



Fitness Focus

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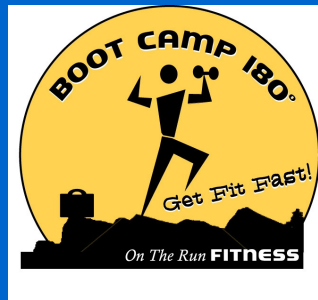
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Don't Shop 'Til You Drop!

Kori L. Propst, MS; Personal Trainer, Licensed Professional Counselor

Ever entered the grocery store with your stomach rumbling, all you can think about is grabbing a rotisserie chicken and heading home to devour it in a few seconds flat? It's more likely that half of it will be gone by the time you pull into the driveway!

Each of us has made the mistake of going grocery shopping when we are too hungry to make sound decisions about what to throw into the cart. We've more than likely been lured by the bargain bins, the sale-priced items that we wouldn't typically pick up, and the foods that upon immediate glance give us a false sense of anticipatory satisfaction. Then you get home only to find a sack full of foods that will prove to sabotage your efforts to eat cleanly and stay healthy.

Eating clean and nutritious foods is not just about being able to choose whole grain products, fill up on fruits and vegetables, and incorporate lean protein sources into your diet. It's as much about strategizing and anticipating triggers to unhealthy eating and developing plans to avoid what you have identified as contributing to your lack of success in the past.

Going to the store having had a snack is one of those strategies that can facilitate a more positive shopping experience. Another is having a shopping list readily available to help you make prudent decisions and keep you on track. If you are eating clean, your list will be similar each time you shop. I have a grocery list that I print multiple copies of because usually each time I make one, the same foods are listed!

Here is a list that you can use to ensure that you won't have a shop 'til you drop experience! Just circle what you need. Or, if you see something on the list that you haven't tried before, go for it! This list is by no means comprehensive.

Fruits	Vegetables	Bread/Grains/Cereals	Meat/Poultry/Eggs/Fish
Apples	Asparagus	Amaranth	Eggs or egg whites
Apricots	Beans	Barley	Extra lean beef or turkey
Avocado	(black, kidney, cannellini, pinto, fat free refried, garbanzo)	Whole wheat/whole grain bread	Halibut or other white fish
Bananas	Broccoli	Brown Rice	Loin or round cuts of meat
Berries	Brussel Sprouts	Bulgur	Salmon
Cantaloupe	Carrots	Whole grain or bran, high fiber cereals	Sirloin steak
Cherries	Cauliflower	Whole wheat crackers	Skinless chicken or turkey
Clementines	Green Beans	Whole wheat oatmeal	Tilapia
Grapes	Green Leaf	Whole wheat pasta	Tuna canned in water
Grapefruit		Whole wheat pitas	
Honeydew		Quinoa	Frozen Foods
Kiwi		Spelt	Fruit (no sugar added)
Mangoes		Whole wheat Tortillas	Vegetables (no sauces added- broccoli, spinach, mixed veggies, stir fry veggies)
Nectarines			
Oranges			
Peaches			

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We want your feedback; please tell us what you think and make any suggestions or comments to us by clicking here.

Pomegranates Papayas Tomatoes Watermelon	Lentils Lettuce Kale Onion Peppers Red Leaf Lettuce Romaine Spinach Squash Sweet potatoes Zucchini	Canned Foods Beans/Lentils (canned or dry) Fruit in own juices or water (you can always rinse before eating) Sardines Soup (low sodium, broth based) Tuna (in water) Vegetables	Veggie burgers or other soy based products Kashi waffles (whole grain)
Beverages Reduced sodium vegetable juice 100% juice- no added sugar		Snacks Dried fruit Unsalted nuts/seeds Whole grain snack/protein bars Air-popped or light microwave popcorn	Dressing/Oil/Sauce/Spread/Spice Low/no sugar jam/jelly Nonfat cream cheese Low/no salt herbs/spices Low/no fat vinaigrettes Salsa Low/no salt tomato sauce Olive/canola/walnut oil Garlic Hummus
Dairy Low/no fat cheese, cottage cheese, milk, yogurt			

Set a Goal to be Grainy

Kori L. Propst, MS- Personal Trainer, Nutrition, Fitness, and Lifestyle & Weight Management Consultant

Have you noticed lately that many of your favorite foods have been enhanced with whole grains? Pastas, cereals, breads, flours, and even rice blends are popping up with added whole grains to increase the likelihood that Americans will increase their consumption to recommended levels. The Department of Agriculture issued a statement almost 3 years ago setting a guideline of at eating at least 3 servings per day. Unfortunately, the majority of the grains Americans are consuming are from refined sources; only 13% of our intake comes from the "whole" variety!

So what's the whole story? Whole grains decrease the risk of heart disease and diabetes by approximately 30%. Studies have shown benefits with conditions such as high blood pressure, obesity, cancer, asthma, and inflammation as well. The whole reason that whole grains are so good for you is because the grain is intact. Whole grains are basically seeds that have not been ground down, or refined, into a fine powder.

A whole grain has three parts: endosperm, bran, and germ. When a whole grain is processed or refined, the bran and germ are removed. The bran contains most of the fiber, B vitamins, and antioxidants; the germ houses the nutrients (healthy fats, vitamins, and minerals). The only thing remaining is the endosperm, which is starchy and used to make refined flour.

The current dietary guidelines call for 6-8 servings of grains per day, with a goal of at least half being from whole grain sources. Here's what a serving looks like: 1 slice of 100% whole grain bread **OR** 1 cup of 100% whole grain cereal **OR** ½ cup of a grain like brown rice.

Wondering now how you are to identify and or incorporate more whole grain products? It can be tricky, but here are some tips:

1. Check Nutrition Labels: look for the word "whole" preferably as part of the first

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- ingredient
2. Some whole grains won't specify, like amaranth, barley, buckwheat, bulgur, faro, spelt, oats, and cracked wheat
 3. The Whole Grains Council has a stamp that they put on packaging to indicate when one serving of the product provides at least 8 grams or 16 grams of whole grains.
 4. Some restaurants offer whole grains but don't advertise them. It is always worth it to ask if they can put your Boca burger, for example, on a whole wheat/grain bun or if they serve brown rice instead of white rice.

Fitness Facts Stay in know about current research!
(Scroll down to bottom for pertinent definitions.)

Belief Systems About Eating Are Changing!

Although the word "diet" when translated means "a way of life," **Americans have come to adopt its meaning as a short-term installment of a means to an end.** In the 1990's, it was reported that ~35% of women and 23% of men were on a "diet" at any particular time. Interestingly, current statistics as reported by Reuters Health indicate a substantial decline compared to values a decade ago.

Port Washington, a New York-based NPD Group, Inc (a consumer marketing research firm that tracks Americans consumption habits) that recently surveyed 26,000 Americans, reported that **29% of women and 19% of men are currently on a "diet," a reduction of 6% and 4% respectively.**

The firm speculates that a trend towards self-acceptance may explain the decline in dieting practices. **According to their report, the percentage of adults who viewed an overweight person as unattractive has dropped by 50%.**

Of the individuals who were on a "diet," improving health was the #1 motivation for 68% of respondents. **In addition, one-third of dieters were not using a pre-designed "diet" but rather formulated their own approach, mostly based on portion control.** Only 9% currently claim to be using an "extreme diet."

Although "dieting" is on the decline, the majority of Americans continue to perceive the need to lose approximately 20 lbs, as reported by 60% of respondents.

Stern, Andrew (2007) Americans opt for healthy eating, not diets. Reuters Health. Friday, January 4, 2008

Validating the Benefits Of a Personal Trainer for Women

Does having worked with a Personal Trainer increase the likelihood those women will select an adequate resistance when training alone?

Researchers at the College of New Jersey say... YES!

Forty-six women with prior resistance training experience participated in the

study, which was published in the Journal of Strength & Conditioning Research. **Nineteen had worked with a Personal Trainer for at least 3 months prior to the study, and 27 had been resistance training for an equivalent time period independently.** Using the chest press, leg press, seated row and leg extension machines, participants were asked to choose a resistance that could be performed for 10 repetitions.

Results showed that the PT group self-selected resistances that were on average ~51.4% of 1RM*, nearly 10% higher than the non-PT group who chose weights that were ~42.3% of 1RM. **In addition to the main findings, max strength for leg press and leg extension exercise was greater for the PT group, but not chest press.** Interestingly, the women who worked with a PT reported consistently using 3 sets of 15-20 repetitions, while the non-PT groups reported doing 3 sets of 10-15 repetitions.

Strength researchers suggest **that although beginners may benefit from using a resistance equivalent to 45% of their 1RM, as training age increases so must intensity to sustain progress.** Consequently, more advanced trainees require 60-80% of 1RM to improve strength and hypertrophy+, up to >85% in the most highly trained individuals.

Surprisingly, the women in the current study who were self-trained self-selected intensities that were more than 10% lower than the untrained women in a similar study published nearly one year ago. **Unfortunately, although the women who had worked with a Personal Trainer used a greater resistance in this study, their self-selected resistance was still lower than is necessary for stimulating adaptation.**

Ratamess, N.A., et al (2008) Self-selected Resistance Training Intensity in Healthy Women: The Influence of a Personal Trainer. 22(1): 103-111.

STRENGTH TRAINING DEFINITIONS FOR ABOVE ARTICLES

***1 RM:** One Repetition Max- The most weight you can lift one time

+Hypertrophy: the increase in the size of a muscle

Talk to the Trainer



In this section our readers get a chance to ask Kori, an On The Run Fitness trainer, questions regarding fitness. In each issue we will post questions that our readers have sent in. To ask Kori a question or get some advice please email <mailto:kori@ontherunfitness.com>

Dear Kori,

I love to cross-country ski in the winter and want to improve my skills. With spring approaching, what can I do indoors to practice and be in shape for this activity?

Dear Reader,

Cross country skiing requires much endurance but also strength, particularly in the arms, back, and shoulders. The legs need endurance capacity. Running is obviously a great exercise to increase endurance, and this can be done on the treadmill; however, for your specific sport, I would recommend fast hill walking on the treadmill.

If you are outside in a hilly area, focus on walking and picking up speed going up the hills. Running is more efficient, which means it takes the stress off of those muscles that you need to work on to improve your skiing capacity. I think what you might notice is that fast walking up hills will fatigue your lower back and legs more than running will, which is similar to what you experience during x-country skiing. For your arms, because of their involvement in the poling, I would focus on both strength and endurance exercises for your upper back and lats, biceps/triceps, and shoulders. You could alternate your workouts for your upper body- one week focusing on higher weight and lower reps; the next focusing on lower weight and higher reps.

Fit but Fat?

It's true. In a Journal of the American Medical Association article published December 5, 2007, researchers outlined their discovery that death rates of individuals who had better fitness levels (as measured by a treadmill exercise test) were lower than those who were considered unfit. Those who were classified as obese but fit had lower death rates than those who were lean but unfit. Adults in the study were an average age of 64 years. Their fitness and death rates were tracked for 12 years. Body fat was measured by percentage, waist circumference, and BMI. The message: even if overweight, good health should be prioritized with exercise and fitness endeavors. If you want to change your physique, however, appropriate nutrition and fat loss is key.

On The Run Fitness



On The Run Fitness owners- Matt Biedron & Kris Barrow

Matt and Kris are both Loveland residents and have 14 years combined fitness experience. They founded On The Run Fitness as a way to help as many people as possible achieve fitness in their community. On The Run also prides itself on a real approach to fitness and does not and will not endorse any short cuts or gimmicks.

Enhancing the lives of Northern Colorado residents one workout and one meal at a time!

On The Run Fitness

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