

Nea's Health & Fitness Newsletter

The only true health insurance is
a healthy lifestyle!

SPRING 2010, Volume 1, Number 3

Editor's note:

In the first issue, I made a promise to focus on topics concerning people of different ages and genders. Up until now, we have just touched on children's health, but this issue is dedicated to kids and the importance of exercise in securing their future wellness. Health professionals have been requested to dovetail their message and programs to coincide with last month's launching of the First Lady's website, "Let's Move", which has the goal of solving childhood obesity within one generation. That is a reasonable goal, since the problem has really popped up within one generation!

There are three book reviews this month by three authors, each writing from a slightly different cultural perspective and health profession – all very insightful and genuine. I encourage you to browse these books in the book stores. They provide very do-able information, strategies and tips for establishing a healthy family lifestyle – one in which all members of the family are intent on being healthy and fit. Two of the authors offer 12-week fitness challenges, and they have the testimonials and photos to back them up!

I am writing to you from my kitchen, one of my favorite rooms – the other is my gym. These are my laboratories in which I can experiment with food and exercises, so that I can come up with new combinations of both to keep my family healthy and to provide the best fitness training to my clients. I am offering my services to you, my friends, because I truly believe that each of us must reach out to those around us to make a network in our world – that is how we can solve the problems that face us. My expertise is in fitness and wellness, and that is what I offer to you. Have a safe, happy and healthy month!

– *Nea*

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THIS NEWSLETTER COMES TO YOU FROM:

**NEA'S HEALTH & FITNESS
Nea S. Wheeler, PhD, A-CPT
Certified Personal Trainer
www.neawheeler.com
301-367-4919**

PLEASE WRITE AND TELL ME WHAT TOPICS WOULD BE OF INTEREST TO YOU. I WANT TO PUT MY TALENTS, ABILITIES & EXPERIENCE TO WORK FURTHERING YOUR HEALTH AND FITNESS!

JOIN THE WELLNESS REVOLUTION!

CHILDREN'S HEALTH QUIZ

- (1) Percentage of American youth in the 6-11 age group who are obese:
(a) 7% (c) 27%
(b) 17% (d) 37%
- (2) Overweight children are at risk for developing _____ in adolescence and adulthood.
(a) high blood pressure (c) type 2 diabetes
(b) high cholesterol (d) all of the above
- (3) The cost of obesity-related health conditions in the USA in 2000 was estimated to be ____, and it has increased steadily since then.
(a) \$17 billion (c) \$97 billion
(b) \$57 billion (d) \$117 billion
- (4) Percentage of USA schools that have daily physical education:
(a) 4% (c) 24%
(b) 14% (d) 34%
- (5) The main reason why children are becoming less active is:
(a) TV (c) computers
(b) video games (d) all of the above
- (6) It is advisable to start children in sport-specific training at age 6.
(a) true (b) false
- (7) The likelihood that children will grow up to be obese if they have one obese parent is:
(a) 5%—10% (c) 70—90%
(b) 25%—50% (d) negligible
- (8) Does cardiovascular fitness have any relationship with intelligence?
(a) Yes (b) No
- (9) Runner's knee is strongly correlated with
(a) weak quadriceps & hamstrings (b) small knee flexion during jumping
(c) excessive arch collapse (d) all of the above
- (10) Does exercise help children to manage anger and hostility?
(a) yes (b) no
- (11) A recent study of high school seniors showed that low intake of _____ & _____ was associated with decreased lung health.
(a) fruits & vegetables (c) calcium & iron
(b) protein & vegetables (d) fruits & omega-3 fatty acids
- (12) Kids who are provided with health information alone are less likely to develop healthy lifestyle habits than those who were given _____ recommendations
(a) diet (c) behavioral treatment
(b) physical activity (d) a combination of diet, physical activity or behavioral treatment

ANSWERS TO HEALTH QUIZ

(1) (b)

The percentage of obese children aged 6-11 has more than doubled in the last 20 years and is currently estimated to be slightly more than 17%, while another 15% have BMI's that put them in the "at risk for overweight" category.

[http://aspe.hhs.gov/health/reports/child_obesity/: retrieved March 11, 2010.]

[<http://www.overweightteen.com/statistics.html> : retrieved March 21, 2010]

"The Center for Disease Control and Prevention defined "overweight" as at or above the 95th percentile of BMI for age and "at risk for overweight" as between 85th to 95th percentile of BMI for age. European researchers classified "overweight" as at or above 85th percentile and obesity as at or above 95th percentile
[<http://www.nutritionj.com/content/4/1/24>: retrieved March 11, 2010.]

(2) (d)

Obese children suffer from the full gamut of health problems that afflict adults, including depression, sleep apnea, asthma & liver damage.

[<http://www.ext.colostate.edu/pubs/foodnut/09317.html>: retrieved March 11, 2010.]

The negative effects of poor body image on mental health cannot be over-exaggerated – poor body image has been linked to eating disorders, suicide attempts and smoking in teenagers.

[<http://archpedi.ama-assn.org/cgi/content/abstract/159/6/513>: retrieved March 12, 2010.]

[<http://www.womenshealth.gov/bodyimage/>: retrieved March 12, 2010.]

[<http://www.ncbi.nlm.nih.gov/pubmed/16712446>: retrieved March 12, 2010.]

[Editor's note: The take-home message for parents: Seek professional guidance in trying to help your overweight children. *Whatever you do, try to avoid undermining your child's self esteem!*]

(3) (d)

Obesity has reached epidemic proportions in the United States and is continuing to increase, resulting in a cost of \$ 117 billion per year in the year 2000 (and we will soon have updated information from a new census).

[http://aspe.hhs.gov/health/reports/child_obesity/: retrieved March 11, 2010.]

(4) (a) and (5) (d)

Only 4% of USA schools have daily physical education, and 20% of the schools have eliminated the subject altogether. This is in spite of the fact that many children and youths are increasingly living in a "virtual world", spending great amounts of time with TV, video games & computers.

[Klika, B. 2010. Fun and function for youth. *IDEA Fitness Journal*, 7, (3), 27-31.]

(6) (b)

It is not advisable to start sport-specific training in young children, rather the focus should be on basic overall development. It is extremely important that children develop primal movement skills (e.g., "crawling, climbing, skipping, marching, shuffling, striking, catching, grasping, and a host of other gross motor patterns") and neuromuscular proficiency before moving on to develop sport-specific skills. A developmentally based exercise program will make it clear when a child has mastered the basic skills and is ready to move on to the sport-specific ones. One must be proficient in a given level in order to pass on to the next.

[Klika, B. 2010. Fun and function for youth. *IDEA Fitness Journal*, 7, (3), 27-31.]

7) (b)

The likelihood is 25% - 50% if one parent is obese, and this climbs to 75% if both parents are obese. Check out these websites for an in-depth report giving statistics on childhood obesity:

http://aspe.hhs.gov/health/reports/child_obesity/ : retrieved March 13, 2010]

<http://www.ext.colostate.edu/pubs/foodnut/09317.html> : retrieved March 13, 2010]

(8) (a)

In a recent study from Sweden, the subjects (1.2 million males between the ages of 15 and 18 who were born between 1950 and 1976) were found to have a positive correlation between cardiovascular fitness and intelligence. No correlation was found for muscular fitness and intelligence. [Proceedings of the *National Academy of Sciences*, 106 (49), 2009 as cited by Halvorson, R. 2010. Making News. *IDEA Fitness Journal*, 7 (3), 12-15.]

(9) (d)

Runner's knee, which afflicts about a quarter of all runners, has been shown to result from weak thigh muscles, as well as excessive arch collapse ("over-pronation"). These factors, as well as an insufficient crouch during jumping, are good predictors of who will develop this condition. [*American Journal of Sports Medicine*, 37 (11), 2009. As cited by Halvorson, R. 2010. Making News. *IDEA Fitness Journal*, 7 (3), 12-15.]

Continuing with the topic of the knee, a recent study has linked ACL (anterior cruciate ligament) knee injuries to mental fatigue. It is believed that this is due to athletes ceasing to pay attention to proper running mechanics as they tire. [*Medicine & Science in Sports & Exercise*, 41 (8), 1662-73, 2009. As cited by Halvorson, R. 2009. Making News. *Idea Fitness Journal* 6 (10), 14-16.]

A successful training strategy for injury prevention involves the inclusion of calisthenics early in the program with a progression to "specific movement technique", especially involving deceleration. [Halvorson, R. 2009. Making News. *Idea Fitness Journal* 6 (10), 14-16.]

(10) (a)

A recent study from the that focused on sedentary 7- to 11-year-old children, half of whom participated in a 10-to-15-week after school cardiovascular program with the other half being the control group that did not participate. Both groups completed the Pediatric Anger Expression Scale before and after the exercise program started. The exercise group significantly reduced their anger expression. [<https://my.mcg.edu/portal/page/portal/News/archive/2008/Exercise%20helps%20overweight%20children%20reduce%20anger%20expression> : retrieved March 13, 2010]

(11) (d)

Lung health in teenagers was found to be severely impacted by low dietary intake of fruits and omega-3 fatty acids. The following are the conditions and what was lacking in the diet:

| | |
|--------------------|--------------------------------|
| Chronic bronchitis | Fruits and omega-3 fatty acids |
| Wheezing & asthma | Omega-3 fatty acids |

[Chest (2007; 132, 238-45), as cited by Lofshult, D. 2008. Food for Thought, *IDEA Fitness Journal*, 5(2)]

(12) (d)

The results were dramatically different for the information-only group and for the group receiving practical guidance. The former had a weight increase of 2.1%, while the latter had a weight decrease of 8% - 9%. Strategies that worked included "family counseling sessions on diet, 'child-only' physical training, diet & exercise combinations, and more." [*Health Psychology* (2007; 26 (5), 521-32 as cited by Keller, J. & Halvorsan, R. 2008. Making News, *IDEA Fitness Journal*, 5 (2)]

You might like to check the internet for information on the following "tried & tested" intervention programs that have a good track record:

[Fitwize 4 Kids](http://www.fitwize4kids.com/) has programs that works with youths age 6-15.

This organization has centers around the USA that help children build self esteem while developing a healthy lifestyle and implementing healthy eating habits. Each center is a franchise, and the one in the Washington metro area is in Sterling, Virginia.

[<http://www.fitwize4kids.com/>, retrieved March 16, 2010]

[Adventure to Fitness](http://adventuretofitness.com/fundraising.html) holds healthy fundraisers and hosts programs for in-class weekly fitness adventures online. Their fundraisers can earn large sums for PTA's (who usually have to rely on selling wrapping paper or other items to help their schools). The 45-minute programs are fed into classrooms via the internet, so that children can go on the adventures together with "Mr. Marc", the program host and co-adventurer. There is a new adventure every week, each focusing on a different part of the world; so the children learn some geography, as well as getting exercise. The programs are designed to supplement the children's physical education classes. The pace varies throughout the adventure, starting slowly (warm-up) and then really gets moving. Interval training is included, with the adventure building to a resolution that is followed by a cool down phase. These programs are aimed at children who are in preschool through 5th grade.

[<http://adventuretofitness.com/fundraising.html> , retrieved March 15, 2010]

HOW TO MAKE YOUR RECIPES MORE HEART-HEALTHY

Instead of just giving you a single recipe this month, I want to show you how easy it is to adapt your favorites to be heart-healthy without sacrificing the flavor you have come to enjoy! This can be done simply by eliminating the saturated fat & trans-fat and reducing the sodium. In addition, I choose to use natural sweeteners instead of refined "white" sugar, in order to increase the vitamin and mineral content of the recipe.

Trade healthy fats for unhealthy ones

Butter & margarine add saturated and trans-fats, respectively, to your recipes. By using non-hydrogenated vegetable oils, you can eliminate these bad actors! By doing so, you also add omega fatty acids to your food. Omega-3 & -6 fatty acids are essential for life. The human body cannot make them, so they must be supplied in the diet in order for a person to develop properly and remain healthy. Omega-9 fatty acid is not essential, but it is also a heart-healthy fat found in avocados and olive oil. The following oils contain the specified omega in abundance and are recommended for cooking and baking:

| | |
|------------|----------------|
| Canola oil | Omega-3 and -6 |
| Olive oil | Omega 9 |

For a complete understanding of these and other oils, consult the internet. A very helpful site that provides cooking tips to preserve the omega content of the oils is: [<http://www.askdrsears.com/html/4/t043800.asp#top> , retrieved March 18, 2010.] This site clearly explains the rationale for buying organic oils, their storage, and also how to do "safe sautéing", so as to preserve the omegas in their pristine state.

All sugars are not created equal

Refined sugar has all the molasses removed, thus making it devoid of the vitamins and minerals found in raw sugar cane or raw beet sugar. The sugar I find most useful in baking is called SUCANAT™ (SUGar CAne NATural), which is simply dried sugar cane juice. I substitute it 1-for-1 in most of my recipes. It tastes wonderful and has the advantage of flowing freely, unlike brown sugar. In many cases, I substitute agave nectar to which I add maple flavoring. This sweetener has the low glycemic index of the agave nectar and the wonderful flavor of maple syrup, which goes so well in many baked goods and imparts a very special flavor. [Note: For a discussion of glycemic index by an un-biased organization, check out the Mayo Clinic website and decide for yourself. <http://www.mayoclinic.com/health/glycemic-index-diet/MY00770> : retrieved March 18, 2010.]

SPRING HEALTH/FITNESS SEMINAR SCHEDULE (Tuesdays)

April 27 "Energy to burn and goals galore!"

June 8 "Wellness begins with a healthy digestive system!"

True health insurance is a healthy lifestyle! Each of these topics is designed to show how nutrition and exercise can shape your health and wellness future to ensure that you and your family visit the doctor mainly for wellness checkups!!!

Time: 11:00 am - 12:45 pm

Please **call or e-mail** me if you would like to come and to let me know if you will be able to stay for lunch on April 27 (I hope so!!!).

(301) 367-4919 **nea@neawheeler.com**

Contributions of \$20 are welcome!

WEEKLY FITNESS WORKSHOPS

I want introduce you to techniques & inexpensive equipment that you can use to get a good workout in the limited space of your own home. The exercises in April will focus on revving up your metabolism!

Time: 10:30 am - 12:00 noon

Date: Every Saturday (except the 2nd one of the month)

Please **call or e-mail** me if you plan to come.

(301) 367-4919 **nea@neawheeler.com**

Contributions of \$20 are welcome!

SPECIAL TOPIC WORKSHOPS

There are any number of special topics we could focus on, such as exercises for women who are: (1) pregnant; (2) going through menopause; (3) breast cancer survivors; (4) diabetic; (5) arthritic; (6) artificial joint recipients. Just let me know if you are interested in these topics or any others.

My goal with the seminars and workshops is to demonstrate how easy & FUN it is to adopt a healthy lifestyle that will add years to your life and make it possible for you to have an abundance of energy to achieve your dreams!

BOOKS OF THE MONTH !

Hey parents and grandparents, listen up: Your children and grandchildren need your help!!!! You are their role model – in every way. If you smoke, they are likely to smoke. If you abuse your body in any way, they are getting the wrong message. If you maintain a healthy lifestyle, they will most likely follow your example – especially if you perform a miraculous transformation! The main reason one third of our kids are overweight or “at risk” is because two thirds of their parents are overweight! Let’s make a difference in our children’s lives by making healthy lifestyle choices that will lead us to our ideal weight!

I have selected three books that will help you make that transformation in a way that will astonish you with the practicality and do-ability of each author’s approach. No matter how old, busy or out of shape you are, you can re-invent yourself!

Pamela Peeke, MD *Body for Life for Women*. USA: Rodale, Inc, 2005.

Dr. Peeke takes the whole of a woman’s life into account, and then she proceeds to help us see our way around the roadblocks that have been holding us back. First of all, she helps us clarify our goals and develop a fierce motivation to reach them. The goals must be measurable, and she stresses the importance of taking regular measurements so that you can see yourself progressing toward your goals. Her language is sassy, and she explains everything clearly. Dr. Peeke’s method clearly has dramatically changed the bodies and the lives of many women, as the inside-cover photos (before, after and years later) show. The personal stories of several of these women are included– they are very moving and inspiring. A particular advantage of this book is that it gives guidelines for health and fitness for women of all ages and takes into account the hormonal activity of each of the four stages of a woman’s life – **WONDERFUL!!!** Dr. Peeke knows well the importance of removing “toxic fat” that accumulates around the waistline, since she has been doing research on this topic and other gender-specific health concerns at NIH for years.

Rovenia M Brock, Ph.D., *“Dr. Ro’s Ten Secrets to Livin’ Healthy.”* New York: Bantam Dell, 2005. Dr. Ro lays out the facts about how African Americans are being hit particularly hard by the obesity epidemic and are, consequently suffering disproportionately from the conditions obesity fosters, namely: heart disease; stroke; hypertension; high cholesterol; diabetes; and obesity-related cancers. It is not for nothing that she has been called “America’s most renowned African American Nutritionist” and is the host of a long running nutrition program on BET television! She’s witty, charming and totally up-front in talking about her struggles to develop a healthy lifestyle and eating habits while maintaining her cultural roots and adapting soul food to make it healthy and nourishing. Her observation that a plate of healthy food should be a rainbow of color is in total agreement with modern nutritional research — the more colorful, the more anti-oxidants, vitamins & minerals you are getting. She also talks about the importance of exercise in achieving the desired results. After reading the book, one sees how sensible and simple Dr. Ro’s advice is and how it can be transformative for anyone, regardless of race and culture!

Lee Labrada, *“The Lean Body Promise.”* New York: Harper Collins Publishers, 2005. As a former “Mr. Universe” (1985), Labrada knows how to build fit bodies. His focus is on the superb health that comes from balanced nutrition and exercise. This book is not “just for bodybuilders”— it is for anyone who wants to improve the quality of his/her life using a practical approach. He recognizes that modern people have limited time to spend on exercise, and he has developed a 30-minute per day strategy for getting into fabulous condition using a combination of cardiovascular and resistance training and balanced nutrition. His method is do-able (I have tried it myself) and very stimulating – and it gets results.! Labrada realizes how important commitment and mental conditioning are in achieving one’s goals, so he guides you step-by-step through preparation for his 12-week challenge program. First, he requires a written commitment to goals that you can really feel passionate about. Then he emphasizes the commitment to yourself by asking you to write positive affirmations to encourage you to achieve your goals. He lays out a clear, easy-to-follow eating plan. He tells you how to set up a home gym that will be your laboratory in building the body of your dreams. Labrada gives you a selection of exercises to use in working all the major muscle groups. Then, when you are off and running (or swimming or biking or whatever exercise you choose), he offers you a free coaching newsletter that you can subscribe to on-line. He does all this with wit and humor. This is a real fun read that gives you a blueprint for success, no matter how much of a novice you are at taking care of yourself!!!

THE PURPOSE OF THIS NEWSLETTER is to share with you some of the most recent advances in the field of health and wellness.

It is my goal to demonstrate the effectiveness of developing the habit of eating wisely and exercising regularly with sufficient frequency and intensity to provide you the best wellness insurance money and sweat can buy.

Many of you know that I come from a scientific background. My first career as a research chemist honed my ability for searching and understanding scientific literature. What is more, my nineteen years in the laboratory developed my sense of adventure and experimentation, which I now apply to topics of health & wellness. I go to the literature and learn — then I test and apply the information to myself before I offer it to my clients.

I have benefited so much from sound eating and exercising principles for the past 61 years that I want to help other people reach for and grab onto these same simple principles! That is why five years ago I chose to study to be a personal trainer for my second career.

Our country is in a real healthcare crisis – and it is one that each of us can and must do our part to solve. It goes far beyond throwing money into “health insurance”, since the underlying problem of un-wellness is still there unless we as individuals safeguard our inherent good health by cultivating healthy habits and discarding unhealthy ones.

I know that these changes are not easy – but they are necessary. For this reason, I am committed to support the efforts of all of you who are ready and willing to go through the paradigm shift from behaviors that lead to sickness to those that bring wellness and open up a world of possibilities in your life.

Give me a call or drop me an email if you want to talk about a specific topic or need to consult about how to begin your transformation – I’d love to hear from you!!!

Best wishes for true health and wellness for you and your family!

-Nea