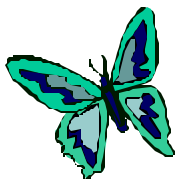


# The Leaderboard

A good name is rather to be chosen than great riches, and loving favour rather than silver and gold.  
*Proverbs 22:1*

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## Take Your Workout Off The Beaten Path

There's nothing like getting away from it all. But vacations seem to come too few and far between.

One way to escape the pressures and hectic pace of "city" life is to head to the hills. Hiking as a form of fitness is surging in popularity and it isn't hard to see why - it's a great mind/ body exercise.

Not only can you get a great workout, taking a hike, alone or with a friend, is a great way to forget your cares and spend a little time with mother nature.

**Safety first** - The essentials of hiking are similar to walking - they are simply taken off road. The best way to get started is to find a safe, cleared path - many state parks have trails marked out with distances and the approximate time it takes to go from point A to point B. For added safety, take a friend or your dog along, and never go hiking after dark.

Another reason to stick to the trails: poison oak or ivy. Your best defense against these skin irritants is to stay clear of them. Don't trust yourself to identify these pesky plants; stick to the trail and avoid brushing against foliage whenever possible.

**Shoe essentials** - Shoes with good traction are an absolute must, particularly if you plan to head up or down any hills. Many manufacturers make shoes designed specifically for trail walk-

ing, although you can get by with a good pair of running or walking shoes.

Hiking boots, particularly the lightweight variety, are great for keeping your feet dry - streams and ponds often appear unexpectedly after a rainfall. The most important thing to consider when choosing a shoe is the fit; you don't want blisters or chafing to keep you from enjoying yourself.

**Keep your energy up** - It's always a good idea to bring along some water and even a snack when heading out, even for shorter hikes. Don't let yourself get so distracted by the beautiful sights around you that you forget to drink fluids and become dehydrated. Drink at least 4 ounces of water every 20 minutes or so, even when the weather is cold.

Dress in layers, particularly during unpredictable weather seasons such as spring and fall. Insect repellent and plenty of sunscreen also are essential. You may want to invest in a day pack that straps around your waist to keep these items close at hand.

**Pacing yourself** - How fast you take to the trails is up to you and what you want to accomplish. A hike can be an intense workout or a time to relax your mind and enjoy nature, or both - the choice is yours.

If you want to increase the intensity of your workout, hills are a great way to do it. When starting out, take it easy and give your muscles, particularly your quadriceps (the front of the thigh) and your calves, time to adapt to the increased demands of hiking.

Once you've been hiking regularly for a few weeks, give yourself a challenge by tackling a hill or two. Not only will this increase your muscular strength and endurance, you'll notice a big improvement in your cardiovascular endurance as well.

**Ready, set, hike!** - Hiking is a great activity to add to your existing fitness regimen. Not only can it add variety and spice up your routine, but integrating hiking into your workouts also will give you the benefits of cross training.

Rather than giving the same muscles the same workout day after day, hiking will challenge your muscles to perform in a whole new way. But perhaps the greatest benefit of hiking is the chance to get away from it all, if only for just a short while.

*Reprinted with permission from the American Council on Exercise (www.acefitness.org).*

# Sisters Join Hands to Fight Cancer

## *New Study to Discover Causes*

Sisters share a lot more than laughter and secrets. They also share genes and many lifestyle choices. Scientists already know that if a woman has a sister with breast cancer, she is twice as likely to develop it, too. But what causes this link? To help scientists figure that out, many women with sisters who have had breast cancer are taking part in a new project called the Sister Study.

The study, which is organized by NIH's National Institute of Environmental Health Sciences (NIEHS), is looking for 50,000 women to participate who do not have breast cancer but have a sister who was diagnosed with the disease. Researchers will follow these women for at least 10 years, providing a huge set of facts to use in the search for the causes of breast cancer.

"I joined the Sister Study because I want to do my part in getting the word out about this dreadful disease and to find a cure for it," a woman who identified herself as Cruz explained. "As a Latina I feel even more responsibility to participate because I want the risk factors for breast cancer in my specific Latina community to be studied." Five of the six Cruz sisters are participating in the Sister Study. "All of us want to help prevent future generations from going through what [our sister] did," she said.

There don't seem to be quick answers to questions about breast cancer. Some think that ingredients in common products like gasoline, pesticides, paint remover, glue and plastic might interfere with hormones the body makes. They might also damage breast tissue in ways that lead to breast cancer. But past studies haven't been able to find strong links between anything in the environment and breast cancer. Researchers in the Sister Study hope that all the information they gather will shed some light on the things that put women at higher risk.

The researchers want to get as much information as they can. They will collect blood samples and specimens of urine, toenails and house dust. They'll ask study participants about any diseases they've had, their life habits, jobs and living spaces.

What makes the Sister Study unique is that all this information is being collected only on healthy sisters of women with breast cancer. Researchers hope this will help them separate out the differences that might affect their chances of developing breast cancer.

Knowledge about breast cancer grows stronger woman by woman, sister by sister. You're eligible for the Sister Study if you're a woman living in the U.S. between 35 and 74 years old who has never had breast cancer but have a sister related to you by blood who has. If you're 60 or older, it's especially important that you consider joining; breast cancer rates rise as women age, particularly between 50 and 75. For more information or to join, call toll free at 1-877-4SISTER.

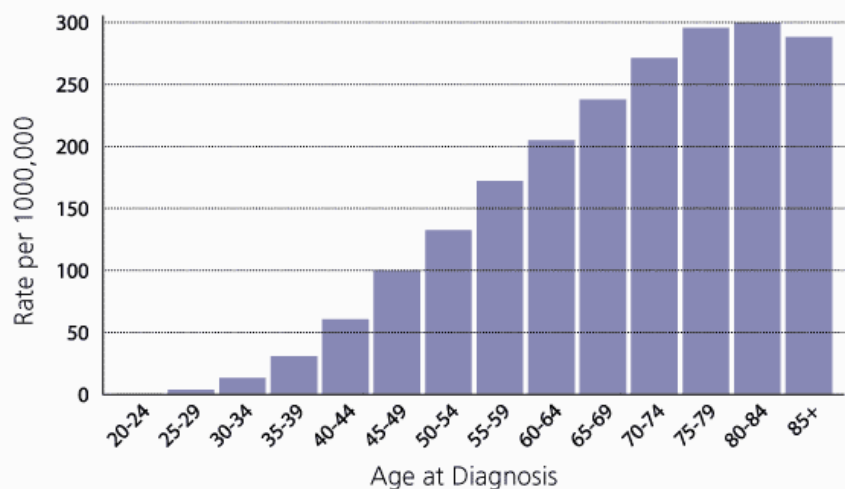
## Statistics

### Breast Cancer

Breast cancer is the second most common type of cancer among women in this country. The number of new cases of breast cancer in women was about 212,600 in 2003.

Source: National Cancer Institute, NIH

[Http://newsinhealth.nih.gov](http://newsinhealth.nih.gov)



## Government Issues 12 New Food Pyramids

WASHINGTON -- The government flipped the 13-year-old food pyramid on its side Tuesday, added a staircase for exercise and offered a dozen different models, all aimed at helping Americans trim their waistlines.

Dubbed "MyPyramid," the new graphic interprets the food groups as rainbow-colored bands running vertically from the tip to the base: Orange for grains, green for vegetables, red for fruits, a yellow sliver for oils, blue for milk products and purple for meats and beans. Preferred foods such as grains, vegetables and milk products have wider bands.

To emphasize exercise, the image depicts a figure climbing steps to the top.

In the old pyramid-shaped guide to healthy eating, grains filled the bottom, fats and sweets were at the tip, and vegetables, fruits, dairy products were in the middle.

"It's become quite familiar, but few Americans follow the recommendations," Agriculture Secretary Mike Johanns said Tuesday as he unveiled the new pyramid.

The new one encourages people to figure out their calorie and exercise needs using a new government Web site [www.mypyramid.com](http://www.mypyramid.com). There people can find 12 different models based on daily calorie needs -- from the 1,000 calories for sedentary toddlers to 3,200 for teenage boys.

Improving the health of a nation that has only grown fatter since the first pyramid debuted in 1992 is the goal of the new government tools. Nearly two out of three Americans are overweight or obese, and a report last month in *The New England Journal of Medicine* contended that obesity, particularly in children, is trimming four to nine months off the average life expectancy.

"If we don't change these trends, our children may be the first generation that cannot look forward to a longer life span than their parents, something that should be very troubling to all of us," said Eric Bost, the Agriculture Department's under secretary for food, nutrition and consumer services.

"They don't clearly say, 'Eat less,'" said Margo G. Wootan, director of nutrition policy for the Center for Science in the Public Interest in Washington. "They acknowledge or hint at it with the wedge shape of the food groups. But it doesn't go far enough in making it clear which foods to eat more of and which foods to eat less of."

Nigel Holmes, a Connecticut-based author and lecturer who designs explanation graphics said the new pyramid doesn't provide much information and instead assumes people will do a lot of research.

"They've thrown away the useful part of the pyramid -- less at the top, more at the bottom," Holmes said. "I think words and pictures together are very powerful. But just by itself, this isn't a substitute for what we had before."

Holmes called the stair-climbing figure an "inelegant" attempt to encourage exercise. "If you remember the pyramid at all, and you remember oil was at the top, you now have somebody marching steadfastly up towards the oils," he said.

The new pyramid recommends 30 minutes of daily physical activity, says 60 minutes is needed to prevent weight gain and 90 minutes may be needed to sustain weight loss.

To help promote the new emphasis on exercise, Johanns invited fitness expert Denise Austin to be a cheerleader for the recommended 30 minutes of daily physical activity.

Austin, a member of the president's Physical Fitness and Sports Council, goaded reporters like an exercise class instructor: "The more you move, the more you lose!" She gave an impromptu demonstration, gripping the arms of her chair like parallel bars and lifting her legs to work her abdominal muscles.

Criticism of the new pyramid stood in contrast to praise that greeted the more detailed "Dietary Guidelines for Americans 2005," released by the government in January. Developed by a panel of scientists and doctors using the latest research, the 70-page booklet served as the basis for the pyramid's makeover.

## Quote of the Month

*A mother is not a person to lean on but a person to  
make leaning unnecessary.*

**Dorothy Fisher**

The guidelines' message was to choose foods packed with the most nutrition and the least calories; for example, bread made from whole-grain flour instead of white flour.

They also said the government should make its advice less confusing by switching from "serving" sizes to cups, ounces and other household measures, which it did.

In all, there were 23 general recommendations and 18 suggestions for special populations. Officials decided that was too much to cram into the symbol and put the information on the new MyPyramid Web site.

The department figured some would be less interested than others, so they created different types of tools. My Pyramid Plan gives a quick estimate of types and amounts of food people should eat based on age, gender and activity, while My Pyramid Tracker gives a more detailed assessment of an individual's actual diet and exercise habits.

Plenty of people don't use the Internet, and for them, the government is looking to educators, public health officials, dietitians and counselors for the Special Supplemental Nutrition Program for Women, Infants and Children, or WIC, to help spread the word.

Food companies said through their trade association, Grocery Manufacturers of America, they will distribute posters and guides for teachers and parents next fall aimed at reaching 4 million students. Materials for students to take home will be in both English and Spanish and will include math, nutrition and science activities.

## AWESOME AVOCADOS

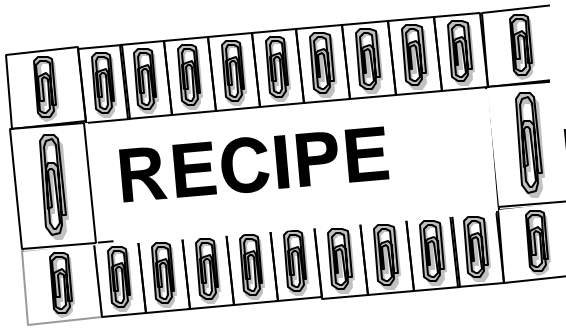


There is nothing better than a nice glob of guacamole to put on your taco or dip your chips in. Luckily, the main ingredient of guacamole, avocados, have numerous health benefits. Avocados are loaded with nutrients such as dietary fiber, vitamin B6, vitamin C, vitamin E, potassium, magnesium, and folate. They're also cholesterol and sodium free. Avocados contain 60% more potassium per ounce than bananas. This fruit is an excellent source of *monounsaturated fat*.

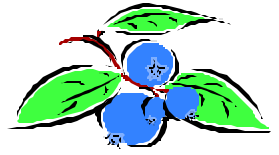
**It's easy to add this delicious and healthy food into your daily diet by following these tips.**

- Add some avocado slices to your fruit or salad plates.
- Serve guacamole as dip with baked tortilla chips.
- Spice up your sandwiches with avocado wedges.
- Add diced avocados to your omelets.
- Make a creamier smoothie by adding an avocado.
- Spread 2 Tbsp of mashed avocado on your wheat toast instead of butter.

[www.cdc.gov](http://www.cdc.gov)



# Blueberry Popovers



## INGREDIENTS

- 1 cup non-fat milk
- 1/2 tsp vanilla extract
- 2 tbsp melted butter
- 1/4 tsp salt
- 1/8 tsp fresh ground nutmeg
- 1/4 cup granulated sugar
- 1 cup sifted white flour
- 1/2 cup egg substitute
- 1/4 tsp ground cinnamon

## DIRECTIONS

Mix milk, extract, butter, salt and nutmeg plus 3 tablespoons sugar in a large bowl. Stir in flour, add eggs until just combined; let this batter stand for 5 minutes. Meanwhile, mix remaining 1 tablespoon sugar and cinnamon in a separate bowl; set aside. Heat oven to 450 degrees F and place oven rack to middle position. Place berries in a buttered 9-inch pie pan. Pour batter over the berries; sprinkle cinnamon-sugar over the batter. Transfer pan to the oven and bake for 20 minutes. Reduce oven temperature to 350 degrees F; bake until popover is firm and golden brown, 15 to 20 minutes longer. Cut popover into wedges and serve immediately or cool and store in a tightly sealed container for a couple of days.

www.cdc.gov Calories 183, Protein 6g, Fat 3g, Calories from Fat 16%,