



SUNSET BEACH FITNESS

SUNSET BEACH FITNESS MONTHLY NEWSLETTER

December 2006

AVOIDING NASTY HOLIDAY POUNDS

EAT. Our hectic holiday schedules make it easy to blow off your healthy eating routine by skipping meals. Keep some healthy foods nearby such as nutrition bars, oatmeal, cereal, fruit, or anything that is easy to prepare and easily stored in your car or desk. Avoid going to a party hungry. Eat some hearty vegetable soup or fill up on veggies to keep you from over-eating at the party.

SLEEP. This time of the year we seem to always overdo it. It's easy to limit your sleep time when you have so much to do, but how will you get it all done if your yawning all day. Think of a good night's sleep as a necessity (like oxygen) to keep you sane and prevent your friends and family from a Scrooge. Lack of sleep inhibits concentration and makes us more irritable. Studies show that a loss of sleep is also associated with weight gain. There are enough sugarplums and double fudge cookies to battle so rest up so you are 100%.

RELAX. Between shopping and baking 1000 fruitcakes, who has time to relax? While taking a day off to go to Glen Ivy spa isn't a bad idea, many of us don't have the time or the funds. But finding time to chill out can make the holiday chaos seem easier. Try taking a bath, reading a book, doing some yoga, or just breathing. Breathing exercises alone can help keep your stress levels moderate. Breathing exercises can be done anywhere. For example while sitting at your desk or in traffic try taking a deep breath in through your nose, allowing your belly to bulge out with the inhale, then exhale through your mouth very slowly, contracting your abs at the end. Repeat this a few times and let those shoulders relax down.

A HEALTHY TWIST. Why do all of our holiday treats need to be drowned in butter and rolled in sugar? Try something crazy this year by modifying 1 thing in all of your favorite holiday treats to make it healthier. Small changes can make a big difference. Try using flaxseed, wheat flour, or applesauce. If you cannot bear the thought of changing your Grandma's recipe that's fine, instead start your own traditional healthy "goodie" which your family can carry on.

INDULGE MODERATELY. During holidays it seems as if pies, cakes, fattening drinks, and cousin Sue's butter cookies are all around us. It is easy to get caught up in the excitement and over-indulge. The best way to avoid this is by planning ahead by pacing yourself, eating slowly, and bringing your own healthy treat such as a fruit or vegetable tray. Try being creative by making a red and green vegetable tray, it will be unique and it gives people a chance to try new vegetables.

STAY HYDRATED. Filling up with water is a good idea during the holidays. Between the sweet and salty snacks to all of the alcohol it is easy to forget about water. Drink water while at parties to stay full and hydrated. Alcohol is a major factor in dehydration and empty calories. Opt for wine or light beer rather than some holiday juice concoction or spiked eggnog. Alternate a drink with a glass of water, not only will this save you calories it may save you from dancing on the table.

PLAN ACTIVITIES. Plan physical activities such as nature walks, hikes, or an adventure to find the best decorated house. Get everyone up and moving whether it's for an outside game of football, dancing, or the hokie-pokie. Start a fun tradition everyone can participate in.

TOP HOLIDAY TIP – KEEP YOUR WORKOUTS ON TRACK. We all know time is a constraint during the holidays, but skipping your workout cannot only hurt your waistline but your sanity. Not only is exercising a great stress reliever, but you are keeping your body alert and energized. So instead of canceling your morning workout or walk because Aunt Ida is visiting invite her along. Many gyms offer a free day pass, it will not only give both of you some time to clear your heads and relieve stress, but you may discover Aunt Ida's hidden love of fitness.

By Marlene Avitia

KISS COOKIES

Prep time: 15 minutes Cook: 9 minutes

Makes 40 cookies



- 1 (14-ounce) can fat-free sweetened condensed milk
- ¾ cup reduced-fat creamy natural peanut butter
- 2 cups low fat baking mix, such as reduced-fat Bisquick or Trader Joes
- 1 teaspoon vanilla extract
- 1/3 cup sugar
- 40 dark chocolate kisses

1. Preheat oven 375°
 2. Combine the milk and peanut butter in a large bowl. Beat with mixer at high speed until creamy. Stir in the baking mix and vanilla. Combine
 3. Shape dough into 40 ping pong size balls and roll in sugar. Place cookies 2 inches apart on a nonstick baking sheet
- bake cookies 9 minutes per batch or until lightly browned. Place 1 dark chocolate kiss in the center of each cookie. Cool on pan for 3 minutes and transfer to wire racks.

Serving size: 1 cookie

Calories 109, Fat 4g, Protein 3g, carbohydrates 17g, sugar 9g, fiber 1g, calcium 42mg

DON'T FORGET TO VISIT OUR WEBSITE AT

WWW.SUNSETBEACHFITNESS.COM

PROTEIN

Egg Whites
Mahi-Mahi
Chicken//Turkey Breast
Tuna
Salmon
Swordfish
Sushi/Sashimi
Halibut
Wahoo
Tofu
Fat-free Dairy Products

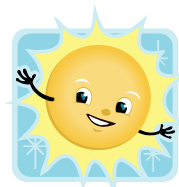
STARCHY CARBS

Potato/Sweet Potato
Corn
Tomato
Peas
Oatmeal
Butternut Squash
Cream of Wheat/Rice
Brown/Jasmine Rice
Couscous
Corn Tortilla
Barley
Quinoa

FIBROUS CARBS

Broccoli
Carrots
Cauliflower
Asparagus
Spinach
Bell Pepper
Eggplant
Cabbage
Onions
String Beans
Cucumber
Kale
Artichoke

Member Spotlight



December's member spotlight is on Elsa Saucedo! Elsa has continually improved her healthy lifestyle through dietary changes and consistent cardio work. Her commitment to her health is an inspiration to all. Your bod is looking hot, great work Elsa!

Supportive Eating EAT ONE OF EACH—PER MEAL!

How to Be A Label Reader

By Shannan King

You're trying to be a conscious eater...you go to the store and pick up an item that says "Trans Fat Free" and "Low Sodium", but what does it really mean? The world of labels is a bit deceptive and it is important that you know how to read labels if you want to eat healthy.

Serving Size

Here is a basic Nutrition Facts label for crackers. The serving size and servings per container are always listed at the top of the label. Always make sure that you are eating one serving size of the food item. If you eat 2 servings, you will need to double all of the information on the label. In this label one serving size is 2 crackers, and there are 21 servings in the package. One serving has 60 calories (15 calories from fat) and the entire package has 1260 calories. When eating food that is not pre-packaged into single serving sizes, be sure to measure appropriately.

Calories

Before we move on let's understand where the calories in the food you eat are from. Calories are important to keep track of because eating more calories than your body uses may lead to weight gain. The total calories of 1 serving size are how much energy is provided by the fat, carbohydrate and protein in the food. The digestion of each of these foods requires a different amount of energy from your body, and this is called metabolism. Your metabolism will be strong and consistent if you feed your body a supportive meal every 3-5 hours.

Fat

The Total Fat label contains good fats (unsaturated fat) and bad fats (saturated fat). In the example here there is a total of 1.5 grams of fat per 1 serving. Below that number you will normally find the amount of total fat broken down into saturated fat, unsaturated fat, and trans fat. In this example there are 0 grams of saturated fat and 0 grams of trans fat.

Cholesterol and Sodium

There is 0 mg of Cholesterol and 70 mg of Sodium in the crackers.

Carbohydrate, Sugar and Fiber

The Total Carbohydrates are listed and the label also shows the carbohydrates from fiber and sugar sources. In this case there is a total of 10 grams of carbohydrate. Less than 1 gram of that comes from fiber and 0 grams come from sugar.

Protein

The total protein is 2 grams.

Dietary Recommendations

Okay, now that we read through it, let's discuss what you need. Fat, carbohydrate, and protein levels will vary with your weight and fitness goals! If you are interested in knowing how many calories your body needs in order to reach your goals and how many calories should come from fat, carbohydrates, and proteins, please talk to your trainer.

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

How to Be a Label Reader (continued..)

Cholesterol comes from foods from animal sources such as eggs, high-fat dairy and high-fat meats. It may increase your blood cholesterol and it is recommended that you eat less than 200 mg/day.

Sodium can be hidden in packaged food such as baked goods, and cheese. Adults should eat less than 2400 mg of sodium per day, and aim for less than this if you have high blood pressure.

Fiber is essential for the health of the digestive system as well as for lowering cholesterol. Eat foods such as fruits, vegetables, and whole-grain carbohydrates to ensure that you are getting the recommended 25-30 grams of fiber a day.

The ingestion of **Sugar** has an affect on your glucose and insulin levels. It is best to avoid simple sugars such as cookies, cakes, ice cream and even “fat-free” goodies because they have an affect on the potential to release fat from the body. Sugar should make up no more than 10% of your daily intake of food.

Ingredients

I saved this topic for last because this is the most important part of food label reading. As I mentioned before, the food label world is a bit deceptive and this is because the food companies can mislabel items. Believe it or not but the FDA is mostly funded by the food companies and therefore there are ways for the food companies to get around labeling laws...terrible isn't it?

Here are some examples:

1. Some sugar-free foods actually have as much sugar as their sugary counterparts! The food company lists sugar under another name in the ingredients list (fructose, corn syrup, sorbitol, malitol, or glucose) to get around this law.
2. Fat-free items such as cooking spray and fat-free butter substitutes are made of vegetable oil, corn oil, and canola oil-all of which are made of fat. So how are these foods fat-free? The FDA states that a food is fat-free if a serving contains less than 0.5 grams of fat...so the food companies say that 1 serving is, yup, you guessed it, less than 0.5 grams! A serving of cooking spray is a spray lasting 1/3 a second, which is not possible. So when you spray your pan for 10 seconds, you are spraying about 1.5 tablespoons of fat, or oil, onto your pan - not so fat-free!
3. Low calorie foods are any food than contains less than 40 calories per serving, so once again all the food companies have to do is adjust the serving size...and chances are you will eat more than one little serving size, and then it's not low calorie anymore.

Other things that you want to avoid in the ingredients list are hydrogenated oil, partially hydrogenated oil, palm oil, coconut oil, and palm kernel oil. These items are either saturated fat or trans fat-both of which can raise your cholesterol.

Also, in order to avoid unnecessary fillers, and preservatives, it is always safer to choose food items that have the least amount of ingredients listed, and that have a shorter shelf life.

And my final tip for you has to do with grocery shopping...when you shop, you will find a majority of the healthful foods along the perimeter of the grocery store! I hope this information will make you more of a food label detective!



Roast Garlic Chicken with Balsamic Vinegar and Sage

Winter is fast upon us, and with it comes a cascade of flu virus' and cold germs. Protect yourself with the amazing herbal properties of garlic. Regularly consuming garlic cooked in edible oils, such as olive oil, may reduce your risk of stroke and cardiovascular disease. Fresh garlic has been shown to possess anticlotting activity, possess antitumor activity, display significant antifungal activity, and function as antioxidants. So leave your worries of garlic breath behind and enjoy this “stinking rose” regularly! Avoid eating raw garlic because it can cause stomach irritation.

Ingredients:

- 1 chicken, about 5 lb.
- 12 fresh sage leaves
- 2 large garlic cloves, chopped
- 2 Tbs. olive oil
- 2 Tbs. balsamic vinegar
- 1/2 tsp. sugar
- Salt and freshly ground pepper, to taste

Directions:

Preheat an oven to 350°F.

Rinse the chicken and pat dry. Tuck the wings behind the back. Using your fingers, gently loosen the skin on the breast and legs, being careful not to tear the skin. Insert a few of the sage leaves and some of the garlic under the skin, distributing them evenly. Pat the skin firmly back in place. Tuck the remaining sage leaves and garlic into the cavity.

In a small bowl, whisk together the olive oil, vinegar, sugar, salt and pepper. Rub some of the mixture over the chicken and pour the remainder inside the cavity. Cross the drumsticks and, using kitchen string, tie the legs together. Place the chicken, breast side up, on a rack in a roasting pan.

Roast the chicken, basting occasionally with the pan drippings, until an instant-read thermometer inserted into the thickest part of the thigh, away from the bone, registers 170°F and the juices run clear when a thigh is pierced, about 1 1/2 hours.

Transfer the chicken to a carving board, carve the chicken and arrange on a warmed platter.

Serves 6.

Metabolic Syndrome X or Insulin Resistance Syndrome

By Shannan King

Metabolic syndrome is defined as a cluster of risk factors for cardiovascular (heart) disease, and type II diabetes. Cardiovascular disease is currently the number one cause of death and it is estimated that over 50 million Americans have syndrome X! Where do you and your health stand?

Metabolic syndrome X is diagnosed when a person has 3 or more of the following characteristics together:

- Abdominal obesity (waist circumference greater than: men - 40 in. and women - 35 in.)
- Insulin resistance (the body can't properly use insulin or blood glucose)
- High blood pressure (130/85 mm Hg or higher)
- High triglycerides (a form of fat)
- Low HDL cholesterol (good cholesterol)
- High LDL cholesterol (bad cholesterol)
- Proinflammatory state (elevated C-reactive protein in blood)

The underlying causes of Syndrome X are obesity, sedentary lifestyle and genetic factors. Your risk of serious disease (heart disease and type II diabetes) is greater when you have more of the conditions listed above.

Research has shown that insulin resistance and obesity may be the primary causes of this disorder. Insulin is a hormone secreted by the pancreas that helps control the amount of sugar in your blood (glucose). When you eat, the body breaks food down into glucose and the blood carries the glucose to the tissues where the cells use it for fuel. Insulin helps the glucose get into the cells. When an individual is insulin resistant, the cells don't respond to insulin and therefore the glucose cannot enter the cells. A vicious cycle begins: the body continues to produce insulin to help the glucose get into the cells and then the body has abnormally high levels of insulin and glucose in the bloodstream. Initially the insulin and glucose levels are not high enough to be diabetes, but this condition will cause stress on the body, such as high blood pressure and high triglycerides.

In many cases, individuals are genetically predisposed to insulin resistance and factors such as physical inactivity and weight gain can elicit insulin resistance and metabolic syndrome. If you know you are at risk establish preventative healthy lifestyle habits today! Get more activity in by taking regular walks or jogs. Eat a balanced diet with lots of vegetables and fruits, and choose lean white meats and fish over high fat meats. For more tips, refer to our articles in previous newsletters on "Supportive Eating".

Managing metabolic syndrome requires aggressive lifestyle changes to reduce blood pressure, and improve cholesterol and blood sugar levels. The most important changes that lead to risk reduction are:

- **EXERCISE:** Get 30-60 minutes of moderate intensity exercise most if not all days of the week.
- **WEIGHT LOSS:** Losing 5% to 10% of your body weight will significantly improve insulin levels and blood pressure.
- **SMOKING CESSATION:** Smoking increases insulin resistance, and worsens all of the other conditions of metabolic syndrome.

Please speak with your physician before starting a fitness program.

CALCIUM: Why Do I Need It?

By Marlene Avitia

“Milk does a body good.” What is so special about milk? Milk contains calcium, an essential component of a healthy diet. Calcium is essential for normal growth and maintenance of bones and teeth throughout our lives and many of the body’s metabolic processes. Density of bones is largely determined by how much calcium is available within the body. Calcium is also essential for proper blood clotting. Various components of the body regulate calcium, such as: parathyroid hormone (PTH), vitamin D, and calcitonin. Vitamin D and PTH work together on bone and kidney for intestinal absorption of calcium. Calcitonin, lowers blood levels by promoting the deposition of calcium into bone. If there is a lack of supply of calcium from outside sources or a lack of hormone that regulates levels of calcium within the body this can cause the body to draw calcium from bones, making bones weaker. Our bones exist in a constant state of flux where osteoclasts (cells that destroy bone) continually tear down bone when the body needs calcium. An inadequate supply of calcium from outside sources or imbalance of the hormone that regulates calcium can cause osteoporosis or osteopenia (for more information see November’s newsletter). A deficit in calcium can affect bone and tooth formation, while over-retention can cause kidney stones.

Sources of calcium can come from dairy products, which are absorbed more easily by the body, or dietary supplements. Dairy products such as milk and cheese are the most well known sources of calcium, however if you are lactose intolerant there are many other choices. These include: seaweeds such as kelp, wakame and hijiki; nuts and seeds (like almonds and sesame); beans’ amaranth; collard greens; okra; rutabaga; broccoli; kale; and fortified products such as orange juice and soy milk. Both plant and dairy products are excellent sources of calcium, however, when eating dairy products it is important to use a low-fat source.

Calcium supplements may also be a good source, though recommendations do vary. Experts agree that no more than 500mg should be taken at a time because the percent of calcium absorbed decreases as the amount of calcium in the supplement increases. It is recommended to spread doses throughout the day varying total intake from 1000 to 1500 mg. Always talk to your doctor before taking supplements.

The following types are available:

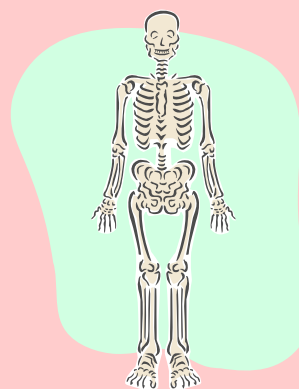
Calcium carbonate is the most common and least expensive. It is known to be difficult to digest, often causing gas, and must be taken with magnesium to help prevent constipation. It is 40% essential calcium: out of 1000mg it will provide 400mg of calcium

Calcium citrate is more easily absorbed and digested. It has a lower risk of contributing to the formation of kidney stones. It is 21% essential calcium. It is more expensive and more must be taken to get the same amount of calcium

Calcium lactate and aspartate are the easiest to digest, but the most expensive. They contain 13% essential calcium.

Studies show that less than half of all Americans consume enough calcium. Requirements are greatest during childhood, adolescents, pregnancy, and breast-feeding. Long-term deficiency can lead to osteoporosis. The following chart lists recommended values of daily calcium intake, which may vary among people.

AGE	CALCIUM (MG/DAY)
0-6 MONTHS	210
7-12 MONTHS	270
1-3 YEARS	500
4-8 YEARS	800
9-13 YEARS	1300
14-18 YEARS	1300
19-50 YEARS	1000
51+ YEARS	1200



USE IT OR LOSE IT!

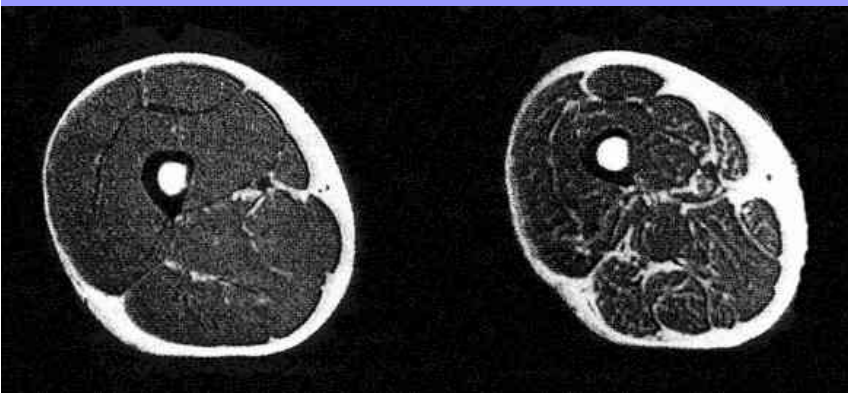
By Marlene Avitia

Over the last decade, there has been a growing importance for all adults to strength train. Sedentary individuals begin to lose muscle as they age. Studies indicate there is a clear drop off in muscle mass around the age of 55. Muscle mass is 40% of body weight which gradually declines with age. Muscle fibers shrink about 14% between the ages 65–77 with a 20-30% loss of strength. Women tend to have larger losses due to the smaller percentage of muscle mass. This age related loss of muscle is called sarcopenia. Sarcopenia translates to “flesh-eater” or “flesh-reduction.” Like osteoporosis and arthritis, sarcopenia is a serious degenerative condition that affects daily function and increases the risk for falls and vulnerability to injury. Less obvious are the wide-ranging metabolic effects of having less muscle, which can alter metabolism with consequences such as obesity, glucose intolerance, and changes in the body’s ability to regulate temperature.

Studies show a correlation between muscle size and strength. Endurance training does not prevent age-related loss of muscle mass, although it has important cardiovascular benefits. ONLY resistance training increases muscle mass and strength. Numerous studies demonstrate that resistance exercises can help frail elderly people in their eighties and nineties improve their strength to the point where many regain the ability to walk and perform other tasks without assistance. Building muscle can enhance mood, functioning, and quality of life. Because muscle loss can result in weaker bones muscular contractions are important for bone strength. ACSM guidelines note that strengthening and aerobic exercise requiring muscle power and balance can help reduce or prevent many functional declines associated with growing older.

Human nerve cells also decline as we age; their life spans are dependent on the location in the body, age, and presence of disease. A motor neuron is responsible for sending signals from the brain to muscles to initiate movement. Motor units consist of motor neurons and all muscle fibers that connect or innervate it. These units will die with age, resulting in denervation, which causes muscle fibers to atrophy and eventually leads to a decrease in muscle mass. When a motor unit dies, an adjacent motor unit may re-innervate the muscle fibers preventing atrophy, which is called remodeling.

The best way to maintain muscle mass is to do strength training regularly. ACSM recommends strength training no less than 3 hours a week with a cardiovascular program 5-7 days a week. So grab a band, can a soup, or that dumbbell and get lifting!



NORMAL THIGH

THIGH W/ SARCOPENIA

HAPPY HOLIDAYS!