

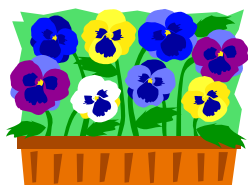
FT New York City

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

Matthew 7:7

Inside this issue:

Smart Choices for Summer Parties	1
Managing Migraines: Be Proactive	2
Nutritional Seminars	3
Can Being Overweight Lead to Early Hip Replacements?	3
Studio News	4
Healthy Recipe Idea	4



FITNESS TOGETHER

387 Greenwich St
 New York, NY 10013

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

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

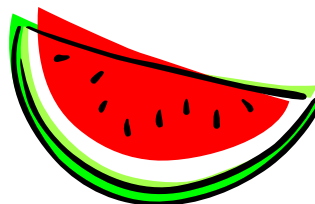
Smart Choices For Summer Parties

Summer barbecues, picnics and family reunions can stir up thoughts of good, down home cooking, but if you're watching your weight these events can pose special challenges. How can you stay healthy and still enjoy those traditional meals? You can do it—by planning ahead, choosing wisely and watching how much you eat. So, grab your plate and head for the buffet table.

Choose traditional soul food dishes that are high in fiber, vitamins and minerals, and low in fat. Great choices are beans, peas, lentils, and dark green vegetables such as broccoli, collard greens, cabbage, spinach and turnip greens.

Go for the green bean, three-bean, black bean and black-eyed pea dishes or pasta salads mixed with summer vegetables. Sweet potatoes are also high in fiber and very nutritious. Whole wheat bread and cornbread are good sources of fiber and are good for everyone. Watch out for dishes loaded

with butter, cheese and mayonnaise. Choose fresh or steamed vegetables that are light on salad dressing, cheese or cream. If you can, make your own dressing for salads with a little olive oil and vinegar. Vegetables and grains should fill up most of your plate, but leave room for some lean meat, poultry or



fish. Be sure to choose grilled chicken—and remove the skin—instead of the fried variety. For something different, try grilled fish and turkey burgers made with onions and chopped green peppers. Top your burger and sandwiches off with mustard rather than mayonnaise. What's for dessert? Summer means terrific fruits. It's hard to beat a fresh fruit salad, cantaloupe or watermelon. Fruit is an

excellent source of fiber, vitamins and minerals, and has zero fat. Everyone should eat three to four servings of fruit a day.

Cobblers, pies and cakes are high in fat and cholesterol. If you can't resist them, have a small serving. It's best to drink water, unsweetened tea or diet soda. Add a wedge of lemon for flavor. If you choose to drink alcoholic beverages, limit your intake to no more than one drink a day for women, two for men, and drink only with a meal.

Eating the right foods to maintain your weight and health means being prepared and planning ahead. For more information about healthy, nutritious eating, visit <http://win.niddk.nih.gov/>

www.nih.gov

Managing Migraines: Be Proactive

Nearly 30 million people in the United States have migraine headaches.

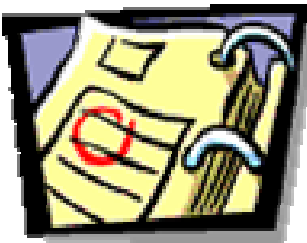
Migraine is usually characterized as a throbbing, one-sided headache that is accompanied by sensitivity to light or nausea, or both, causing significant disability. Migraines also tend to run in families - in fact, if both parents have migraines, their child has a 75 percent chance of developing them.

If migraines are affecting your life, make an appointment with your health care provider and before going for your visit, keep a headache diary. Record how frequently you get your headaches, how long the pain lasts and its severity, where the pain is located, which medications you took, and how they affected your headache. Record other factors as well, such as the foods you ate, your emotional state and, if you are a woman, whether the headache was immediately before, during, or after your menstrual cycle. Since there is no test to determine migraine, your health care provider will use this information to make the diagnosis.

If your doctor prescribes medication, be sure you understand what they are and how to take them. Some medications are meant to be taken at the beginning of a migraine. These are called acute medications, while others, known as preventative medications, are taken daily.

Many different medications are used to treat migraine; some of which are migraine-specific like triptans, but many of the medications that successfully treat migraine are actually medications for other conditions. Several anti-epileptic medications are indicated to treat migraine and other medications such as beta blockers, calcium channel blockers, and tricyclic antidepressants are often prescribed as well.

Finding the right medication for you may require some trial and error and it may take several weeks or months before they become fully effective. Tell your health care provider about any side effects you may experience, and always *take your medication as directed*.



MAY Holidays and Observances:

National Physical Fitness and Sports Month

May 15th-19th – National Bike-To-Work Week

May 17th – National Employee Health and Fitness Day

May 14th-20th – National Running and Fitness Week *and* Women's Health Week

For more info, go to www.fitness.gov



“Fighting Fat after Forty” nutritional seminars are starting this month. They will be hosted by Registered Dietitian and Certified Diabetes Educator, Colette Nelson. Please sign up at the front desk if you are interested in attending.

Can Being Overweight Lead to Early Hip Replacement Surgery?

NEW YORK (Reuters Health) - Young adults who are overweight or obese may be particularly likely to need a hip replacement later in life, a large study suggests.

Using national data on 1.2 million adults, researchers in Norway found that those who were overweight or obese were at greater risk of eventually needing a total hip replacement due to severe arthritis. Men and women who were heavy before the age of 25 were especially at risk.

The findings underscore the importance of heading off excessive weight gain in childhood and adolescence, conclude the researchers, led by Dr. Gunnar Flugsrud of Ullevål University Hospital in Oslo. Their report is published in the journal *Arthritis & Rheumatism*.

The researchers based their findings on data from two Norwegian national registries. One included weight and height information on 1.2 million adults who were screened for tuberculosis between 1963 and 1975. That information was matched with data from a registry of total hip replacements performed between 1987 and 2003.

In general, the researchers found, the risk of hip replacement rose along with body mass index (BMI), a measure of weight in relation to height. People who were overweight or obese based on BMI were two to three times more likely than normal-weight adults to need a hip replacement.

But this was particularly true of those who were overweight as young adults. Women who were obese before age 25, for example, were nearly three times more likely than their thin peers to eventually need a hip replacement.

The effect of BMI was less pronounced, however, among women whose weight was measured when they were in their 50s or 60s. The researchers found a similar pattern among men.

"Being overweight when young had a higher impact than being overweight when older," Flugsrud and colleagues write.

The researchers looked only at hip replacements performed due to osteoarthritis, a gradual breakdown of the cartilage cushioning the joints. It's possible, write Flugsrud's team, that the hip-joint cartilage is more vulnerable to damage earlier in life.

"Our findings highlight the desirability of prevention and early treatment of obesity," the researchers conclude. It remains unknown, they add, whether weight loss decreases the risk of developing hip arthritis.

SOURCE: *Arthritis & Rheumatism*, March 2006.

Studio Announcements

We will be hosting an Open House the first weekend in May, so you can come in and meet our staff, more details to follow shortly. In addition, our summer programs including outdoor training will also be announced soon....

I do hope the restructuring helps us to better serve you. If you have any additional suggestions, please let us know.

Please take the time to sign up for our "Fighting Fat after Forty" seminars scheduled throughout the month with staff registered dietitian Colette Nelson, MS, RD, CDE. Look for her first seminar Wednesday, May 17, 2006.

Quote of the Month

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness."

Edward Stanley

RECIPE

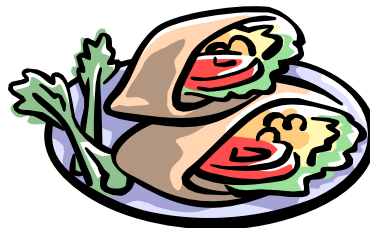
Sun-Dried Tomato Hummus

Ingredients

- 2 cans (15 oz.) chickpeas, rinsed and drained
- 1/3 C. fat free yogurt
- 1/4 C. tahini (sesame seed paste)
- 3 cloves garlic
- 1/2 C. sun dried tomatoes, chopped
- 1 tsp. oregano
- 2 tsp lemon juice

Directions

Process chickpeas, yogurt, tahini and garlic in food processor until smooth. Stir in tomatoes and herbs. Season to taste with lemon juice.



Refrigerate 2 hours. Serve with toasted pita wedges.

www.cdc.gov Servings: 8

Nutrition facts: 160 calories (50 from fat) per serving. Fat: 5g, Sodium: 80 mg, Fiber: 5 g, Sugars: 1 g, Protein: 8 g

Birthdays & Anniversaries

April/May

April Birthdates	Name	Email Address
4/26/1948	Ilene Rich	
4/18/1967	John Boord	John.A.Boord@citigroup.com
4/5/1933	Melva Buckbaum	
April Anniversaries		
04/08/05	Dina Felder	dinageek@aol.com
4/22/2005	Eileen Hulme	

May Birthdays	Name	Email Address
5/30/1970	Deborah Weinswig	
5/17/1940	Eugene Giscombe	
5/26/1967	Laurie Fischer	
May Anniversaries		
5/9/2005	Eric DelMonaco	eric.delmonaco@citigroup.com
5/5/2006	Victoria Gelfand	