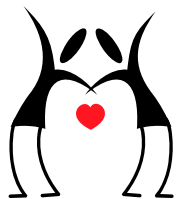


FT New York City

Plans go wrong for lack of advice; many counselors bring success.
Proverbs 15:22

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WHOLE GRAIN HAPPY

There has been a buzz in the air about whole grains lately and you have probably seen them being newly advertised on many cereal boxes and other food packages. The reason for the buzz? Whole grains provide many nutrients that are vital for the health and maintenance of our bodies!

For example, consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease. In addition, eating at least 3 ounce equivalents a day of whole grains may help with weight management.

Whole grains are also sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a health immune system.

So what are some tips to help you get whole grains into your diet?

First of all, know what to look for on the labels of foods. You should choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

Brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat, wild rice.

Be warned, as foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven grain," or



"bran" are usually not whole grain products. Color is not an indication of a whole grain either. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

Once you have those whole grain foods in hand, here are some ways to include it in your meals and snacks.

- Substitute brown rice for

white or whole-wheat pasta for refined pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.

- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.

- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.

- Use whole-grain bread or cracker crumbs in meatloaf.

- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.

- Try a whole-grain snack chip, such as baked tortilla chips.

- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

The Aging Mind

Learning to Adjust to Natural Changes



As our brains age, we're less likely to think as quickly as we used to or remember things as well. But the knowledge we gain from life experience can sometimes compensate for other changes in our brains as we age. Older professionals, for example, are often better at their jobs than younger ones. Research is now revealing how the brain changes and adapts as we age. These insights are shedding light on real-life challenges, like how to remember things and how to avoid scams.

Dr. Denise C. Park, director of the Roybal Center for Healthy Minds at the University of Illinois, explains that knowledge and experience are protected as you age. "When you're performing a complex task," she says, "your memory may be less efficient, but your knowledge about how to do it may be better." In most real-world experiences, older people already have previous knowledge that they can use to interpret new situations and decide how to respond.

Researchers can design tests that expose problems in the aging mind by creating tasks in which older adults can't use their world knowledge. These tests reflect some real life situations. For instance, when an older adult gets an upsetting new medical diagnosis or a crafty scam artist pressures them for a quick answer, they may have trouble processing information quickly and making a sound decision.

Park says that one key to dealing with situations like these is not to make rash decisions. Ask for further information and more time to consider. Discuss a new medical diagnosis or unfamiliar sales offers with friends or relatives to get more perspective.

Perhaps the most common change people face as they age is trouble remembering things. Park says it's important to acknowledge that your memory is fallible. "For medicines, driving directions or other things with specific details, don't rely on your memory," she says. "That's good advice for everybody, but especially for older adults." If you need to remember something important, write it down on a pad you carry around with you or use an electronic device like a personal digital assistant (PDA) that lets you store notes and reminders.

You can also structure your routines to help you remember things. Try to take a medicine with a snack or a particular meal, for example, and always keep your keys and your wallet in the same place. "Because older adults tend to lead very structured lives, this technique works very well for them," Park says.

Park also advises using your imagination. "If you imagine completing a future action," she says, "you're much more likely to perform it." For example, imagine taking your medicine in as much detail as you can, paying attention to where, when and how.

Practicing for future events can also help prepare your mind for the real thing. Rehearse your response to a salesperson with a relative or visit somewhere new in advance to make sure you know how to get there.

Some evidence suggests that activities requiring mental effort such as playing board games, reading and playing a musical instrument can help stave off mental decline. Other studies suggest that physical activity might help.

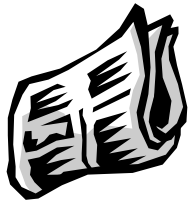
Researchers supported by NIH's National Institute on Aging continue to explore new ways to keep the brain healthy as we age. In the meantime, try to keep in good shape both mentally and physically, and use the tips in this article to help your aging mind keep working as well as it can.

Congratulations and thank you go to:

**Rick Kane,
Earl Zimmerman.
Eugene Giscombe
Betty Parks**

Who have been training with us since we opened our doors in February 2005.

We are also glad to say that they have all either achieved all of their fitness goals or have achieved major improvements in all fitness components.



Health Tip of the Month

Metabolism

You're not a victim of your metabolism. Your lifestyle determines your metabolism. If you help your body process food more efficiently, your metabolism will speed up. The following synergistic approach works for all fitness levels.

Eat supportively. Eat lean proteins, starchy carbs and fibrous carbs in combination. Eat smaller meals more frequently—about every 3.5 to 4 hours. Build lean tissue with resistance training. Do moderate aerobic exercise, and you will create an environment where your body releases fat throughout the day.

February Client of the month

ALFRED GRIFFIN

Congratulations to one of a newer clients Alfred Griffin who is our first client to successfully complete, the storie treadmill protocol.

There are five basis components of fitness and aerobic endurance is one .

The other four are -

- Muscular endurance
- Muscular strength
- Flexibility
- Body composition

At fitness together we strive to assure that all of our clients achieve their level of fitness in all five components..

*Quote of
the Month*

“You, yourself, as much as anybody in the entire universe, deserve your love and affection.”

Buddha

RECIPE

Blueberry Tortilla Pizza



Ingredients

- 1/2 cup ricotta or whipped low fat cream cheese
- 1 tbsp confectioners sugar
- 1 pint fresh blueberries
- 1/2 cup sliced strawberries
- 1 large (10-inch) flour tortilla
- 1 tbsp butter, melted
- 2 tsp cinnamon sugar
- 1/4 cup toasted shredded coconut*

Directions

Preheat broiler. In a small bowl, combine ricotta cheese and confectioners sugar; set aside. In another small bowl, combine blueberries and strawberries. Arrange tortilla on a broiler pan; brush with butter and sprinkle with cinnamon sugar. Broil about 6 inches from the heat source, until lightly browned, about 3 minutes. Cool slightly. Spread ricotta mixture on the tortilla; top with blueberry mixture and then sprinkle with coconut.

*To toast coconut, place in a skillet over moderate heat until pale gold, stirring constantly.

www.cdc.gov Serving Size: 1/4 of recipe Each serving: 170 calories, 6g fat

The Fitness Principles

By Donita Riplez

Almost everywhere you go today, you are approached in some manner about health and physical fitness. The fact that a large percentage of Americans are considered obese has helped increase the marketing of diet, physical fitness, and health products. You'll be reminded of health and fitness on TV, in magazines, on the radio, the news, at work, almost everywhere you go you'll see something about physical fitness.

With all this commotion about fitness, have you joined the team and started your path to total fitness? If not here is a brief description of the standards of physical fitness and what you may do about your current fitness level.

Most experts agree there are five basic components of fitness. They are:

1) Aerobic Endurance- Your level of aerobic endurance measures your ability to do moderately strenuous activity over a period of time. It's a measurement of how efficiently your heart and lungs work together to supply oxygen to your body during exertion and exercise. This fitness component is also called aerobic fitness.

Continued from pg. 4

2) Muscular Endurance- Muscular Endurance measures your fitness level by your ability to hold a particular position for a sustained period of time or repeat a movement many times. One example might be to lift a five-pound weight 20 consecutive times.

3) Muscular Strength- The ability to exert maximum force. It is possible to have greater muscular strength in one area, than another. For example, you may have great strength in your arms, while lacking strength in your legs. One example might be lifting the heaviest weight you can possibly lift.

4) Flexibility- Flexibility fitness measures the ability to move a joint through its full range of motion or the elasticity of the muscle. This is how limber you are.

5) Body Composition- This fitness area measures the proportion of fat in your body as compared to your bone and muscle. It does not refer to your weight in pounds or your shape.

If you are weak in any area or need to begin a general overall fitness plan, there are basically three areas of exercise you should concentrate upon to make improvements. They are stretching, aerobic activity, and strength training. Each of these areas is very important to your overall fitness level. Eating a healthy diet will also contribute greatly to your overall fitness level.

Remember, it is never too late to improve your fitness level. Regardless of your physical fitness level, your age, or the length of time it has been since you last exercised regularly, it's never too late to start and maintain a good fitness routine. Your body is designed to move. If you don't use it, you lose it. It is just that simple.



Tribeca One-Year Anniversary Special

We want to take the time to thank you, our valued clients, for a very successful first year!!!

We appreciate your business and the opportunity to help you meet and exceed your fitness goals. We had many success stories in the past year and are looking forward to enjoying even more this year.

To only say thanks is not enough!!!

We are extending an offer, to express our gratitude to all current clients: For every new client, family, friend or co-worker that you send our way in the month of FEBRUARY will entitle you to **THE RIGHT TO PURCHASE SESSIONS AT ½ OFF THE REGULAR RATES**. You can buy up to as many sessions as your referral purchases.

Example: YOUR REFERRAL BUYS 36 SESSIONS. YOU CURRENTLY ARE IN A PACKAGE AT \$95 A SESSION. YOU CAN PURCHASE UP TO 36 ADDITIONAL SESSIONS AT **\$47.50 PER SESSION**. THAT'S RIGHT 50% OFF OUR REGULAR RATE. **IT'S OUR WAY OF SAYING THANKS!!**