

The Leaderboard

Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding.
Proverbs 4:7

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FITNESS FOR LIFE
 FRANCHISE
 CORPORATION

387 Greenwich Street
 NY, NY 10013

Phone: 212-226-0012
 Fax: 212-226-0013
 E-mail:
 Linda@fitnessstogether.com

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

EXTREME HEAT

Heat-related illness and deaths are preventable, yet annually many people succumb to extreme heat. Historically, from 1979 to 1999, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined.

Because heat-related deaths and illnesses are preventable, people need to be aware of the risks and what actions can be taken for prevention. The elderly, the very young and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather.

Follow these tips to help stop the heat from getting you down:

Drink plenty of fluids

During hot weather you will need to increase your fluid level intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink 2-4 glasses of cool fluids each hour. Don't drink liquids that contain caffeine, alcohol or large amounts of sugar – these

actually cause you to lose more body fluid.

Replace salt and minerals

Heavy sweating removes salt and minerals from your body – these are necessary for your body and must be replaced. Drinking a sports beverage can help replace the salt and minerals you lose in sweat.

Wear appropriate clothing and sunscreen

Choose lightweight, light-colored, loose-fitting clothing and protect yourself from sunburn by choosing a sunscreen of SPF 15 or higher and applying it consistently.

Schedule outdoor activities carefully

If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.

Pace yourself

If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity.

Stay cool indoors

Enjoy the cool air conditioning in your home during those peak hours. If you don't have AC, go

to the mall or library for a couple hours of relief.

Use the buddy system

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.

Adjust to the environment

Be aware that any sudden change in temperature, such as an early summer heat wave, will be stressful to your body. You will have a greater tolerance for heat if you limit your physical activity until you become accustomed to the heat. If you travel to a hotter climate, allow several days to become acclimated before attempting any vigorous exercise, and work up to it gradually.

Use common sense

Remember to keep cool and use common sense. Avoid hot foods and heavy meals – they add heat to your body. Limit sun-exposure during mid-day hours. Do not leave infants, children or pets in a parked car.

www.cdc.gov

HIDDEN PERSUADERS

The Mindless Eating That Adds Pounds

People seem to gain weight easily but have a hard time taking it off. Americans are continuing to get heavier, increasing the risk of getting Type 2 diabetes, heart disease, stroke, cancer and various other health conditions. Healthy eating can play an important role in helping you avoid excess weight. It can also increase the quality and length of your life. Interesting new research is revealing that part of the reason why it's so difficult to eat healthy is that "hidden persuaders" can lead you to eat more than you think you're eating.

Dr. Brian Wansink, director of the Cornell Food and Brand Lab, reviewed the latest research into these hidden persuaders in a recent talk at NIH. For example, the size and shape of containers, he said, can as much as double the amount of food you consume. In a field study at a Philadelphia movie theater, researchers gave participants free popcorn in large or extra large sizes. Unknown to the participants, they were randomly given popcorn that was either fresh or 10 days old. The researchers found that people eating from the extra-large popcorn containers ate 45-50% more than those eating from the large ones. Participants even ate 40-45% more stale popcorn when it was served in bigger containers.

Food descriptions affect your food intake as well. Wansink described how researchers were able to help a cafeteria boost its business. Using creative terms that appeal to the senses,

"seafood filet" and "chocolate cake" became "succulent Italian seafood filet," and "Belgium black forest double chocolate cake" on the menu. People making selections from these more descriptive menus were overwhelmingly more enthusiastic about the food they received. Those making their selections from non-descriptive menus were mostly disappointed. Research shows that this common advertising technique, called descriptive labeling, not only attracts customers to selected menu items, but also causes them to eat more.



Losing track of how much you're eating also leads you to eat more. In one study, students at a Super Bowl party in a restaurant were given free all-you-can-eat chicken wings. Plates were busied from some of the tables while bones were left to pile high on others. Those whose plates were not busied ate less. Participants from the busied tables seemed to have a harder time judging how much food they were eating. The researchers concluded that those people who saw reminders of what they were eating consumed less in the end. This conclusion was confirmed by another study showing that people wound up eating less candy when they saw their empty wrappers pile up as they ate.

Another interesting finding Wansink described is that healthier food doesn't always lead to healthier eating. - CONTINUED

WISE CHOICES

Tips to Avoid Mindless Eating

- **Be aware of the size and shape of containers.** It's the amount of food that counts, not what it looks like.
- **Serve food on smaller plates and bowls.** Empty plates and bowls cue some people to stop eating.
- **Use nutritional labels, paying attention to the serving size listed.** Consider the facts; don't guess at how many calories you're eating.
- **Look past the packaging.** A food's package or the language on a menu can lead you to actually like a food better, increasing your chance of overeating.
- **Keep visual reminders of how much you're eating.** Keep wrappers, empty containers, bones and other reminders of how much you've eaten nearby.
- **Think about eating a healthier meal.** Don't just focus on separate parts of the meal.
- **Control your purchases.** Don't let signs lead you to buy more than you need.



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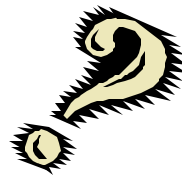
Most people know that olive oil is a healthier fat than butter, but it's not healthier if you eat a lot more of it. Researchers gave a group of diners at an Italian restaurant either butter or olive oil with their bread. Those with the olive oil consumed an average of 16% more fat with each slice of bread. However, they did eat 19% less bread. Wansink stressed the importance of focusing not only on the targeted food but also on the companion foods. Think about eating a healthier meal rather than focusing on separate parts of the meal.

Eating healthy begins with what you buy in the first place. Wansink explained that we are highly influenced by quantities listed in signs. Our minds tend to anchor on the numbers that are suggested to us, and we then adjust our purchase from there. That's why signs often list items like "3 for \$3.00" rather than just saying "\$1.00 each." These signs can end up as much as doubling how much we buy, because we tend to focus only on what to buy when we go shopping, not how much to buy. If you bring home more food than you need, you'll be tempted to eat more.



"By encouraging healthy, mindful eating, we can decrease obesity," Wansink said. A keen awareness of all these hidden persuaders is an important step in controlling the amount and quality of food you eat.

www.nih.gov



HEALTHY QUESTIONS

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FOR DINING OUT

Can you please:

- ◆ Remove the bread basket?
- ◆ Serve fat-free (skim) milk rather than whole milk or cream?
- ◆ Trim visible fat from poultry or meat?
- ◆ Leave all butter, gravy or sauces off a dish?
- ◆ Serve salad dressing on the side?
- ◆ Accommodate special requests?
- ◆ Use less oil when cooking?



Everyday Apples Pack Antioxidant Punch

June 6, 2005

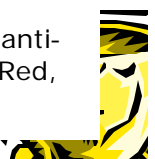
CONCORD, N.H. (AP) -- America's most common apple also may be its most potent. Just don't skimp on the skin. A Canadian government study that measured the levels of antioxidants in eight varieties of apples found that Red Delicious contain the highest concentrations of the health enhancing chemicals.

And to get the most bang for your bite, be sure to eat the peel.

The skin of Red Delicious apples -- the most common variety grown in the United States -- contains over six times more antioxidant activity than the flesh, according to researchers at Agriculture and Agri-Food Canada. But don't swear off other varieties just yet.

Though antioxidants are believed to help ward off certain diseases, more research is needed to determine whether quantity alone counts. The study did not consider whether antioxidants in some apples may be better absorbed than others. Until that is known, food scientist Rong Tsao says his study -- which also identified the chemicals responsible for antioxidant activity in apples -- probably is most useful to horticulturists breeding new, antioxidant-rich varieties. The information also could lead to the development of techniques for harvesting antioxidants from the waste products of the apple processing industry, the bulk of which is peel, Tsao said during a recent telephone interview.

The study, to be published in the June 29 issue of *Journal of Agricultural and Food Chemistry*, compared apple varieties popular in Canada, some of which are available only regionally in the United States. Red Delicious, which account for 27 percent of U.S. apple production, has more than six times the antioxidants as the bottom-ranked Empire variety. Northern Spy was No. 2, followed by Cortland, Ida Red, Golden Delicious, McIntosh and Mutsu.



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And in every variety tested, the skins of the apples contained substantially higher levels of antioxidants than the flesh. But if you simply can't bear to eat the peel, the sweet-tart Northern Spy ranks No. 1 for antioxidants in flesh alone. Cortland was second, followed by Red Delicious.

Tsao attributed the variations to differences in growing seasons, geography and genetic predispositions. Though apples have significantly lower concentrations of antioxidants than other fruits, especially many berries, researchers say year-round availability and greater popularity might make them a better source for many people.

In the United States, apples are second only to bananas among popular fruits. The average adult ate about 16 pounds of fresh apples in 2003, according to the U.S. Department of Agriculture.

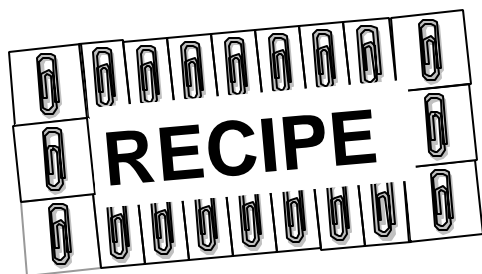
Jeffrey Blumberg, a professor of nutrition and antioxidant expert at the Friedman School of Nutrition at Tufts, praised the research, saying analyzing and ranking foods in this manner is key to understanding disease.

"This is the tool that epidemiologists need to look at diet-health relationships," he said. "One can ask a question such as, 'How many apples do you need to eat a day to prevent heart disease or keep the doctor away?'"

Quote of the Month

It's not that some people have willpower and some don't. It's that some people are ready to change and others are not.

James Gordon, M.D.



Maple-Glazed Apples w/ Spiced Yogurt



Ingredients

- 4 Golden Delicious apples, cored, and each cut into 8 slices
- 5 tbsp pure maple syrup
- 1/2 tbsp unsalted butter, melted
- 1/2 cup plain nonfat yogurt
- 1/4 tsp ground cinnamon
- Pinch of ground cloves
- Pinch of nutmeg
- 1/2 cup lowfat granola

Directions

Preheat oven to 400 degrees F.

Place apples, 3 tablespoons of syrup and melted butter in a 13-by-9-by-2-inch baking dish and toss until well coated. Roast, stirring occasionally, until apples are crisp-tender and thickly coated with maple syrup, about 20 minutes.

Meanwhile, whisk yogurt, spices and remaining 2 tablespoons maple syrup in a small bowl to blend. Spoon roasted apples into wide, shallow bowls. Sprinkle with granola, then drizzle with spiced yogurt.