

FT New York City

A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer.
Ecclesiastes 4:12

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HEALTHY HOLIDAYS

Tempting treats are on store shelves everywhere and holiday party invitations are already pouring in – the holidays are officially here. The American Council on Exercise (ACE), America's non-profit fitness authority, offers tips on how to stay fit and avoid the typical weight gain and stress associated with the busy holiday season.

Take time for yourself. Although spending time with friends and family is essential, it's also important to carve out some relaxation time (at least five minutes) for yourself. Try practicing deep breathing when you feel stressed out.

Don't set unrealistic exercise goals. Aim to exercise 30 minutes a day instead of an hour; you'll be much more likely to achieve this reasonable goal and avoid unnecessary guilt.

Enlist the support of a friend or family member. Walking and talking with a friend can be a great way to socialize, burn extra calories and reduce your stress level. Working out with a partner has been consistently shown

to help individuals stick with their workout.

Create new, more active traditions. Instead of throwing a dessert or cocktail party, try ice-skating or Nordic walking with ski poles as an alternate holiday event. Play powder puff football or build a snowman.

Don't try to stick to an overly restrictive diet this holiday season. If you enjoy your favorite foods in small portions, you'll feel more satisfied. Trying to stay away from certain foods may leave you feeling deprived, which may cause you to eat more than you intended to.

Drink plenty of water. Water helps counter the dehydrating effects of travel or drinking alcoholic beverages, and it may also help satiate your appetite since thirst is often mistaken for hunger.

Spread out meals. Don't feel like you have to eat everything at once. Try eating dinner early and then taking a walk before sitting down for dessert.

Avoid or limit liquid calo-

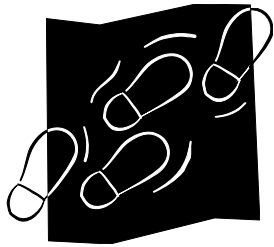
ries. Many popular holiday beverages contain stimulants (e.g. alcohol or caffeine) that will only cause you potentially more grief in the end by adding to your feelings of stress and increase your blood sugar levels causing you to eat more. Try having a glass of sparkling water after a glass of wine or cup of eggnog.

Don't aim for perfection, and enjoy the imperfections. There is no such thing as the perfect party or the perfect decorations or the perfect way to spend the holidays. Don't set yourself up for disappointment by placing unrealistic demands on yourself.

Make your workouts a priority. Try to exercise first thing in the morning before other demands sidetrack you. Individuals with an early-morning exercise routine tend to be more consistent when pressed for time.

www.acefitness.org

Preventing Type 2 Diabetes



Small Steps Yield Big Rewards

Bob Huber doesn't dwell on the time, about 10 years ago, when he found out he was likely to get type 2 diabetes. At 5' 11", he weighed 216 pounds, rarely exercised and had little energy.

"In a sitting position, I had a hard time taking a deep breath," he recalls. Then, at a health fair in Washington, DC, he happened by a booth where he had a screening test for blood glucose. It came back high. More testing confirmed he had a condition called prediabetes.

Prediabetes causes no symptoms, but it is still a serious condition. Many people with prediabetes develop type 2 diabetes within the next 10 years. People with prediabetes also have a 50% higher risk of having a heart attack and stroke than those who have normal blood glucose levels.

Huber, along with more than 3,000 other adults with prediabetes, decided to volunteer for the Diabetes Prevention Program (DPP), an NIH-funded study taking place at 27 clinical centers around the country. The study found that overweight people with prediabetes can often prevent or delay diabetes by losing 5 to 7% of their body weight. They can do this through cutting fat and calories and increasing physical activity, such as walking 30 minutes a day 5 days a week. The modest weight loss from diet and increased physical activity lowered diabetes onset by nearly 60 percent in study participants. Treatment with metformin, an oral diabetes medication, lowered the risk of developing diabetes by 31 percent in the study. Lifestyle changes worked just as well for men and women and all ethnic groups. Nearly half the DPP participants were from minority groups who suffer disproportionately from type 2 diabetes: African Americans, Hispanic Americans, American Indians, Asian Americans and Pacific Islanders. In the study, people age 60 and older who made the lifestyle changes lowered their chances of developing diabetes by 71 percent.

When these results were announced, they surpassed even researchers' expectations. Study chair Dr. David Nathan of Massachusetts General Hospital said, "They came as close to qualifying for 'the gold' as any diabetes finding of the last decade."

Diabetes is the sixth leading cause of death in the United States. Statistics just released by the Centers for Disease Control and Prevention show that 20.8 million people—7% of the population—have diabetes, and over 6 million of them don't even know they have it. Another 41 million people have prediabetes.

Bob Huber was 65 years old when he learned he had prediabetes. He's 75 now and feels better than ever. After losing 20 pounds and keeping it off, he credits his energy to the healthy habits he learned as a DPP participant. But you don't have to be a study participant to adopt these healthy habits. As Huber's story shows, the power to control this condition is in your hands.

www.nih.gov

For more information:

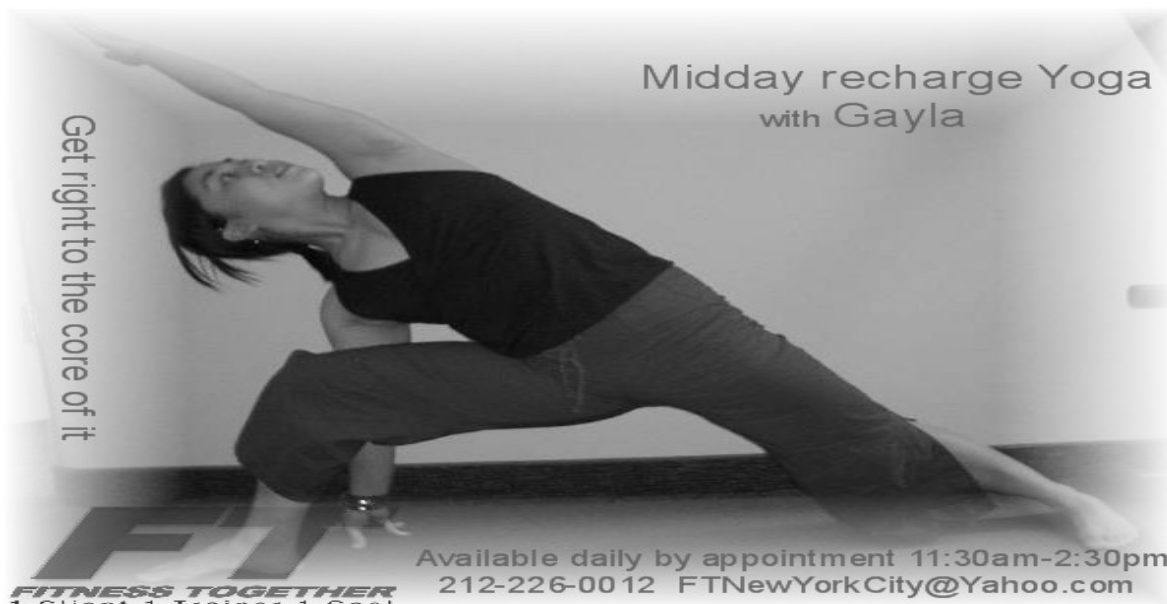
National Diabetes Education Program:
www.ndep.nih.gov

National Diabetes Information
Clearinghouse:
diabetes.niddk.nih.gov

Statistics About Diabetes



- About 20.8 million people in the United States have diabetes.
- Type 2 diabetes, by far the most common form, is closely linked to obesity and is increasing in all age and ethnic groups in the United States.
- Prediabetes, a condition that often leads to type 2 diabetes, affects 40% of Americans ages 40 to 74, or 41 million people.



NEWS from Fitness For Life Franchise Corporation:



We now have 200 studios open in 37 states and Canada and 333 studios sold! Happy Holidays from everyone at the Fitness For Life Franchise Corporation. For more information regarding Fitness For Life Franchise Corporation, visit www.fitnessstogetherfranchise.com.

Client of the Month– Stating in January

Coming soon!

Tip of the MONTH:

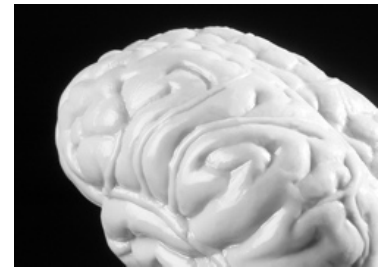
Did you know that drinking green tea in the morning helps stimulate your metabolism to help you burn more calories throughout the day. So, start your morning off with a cup of green tea verses a cup of coffee. You also get antioxidants which help protect the body from disease.

Fitness Together now has a staff nutritionist, Colette Nelson, MS, RD, CDE!

****Please check her schedule at the front desk for an appointment.*

Keep Your Brain Young With Exercise

Scientists have demonstrated that moderately active rats have healthier DNA and more robust brain cells than their less active counterparts. This is the first study to show that lifelong exercise actually decreases cellular aging in the brain.



Enjoyable Light Exercise

In the study, the animals were not forced to run; they only did as much exercise as they found enjoyable -- what would translate to a daily 30-minute walk or a light 1-mile run in a human.

Brains Like Rats a Quarter of Their Age

At the end of the experiment, the brains of the rats were examined. The more active rats were found to have fewer byproducts of oxidative stress in their brains. In fact, the DNA for those animals, after two years, looked much like those of their younger counterparts of only about 6 months of age.

Oxidative Damage

Oxidative damage in the brain contributes to memory loss, and has been implicated in Alzheimer's disease and Parkinson's disease.

The next step in the research would be to determine which natural chemicals and mechanisms are triggered by exercise to fight oxidative stress.

Dr. Mercola's Comment:

Exercise is, without question, one of the most powerful tools you can use to help you achieve optimal health. It is my belief that it is virtually impossible to achieve without. You can't pay someone to do it for you. You simply must do it yourself.

I believe this is related to our requirement to have hard physical labor to obtain our food. Modern society has replaced the necessity of manual labor but not our genetic requirement to work. So exercise is merely the replacement for work that most of us do not do in our normal jobs.

It certainly is true for me as I am typically in front of my computer monitor for 10-16 hours a day and is one of the primary reasons why one of my highest priorities is to exercise regularly. Believe me I plan my schedule around my exercise, not the other way around. This way exercise is never crowded out due to schedule conflicts. It just needs to be a high priority if you are going to do it.

Fortunately even light exercise can make a world of difference to the health of these rats.

But as one scientist wisely pointed out in this study, there's one major difference between rats and humans. Putting an exercise wheel in a small cage will entertain and boost the physical and mental health of rats, because they will use it. But buying an exercise bike or a health club membership doesn't mean you'll ever get around to using it.

If your goal is to optimize your health, starting an exercise program is just as important as [retooling your diet](#). To get you headed in the right direction, try viewing exercise [like a drug that needs to be prescribed precisely](#) to achieve the most benefits.

The key to exercising effectively is to make sure the variables below are properly addressed. By doing so, you will ensure all your hard efforts are not wasted and are having a positive effect on your body. To aid you in your exercise efforts, there are three important variables to keep in mind:

- Length of time
- Frequency
- Intensity

Continued on Pg. 5

Quote of the Month

There is a wonderful mythical law of nature that the three things we crave most in life – happiness, freedom and peace of mind – are always attained by giving them to someone else.

Continued from Pg. 4

I encourage my patients to gradually increase the amount of time they are exercising to 60 to 90 minutes a day. Initially the frequency is daily. This is a treatment dose until they normalize their weight or insulin levels. Once normalized, they will only need to exercise three to four times a week.

He strongly believes long distance running is not the best exercise for you.

Turns out that what you really need is a combination of both endurance exercise and anaerobic type sprinting exercises (weight training will also work) to help increase the instant dramatic demands on your cardiovascular system that can precipitate heart attacks, such as in the winter when you might be shoveling snow.

He has quite a comprehensive program and I would strongly encourage you to consider reviewing it. I do plan on doing a more comprehensive review on the PACE program sometime in the future. You should exercise hard enough so that it is difficult to talk to someone next to you. When you are exercising that hard your cardiovascular system is under such a significant amount of stress that the mere act of talking makes you unable to provide your body with enough oxygen. However, if you cannot carry on a conversation AT ALL, then you have gone too far and need to decrease the intensity.



Spinach-Stuffed Mushrooms

Ingredients

- Nonstick cooking spray
- 1/2 lb fresh spinach, trimmed
- 12 medium-size mushrooms (1/2 to 3/4 pound)
- 1 tbsp unsalted margarine
- 1 clove garlic, minced
- 1/4 tsp dried oregano, crumbled
- 1 tbsp lemon juice
- 2 tbsp fine dry bread crumbs

Directions

Preheat the oven to 400 degrees F. Lightly coat an 8x8x2" baking pan with the cooking spray and set aside. Wash the spinach and place in a medium-size heavy saucepan with just the water that clings to the leaves; cook, covered, over moderate heat for 2 to 3 minutes or until wilted. Drain and cool the spinach; then, with your hands, squeeze out the liquid, finely chop, and set aside. Remove the mushroom stems and chop fine. In a heavy 7-inch skillet, melt the margarine over moderate heat. Add the garlic and cook for 30 seconds. Stir in the chopped mushrooms and cook for 5 minutes or until golden. Mix the spinach and the oregano and cook, stirring, 1 minute longer. Stir in the lemon juice and remove from the heat. Fill the mushroom caps with the spinach mixture, sprinkle with the breadcrumbs, and transfer to the baking pan. Bake, uncovered, for 10 to 15 minutes or until the breadcrumbs are lightly browned. Serve immediately.

Preheat the oven to 400 degrees F.

