



SUNSET BEACH FITNESS

SUNSET BEACH FITNESS MONTHLY NEWSLETTER

NOVEMBER 2006

MY BACK ACHES!

By Shannan King

Low back pain strikes a majority of people and can be sudden, sharp, dull or persistent. Back pain is caused by many things associated with work such as poor posture throughout the day, excessive driving, constant lifting, and repetitive movement. Other causes are trauma to the lower back or arthritis of the spine.

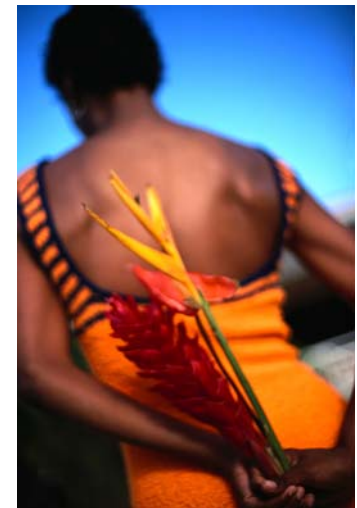
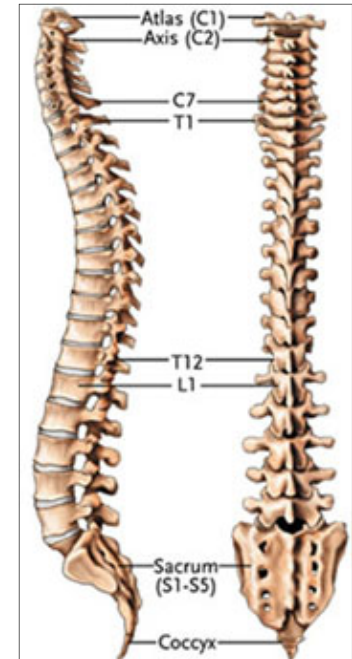
The spine, or backbone, is the central support system for your entire skeletal system. It is designed for strength and flexibility to support your body weight and movement. When your spine is healthy, a neutral spine is maintained and the body is strong and supported. However, when the natural curves of the spine become misaligned, the muscles of the back and abdomen are weak and inflexible, leading to aches and pain.

Current research has determined that regular physical activity can alleviate back pain. Usually back pain is caused by improper biomechanics and muscular imbalances, which can be reversed. However, if back pain is the result of a direct injury to the spine or the muscles surrounding the spine, please seek immediate medical attention.

If you suffer from constant aching in your back, think about making the following modifications:

- Check your posture at work to make sure your position at your desk promotes healthy posture. A great way to do this is to place a pencil on your legs, and if it rolls towards you or away from you, your chair is either too high or too low. Adjust it as necessary and place your monitor at eye level.
- During extensive driving try to keep your abdominal muscles tight and eyes level with the horizon. Keep your hands at 4 o'clock and 8 o'clock to allow your shoulders to relax and to keep the shoulders pulled back. Constantly check to make sure your jaw and hands are relaxed.
- When performing repetitive movements (i.e., picking up your children, putting groceries away, painting, or vacuuming) make an effort to keep your shoulders relaxed and pulled back and down. Always focus on tightening your abdominal muscles.

Performing regular aerobic activity and strengthening exercises that target the back and stomach will keep your back healthy and flexible. During an episode of acute back pain, hot and cold compresses can provide some relief of pain and inflammation. Exercise has been shown to be the most effective way to speed recovery from low back pain. Consult your doctor if you are experiencing chronic back pain (pain for longer than 3 months), and be sure to let your trainer know when exercises cause any discomfort.



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

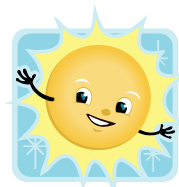
STARCHY CARBS

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



November's super star is Daniel Verdugo. He has worked so hard over the past 6 months to better his body through an increased knowledge of nutrition and a healthy body composition. Most recently he set a goal to eat sweets only twice a week instead of every day, and he is doing great! Daniel is also striving to add 2 more days of cardio to his program which already consists of 2-3 days of swimming and 2 days of weight training. Way to go Danny - keep up all of your hard work and dedication to your health and fitness!

Supportive Eating EAT ONE OF EACH—PER MEAL!

EAT BY COLOR BY MARLENE AVITIA

Would you like to increase your energy and improve your mood, while reducing your risk of obesity, heart disease, cancers, diabetes, high blood pressure, and stroke? One way is to choose multi-colored fruits and vegetables. This nutritional investment involves fruits and vegetable of multiple colors to fuel your body. Cooking more vegetables and creating variety among them is a first step in eating more produce. By keeping vegetables and fruits visible and easily accessible you are more likely to snack on them for instance, keep cut and cleaned produce at eye level in the refrigerator. So go crazy and get some color into your life. Try new fruits and vegetables each week. Read more to find out how each color helps you.

BLUE/PURPLE

Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins, which are containing antioxidants and anti-aging benefits. This color also helps maintain things such as: urinary tract healthy, memory function, healthy aging, and lowers some risks of cancer.

Blackberries, Blueberries, Black currants
Dried plums, Elderberries, Purple figs
Purple grapes, Plums, Raisins
Purple asparagus, Purple carrots,
Eggplant, Purple Belgian endive
Purple peppers, Purple potatoes
Black salsify

GREEN

Green fruits and vegetables contain phytochemicals such as lutein and indole, which maintain: vision, strong bones and teeth, and increase antioxidant levels.

Avocados, Green apples, Green grapes
Honeydew melon, Kiwifruit, Limes
Green pears, Artichokes, Arugula
Asparagus, Broccoli, Broccoli rabe
Brussels sprouts, Chinese cabbage
(Napa/Bok Choy)
Green beans, Green cabbage
Celery, Chayote squash, Cucumbers
Endive, Leafy greens, Leeks, Lettuce
Green onion, Okra, Peas, Green pepper
Spinach, Zucchini

RED

Red fruits and vegetables have health promoting properties that include lycopene and anthocyanins, which are health promoting. These help maintain a healthy heart, memory function, lower risk of some cancers and urinary tract health.

Red apples, Blood oranges, Cherries
Cranberries, Red grapes
Pink/red grapefruit, Red pears
Pomegranates, Raspberries, Strawberries
Watermelon, Beets, Red cabbage
Red peppers, Radishes, Radicchio
Red onions, Red potatoes, Rhubarb
Tomatoes

WHITE

White, tan, and brown fruits and vegetables contain things that help maintain heart health, cholesterol levels, and lower risk of some cancers.

Bananas, Brown pears, Dates
White nectarines, White peaches
Cauliflower, Garlic, Ginger, Jicama
Mushrooms, Onions, Parsnips
White potatoes, Shallots, Turnips

EAT BY COLOR cont...

YELLOW / ORANGE

Orange and yellow fruits and vegetables contain antioxidants such as vitamin C as well as carotenoids and bioflavonoid that maintain vision and a healthy immune system.

Yellow apples, Apricots, Cantaloupe
Yellow figs, Grapefruit, Golden kiwifruit
Lemon, Mangoes, Nectarines, Oranges
Papayas, Peaches, Yellow pears
Persimmons, Pineapples, Tangerines
Yellow watermelon, Yellow beets
Butternut squash, Carrots, Yellow peppers
Yellow potatoes, Pumpkin, Rutabagas
Yellow summer squash, Sweet corn
Sweet potatoes, Yellow tomatoes
Yellow winter squash



Healthy Recipe



Grilled Tuna with Sun-Dried Tomatoes and Olives

Eating fish is one of the best things you can do for your heart. It is a very important source of omega-3 fatty acids, which increase heart health by reducing the incidence of heart disease. Fish is high in protein and low in saturated fat, making it a great substitute for meat high in saturated fat. Eat a variety of fatty fish at least two times per week but be aware that consumption of some fish and shellfish poses health risks due to mercury levels. Choose fish such as lake trout, shrimp, canned tuna, catfish, and salmon (wild-caught Pacific and Alaskan). Please avoid eating fish if you are pregnant, nursing, or about to become pregnant, and avoid feeding children some types of fish. The risks from mercury in fish and shellfish depend on the amount of fish and shellfish eaten and the levels of mercury in the fish and shellfish.

- 4 tuna fillets, each 6-7 oz.
- ¼ cup finely chopped oil-packed sun-dried tomatoes
- ¼ cup chopped pitted Nicoise olives
- ½ cup chopped fresh mint or thyme
- 2 tsp. minced garlic
- 4 Tbs. extra-virgin olive oil
- 3 Tbs. fresh lemon juice
- 2 Tbs. oil from sun-dried tomatoes
- ½ tsp. freshly ground pepper, plus more, to taste

Prepare a charcoal grill or preheat a gas grill.

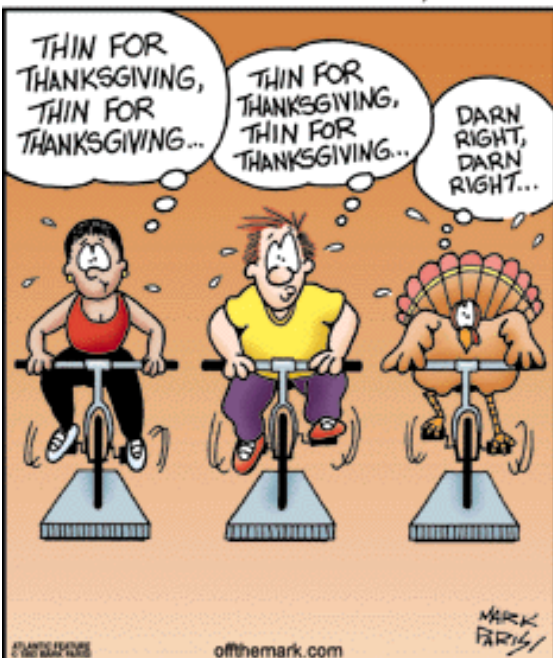
Brush the fillets with 1 Tbs. olive oil and season with pepper, set aside.

Mix all of the ingredients in a bowl and set aside.

Place the fillets on the grill rack, and grill, turning once, for 3 minutes per side for medium-rare, or until done to your liking.

Transfer the tuna to individual plates and spoon an equal amount of the sauce over each fillet. Serve with roasted potatoes and sautéed greens.

off the mark.com by Mark Parisi



OSTEOPOROSIS: THE SILENT DISEASE

By Shannan King

Osteoporosis, or porous bone, is a disease in which bones become fragile and more likely to break. While women are four times more likely than men to develop this disease, men also suffer from osteoporosis. It is vital for everyone to understand bone and its density in order to prevent the disease and to treat early detected osteoporosis.

Bone is a complex, living tissue that stores calcium for strength, and supports the organs and muscles. Until the age of 30 you build and store bone efficiently. After that bone is broken down faster than new bone is formed and your bone density can be compromised without proper diet and exercise.

Take a look at what is happening to your bone at various ages:

9 to 18 years old

Bone is in a building phase and it is essential to eat calcium found in dairy products like cheese and yogurt, and green leafy vegetables - Get 1,300 mg/day.

19 to 35 years old

Your bone will reach its peak strength during these years even though it is not forming new bone as readily as before – Get 1,000 mg/day of calcium, 400 IU/day of vitamin D, and participate in weight-bearing activities like jogging and walking as well as 30 minutes of resistance training 3 days/week to help achieve peak bone density.

35 to 50 years old

You begin to lose bone as an adult – Get 1,000 mg/day of calcium, 400 IU/day of vitamin D and exercise to maintain your bone density.

50+ years old

Women who have gone through menopause lose bone at a rate of 1-6% a year. Talk to your health care provider about your risks and obtain a bone density exam – Get 1,200 mg/day of calcium, 400 IU/day of vitamin D, and remain physically active by participating in weight-bearing activities like jogging and walking as well as 30 minutes of resistance training 4 days/week to keep bones strong.

Many things that are out of our control weaken our bones, such as a family history of osteoporosis. Other things that are risk factors and are in our control are certain medications, poor diet, and lack of exercise. Osteoporosis is a significant risk factor for fracture due to low bone density which causes brittle bones.

Women are more susceptible to postmenopausal osteoporosis due to a drop in estrogen. The normal function of estrogen is to slow down the destruction of old bone, and when estrogen levels drop at menopause, the destruction of bone speeds up, leading to increased bone loss, or postmenopausal osteoporosis. Postural changes are noted with the progression of the disease because bone loss is usually greater in the spine, hips, and ribs.

Essential Nutrients

Calcium plays an important role in maintaining bone and it is an essential part of the prevention and treatment of osteoporosis. Here are some calcium-rich foods: low-fat milk, cheese, broccoli, calcium fortified breakfast cereal and calcium fortified orange juice. If you can not ingest enough calcium, talk to your doctor about calcium supplements.

Vitamin D is essential for maintaining strong, healthy bones. Vitamin D integrates calcium into our bones effectively and it can be obtained from 10-15 minutes of direct sunlight exposure, as well as from egg yolks, saltwater fish, D-fortified dairy products, and liver. Supplements are available as well.

Physical Activity

Weight-bearing activities such as walking, running, hiking, stair-climbing, and weight training are essential to maintaining strong bones. The muscles place the necessary stress on the bones during activity, building denser, stronger bones.

Healthy Body Weight

Maintaining a healthy body weight is essential to the health of your bones. Being underweight increases your risk of fracture and bone loss because there is less padding for the bones and because having little muscle mass will not provide the essential stress during activity.

Here are 5 easy steps to better bone health:

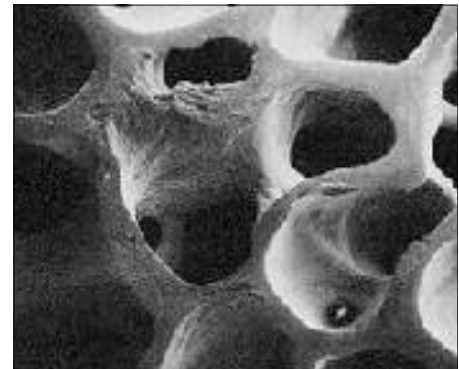
Eat a diet rich in calcium and vitamin D.

Perform weight-bearing and resistance-training exercises.

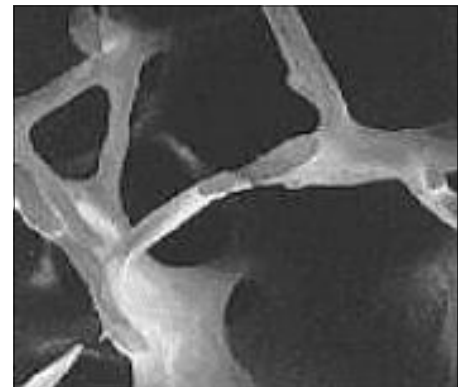
Refrain from smoking and excessive alcohol use.

Talk to your healthcare professional about bone health and risks for osteoporosis.

Have a bone density test.

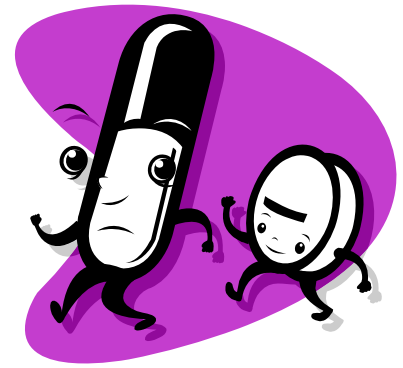


Normal Bone



Abnormal Bone

DIETING ??



DIET PILLS :(:(:(:(

BY MARLENE AVITIA

Diet pills are very tempting things if you want to lose weight, especially if you have tried several conventional weight loss diets without success. Maybe one of your diet buddies has decided to buy diet pills, or maybe you've seen or heard a commercial for diet supplements promising easy fast weight loss. If so, please beware! Even the most natural-sounding diet pills or weight loss supplements can be useless for weight loss, dangerous, or both.

Over-the-counter (OTC) diet and weight loss pills are the fastest growing sector of the weight loss industry. These pills are not tested by Federal authorities and are not subject to requirements regarding advertising, dosage levels, or labeling. 'Natural' or 'Herbal' aren't better for you than other diet or weight loss pills. These pills are associated with the same major health concerns. All pills contain a "cocktail" of ingredients and due to inadequate dosage or instructions can lead to side effects such as: nervousness, tremor, diarrhea, abdominal pain, rectal pain, bulging eyes, racing heartbeat, elevated blood pressure, and even heart failure. An overdose of these can be a problem especially if they are designed to operate on the brain to reduce appetite. This type of drugs affect the brain to cause increases in: blood pressure, chest pain, fever, hair loss, depression, impotence, and heart damage.

Another danger of diet pills is that they inhibit the absorption of fats that lead to a deficiency in vitamins A, D, E, K, and Beta-carotenes. Pills that contain norepinephrine, serotonin, and dopamine reuptake can not only increase blood pressure, but also become addictive.

There is no magic pill that will drip your fat away and give you a 6-pack. Most pills are ineffective and some may even disrupt your system causing weight gain. Even if the pill does help one in weight loss, there are no long term studies that show the detrimental affects it has in the body overall. So keep up the hard work of eating right and exercising, because the damage these can due highly outweighs any weight loss.

FLEXIBILITY



BY MARLENE AVITIA

Flexibility is a joints ability to move through a full range of motion (ROM). Flexibility training, also known as stretching, can help balance muscle groups that may be overused either during exercise or practice of poor posture. Inconsistency in ROM is due to the elastic properties of the muscle and tendons attached across the joints. 'Stiff' muscles and tendons reduce the ROM while 'compliant' muscles and tendons increase ROM. These elastic properties can be altered through stretching activities. When a muscle is held from 30-50 seconds under tension in a static (non-mobile) stretch, passive tension in the muscle decreases. Passive tension is the amount of external force required to lengthen a relaxed muscle. Less external force is then required and the muscle is more pliable.

Range of motion of a given joint depends on structure and function of the following: bone, muscle, and connective tissue. Factors such as pain and capability of generating muscle force affect ROM. Aging also causes crystallization of collagen fibers, which increases the fibers' diameter this makes fibers less pliable and affects extensibility. Exercise improves flexibility by improvement of muscle and connective tissue properties, reduction of joint pain, and alteration of muscle recruitment patterns.

Benefits of flexibility training:

Improved physical performance

.....continued next page

A flexible joint has the ability to move through a greater ROM and requires less energy to do so, while greatly decreasing your risk of injury.

Decreased Risk of Injury

Stretching decreases resistance in tissue structures which decreases risk of injury.

Reduced muscle soreness.

As flexibility increases due to static stretching the amount of muscle soreness you experience after exercise will decrease.

Improved Posture.

Stretching improves muscular balance and posture. It can help realign soft tissue structures and reducing the effort in achieving good posture and daily activities.

Increased Blood and Nutrient to Tissues.

Stretching increases tissue temperature, which increases circulation and nutrient transport, these allow for greater elasticity.

Start with lower frequency and shorter time periods (15-20mins). As strength and endurance levels rise increase frequency, duration, and intensity. Research suggests that static stretches should be held for at least 20 seconds to 60 seconds to gain benefit. Stretches should not be painful and should not cause muscles to shake. One should feel a mild intensity stretch and maintain that position. The mechanics of the stretch should ensure the person is stable and that there is no unnecessary stress on any other joints. Purpose of static stretches is to improve or maintain the ROM of a particular muscle, and the mechanics of the exercise must ensure that the target muscle is being stretch effectively.

Using a partner-assisted stretches and proprioceptive neuromuscular facilitation (PNF) stretching will also produce the same effect. PNF stretches involve applying an isometric contraction against the stretch to invoke a greater relaxation response and thus enable further ROM to be reached. This is done by a partner taking a stretch to an initial point, then after 20 seconds the athlete opposes the position with a strong 10-second isometric contraction against pushing against the partner. The athlete then relaxes and the stretching muscle should stretch farther.

Stretching should become part of a regular exercise regime. Combined with cardiovascular activity, healthy eating, and strength training ensures a happy and healthy body.

Cut Some Calories Daily by.....

1. Leave a couple bites behind on your plate.
2. Eat only half of the bread when having burgers and sandwiches.
3. Eat every 3-4 hours to avoid dips in blood sugar that can lead to overeating.
4. Have an orange instead of orange juice.
5. Eat only one serving of cheese per day-about the size of your thumb.
6. Skip the chocolate bar and have a hot cocoa with nonfat milk.
7. Avoid the vending machine when hunger strikes-keep some nuts or fruit on hand.
8. Eat oil-based dressing instead of cream-based.
9. Put your fork down between bites.
10. Enjoy meals at the table, without distractions such as the television.