



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.



“Winter Concoctions to Face with Caution”

Starbucks has a variety of delicious hot drinks and I am a huge coffee and latte lover. Due to the prices of the more fancy beverages, I typically stick to my large coffee, with soymilk, a little cinnamon and raw sugar. This morning’s pick-me-up has about 100 calories. However, I had just gotten a certificate for Starbucks and decided to “treat” myself to a Venti Peppermint Mocha Latte (Venti is Italian for 20... as in 20 ounces). I was so excited about it at first that I even took a picture to send my husband.



As I was sipping my latte, driving to work, thinking about the next topic for my newsletter I received a rude awakening... the radio started talking about my yummy concoction and saying that we need to be careful when it comes to these so called coffee drinks because they have a ton of calories. The DJ said that my drink contained 700 calories!! I almost dropped it in my lap but controlled myself. I knew the calories were going to be high but that is just ridiculous.

I started to think about 700 calories and what that was equivalent to... In terms of exercise I would need to run 70 minutes, walk 140 minutes, complete a 90 minute workout video or go for a 60 minute bike ride. In terms of other foods it is 3 candy bars, 7 apples, a dozen small eggs or a cup of sugar. By adding this latte to my daily routine for 5

Coffee Facts Brought to You

By: cocoajava.com

The three biggest coffee drinkers in the world are the Americans, the French and the Germans. They consume some 65% of the total world's consumption of coffee.

Dark roasted coffees actually have LESS caffeine than medium roasts. The longer a coffee is roasted, the more caffeine burns off during the process.

"Cowboy Coffee" - They made their coffee by putting ground coffee into a clean sock and immerse it in cold water and heated over campfire.

Caffeine is on the International Olympic Committee list of prohibited substances. Athletes who test positive for more than 12 micrograms of caffeine per milliliter of urine may be banned from the Olympic Games. This level may be reached after drinking about 5 cups of coffee.

During the American Civil War the Union soldiers were issued eight pounds of ground roasted coffee as part of their personal ration of one hundred pounds of food.

Coffee is the second largest traded commodity surpassed only by Oil, the world's largest traded commodity.

Coffee beans are really berries.

days, I could gain a pound (3500 calories). If I consume one of these a day for an entire year, I could potentially gain 73 pounds!!!

Had I been aware of the calories in my Peppermint Mocha Latte, I would have stuck to my coffee that is just as delicious or I would have gotten a small latte for about half the calories. I decided to finish all venti ounces and enjoyed it knowing I was going to run 7 miles and had a topic for my newsletter so that all of you don't make the same mistake.

As I started my research I came across a lot of other warm tasty "treats" we all need to be aware of. I was hoping to find something with higher calories than what I had ordered but apparently Starbucks is known for their high caloric beverages and I had ordered the Queen Bee. The New York Post did an article on the five worst holiday coffee drinks... My drink was #1. They said for the same amount of calories I could have eaten 17 ½ candy canes. The article also informed me that not only was I drinking 700 calories but those calories were made up of 27 grams of fat and 95 grams of sugar. They say that a smarter choice would have been a grande cafe mocha with skim milk and no whipped cream for 200 calories, 2.5 grams of fat and 32 grams of sugar. I, of course, would have had it with soy milk for around the same amount of calories. This change would have saved me 480 calories.

McDonald's McCafe came in at second place with their large Caramel Coffee Frappe. This heavy weigh champion weighs in at 680 calories, 29 grams of fat and 88 grams of sugar. For the same amount of sugar you could eat 31 Werther's Original Caramel Chocolates. A better choice would be a medium nonfat caramel cappuccino for 190 calories, 0 fat and 41 grams of sugar.

Starbucks came in again as number three with their venti eggnog latte with whole milk. This drink has 630 calories, 30 grams of fat and 64 grams of sugar. Two pieces of pumpkin pie has the same amount of sugar as one of these drinks. A better alternative is the "skinny" cinnamon dolce latte made with skim milk and a sugar free shot of their seasonal spices for 130 calories, 0 grams of fat and 17 grams of sugar.

Number four takes us to Dunkin Donuts and their gingerbread latte for 440 calories, 12 grams of fat and 68 grams of sugar. Six Dunkin Donuts glazed chocolate cake munchkins has the same amount of calories. Dunkin Donuts also offers a gingerbread coffee for a lot fewer calories, fat and sugar. If you add skim milk and sugar this drink would only be 170 calories, 0 fat and 36 grams of sugar.

Last place in the five worse holiday coffee drinks is Panera Bread's peppermint hot chocolate with 610 calories, 17 grams of fat and 83 grams of sugar. You could drink one of these or eat 4 ½ York Peppermint Patties for the same amount of calories. Opt for

**Tea Facts Brought to You
By: the-color-of-tea.com**

A cup of black tea has half the amount of caffeine than a cup of coffee.

Drinking milk may mean stronger bones, but the same goes for a cup of tea! This is due to the number of flavonoids found in tea.

A large amount of caffeine is released from tea after the first 30 seconds of brewing. Dumping this content out and pouring new hot water is a neat trick to lower caffeine consumption

Tea can help abate your appetite and helps regulate cholesterol.

Drinking tea is also good for the heart.

The Irish consume more tea per capita than any other group in the World.

Drinking tea helps boost the immune system do to its natural antibacterial properties.

Panera Bread's 10 oz cup of hot chocolate without cream for 270 calories, 7 grams of fat and 38 grams of sugar.

You can make great drinks at home for low calories, less fat and sugar for half the price. I like to enjoy a cup of unsweetened tea which has about 1 calorie and sometimes sweeten it with a tablespoon of honey for only 60 calories. Packets of hot chocolate often have hydrogenated oils in it so I make mine from scratch and it tastes so much better. All you need is a cup of fat free milk or (regular soymilk) 2 Tbsp of cocoa and 2 Tbsp of raw sugar for about 200 calories. If you want to add a little peppermint flavor to it add a drop of peppermint extract. Other times when I am craving hot chocolate, I simply take a cup of chocolate soymilk and warm it up for only 120 calories. A cup of warm apple cider is great too and only has 110 calories. Put a cinnamon stick in it for a calorie free kick.

You don't have to sacrifice taste to cut down on calories. But you do sacrifice your health by consuming empty calories. So be smart and don't drink your health away!! This goes for all drinks, not just the ones we are exposed to during the winter season. Check out hot-beverage.com for more information about hot beverages, calorie charts, recipes and tips. They also have information on beer, wine, rum and kitchen accessories.

“Mind over Matter”

During this month's athlete's life time he has seen a lot and although they are not all negative, the negative events have had a huge impact on whom he is in a positive way. The life that he has lived not only made him physically strong but mentally even stronger. I find his attitude towards life's obstacles and the power of his mind extraordinary. Studies show that everything we do, every action we take is 95% mental and that is why my grandfather, Chuck Cromwell's story is so important. We can all become stronger by believing what he does and he put it best when he said “I can do anything I want, as long as I really want to do it.”

Chuck was born in 1931 during the Great Depression on the kitchen table of one of the poorest families in town. Growing up he and his family had to stand in line to receive their government allotted food. At the age of nine he had a job as a newspaper delivery boy to help support his family. I asked him if he believes that growing up during the Great Depression shaped him into what he is now and he said, “Things like that definitely affect my way of thinking even today. I don't waste things like the youth of today do. I believe going without in my early days really guides my actions now.”

He went on to join the Army during the Korean War not knowing what tomorrow will bring. He was lucky in the fact that he was stationed in Germany and didn't have to go to Korea. As an adult he gave Morse Cutting Tools 26 years of his life thinking he would retire with the company. They had been around for 100 years but had to file for bankruptcy, leaving him with no job, no insurance, virtually no pension and a family to support. He says “My



Chuck in his Korean War Fatigues

feeling is that you have to meet obstacles head on. I have never had one that could not be won over”

If you told my grandfather, “You will not be able to do that.” He will make it his project to do whatever it is he supposedly wouldn’t be able to do and prove you wrong. He always has a million projects going on at once, from building his house one board at a time to making numerous renovations throughout the years. He is very involved with his community as the Vice Chairman of the History Commission, a member of the Tourism Committee, the Bicentennial Commission, a member of the 4th Generation Old Dartmouth

Militia Group and serves every Sunday as docent at the New Bedford Military Museum. He enjoys being in his garage working on his cars and most recently he has become a competitive 5k participant. He said, “If I don’t stay active, I may not be able to walk.” In his spare time he reads, does crossword puzzles and word searches to help keep him mentally active. Chuck started participating in 5k road races because my mom, sister and I got my grandmother into it and this made him feel left out. In Oct of 2008 we all signed up to do the Biggest Loser First Annual 5k but due to the fact that he had not gotten his doctor’s approval to run (he had previously been diagnosed with a heart blockage and had severely broken his leg 10 months prior) he decided to walk and not run the event. This was harder than he thought because his competitive side wanted him to run.

The next thing he knew, he was running a few steps and the more races we participated in, the more steps he would run. He checked with his doctor to see if he should run or not and completed a battery of tests which he passed with flying colors. His doctor who is also a runner encouraged him to run but told him not to over do it. Not 100% sure how to “not over do it”, he wears a heart rate monitor and keeps his rate at a healthy speed.

When I asked him what he did when he was younger to keep active he made a very interesting point. He said, “When I was young I didn’t have to concentrate on staying physically active. We had no TVs so couch potatoes had not been discovered. As a child everyday life was enough to keep you fit.” He played games like “Pussy in the Corner”, which I googled and found out it is a game of tag where the corners are safe but you had to move when a command is called. He also played “Red Light Tag”, football,



Getting his first medal after reaching a PR of 35:42 at age 79!



Racing to the finish line at a Father’s Day 5k with granddaughter Mary.

baseball ect. He became a roller skater and skated 7 days a week which developed into roller racing.

In the 1950's at age 20 the Army whipped Chuck into shape with Physical Training (PT) every morning and held forced marches. He learned how to play tennis in the Army. After the Army, racing cars became a passion of his and kept him physically active by working on the cars, moving all around them and lifting different automobile parts.

When I asked him about his athletic accomplishments he stated that he had a lot and reminisced about the home runs he hit as a pre-teen, the time he won the volley ball championship and winning the horseshoe tournament. But his most recent accomplishment was his first medal at a 5k in Rochester, MA on September 12th 2010. Not only did he get a medal but he shattered his first 5k time of 49:42 by 14 minutes with a new PR (Personal Record) of 35:44... **at age 79!!!**

He pretty much eats anything he wants but is able to do so because he eats in moderation. Red meat has always been low in his diet. As a kid they could not afford it so he never developed a real taste for it

He says "Today, I am nearly without pain from arthritis, trochanteric bursitis (painful inflammation in the hip area) ect. He said, "I had a heart blockage but everyone believes that it is now gone." He uses Jeff Galloway's method of running because he is unable to run more than 2/10 at one stretch. He believes this is due to a small touch of COPD (Chronic Obstructive Pulmonary (Lung) Disease – this is when the airways in the lungs are partially blocked). He has not been diagnosed with it and his wife tells him he has difficulty breathing because he is running too fast. They just started training together so he is able to slow his pace and see if he can run a longer distance.

My grandfather has a lot of pride and says "You can never have too much pride for your family, country or yourself." His mantra is "Save! Save! Save!" His favorite quotes are "War never settled anything except Faciscism, Communism and Nazism" from the United States Marine Corp and "LTTMTY" which he engraved in my grandmother's ring. It stands for "(I love you) Less Than Tomorrow, More Than Yesterday"

He truly is an amazing man and I could not be more proud to be his granddaughter. He has a strong heart and a strong mind which has made our family all a little stronger. So the next time you are struggling remember what he says and tackle that obstacle head on. We all can do what ever it is that we want to do as long as we put our minds and our heart into it.

Feel free to contact me via e-mail.
I would love to hear from you!
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Banana toast (serves 2)

Source: Vegan Handbook

1 ripe medium banana	2 teaspoons olive oil
¼ cup lite soy milk	Ground cinnamon
½ teaspoon vanilla extract	

In blender, combine banana, milk, vanilla and sweetener. Blend until smooth.

Place in shallow pan. Pour banana mixture over bread and turn several times until absorbed.

Warm the oil in pan over medium heat. Place the bread carefully into skillet with a spatula. Drizzle any remaining banana mixture over bread. Brown carefully on both sides. Sprinkle with cinnamon.