

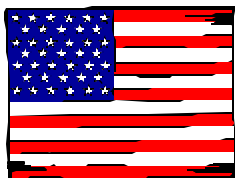
The Leaderboard

The blessing of the Lord makes a person rich, and he adds no sorrow with it.
Proverbs 10:22

Jump For Joy (and Health)

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When jumping rope comes to mind, you may think of those glory days on the elementary school playground, or you may laugh to yourself because you couldn't imagine moving that fast anymore. However, there is no reason why it can't be a part of your cardiovascular workout today. You don't have to go back to chanting the "Miss Mary Mack" rhyme. Make jumping rope work for you!

Before you start, make sure you have the right shoes, such as a cross-trainer. Jump on a hard, flat surface and if you will be indoors, make sure the ceiling is high enough for your swinging.

Now comes the time to choose your rope. Jump ropes come in cloth (regular rope), speed (skinny cord) and beaded (plastic beads that clack when they hit the ground). They also come in a heavier version as weighted ropes. Choose the one that works best for you. The weighted rope can be more difficult to use but does help with strength and conditioning. If you are just beginning, start out with a regular cloth rope.

Next, you will need to determine if the rope is the right length which will help you avoid spills. To find the right length, stand on the center of the cord and pull the handles up so they fit right under your arms. When you jump over the rope, the rope should just brush the floor. If



it doesn't touch the floor, it is too short. If it hits the floor in front of your feet, it's too long.

When getting ready to jump, keep a light grip on the handles of the rope. Hold your elbows close to your body and your hands a little wider than shoulder width. Keep your knees bent slightly and keep your back straight.

When jumping, jump on the balls of your feet. Also, jump low for stability. If you get

bored of jumping normally, try one leg at a time or backwards. Cross your arms in front of you as the picture illustrates to the left. Be creative. Try adding upbeat music to the mix as well for a little bit of excitement.

Jumping rope for just 15 minutes is considered a moderate amount of exercise. Jumping rope also helps in developing core stability. Another great thing about jumping rope is that it is portable. You can take it with you on a business trip or on vacation and jump almost anywhere. Your kids will enjoy it too.

If you really get into jumping, did you know you can compete nationally? Jumpers of all ages compete in categories such as speed, free-style and double dutch.

So, whether you jump on the playground with your kids or put on some music and jump in your house, jumping rope can be a beneficial exercise for almost anyone.

ONE-SIZE-FITS-ALL?

Personalized Medicine Showing Promise

Most of the time, doctors are confident that the medicine they give you is going to help; but sometimes they have to just wait and see. The fact is, people don't all respond the same way to medications. A new field of research is trying to take out the guesswork and help doctors predict which medicines will be right for you.

Because each of us has a unique set of genes, we all have tiny differences in our bodies that can affect the way medicines work. While typical doses of medicines work well for most people, in others they might not work at all or could cause unwanted side-effects. The study of how our genes affect the way we respond to medicines is called *pharmacogenomics*. The ultimate goal of this research is to tailor medicine to people's unique genetic make-up, making drugs safer and more effective for everyone.

For example, some people don't process certain cancer medicines as fast as others. A normal dose for most people could be a dangerous overdose for others. Dr. Howard L. McLeod's NIH-funded research group at Washington University in St. Louis has found specific differences that can predict whether certain cancer drugs will be toxic to a patient. This knowledge can be used to design a test to help doctors know which patients shouldn't take these medicines.

"Patients will have more of a say in their therapy," McLeod explained at a recent scientific meeting. "It'll be

their genes guiding decisions."

Anti-cancer drugs aren't the only ones that work differently depending on our genes. Dr. Stephen Liggett at the University of Cincinnati Medical Center studies the effects of medicines called *beta blockers* in people with chronic heart failure.

"These medicines can be very effective in some people," he told the audience, "but the variability in response is enormous." Liggett's group, with funding from NIH, has pinpointed a single genetic difference that determines how people with chronic heart failure will respond to a beta blocker called bucindolol. In the future, tests may be able to tell doctors which patients this medicine will be able to help.

Pharmacogenomics is affecting many other fields of medicine as well. Researchers supported by NIH have found variations in genes that affect how people with asthma respond to a type of inhaled medicine. These genes might one day tell doctors which medicines will work best on a given patient. Researchers are also using *pharmacogenomics* to understand why people react differently to medicines for mood and anxiety disorders. And the list doesn't end there.

So when might we see practical changes from these advances in our health care? "Health care sys-

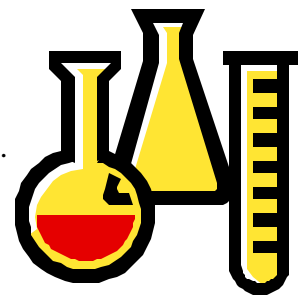
tems will gradually change," predicts Dr. Rochelle Long of NIH's National Institute of General Medical Sciences, who directs the Pharmacogenetics Research Network, a nationwide research effort sponsored by NIH to drive this new field forward.

"Some changes are happening now, and within 5 to 10 years, medicine choices and doses will become much more tailored."

Tests to predict how patients will respond to some cancer medicines are already on the market. The Food and Drug Administration, NIH's sister agency, has also begun including pharmacogenomic information on some drug labels.

Ultimately, with the right privacy laws and security measures in place, we might all have cards in our wallets and doctors' offices containing our genetic information. Our doctors will use this information to predict which medicines will work best in our bodies. But Long cautions, "How to consider the sum total of all this research information is still a considerable challenge. That world is still some distance off in the future."

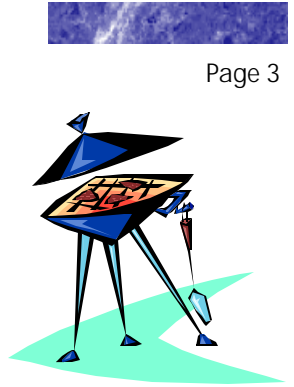
www.nih.com



GRILLIN' AND CHILLIN'

Keeping food safe during summer cookouts and picnics

Whether you bite into thick juicy burgers and dogs hot from the grill, pack a picnic for the park, or dine on grilled salmon on the patio, chances are you'll want to enjoy cooking and eating outside all summer long. Make the most of the outdoor fun by making sure your food remains safe: follow these tips from the Partnership for Food Safety Education to help keep your meals happy:



- ◆ **Wash Your Hands** – Always wash your hands with hot, soapy water before and after handling food.
- ◆ **Marinating Mandate** – When marinating for long periods of time, it is important to keep foods refrigerated. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.
- ◆ **Hot, Hot, Hot** – When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- ◆ **Temperature Gauge** – Use a meat thermometer to insure that food reaches a safe internal temperature. Hamburgers should be cooked to 160 degrees F, while large cuts of beef such as roasts and steaks may be cooked to 145 degrees F for medium rare or to 160 degrees F for medium. Cook ground poultry to 165 degrees F and poultry parts to 170 degrees F. Fish should be opaque and flake easily.
- ◆ **Stay Away from that Same Old Plate** – When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
- ◆ **Icebox Etiquette** – Give bacteria the cold shoulder. A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to insure a constant cold temperature. Also, be sure to keep your refrigerator at 40 degrees F or below. Use a thermometer to monitor.

www.cdc.gov – To learn more about food safety, visit www.fightbac.org

Big Concern for Osteoporosis

With the explosion of the elderly population, it is not just a case of calcium to be considered when thinking about treating osteoporosis. Nearly 50% of all Americans do not get adequate Vitamin D supplementation. Building bones is a life long project. Optimizing peak bone mass in early adulthood is your best defense in preventing osteoporosis later in life. Ensuring sufficient vitamin D (measured as 25-hydroxyvitamin D (25OHD) in plasma), is believed to facilitate the achievement of optimum peak bone mass. As for women, an optimum bone mass before menses makes for a much better chance of avoiding osteoporosis later in life.

Further research indicates that Vitamin D in doses of at least 800 IU plays a role in hip-fracture prevention in ambulatory or institutionalized elderly patients. Any amount less will not be sufficient. In this case, it's never too late to start taking an oral dose of Vitamin D.

Vitamin D is a fat soluble vitamin that is found in food and can also be made in your body after exposure to ultraviolet (UV) rays from the sun. Sunshine is a significant source of vitamin D because UV rays from sunlight triggers vitamin D synthesis in the skin. Those who avoid the sun can contribute to their Vitamin D intake naturally. Below is a list of food sources you can use to increase your dosages of Vitamin D.

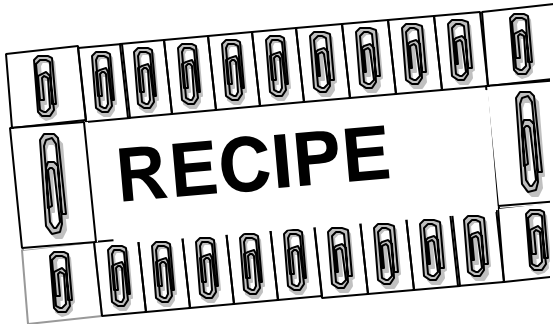
| Food | International Units(IU) per serving | Percent DV* |
|---|-------------------------------------|-------------|
| Cod liver oil, 1 Tablespoon | 1,360 | 340 |
| Salmon, cooked, 3½ ounces | 360 | 90 |
| Mackerel, cooked, 3½ ounces | 345 | 90 |
| Tuna fish, canned in oil, 3 ounces | 200 | 50 |
| Sardines, canned in oil, drained, 1¾ ounces | 250 | 70 |
| Milk, nonfat, reduced fat, and whole, vitamin D fortified, 1 cup | 98 | 25 |
| Margarine, fortified, 1 Tablespoon | 60 | 15 |
| Pudding, prepared from mix and made with vitamin D fortified milk, ½ cup | 50 | 10 |
| Ready-to-eat cereals fortified with 10% of the DV for vitamin D, ¾ cup to 1 cup servings (servings vary according to the brand) | 40 | 10 |
| Egg, 1 whole (vitamin D is found in egg yolk) | 20 | 6 |
| Liver, beef, cooked, 3½ ounces | 15 | 4 |
| Cheese, Swiss, 1 ounce | 12 | 4 |

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*Quote of
the Month*

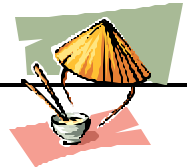
The world is a book, and those who do not travel, read only a page.



Mango Chicken Stir-Fry

- 2 skinless, boneless chicken breasts
- 2 tbsp. olive oil
- 1 tbsp. low sodium soy sauce
- 1/4 cup pineapple juice
- 2 tbsp. brown sugar
- 1/4 tsp. ginger
- 1 green bell pepper, cut into strips
- 1/2 cup slivered almonds
- 2 soft mangos, peeled, seeded and sliced
- salt and pepper to taste

- Cut chicken into 1 inch cubes; brown in hot oil in wok.
- Meanwhile, in a small bowl, combine soy sauce, pineapple juice, brown sugar and ginger.
- Add green bell peppers and almonds to wok and stir-fry until slightly tender.
- Add soy sauce mixture to wok and stir until thoroughly heated.
- Reduce heat and add sliced mangoes, salt and pepper.
- Heat for one more minute.
- Serve immediately over cooked rice.
- Makes 4 servings.



www.cdc.gov Calories 525, Fat 16g, Calories from Fat 28%,
Cholesterol 33mg, Protein 9g, Sodium 189mg