

# FT New York City

*The Lord is like a father to his children, tender and compassionate to those who fear Him.*

*Psalm 103:13*

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## Walk, Talk . . . Eat?

Parents and guardians teach their children how to talk and walk, as well as morals and manners; but have you thought about teaching your children healthy eating habits?

As a parent, you may be happy with your own progress towards a healthy lifestyle; but you have to ask yourself, do my children follow in my footsteps? Have Oreos replaced carrot sticks over the years? Do your children beg for soda and candy only for you to give in every day?

Studies have shown that kids today are less fit and more obese than previous generations. On top of that, America's obesity has continued to increase over the years.

There is no wonder why: think about all the commercials on TV today and the way food is placed in the grocery store. Seeing an ice cream sundae over and

over in commercials or having the sugary cereals offering toys at eye level makes it easy for kids (and parents) to make unhealthy choices.

So what are you, as a parent, to do? *Walk the walk!* Proper nutrition begins at home with the foods you buy and prepare. Parents who have adopted a lifestyle that includes healthful foods and regular exercise are living role models for their children.

It is in childhood that our attitudes towards food are established. These attitudes will change with age and new experiences, but they will reflect those of the family in which a child grows up. *Parents:* promote healthy food habits, it will make a difference.

### TIPS TO RAISE A HEALTHY EATER:

- Stop the battle: *much*

*of good nutrition is common sense.*

- Start by having regular family meals: *family meals are comforting for both you and your children.*
- Introduce your child to new foods and find out which foods your child likes and which ones he or she may not like.
- Get children involved and excited about eating healthy by including them in the food shopping and preparation.
- Purchase a few children's cookbooks that emphasize ways to modify favorite foods instead of eliminating them.
- Keep snacks stocked in the kitchen with a majority of healthy items, while keeping a few of the favorites your kids want.

*Walk, Talk . . . Eat? continued . . .*

- Instead of greasy potato chips, buy pretzels or other alternatives, which are low in fat.
- Keep all fruits and vegetables cut-up and ready to eat.
- Limit sugary drinks such as soda and fruit-flavored drinks.

Keep in mind that food habits start early in life. So, work on them early. **TODDLER TIPS:**

- Focus on variety.
- Give foods suitable in texture and portion size to suit your child's age.
- Serve healthy foods in interesting and colorful ways.
- Avoid overfeeding.
- Try not to offer food as a reward or bribe.
- Teach them to snack only when they are hungry.

By being a good role model and making conscious healthy choices, you can raise a healthy



# Exercise Made Easy

The 2005 Dietary Guidelines recommend finding your balance between food and physical activity. Consuming more calories than you expend leads to weight gain. More than half of all Americans don't get the recommended amount of physical activity. To reduce the risk of chronic disease in adulthood, adults should engage in at least 30 minutes of moderate activity a day on most days of the week. Children and adolescents should engage in at least 60 minutes a day on most, and preferably all, days of the week.

To manage body weight and prevent gradual weight gain, people should exercise about 60 minutes at a moderate to vigorous intensity on most days of the week, while not exceeding recommendations for caloric intake.

The more vigorous the activity and the longer the duration, the more health benefits you'll get. But every little bit counts. Here are some examples of easy ways to work exercise into your day:

- Take a 10-minute walk after breakfast, lunch, and dinner to reach the goal of 30 minutes per day.
- Park your car in the farthest spot when you run errands.
- Take a family walk after dinner.
- Walk your dog.
- Do yard work.
- Wash your car by hand.
- Pace the sidelines at kids' athletic games.
- Ask a friend to exercise with you.
- Run around and play with your children for 30 minutes a day.
- Walk briskly at the mall.
- Take the stairs instead of the elevator.

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

## SMART SNACKS

- Unsalted pretzels
- Applesauce
- Low-fat yogurt with fruit
- Unbuttered and unsalted popcorn
- Broccoli, carrots, or cherry tomatoes with dip or low-fat yogurt
- Grapes
- Apple slices with peanut butter
- Broccoli, carrots, or cherry tomatoes with dip or low-fat yogurt
- Grapes
- Apple slices with peanut butter
- Broccoli, carrots, or cherry tomatoes with dip or low-fat yogurt
- Nuts
- Graham crackers
- Gingersnap cookies
- Low- or reduced-fat string cheese
- Baked whole-grain tortilla chips with salsa
- Whole-grain cereal with low-fat milk





## The Flat Ab Diet Weight Loss Nutrition Tips

### **Ab Diet Tip 1. Eat more fiber.**

Not eating enough fiber may be a major reason women are getting fatter and flabbier. To ditch the fat and show off firm, beautiful abs, you need to eat at least 25 grams of fiber daily. Fiber, which is the indigestible part of fruits, vegetables and whole-grain foods, helps you achieve flat abs.

One cautionary note: It's important to add fiber slowly but consistently to prevent gas. "Make higher-fiber choices throughout the day; don't have all your fiber in one bunch," Jenkins says. "This is particularly important with viscous fiber - a type of soluble fiber found in beans, oats and barley that also has the benefit of lowering blood cholesterol," he says.

For best results, increase your fiber intake slowly over the course of one month and drink plenty of water to keep food moving through your system as quickly as possible.

### **Ab Diet Tip 2. Opt for a sensible amount of high-quality carbs.**

For flatter abs, make carbs 45-- 65 percent (202 - 292) grams based on an 1,800-calorie diet) of your total daily calories. Balance is the key here, so don't go below 45 percent (202 grams), or above 65 percent (292 grams), which can lead to water retention, bloating and temporary weight gain that shows up in your middle.

When you eat carbs, they break down into glucose, which is stored as glycogen in the muscles and liver. When glycogen is stored, it carries with it three times its own weight as water, compared to no water at all for protein and fat. If you eat an extremely high-carb diet, you may store excess water, experience bloating and gain temporary water weight. (This is why people who go on no- or very low-carb diets can initially lose weight so quickly. They're really just losing water.)

Focus on balanced eating. For best results, eat at least three to five 4-ounce servings of veggies (15 - 25 grams of carbs); two to four 4-ounce servings of fruit (30--60 grams of carbs) and about 1 cup (8 ounces cooked or 2 ounces dry, or 2 slices of bread) of whole grains per meal (90 grams per day).

### **Ab Diet Tip 3. Drink up!**

Many women believe that drinking too much water will give them puffy abs, but just the opposite is true. "Even though we associate water with being bloated, drinking more water can help to flush sodium out of the body, and that reduces the bloat," said Jeff Hampl, Ph.D., R.D., nutrition researcher and assistant professor at Arizona State University.

Drink at least eight 8-ounce glasses of water per day. Beverages with little or no calories, caffeine or sodium, including herbal tea, are best. Avoid regular soft drinks and soups with lots of sodium. If you are eating plenty of water-rich foods such as fruits, vegetables and low-sodium soups, you can get half of your water requirements from foods, according to a 1998 NAS Food and Nutrition Board report.

Avoid carbonated drinks. Fizzy drinks, including soda pop and spritzers, increase bloating because the carbon dioxide trapped in the bubbles creates gas, which slows down stomach emptying.

### **Ab Diet Tip 4. Watch the sodium.**

Sodium may have a bad rep, but it's essential for regulating body fluids and blood pressure as well as for nerve transmission, muscle function and absorption of important nutrients. But even a small amount of excess sodium causes bloating.

The American Heart Association recommends you consume no more than 2,400 milligrams of sodium daily — roughly 1 teaspoon of table salt. That's enough sodium to replenish your supply even if you work up a major sweat.

Choose fresh, natural foods over fast, commercial or packaged foods. Instead of ordering french fries (265 milligrams of sodium), have a baked potato (8 milligrams). Instead of a pickle (1,730 milligrams!), enjoy a fresh cucumber (6 milligrams). And beware of cured meats: Three ounces of ham packs in 1,009 milligrams of sodium, compared to just 48 milligrams for the same amount of roast pork. Soups are also notoriously high in sodium; some canned varieties contain more than 1,100 milligrams per cup. Read labels carefully and stick with low-sodium brands like Healthy Choice.

### **Ab Diet Tip 5. Eat light at night.**

It never fails: You have a heavier-than-normal evening meal or snack, and when you weigh yourself the next morning, you're up by several pounds. But as depressing as it may seem at the moment, such a quick gain is always water weight; you simply cannot gain that much fat overnight.

In a study conducted by Callaway, people who skipped breakfast or lunch and ate their largest meal later in the day had lower metabolisms. So by eating light at night you'll receive a double benefit: You'll wake up with a flatter tummy, and you'll also have a better appetite for a fiber-rich breakfast, which sets you up for a day of healthful eating. Some tips to get you started:

Eat five times a day. Your body needs food every three to four hours, so instead of eating three large meals, try to schedule five smaller, more frequent meals throughout the day (breakfast-snack-lunch-snack-dinner). By staying full and energized, you'll avoid hunger pangs, maintain an even energy flow, make better, healthier food choices (no binging or craving) and enjoy the most efficient burning of calories.

### **Ab Diet Tip 6. Reduce stress.**

Research shows that stress triggers the hormone cortisol to turn up your appetite and deposit fat around the organs in your abdomen. Pamela Peeke, M.D., M.P.H., author of *Fight Fat After Forty* (Penguin, 2000) calls this "toxic weight," because it's associated with heart disease, diabetes and cancer.

## Client Birthdays

Dina Felder  
Janice Lazo  
Rick Kane  
Jonathan Greenman

## Client Anniversaries

Carol Pledger  
Ilene Rich  
Joseph John Hernandez

*Quote of  
the Month*

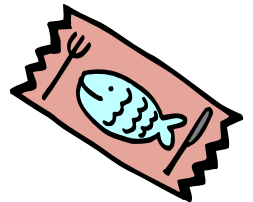
Still round the corner there may wait,  
a new road or a secret gate.

*-J.R.R. Tolkien*



## RECIPE

# Sea Bass with Dried Fruit



- 4 (5-6 oz) sea bass filets (1 inch thick)
- 2 tsp olive oil
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1/4 tsp cinnamon
- 1/4 tsp cayenne pepper
- 3/4 tsp salt
- 1/4 cup of each dried fruit, mango, papaya, cherry and pineapple
- 1/3 cup apple juice or cider
- 2 tbsp cider vinegar
- 2 tbsp apricot jam
- 2 tbsp chopped cilantro

Rub fish with olive oil. Combine coriander, cumin, cinnamon and cayenne pepper; mix well. Set aside 1/2 teaspoon of the mixture for the fruit salsa. Add salt to remaining mixture.

Rub seasonings over both sides of fish. Heat a large nonstick skillet over high heat until hot. Add fish. Reduce heat to medium, cook 3-5 minutes or until fish is browned and seared. Turn fish over; cook about 5 minutes or until fish is slightly firm and flaky.

Combine dried fruit, juice, vinegar and 1/2 teaspoon reserved seasoning mixture in a small saucepan or microwave-safe dish. Bring to a boil. Stir in jam. Let stand 5 minutes. Transfer fish to serving plates. Top with fruit salsa and sprinkle with cilantro.

www.cdc.gov Servings: 4 Calories: 337 Fat: 6g  
Cholesterol: 58mg Sodium: 241 mg Total Carbohydrate: 43g  
Dietary Fiber: 3g Protein: 28g

