



# Fit-First News

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



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## MARCH

### National Nutrition Month.

National Nutrition Month is an annual nutrition education and information campaign created by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. It was started in March 1973 as a week-long event and became a month-long observance in 1980 in response to growing public interest in nutrition.

### **New Members this Year**

Ann Benton

Julie Kleiman

Shirley Schlueter

### The Right Weight Loss Plan

1. Do foods come from all 5 food groups?
2. Does it contain the right number of servings from each?
3. Are they foods you enjoy eating for the rest of your life?
4. Are they foods you can buy at the supermarket?
5. Are some your favorite foods?
6. Are they foods that fit into your budget and lifestyle?
7. Does it include regular physical activity or exercise?

If you answered yes to all of these questions you are on the right track!

### **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

### **What's New:**

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

# Benefits of Exercise

By Rochelle Howard BSED

Ladies, you have taken the first step towards better health and a better quality of life. Now read on to understand fully the benefits of your choice to put your Fitness First!

Regular exercise and increased physical activity have been proven to:

Reduce the risk of

- premature death
- heart disease
- high blood pressure
- high cholesterol
- certain cancers
- diabetes

It has also been shown to aid in [weight management](#), maintenance of healthy muscle, bones and joints, reduction of anxiety and improve psychological well being as well as improve athletic performance.

Two of the major components of fitness, [aerobic exercise](#) and strength training, each offer their own list of benefits.

Regular aerobic exercise will increase VO2 max, heart and lung function, cardiac output, stroke volume as well as the oxygen carrying capacity of blood. It will also decrease [blood pressure](#), increase HDL, decrease blood triglycerides and body fat.

A strength training program will not only increase muscle strength but also that of tendons, ligaments and bones. It can increase range of motion and increase lean body mass, lower blood pressure and improve balance and functional ability in older adults.

Maximize your benefits by coming to Fitness First at least 3 days a week for 30 minutes, what a deal!

## Eat Right for Your Type

By Rebecca Roessner DTR

This month's diet review is "Eat Right for Your Type". This diet was invented by Dr. Peter D'Adamo, a naturopathic. The premise of the diet is that a person's blood type determines how well or poorly the body digest certain foods. Not only is following his food recommendations suppose to help people lose weight, but also help the body fight disease and slow the aging process. Here is what he recommends for each blood type.

Type A: consume fruits and vegetables and no dairy products, animal fats, or meats.

Type B: consume fruits, vegetables,

grains, fish, dairy, and meat but no chicken.

Type AB: mostly vegetarian and on rare occasions some fish, meat, and dairy but no chicken.

Type O: consume high protein, low carbs with fruits and vegetables. Limit wheat germ, whole wheat, and corn and no dairy or nuts.

The pros of this diet is that you "might" lose weight because the diet is so restrictive. The cons of this diet is that it groups eating patterns together solely based on blood type and does not consider individual preferences or

lifestyles. There is no limit on calories or portions except meat which is 4oz a serving if you are even allowed it. Also planning meals with a family with different blood types can be quit challenging. The facts that Dr. D'Adamo uses to explain his diet are not supported by current scientific research.

My opinion: Do not go on this diet.

