



Health & Fitness

By: Christine McInnes

Disclaimer: This newsletter is based on the information I have discovered through my passion of health and fitness. I am not a health professional. Seek the advice of your physician before starting a new diet and/or exercise program.



Heart Disease Awareness Month

After starting my research, I can clearly see why February is National Heart Disease Awareness Month. Some of the statistics found on the Center for Disease Control and Prevention's (CDC) web-site really opened my eyes to how devastating this disease is. Heart Disease is the number one killer of people in our Nation. In 2006, it took the lives of 631,636 people, this accounts for 26% of all deaths in the United States. Another 785,000 people in our country have their first heart attack each year and 470,000 people who have already had one or more heart attacks have another.

Just like a lot of diseases that run rampant in our country we have the power to control the majority of the risk factors by living a healthy lifestyle. We can do this by using the food we eat to fuel and medicate our bodies, stay away from cigarettes and limiting alcohol. As well as staying active to maintain a strong heart, strong body, healthy weight and manage stress. It is more a person's environment than genetics that has a larger impact on their health and the amount of risks they are subject to. Our environment is made up of our family, friends, communities and schools. A lot of what we do; our behaviors, lifestyle, eating habits and fitness levels all are learned by what we see around us and what we are exposed to. Sure heart disease runs in your family but take a step back and look at all the risk factors those individuals (yourself included) have. Do you and your family live an inactive lifestyle? Consume a diet high in fat, cholesterol and sodium? Smoke? Or consume alcohol?

All of these actions are major risks to your heart. If those habits remain a big part of your life, your body will manifest more risk factors such as: diabetes, high blood pressure, high cholesterol, blood clots, stress and obesity.

The 10 Best Foods for Your Heart

By: Health.com

Oatmeal

Omega-3 fatty acids, folate and potassium

Salmon

Omega-3 fatty acids, antioxidants

Avocado

Monounsaturated fats

Olive Oil

Monounsaturated fats

Nuts

Omega-3 fatty acids, mono and polyunsaturated fat and fiber

Berries

Anti-inflammatories

Legumes

Fiber, Omega-3 fatty acids, calcium and soluble fiber

Spinach

Lutein, folate, potassium and fiber

Flaxseed

Fiber, Omega-3 and Omega-6 fatty acids

Soy

Low in saturated fat, no cholesterol and lean protein

Some of you may be reading this and you already have heart disease. It is not too late to make changes to your daily routine. In fact, it is even more important for you to control these risk factors. By controlling and/or eliminating some factors, you reduce your risk of dying of a heart attack, having a nonfatal heart attack and needing bypass surgery or angioplasty. It is important to work with your healthcare provider and put together a plan that works for you. If you do not have heart disease, you still need to take care of yourself and make sure you eliminate as many risks as possible. Do it for yourself and your family.

There are five major symptoms of heart attack: pain or discomfort in the jaw, feeling weak, light-headed or faint, chest pain or discomfort and shortness of breath. If you think that you or someone you know is having a heart attack, you need to take action right away by 911. A heart attack happens when the blood supply is cut off from the heart. Cells in the heart begin to die by not getting enough oxygen. The longer your heart goes without proper flow, the greater the damage will become.

You need to proactively watch your sodium intake and not just assume something is low sodium. There are two major players when it comes to our society consuming too much sodium: restaurant food and processed foods. Don't try to estimate how much sodium is in your foods because they widely range depending on the brand. A good example that CDC used is a regular slice of cheese pizza which can range from 450mg to 1200mg a slice. According to the American Dietary Guidelines our daily recommendation for sodium is 2300mg or less. CDC states that 70% of adults should actually limit their sodium intake to 1500mg. The average daily sodium intake for Americans (2 years of age and older) is more than 3400mg. The reason we need to watch our sodium intake is because it contributes to high blood pressure, heart attack and strokes. It also increases risk of gastro-esophageal cancer, increases left ventricular mass and decreases bone mass.

For more information and tips on prevention go to www.cdc.gov/heartdisease/what_you_can_do.htm. There are links and articles to help you eat a healthy diet, maintain a healthy weigh and calculate your Body Mass Index (BMI), exercise, how and why to quit smoking cigarettes and the effects of alcohol on your health. Take control of your health and your family's health by eliminating risk factors and controlling your environment. As a Nation we can change the devastating effects of heart disease.

Americans at Risk

Provided by: CDC.gov

Inactivity	39.5%
Obesity	33.9%
High Blood Pressure	30.5%
Cigarette Smoking	20.8%
High Cholesterol	15.6%
Diabetes	10.1%

These are the percentages of US adults with heart disease risk factors in 2005-2006. In 2003, approximately 37% of adults reported having two or more of the risk factors listed.

Know your numbers!

Cholesterol should be lower than
200 mg

Blood Pressure no higher than
120/80

Your waist should be less than half
your height in inches.

BMI should be between
18.5–24.9

It's recommended you get an
exercise stress test done after the
age of 40 - no matter how
physically active you are.

On the Road to Fitness

On the road to fitness you never know who you are going to meet. This month's athlete, Amanda Martin, is a friend that I met while out on a run. She passed the entrance of our community as I was heading out and I noticed she was running close to my pace. As I came up from behind, I asked her how fast she was running and if I could run with her. She told me that she was going to take it easy today because she had run 9 miles the day before. I knew right away that this was my type of person. What I didn't know was how thoughtful, friendly, fun and inspiring she was and that we would become great

friends. We ended up running for about 2 miles together that day, chatting the entire time. Since then we have run many miles together during fun runs, hill runs, beach runs, trail runs and road races. We have also participated in countless sessions of boot camp and many other non-fitness activities.

When it comes to food Amanda is a snacker. She rarely goes more than a couple hours without eating something and will often eat the same thing for days at a time. Almost every morning she eats two eggs, an English muffin and a little fruit. For lunch she enjoys her turkey sandwich on honey wheat bread with either Sun Chips or baked chips. Her snacks range from granola bars, bagels, peanut butter or cheese on crackers, apples, oranges, hummus, nuts and Clif Bars. She hates to cook, so dinner is usually whatever someone else is willing to cook for her.

She LOVES to juice!! She usually juices 2-3 mornings a week and notices such a big difference in how she feel those days. She is always telling me it is better than coffee because it gives her pure energy that lasts throughout the day and makes her so much more alert. The only downside is cleaning the machine. She usually juices whatever is in season or on sale and we have come to a mutual agreement that broccoli just doesn't work no matter what you mix it with or how little you use.

Amanda has always been very active. As a kid she would spend most of her time outside playing. As she got older, she participated in organized sports and was on several teams. In middle school she was on the swim team, basketball team and played volleyball. In gym class most kids



Amanda and Keith doing a couple extra push-ups after boot camp in the rain.



**From left to right: Me, Keith & Amanda
5K Dunn's Run - 10/3/10**



**Amanda and her nephew, Blake.
Blake is wearing a shirt that says
"My Aunt can Outswim, Outbike
and Outrun Your Aunt."**

would complain about the dreaded mile but Amanda didn't mind it, in fact she ran a 7 minute mile. In 9th grade, she realized that she was not going to get much taller than 5'4" and wanted to play in sports where she could be more competitive. She joined track and cross country which she participated in for the rest of high school.

If there was one sport that she could do everyday, it would be snow skiing but living in Southern Florida makes that impossible. She goes on a trip every year to fulfill this enjoyment and enjoys running as a close second favorite athletic activity. She said, "I can't think of one time I've gone out for a run and regretted it after. Sure I might be sore after some runs but that just means I pushed myself. I always feel better after having gone for a run. I feel a little calmer and see things in a little better prospective. It's one of the only times I can let my mind wonder and be relaxed."

Amanda once told me that she has a hard time regulating her weight and often weighs less than she should but boot camp classes really helped. She has noticed a difference in her upper body strength and overall stamina. It has helped her become a well rounded athlete because it works all muscle groups. She began taking these 75 minute exercise classes, 2 times a week, last March and has also talked about a half dozen other people into joining. She says "It's nothing fancy, just a bunch of people who get together on the outfield

of a city-owned baseball field with a towel and some hand held weights. I love the group atmosphere for this type of workout and having friends in the class helps keep us all accountable. I've never belonged to a gym with organized classes and have always hated doing any kind of weight training."

Her greatest physical accomplishment was her first triathlon which was an all women's sprint triathlon held on Mother's Day in 2005 at Disney. A sprint distance triathlon is a 0.75-kilometer (K)/0.45 mile swim, a 22K/13.2 mile bike ride followed by a 5K/3.1 mile run. A girlfriend from college had asked her and another friend about it a few months prior to the event. At that time, Amanda was actively running but had not been on her bike or in the water much for a few years. As far as training goes, they made it up as they went. Luckily they were already in good shape and the distance wasn't too overwhelming.

Everything about the event had her hooked... from meeting her friends in Orlando, to the expo, to the motivational speakers, to the clinics, to picking up her race packet with her fluorescent pink swim cap, to dropping her bike off at Magic Kingdom, to getting her body markings, to having friends and family get up early to show their support, to the overall race atmosphere. She said, "There were newbies like us, professionals and every level in between. The whole experience was awesome! It was so neat to be around people with the same interest and who all had the same goal in site. That's the only women's only race I've ever done and since it was a fundraiser for breast cancer it's not as competitive as most. During



Tradewinds Triathlon in Coconut Creek - 8/30/09



Disney Princess's Half Marathon – 3/5/10

the whole race all the competitors were so encouraging to everyone else. Even as athletes were passing someone or getting passed they would yell out words of encouragement to each other. I was hooked after that.” She continued to say that, “There is no feeling greater than crossing the finish line after a race. Doesn’t matter if it’s

a 5k or a long triathlon; the sense of accomplishment and excitement is overwhelming! I felt so proud of myself and everyone else there. It made all the mornings of getting up early to ride my bike in the dark or going to swim laps after work so worth it! I actually ended up doing another tri the next weekend. That turned out not to be such a great idea but I was definitely hooked.” She has since completed 14 sprint and Olympic distance triathlons.

Amanda keeps a journal where she tracks her training, food intake, sleep patterns, energy levels and motivational quotes. She has a few favorite quotes that change from time to time but her all-time favorite quote is “And will you succeed? Yes! You will, indeed! 98 and $\frac{3}{4}$ percent guaranteed!” written by Dr Suess in “Oh the Places You’ll go!” Her favorite quote for right now is, “Dream as if you’ll live forever. Live as if you’ll die tomorrow” by Olympic Skater, Apolo Ohno.

She is motivated by competition; not always against other people, but always against herself. She has never been a “front of the pack” runner but loves to pick someone out before a race to try to beat and picks off people one at a time during a race. She is also very goal oriented. She said, “I know if I write something down or tell someone about a goal, I’m far more likely to achieve it. Sometimes I write down a couple goals on Sunday that I want to accomplish that week and I always seem to perform much better those weeks. I also like to write down a couple goals before any race that I can try to concentrate on.”

Her next major athletic goal is something that I get to take a little credit for planting in her head. She plans on running a marathon in 2011!! She has run a few half-marathons and has had friends who have completed marathons but told me that none of them have made it seem as much fun as I do. Knowing Amanda, I know she is more than capable of running a marathon (with the proper training of course). She has the drive, motivation, stamina, pride, strength and perseverance of an athlete. She also knows the feeling that comes over you each time you cross the finish line after months of preparation! I look forward to many more miles of hitting the pavement together and hope you find her to be as motivating as I do.

For more information or comments feel free to e-mail me

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Have you missed previous issues? Have no fear! They can all be accessed via my new website!

mcinnesfitness.weebly.com

****Heart Healthy Recipe of the Month****

Provided by 21-Day Kickstart Vegan Meal Planner

Apple Cinnamon Oatmeal

1 cup old-fashioned or quick-cooking oats
2/3 cup apple juice concentrate
1 1/3 cups water

1/2 teaspoon cinnamon
1/2 cup raisins or currants

Combine oats, apple juice concentrate, water, and cinnamon in a saucepan. Bring to a simmer, then cover and cook 3 minutes. Remove from heat and stir in raisins or currants, if using. Let stand 3 minutes before serving.

Makes 2 1-cup servings

Calories: 312, Fat: 2.9 g, Sat Fat: 0.5 g, Cholesterol: 0 mg, Protein: 7 g, Carbs: 66 g, Sugar: 32.9 g, Fiber: 4.7 g, Sodium: 29 mg, Calcium: 51 mg, Iron: 2.8 mg