

# FT New York City

Store your treasures in heaven, where they will never become moth-eaten or rusty and where they will be safe from thieves. *Matthew 6:20*

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## TUNES HELP WEIGHT LOSS

Study shows listening to music while exercising may assist in dropping those pounds

Could an iPod aid in weight loss? Results of a new pilot study suggest that listening to music while exercising helps overweight people stick with exercise and get better results from their weight loss program.

According to Christopher A. Capuano, Ph.D., director of the school of psychology at Fairleigh Dickinson University in Teaneck, NJ, one of the biggest barriers to long-term weight control is lack of adherence to an exercise regimen. However, few controlled studies have examined the logical assumption that better exercise and treatment adherence will lead to better weight loss outcomes.

"Exercising can be difficult for someone who is obese. Walking to music seemed to really motivate the women in our study to get out there and stick with the commitment they made,"

noted Dr. Capuano. The researchers evaluated the effects of music on exercise adherence in 41 women who were overweight to moderately obese (BMIs ranged from 26.1 to 41.7) as part of a 24-week weight loss program that included dieting,



aerobic exercise and participation in weekly group meetings.

The women were expected to walk alone for a minimum of two days per week, plus participate in one group walk. The group walks got progressively more difficult; in order to keep up, they needed to walk longer distances in a shorter amount of time.

Half of the women were randomized to get a portable CD player so they could play music of their choice when they walked. The other half did not walk to music.

At the end of the study both groups of women lost weight, but those who walked to music lost significantly more weight and body fat. Additionally, the music group adhered better to the walking component of the program as well as the overall program, and fewer of them dropped out of the study compared to the group without music.

So, the next time you step out the door to do your cardio workout, think about how your favorite songs might help you have more motivation and lose more weight.

[www.naaso.org](http://www.naaso.org)



# THE "OTHER" HOLIDAY MEATS

No doubt about it, holiday time is turkey time. Of the 274 million turkeys produced in 2003, 68 million (or 25 percent) were served at Thanksgiving and Christmas. Yet numerous other meats are also traditional at holiday gatherings. Some families choose a rib roast; others, a ham; and some will have the butcher arrange a crown roast of lamb. If a hunter's in the clan, that family may serve wild game such as duck, venison or pheasant. Small families may opt for a bird smaller than a turkey — such as capon, duck, goose or Cornish hen — or a small cut of meat like a pork tenderloin or veal roast. Whatever the choice, have a food thermometer on hand to determine when the meat has reached a safe temperature. For special holiday meals, the cook wants everything perfect — and perfectly safe.

## The Safety of Special Holiday Meats

When choosing your holiday meat, be assured that all beef, lamb, pork, veal and poultry sold at your supermarket have been inspected for wholesomeness by the USDA or State inspection systems. Once your purchase is at home, refrigerate it immediately. Cook or freeze fresh poultry within 1 or 2 days; fresh meats, 3 to 5 days.

There are two types of hams: fully cooked and those that need cooking. Fully cooked hams may be eaten cold or reheated to 140 °F. When storing these hams, observe "use-by" dates on hams sealed at the plant; use store-wrapped cooked ham portions within 3 to 5 days. "Cook-before-eating" hams must be cooked to 160 °F to destroy harmful bacteria that may be present. Use within 7 days.

Wild game killed by hunters obviously has not been federally or state inspected so care must be taken to handle it safely. Parasites such as *Trichinella* and *Toxoplasma* may be present. Improper handling can cause bacterial contamination as well as off-flavors. Dress game in the field right after shooting. Dressed meat must be chilled as soon as possible. Keep the game cold - below 40° F, until it can be cooked or frozen.

## About Roasting

Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, a moderately slow oven temperature of 325 °F should be used. USDA does not recommend cooking meat and poultry at oven temperatures lower than 325 °F because these foods could remain in the "Danger Zone" (temperatures of 40 ° to 140 °F) too long. Bacteria which may be present on these foods multiply rapidly at these temperatures. Boned and rolled meats require more cooking time per pound than bone-in cuts because it takes longer for the heat to penetrate through the solid meat.

For more information on specific meats and cooking times, go to [www.fsis.usda.gov/Fact\\_Sheets/Roasting\\_Those\\_Other\\_Holiday\\_Meats/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Roasting_Those_Other_Holiday_Meats/index.asp).



## Why the Cough?

Coughs can be a real annoyance, but they serve an important purpose, helping to clear mucus and foreign material like dust from your airways. Most coughs are caused by the common cold, but a violent or persistent cough shouldn't be ignored because it might be a sign of more serious illness.

Pneumonia can cause coughing, high fever, shortness of breath, rapid breathing and chest pain. Congestive heart failure, a condition where the heart can't pump enough blood, can cause coughing, shortness of breath, difficulty breathing, fatigue and swelling. "Chronic" coughs lasting 3 weeks or more are often caused by postnasal drip, mucus draining down the back of your throat, from allergies. But they can also be a sign of more serious underlying medical problems. Asthma can cause chronic coughing, chest tightness, wheezing and trouble breathing. Lung cancer causes a chronic cough, chest pain, shortness of breath and other symptoms. Tuberculosis causes a chronic, debilitating cough and chest pain. Gastroesophageal reflux disease (GERD) can also cause chronic coughing. When the opening between the esophagus, which carries food from the mouth to the stomach, and the stomach doesn't close properly, stomach contents can leak back, or reflux, into the esophagus. This can cause heartburn, trouble swallowing, bad breath and a dry cough.

A cough that won't go away and produces lots of mucus may be a sign of chronic obstructive pulmonary disease (COPD), in which the lung is damaged, making it hard to breathe. Most often caused by smoking, COPD is the 4th leading cause of death. Cough drops and other treatments may help your coughing, but if you develop a violent cough or one that lasts for more than 3 weeks, see your health provider to make sure it's not a sign of a serious health problem.



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## DIET: Fish eaters stay sharper with age

*By By CARLA K. JOHNSON (Associated Press Writer)*

CHICAGO - Eating fish at least once a week is good for the brain, slowing age-related mental decline by the equivalent of three to four years, a study suggests.

The research adds to the growing evidence that a fish-rich diet helps keep the mind sharp. Previous studies found that people who ate fish lowered their risk of Alzheimer's disease and stroke. Fish such as salmon and tuna that are rich in omega-3 fatty acids also have been shown to prevent heart disease.

For the new study, researchers measured how well 3,718 people did on simple tests, such as recalling details of a story. The participants, all Chicago residents 65 and older, took the tests three times over six years. They also filled out a questionnaire about what they ate that included 139 foods.

"We found that people who ate one fish meal a week had a 10 percent slower annual decline in thinking," said co-author Martha Clare Morris, an epidemiologist at Rush University Medical Center. "Those who ate two fish meals a week showed a 13 percent slower annual decline."

At the same time, the Food and Drug Administration warns pregnant women, nursing mothers and children to avoid certain types of fish with high levels of mercury - shark, swordfish, king mackerel or tilefish. Mercury can damage the growing brains of fetuses and children.

The study of fish and mental sharpness was posted Monday on the Web site of the Archives of Neurology and will appear in the journal's December issue. It was published early online because of its general interest.

The researchers looked for, but failed to find, a link between omega-3 fatty acids and protection from brain decline. Previous studies found such a link.

Morris said it is possible that something else about eating fish worked to keep people's minds sharp. Or the food questionnaire might have been too broad to allow researchers to estimate omega-3 intakes accurately, said Dr. Pascale Barberger-Gateau, who does similar research at the University of Bordeaux in France but was not involved in the current study.

In the questionnaire, "only four seafood items were included, which did not allow this distinction," Barberger-Gateau said in an e-mail.

The questionnaire included four broad seafood categories: tuna fish sandwich; fish sticks/fish cakes/fish sandwich; fresh fish as a main dish; and shrimp/lobster/crab.

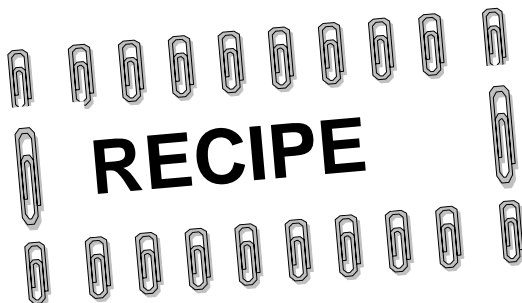
Testing participants' blood for omega-3 fatty acids would have given a more definitive measure, said Dr. William E. Connor of the Clinical Nutrition Department of Medicine at Oregon Health & Science University. He was not involved in the study.

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## Quote of the Month

*If a man be gracious and courteous to strangers, it shows he is a citizen of the world, and that his heart is no island cut off from other lands, but a continent that joins them.*

Francis Bacon



# RECIPE

# TURKEY PASTA SALAD

### Ingredients

- 1/2 cup wine vinegar
- 2 1/2 tbsp olive oil
- 2 tbsp dijon mustard
- 2 tsp basil
- 1 clove garlic (large), minced
- 1 package (8 oz) spiral noodles
- 2 cups broccoli flowerets
- 2 cups crookneck squash, sliced
- 3 kiwifruit
- 1 lb cooked turkey breast, slivered
- 1 cup red pepper strips
- 1/2 cup green onions, sliced
- 1/3 cup parmesan cheese, grated

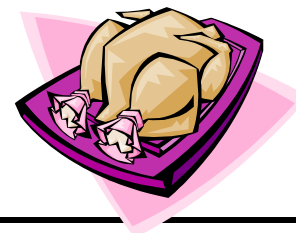
### Directions

Combine vinegar, oil, mustard, basil and garlic; mix well.

Cook noodles as package directs. Add broccoli and squash to the last 30 seconds of cooking the noodles and drain.

Pour dressing over noodles and allow to cool.

Peel and slice kiwifruit. Toss turkey, red pepper, green onions and kiwifruit with pasta. Sprinkle with parmesan cheese to serve.



www.cdc.gov Serving Size: 1/8 of recipe

Each serving: 248 calories, 7g fat, 17g protein, 3 g dietary fiber, 453mg Sodium

## House Passes 'Cheeseburger Bill'

By BOB DART Palm Beach Post-Cox News Service

The House of Representatives passed legislation Wednesday that would ban lawsuits against restaurants, grocery stores and other calorie dealers by chubby customers who blame the food industry for making them fat.

Dubbed the "cheeseburger bill," the Personal Responsibility in Food Consumption Act of 2005 is backed by the Bush administration but faces an uncertain future in the Senate.

"We need to get back to the principles of personal responsibility and away from the culture where everybody plays the victim," said Rep. Ric Keller, R-Fla., the bill's author.

Keller, 41, was unable to vote on his own legislation because he was in an Orlando hospital for treatment of a heart condition.

"There are no plans in the works for lawsuits against the fast-food restaurants" that his boss has frequented, joked the congressman's spokesman, Bryan Malenius. He said the surgical insertion of a heart monitoring device was "non-

cheeseburger related."

In a written statement, Keller said the bipartisan vote of 306- 120 shows widespread acceptance of his notion that "we should be practicing common sense in the food court and not blaming others in the legal court."

Specifically, the bill would stop any "civil liability actions brought or continued against food manufacturers, marketers, distributors, advertisers, sellers, and trade associations for claims of injury relating to a person's weight gain, obesity, or any health condition associated with weight gain or obesity."

However, it would still allow such suits when a food manufacturer or seller is alleged to have "knowingly and willingly" broken a contract or violated a law in the making or marketing of a food product.

"While cracking down on frivolous lawsuits, the bill will preserve protections against mislabeled or tainted foods," Keller said.

The House passed a similar bill last year but it was never taken up in the Senate. However, a "cheeseburger bill" was jointly introduced Wednesday by Sen. Mark Pryor, D-Ark., and Sen. Mitch McConnell, R-Ky.

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