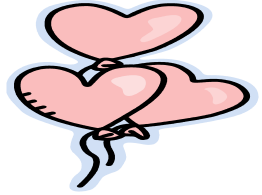




# Fit-First News



*A monthly newsletter from Fitness First to educate, empower, and inform its members.*

February 2008

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## February

February is American Heart Health Month. The “Heart Truth” is a campaign to make women more aware of heart disease. Although significant progress has been made, from 34% in 2000 to 57% in 2006, most women fail to make the connection between risk factors, such as high cholesterol and high blood pressure, and their personal risk of developing heart disease. The centerpiece of the Heart Truth is the Red Dress, which was introduced as the national symbol in 2002. It reminds women of the need to protect their heart health and inspire them to take action.

### Inside This Issue:

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### Programs:

I Can Do It Myself: use of facility, equipment orientation, \$5 group fitness classes, \$9 yoga classes

Motivate Me: use of facility, equipment orientation, unlimited service from trainers, \$4 group fitness classes, \$8 yoga classes

Accountability: use of facility, equipment orientation, unlimited service from trainers, unlimited service from nutritionist, \$3 group fitness classes, \$5 yoga classes

### Congratulations February

### Member of the Month!

**Nicole Conner**

### KNOW YOUR NUMBERS

Blood Pressure	less than 120/80
Total Cholesterol	less than 200mg
Fasting Blood Glucose	less than 100 mg
Triglycerides	less than 150mg
Body Mass Index	less than 25
Waist Circumference	less than 35 inches
Minutes of Exercise per Day	at least 30

### What's New:

Group fitness classes and yoga classes are temporarily canceled till further notice.

# Why all the lunges you ask?

By Rochelle Howard BS ED

Read below to find out why:

Static lunges are great for working all the major muscles of the hips, glutes and thighs. In this version of lunges, you're simply dropping your knee down rather than stepping forward or back. For beginners, you can try this move while holding onto a chair or wall for balance.

## DO IT RIGHT, HERE'S HOW-

1. Stand with right foot forward, left foot back about 3 feet apart.
2. Hold weights in each hand if desired and bend the knees to lower the body towards the floor. Keep the front knee behind the toes and be sure to lower straight down rather than forward.
3. Keep the torso straight and abs in as you push through the front heel and back to starting position.
4. Don't lock the knees at the top of the movement.
5. Perform 1-3 sets of 8-16 reps according to your fitness level and goals.

## DO IT RIGHT, HERE'S HOW:



# The Atkins Diet

The Atkins diet was written by Dr. Robert Coleman Atkins. He was a cardiologist and graduated from the University of Michigan and received his medical degree from Cornell Medical College. He has written many books on the subject which have sold millions and has been on the bestseller list for years. Dr. Atkins theory is that carbohydrates make you fat and consuming high fat high protein foods promote weight loss.

During the first phase of the diet only 20 grams of carbohydrates are allowed. This is equivalent to eating 1/2 cup of broccoli. Starches, milk, and fruits are not allowed. All other calories are consumed through foods such as meats, eggs, cheeses, oils, butter, and bacon. This puts the body in a state of ketosis. Ketones are a byproduct of metabolism when fats are broken down as the main fuel source. When the body is in ketosis, you tend to feel

less hungry and therefore you eat less. Also by eating a diet high in fat and protein, the body produces less insulin. According to Atkins theory, if the body keeps making "too much" insulin as it deals with excess carbohydrates, it may become less responsive to insulin and eventually may develop diabetes.

In the next 3 phases carbohydrates are slowly added back but they are still limited and sugar, milk, white rice, white bread, potatoes, and pasta are never allowed. If any weight is gained, you are to start at phase 1 again. The next 3 phases are labeled "Ongoing Weight Loss", "Pre-Maintenance", and "Lifetime Maintenance".

The Atkins diet has been very controversial since the beginning. The pros of this diet is that you do lose weight if you follow it strictly. Studies have been done by the American Heart Association and the National Institutes of Health that confirmed this.

By Rebecca Roessner DTR

However many health experts remain wary. The cons of this diet are many. There is little fiber, it is lacking many essential vitamins and minerals, little variety, and can cause bad breath and constipation. There is a potential for bone loss and liver and kidney problems from the high amount of protein. Also there are concerns whether this is a healthy diet for preventing heart disease, strokes, and cancer.

My opinion: Stay away from this diet like the plague!

