesterol-lowering drugs tripled over a seven-year period

The rate of obesity and overweight among adults ages 20-74 (based on numbers collected between 1999-2002) shot up to a frightening 65 percent

Recently, I told you about the [shrinking American lifespan](#), thanks to the epidemic of obesity and flattening of smoking cessation rates. Poor health habits and a [broken system of medical care](#) are slowly but surely causing an epidemic of chronic, debilitating disease.

If you think your government will take care of you when your poor health takes a turn for the worse, think again. In the United States alone they'll be completely unable to handle that [looming financial avalanche](#). In all likelihood, the [government simply will not be able to provide you](#) with high-quality health care in the future. This is the inevitable result of programs like Medicare that are [underpriced and oversold](#).

Fortunately, you can take the bull by the horns and don't need to rely on the government and the drug companies to provide you with the solutions for your health challenges.

You have the free tools at hand on my Web site to make changes that can bolster your health for the long term. Here are a few quick tips and links to get you started, along with a handy way to remember them:

[M etabolic type](#)

[E xercise](#) and lower insulin

R eplace trans fats with [fish oil](#)

[C lean water](#)

O ne hour of [sunshine](#)

L earn to [sleep](#) better

A void [artificial sweeteners](#)

Client of the Month

Jay-J, Grammy(r) nominated Producer/DJ and 'Godfather of the San Francisco Sound' has produced some of the biggest releases in the contemporary dance world from his infamous Moulton Studios. With over 120 releases on dance labels worldwide, his peers consider him one of the most influential, respected and prolific individuals in the industry. When Jay-J is not in the studio, he produces weekly syndicated radio shows recorded live at venues worldwide. Jay-J's latest release, CONNECTED joins the dots on the unsung heroes of house. This new series on Defected Records, aims to honor the Producers and DJs who rock dance floors week in week out without getting their deserved glory.

Now, with new digs in NYC, a new label, Shifted Music and his special 3 cd release Connected album, Jay-J has raised the bar for what audiences can expect.

JJ has lost 14lbs. His lean muscle tissue has increased and fat went down. Also his fitness levels have improved based on his last retest but most importantly he has learned to make better choices when eating even when dining out and on the road.

Check out www.shiftedmusic.com for more info on Jay-J.

Quote of the Month

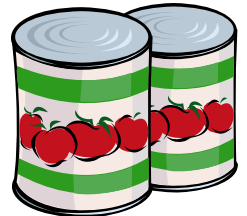
Avoiding the phrase "I don't have time. . .", will soon help you realize that you do have the time needed for just about anything you choose to accomplish in life.

Bo Bennett



RECIPE

Pesto Minestrone



Ingredients

Minestrone

- 2 cups coarsely chopped cauliflower
- 1 1/2 cups chopped zucchini
- 3 14.5 oz cans low sodium chicken broth
- 1 16 oz can diced tomatoes, drained
- 1 cup uncooked elbow macaroni
- 3 cups kidney beans or black-eyed peas, drained and rinsed
- 1 cup carrot sliced
- 1 cup onion chopped

Pesto

- 2 tbsp olive oil
- 2 garlic cloves
- 1 cup fresh, loosely packed basil leaves
- 1 tsp water

Directions

Minestrone

In a 5-6 quart saucepan, bring 1/2 cup water to boil and add tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetable are tender. Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes or until pasta is tender.

Pesto

Put all pesto ingredients in food processor or blender and process until very finely chopped.

Just before serving, remove soup from heat and stir in pesto.

