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Exercise: The art of converting big meals and fattening snacks into back strains and pulled muscles by lifting heavy things that don't need to be moved, and running when no one's chasing you.*

Can you relate to the definition above?

Although it's pretty funny, it does reflect the gloomy attitude many have toward doing exactly what the body is created to do: *Move*—Lift, Pull, Push, Walk, Walk faster, and more. Created with all the joints, muscles and flexibility to do amazing things—that's us! We may not *all* have the genetic potential to be Olympic gold medalists, but we *were* designed to move — and move *lots*.

Food's role is simply to help fuel all that *moving*. When the moving stops and people continue to eat as though they were preparing for a day of manual logging...weight gain happens. Now please understand, I am NOT saying that *everyone* struggling with their weight eats tremendous amounts—there are plenty of exceptions. But the reward for *minimal* activity, is a *minimal* metabolic rate—so even moderate food intake may provide more fuel than you need if your activity is low.

That extra fuel — extra calories — will be stored as fat. That's why regular exercise is *vital* to maintaining a healthy weight — it's *vital* because it's part of the original plan for our bodies *and* it puts our daily fuel to good use.

Of course, despite whatever vibrant potential we had in youth, things can change. Along the way life, work, stress, a sedentary job, and increasing age can slowly chip away at our ability to compete in 100-mile races and elephant lifting contests. Arthritis, knee pain, foot problems, and back pain each can limit daily physical activity. Perhaps you are stuck in a catch-22. Because of your extra weight it hurts to exercise, but you have to exercise to lose the weight. What do you do? It's a tough one. I don't have a simple solution, but it may help to experiment. If you

* Author unknown.

genuinely desire a solution, you will find it. Eat Smart Nutrition is here to help, you're always welcome to call or email with any questions.

-Adina Tapu, RD

Muscles and Dream Homes

Muscle is the body's main metabolic tissue. The more muscle you've got on your frame, the higher your metabolism. Alternatively, those with little muscle mass have burn fewer calories. Therefore, the ideal weight management plan includes regular strength training workouts—to build, or at least keep your muscle mass.

But, building anything means you've got to have building supplies. Let's say you are planning to build your dream home—a cozy log cabin. You'll need a supply of quality logs. Building muscle is similar. You've got to have muscle building blocks: Calories, protein and adequate overall nutrition. In other words, no starvation allowed.

However, adequate nutrition can only do so much. Calories and protein will not turn into muscle any more than a pile of logs can turn itself into a log house. Houses don't get built simply by collecting material; Muscles don't get built by only drinking protein shakes or eating extra calories—only fat gets built that way.

For a pile of logs to turn into a log cabin someone has to put in some effort into building. It takes physical effort to create the structure—to turn the logs into a dream cabin. In the same way it takes extra effort to build muscle mass. That extra effort means resistance training or weight training. It means pushing yourself a little. It means advancing from being able to lift 5-pound weights to 8-pound weights to 10-pound weights, and on and on. But muscles aren't

built overnight though. So don't worry about waking up to forearms like Popeye or legs like the Incredible Hulk. In fact, unless you are genetically gifted, it takes a pretty big effort to put on serious muscle weight, especially for women.

Now if you're serious about introducing a little muscle to your frame, do it the *smart* way. Enlist the help of an expert: A certified personal trainer. He or she can help develop a plan for you that works as well as show you the proper way to perform different exercises.

Why is this so important? Why shouldn't you just hop to the gym and start lifting weights on your own? At best you just won't be very effective and you'll wonder why you don't see any results. At worst you could seriously injure yourself with improper form—and that's no fun.

Also, see a registered dietitian. While a personal trainer is the fitness expert, a registered dietitian is the food and nutrition expert with the knowledge to help you eat smarter for your new fit body as well as the journey to getting that body!

Finally, consider getting your metabolism measured—both at the start of your new exercise program and every 3 months. This way you can really track improvements in how many calories your body burns with added exercise. Visit www.goeatsmart.com for info on testing.

- Adina Tapu, RD

Are You F. I. T.?

If you've been walking 3 miles 4 days a week for the last few months, Excellent! But keep in mind that continued fitness requires continued progress. Consider the athletic trainer's favorite acronym: F. I. T. It stands for Frequency, Intensity, Time. Take a moment to evaluate how frequently, how intensely, and how long you exercise. Next, pick one area to improve:

Frequency: Increase the frequency of your walking from 4 days a week to 5.

Intensity: One day a week, attempt to walk those 3 miles faster. Do it in 46 minutes instead of the usual 50 minutes. Or if you walk on a treadmill why not increase the incline?

Time: If you normally ride the stationary bike for 30 minutes, do it longer—aim for 35 minutes instead.

Don't let your muscles or mind get bored—up the ante now and then. Challenge yourself to improve, a little at a time. Remember, don't push yourself by more than about 10% a week in any area. That translates to: If you normally run at 5 miles per hour...increase your speed to 5.5 miles per hour, but not more!

-Adina Tapu, RD

Are Exercise Equipment Calculations Reliable?

Many treadmills, stationary bikes, and other aerobic exercise machines display how many calories you are burning. Have you ever wondered if these calculations are correct?

The number of calories you expend during a workout depends on your size, body composition, workout intensity, and level of fitness. If the machine doesn't ask for your body weight, you can be sure the calorie count is *not* accurate. The heavier you are, the more calories you burn. So a 100-lb. person burns far fewer calories than someone who weighs 250-lbs.

If the machine does ask for your weight, it is giving you an *approximate* amount. The reliability of the numbers varies by manufacturer as the truth in the equipment's readout depends on what formula it is using. If you'd like to compare your gym machine to a reliable source, here's a partial listing from a well-respected text, Exercise Physiology, by McArdle, Katch, & Katch:

Activity	Calories/lb/minute
Aerobics	
Moderate	0.065
Vigorous	0.095
Cycling	
5.5 mph	0.033
10 mph	0.050
13 mph	0.071
Running	
11 min/mile	0.070
8.5 min/mile	0.090

Stairclimber

Moderate	0.070
Vigorous	0.090

Stationary Cycling

Moderate	0.055
Vigorous	0.090

Note: "Moderate" and "vigorous" are not specific terms.

Also consider that a person who has a high percentage of lean body mass will spend more calories than a person with a greater fat mass, because lean tissue is more metabolically active.

Technique also matters — if you're leaning on a stair climber (putting your weight on your arms), you're reducing your body weight load and burning far fewer calories than the machine says. The same holds true for a treadmill. You're better off setting the machine at a lower intensity. Your workout will be more effective if you swing your arms at your sides (touching the side bars occasionally for balance).

Basically, do a challenging aerobic workout — one that's not too easy, yet also not so hard that you can barely last ten minutes. You'll be in such good shape it doesn't matter what any *machine* says!

Edited from article found on www.goaskalice.com – a great resource for nutrition information.

3 Great Foods For The Active Lifestyle

Whole Grains

It's nearly impossible to keep a body strong and fit without carbohydrates. Why? Because a strong, fit body is the body of a person who consciously chooses to sweat out a good workout most days of the week. This body has muscles that need the sugar from carbs for fuel. This fuel comes from carbohydrates. Mmm...mmm...good stuff like grains ☺.

Although Wonder Bread, Biscuits, and Donuts have plenty of carbs, your best bet for a properly fueled body is whole grain foods. Whole grains are packed with fiber to keep your intestines chugging along properly. Whole grains are also loaded with vitamins and minerals to help your body best process all these carbs you're eating for fuel.

Some Grains Worth Trying:

- Whole Wheat Bread
- Brown Rice or Wild Rice
- Quinoa—this nutty, high protein, rice-like stuff is fabulous! Check out www.quinoa.net for some yummy recipes.
- Rye Triscuits—crunchy, salty, and with just enough greasy texture to make you think they're bad for you...but are actually low in fat!
- Oats—whether it's Quaker Oat Squares or good old-fashioned oatmeal, the soluble fiber in this excellent breakfast food is great for fullness and helps to lowering cholesterol.

Beans

Whether you're looking for protein or fiber or carbs for fuel—beans are where it's at. It's loaded with all three. In fact a cup of beans will give you HALF of your daily fiber needs! Wow. Add some to your diet:

- Toss garbanzo or kidney beans in with your salad
- Add beans to your soups and stews
- Eat edamame (green soybeans) as a snack—they're crunchier than regular beans!
- Give roasted soynuts (a bean) a chance—they come in all sorts of delightful flavors
- Whiz up some beans in a blender and make a bean dip
- Throw chili beans onto a potato for a high energy meal after a major workout

Avocados

Twelve reasons to eat some avocado today:

1. Cholesterol-free and sodium-free
2. Most of it's fat is healthy mono-unsaturated, which may help prevent heart disease.
3. Good source of vitamin B6 and vitamin C.
4. Ounce per ounce, 60% more potassium than bananas
5. A healthier spread compared to butter, cream cheese, mayonnaise, and most margarines. It has 1/6th the fat of butter or margarine.
6. Highest fiber content of any fruit.
7. More folate per ounce than any other fruit.
8. Highest fruit source of the antioxidant vitamin E.
9. Greatest fruit source of the phytochemical lutein, protecting against prostate cancer and eye diseases.
10. Contains four times more cholesterol-lowering beta-sitosterol than any other fruit.
11. Contains at least three times more glutathione than any other fruit, working as an anti oxidant reducing risk of certain cancers.
12. It's really yummy.

A ripe avocado should feel solid, but give slightly to firm pressure. To ripen a hard avocado, place it in a paper bag with an apple. The Hass avocado, with its dark, leathery skin, has the most buttery flavor and is the best choice for guacamole. The recipe on the next page was a hit with several of my friends. You might like it too!

- Adina Tapu, RD

Check out the yummy avocado recipe on the next page!

Mango and Pear Guacamole — yields 3 cups

3 T finely chopped white onion

1/2 t salt

2/3 C peeled, cubed (1/2 inch) mango

2 1/2 t finely chopped & seeded jalapeño

1/2 C peeled, cubed (1/2 inch) Anjou pear

2 ripe Hass avocado, pitted, peeled, coarsely chopped

The original recipe recommends using a mortar and pestle, but since most of us don't have one, a food processor or quick, strong hands will do. Mash onion, jalapeño, and salt until smooth and juicy. Add avocado, and mash *slightly*. Stir in mango and pear. Serve immediately.

Per 1/4 cup: 61 Calories; 4.8 g Carbs; 5.0 g Fat; 1.8 g Fiber.

Recipe adapted from Martha Steward Living, Jan '04.

To set up a personal nutrition session, metabolic testing session, or if you'd like a nutrition presentation at your worksite, call or email me today! As always, Eat Smart Nutrition is here to serve you—to *help you eat smarter, one step at a time!*

To a Healthy, Happy, and MoreActive You!

Adina Tapu, RD



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