

FT New York City

I follow close behind you; your strong right hand holds me securely.

Psalm 63:8

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**FITNESS
 TOGETHER**

387 Greenwich St
 NY, NY 10013
 Phone: 212-226-0012
 Fax: 212-226-0013
 E-mail:
 Lindawoodhoyte@fitnessstogether.com

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

Fast Food, Fast Changes

Burger chain introduces "better for you" cooking oil

Have you noticed the amount of changes rapidly happening at your favorite fast food establishment lately? It seems that the idea of health is definitely the focus. You have a wide variety of "side" choices instead of fries, kids can get white or chocolate milk with their meals and low-fat salad dressings are all the rage.

Perhaps one of the biggest changes that has been recently announced is the use of new cooking oil.

Wendy's is the restaurant leading the way on this venture. In a move that significantly reduces trans fatty acids on its menu, they are making the switch to non-hydrogenated cooking oil for its french fries and breaded chicken items.

The oil has zero grams of trans fat per serving. This means that Wendy's breaded chicken sandwiches, nuggets and strips

will have zero grams of trans fat and depending on the serving size, trans fats in french fry offerings will range from zero to 0.5 grams.

All U.S. and Canadian restaurants (6,300 of them) are scheduled to switch beginning in August. As part of an exten-



sive year long process, more than 370 Wendy's restaurants in Florida, North Carolina, West Virginia, and Ontario, Canada have been testing the new cooking oil.

"We've been diligently working to reduce the trans fat levels in our food

without jeopardizing the great taste our customers expect," said Kerri Anderson, Wendy's interim chief executive officer. "Getting to this point has involved hard work by our suppliers along with rigorous consumer and operations testing. We're the first national hamburger chain cooking with non-hydrogenated oil in the U.S."

But what does this really mean? Do trans fats really matter? According to www.fda.gov, the amount of trans fats consumed can definitely affect your health. The consumption of trans fat, along with saturated fat and dietary cholesterol raises low-density lipoprotein (LDL) or "bad" cholesterol levels, which increase the risk of coronary heart disease. Health experts recommend

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No Excuse Exercise

Do you find yourself going home at night and sitting on the couch watching TV? Why not get out there and get some exercise by joining a team. Warm weather brings sand volleyball, softball, soccer and many other sports – for adults. You have no excuse!

Nervous about not being “good”? Many teams you can join are purely recreational – and not very competitive. Don’t let your self-consciousness get in the way of you having a good time.



Don’t have a team? Take the initiative and form one. Talk to your co-workers, your relatives, your church group. Still can’t find anyone? Search the web. www.sportsmonster.net offers you the ability to sign up on your own or with just a couple people for a variety of sports in your area.

You don’t like softball? That’s not the only thing out there. What about bowling? Dodgeball? Ultimate frisbee? You can get creative!

Don’t have time? Sure you do. What is more important than a couple hours of cardio a week? Consider it social time too as you bond with your new found sports buddies!

Joint and Muscle Problems for Overweight Youth

Children and adolescents who are overweight are more likely than their normal weight counterparts to suffer bone fractures and have joint and muscle pains, according to a new study from NIH’s National Institute of Child Health and Human Development. Overweight youth in the study were also more likely than non-overweight youth to develop changes in the knee joint that make movement more difficult.

A total of 355 Washington, D.C. area children and adolescents took part in the study. Of these, 227 were classified as overweight and 128 as non-overweight. The children underwent a detailed physical examination and were questioned about whether they had experienced any joint, bone or muscle-related problems. They also provided answers to a questionnaire designed to gauge the impact their weight had on their quality of life. In addition, the researchers looked at the effects of being overweight on the feet, ankles and knees.

The researchers found that the overweight youth were more likely to experience bone fractures and muscle and joint pain than those who weren’t overweight. The most common joint complaint was knee pain, with 21.4% of overweight youth reporting knee pain, compared to 16.7% of non-overweight youth. The overweight youth were more likely to report impaired mobility as well. For more information this study and on healthy choices for young people, visit www.nih.gov.



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choosing foods low in saturated fat, trans fat and cholesterol as part of a healthful diet.

This doesn’t mean you should run out and eat french fries and chicken strips everyday. A diet with lean protein, lots of fruits and veggies and a minimum of sugar and fats is recommended. Fast food should be the exception – not the rule. But everyone has those days when they speed through the drive-thru. This change helps you out a little bit.

www.wendys.com, www.fda.gov



Go to your favorite fast food restaurant’s website to check out their nutritional information on-line!

WATER

- #1. 75% of Americans are chronically dehydrated.
(Likely applies to half the world population.)
- #2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- #3. Even MILD dehydration will slow down one's metabolism as 3%.
- #4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- #5. Lack of water, the #1 trigger of daytime fatigue.
- #6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- #7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- #8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?

COKE

- #1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
- #2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
- #3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- #4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.

New Clients

Ivy Greenman
Flora Gekhtbarg
Michael Wenkelman
Anna Lund Guzik

Client Anniversaries

No Anniversaries this month

*Quote of
the Month*

Summer afternoon . . . the two most
beautiful words in the English language.

-Henry James



RECIPE

Green Bean Potato Salad



Green beans add a colorful and healthy twist to this classic dish. It's perfect for that summertime potluck or to complement your grilled favorites!

- 1 lb green beans, with ends cut
- 2 lbs red potatoes, cut into bite-sized pieces
- 1 cup diced red bell pepper
- 1/2 cup chopped red onion
- 3 cloves garlic, minced
- 3 Tbsp fresh dill
- 4 Tbsp balsamic vinegar
- 3 Tbsp olive oil
- 1 Tbsp dijon mustard
- Black pepper and salt to taste

Steam green beans in a steamer for five to eight minutes. Cook potatoes in boiling water until tender.

Cool green beans and potatoes and place in bowl. As they are cooling, prepare the dressing by mixing all ingredients.

Add onion and bell pepper to the cooled green beans and potatoes; top with dressing and stir.

www.cdc.gov Servings: 8 Calories: 180 Calories from Fat: 50
Cholesterol: 0mg Sodium: 60 mg Total Carbohydrate: 26g
Dietary Fiber: 4g Sugars: 5g Protein: 4g

[ZIPLOC OMELETS](#)

This works great !!! Good when you're alone or when all your family is together. Best feature is that no one has to wait for their special omelet !!! Have guests write their name on a **quart-size Ziploc** freezer bag with permanent marker.

- Use Omega 3 enriched whole eggs , egg beaters, or all egg whites. O
- Put out a variety of ingredients such as: low fat cheese, spinach, broccoli, cauliflower, etc..
- Each guest adds prepared ingredients of choice to their bag and shake.
- Make sure to get the air out of the bag and zip it up.



- Place the bags into rolling, boiling water for **exactly 13 minutes**. You can usually cook 6-8 omelets in a large pot. For more, make another pot of boiling water.

- Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed.



Imagine having these ready the night before, and putting the bag in boiling water while you get ready. And in 13 minutes, you have a nice omelet for a quick breakfast!!!