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INSIDETHIS ISSUE

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Check out page 4 of Employers' Tool Kit offered as a free download <http://www.healthandfitnessmonth.com/about> and see Effingham County youth shine in an internationally distributed booklet!



<http://www.healthandfitnessmonth.com/about>.

Dewless Days

I scan a lot of fitness magazines, but one I really read is Experience Life. An article in the March 2011 issue resonated with me and seems to be screaming, "share this!" It was one in a series of articles that told how people had overcome challenges to claim better health.

Lisa wanted to break a Mountain Dew habit, but she really wanted to break the sugar habit. It took frequent calls from a nutritional psychologist, who said he first had to get to what function this habit was

serving. He had her write down what she ate in a day. When she saw the list in print, she was shocked—it was mostly carbs—soda, chips, pretzels, and candy. He countered with advice to add more whole foods and increase her protein consumption. He said "People often crave the opposite of what they need." Also, he said that if you start the day with carbs, you will want them all day long. He suggested no eating in the car or eating at her desk; he wanted her to savor her food.

Why do we love sugar so much? Often sugar was a reward to us as a child to make us feel better. So, we need to look for other ways to feel better. Remember that negative self-talk creates stress and stress signals the body to create cortisol and store fat. He suggested she exercise in a way she recalled enjoying herself as a child. She thought of the bike. Also, he suggested that she enlist her friends as support. They sent frequent upbeat messages to buoy her up. Continued on page 2

THE SECRET OF BEING MORE PRODUCTIVE

The other day an email arrived from Stephanie Calahan, a professional organizer. Being an intuitive and random processor, I need a lot of organizing tips. Imagine my surprise when the topic of her column was about a magic drink to increase focus and productivity. A friend of hers, author of Untapped Brilliance,

espoused a magic elixir especially as a necessary additive for improving the focus of those with ADHD (hyperactive) behavior. The magic potion is water! Our brain is 85% water and to keep it working efficiently, we need LOTS of water. When we don't have it, our concentration is impaired and our memory

Worsens. We get moody, feel low and are fatigued. The brain also needs oxygen. The more hydrated a brain is, the more oxygen it has. Adults lose 10 cups of fluid each day even without exercising. So drink up....Drinking water will help you be more productive!

A New Heart Rate Formula for Women Over 35

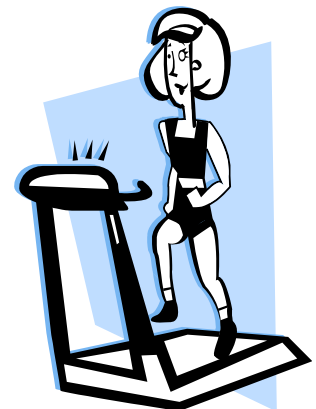
When you are working out, for optimal fitness, assuming you are in good health, it is a good idea to work at 65-85% of your maximal heart rate; however, you should always pay attention to the signals your body gives you that you are working too hard or not enough.

The usual way that many calculate the maximum heart rate (MHR) is 220 minus your age, but a new study, as reported in Oxygen magazine

(December 2010) indicates that this formula may not be accurate for all women, especially those over 35. The more precise formula for this female age group is 206—(0.88 X your age). For example, a 35 year old woman, would figure it like this:

$$206 - (0.88 \times 35) = 175.2 \text{ MHR.}$$

If you are male or if you are a woman under age 35, you can use the old formula .





April is National Humor Month.

Research shows that laughter is good for us! It reduces stress, boosts the immune system, reduces inflammation, and aids the healing process. A great source is cleanjokes.com Here are 10 games for old age:

- 1.) Sag, You're it
- 2.) Pin the toupee on the bald guy
- 3.) 20 questions shouted into your good ear
- 4.) Kick the bucket
- 5.) Red Rover, Red Rover, the nurse says Bend Over
- 6.) Doc Goose
- 7.) Simon says something incoherent
- 8.) Hide and go pee
- 9.) Spin the Bottle of Mylanta
- 10.) Musical recliners

Just googling "jokes" gets a long list of sources. Laugh a lot, but laugh first, because he who laughs last is probably not the sharpest tack in the pad. "Getting humor" requires a mind that can differentiate what's real from the absurd.

TIPS from the TRAINER by Brett Fischer, NASM CPT

Suffering back pain need not be a part of your daily routine. To avoid the pain killers and anti-inflammatories, all you need to do is engage in a few easy exercises to loosen up and restore proper posture, and your back will be supple in no time.

You don't need a personal trainer or a gym membership. A few relaxed sets of each of these exercises can immediately make you feel better, and prevent a needless trip to the doctor.

These simple exercises are knee bends, waist twists and hip rolls. They are a great way to get the blood moving, release those feel-good endorphins, stretch the muscles, restore normal range of motion and help you detox those nasty toxins that cause pain and inflammation. These are the se-

crets to back pain relief – and prevention.

Since these simple exercises contract and extend the major muscle groups, including the core stabilizing muscles, you can do them anytime with varying degrees of difficulty.

Done regularly, these beneficial exercises will increase your health and fitness levels by promoting blood circulation and releasing muscle tightness and spasms, thus helping to tone your body. They will make you feel warmer and even help improve your digestive health as they assist the action of your intestines to move the bowels and aid in the detoxification process.

Exercise 1 – Hip Rolls:

1. Stand back away from your

support and stand with legs at shoulder-width apart.

2. Tighten your abdominal muscles and put your hands on your hips.
3. Imagine you have a hula hoop, or are doing the hula, and rotate your hips clockwise 5 times, then rotate them counter-clockwise 5 times.
4. Be sure to relax and smile and breathe naturally with this exercise.

Exercise 2 – Waist Twists:

1. With your hands relaxed at your sides and with feet

continued on pg. 5

Dewless Days continued from page 1

Getting to the bigger issue, he asked her how long she wanted to live. He wanted her to reflect on the real reasons we are here...what we can give back...who we want to be. Once you can begin to envision and state these responses, you begin to know that there is more to life than Mountain Dew. (or chocolate?)

It took Lisa a lot of talks and a few days to adjust to the "Dewless" days, but now she feels better than ever and, in the first two weeks, she had lost the first five pounds of the sixty she was going to lose. She also had a lot more energy..

Think of the times that you turn to food that you know is not healthy for you or you grab your favorite soda or other beverage. I'm betting it isn't because you are hungry or

even thirsty. For me, it's to break up the monotony of what I'm doing or to "wake up". Those mindless calories aren't nearly as pleasurable when I step on the scales for the daily weigh-in. There is also a huge let-down in less than an hour after the food raid which is usually immediately followed by guilt because "I know better".

I know some of you who have lost weight or perhaps never had more weight than you need know that there is no better feeling than feeling fit and having energy..

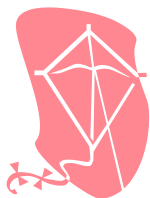
There are so many challenges just to survive a day, especially in the fast food mecca where we live, no matter how large or small the city.

To acquire and then maintain the mindset that I will be fit is challenging, but it is possible. You might find it easier if, instead of thinking long-term, think one day or even one hour at a time. Eat when you are hungry. Writing down what you eat makes you think a whole lot about grabbing handfuls of ready-to-eat stuff. Sometimes sugar substitutes, while calorie free, are just as habit-forming. One package no longer suffices and pretty soon you are using three packets in one glass. Think: Does your body even know what to do with "chemically produced sugar substitute?"

Find activities to keep your hands busy and your mind engaged. Like Lisa, you can do this. So can I! L

“If you lose weight too quickly, every force in your body works to gain it back again.” A realistic goal is to lose 5% of your body weight in 3 months.” Julie Starkel, MS, MBA, RD, Green Lake Nutrition, Seattle, WA.

By the way, when you have read the article to the right of this column and have organized something to save lives, let us know what you did. We LOVE to read those SUCCESS stories. Email us a note at mail@gr8fitness.net



Go Fly a Kite!

Now don't tell us that this is the first time someone ever told you to do that! Go to www.nationalkitemonth.org and find a kite design and some events to help you celebrate April, National Kite Month!

TV TURN OFF WEEK
Check out www.Screentimeinstitute.org
Excessive tv watching is linked to obesity, cardiovascular disease and sleep disturbance. Turn it off & get moving!

May is a busy month for people. Graduations, wedding preparations, outdoor activities, Memorial Day picnics, vacation planning, cranking up that mower, and getting the garden growing. What if this May you could fit just one more thing in—something that you could know you had done a gr8 thing...something that could very possibly transform many people. In fact, it could be that the result added years to their lives and even yours. Wouldn't it be worth it to squeeze just one more thing into that packed schedule?

If you are willing, why don't you (and a few of your friends who'd love to join you in a tremendously rewarding experience) decide to organize some fitness activities where you work, or with your family at home? You can get a free super-duper manual with tons of ideas to try from the National Association for Health and Fitness (beactive.org) and, as a result, you and your friends could be featured in a national promotion of Healthy Moments! Maybe you could have a healthy snack contest or a lap the parking lot lunchtime lollapalooza or you could set up some WIIs with some friendly WII FIT aerobic challenges.

Maybe you could organize a “Biggest Loser”-type challenge or have a 10,000 step challenge event. You could decide to be active at least 10 minutes per day or form a book club to read up on a health, fitness or nutrition topic. How about a contest to see who can sleep at least 7 hours each night for a week or setting up some movement groups who will join together in some fitness activity on a regular basis? Have you considered putting together a company Cooking Health cookbook . There are so many ways to celebrate healthy living! Be the change agent...the catalyst...give the gift of healthy living!

Let's Talk Fiber everybody does...

Did you know that people who eat enough fiber tend to be slimmer than those who don't are also less likely to develop several chronic diseases?

In spite of this the typical American only gets 40% of the recommended amount and the source of most of that fiber is white flour, which accounts for 16% of our daily intake.

So where could the fiber come from? Fiber is in fruits, vegetables, grains and legumes (peas, beans and lentils). Your body eliminates fiber without digesting it and fiber contains no nutrients or calories.

Fiber can be soluble or insoluble or a combination of these. Soluble dissolves in water Examples are oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apple pulp. After we eat it,

our body's bacteria ferments it in the colon where it is metabolized into byproducts called prebiotics that feed the bacteria in our gut. These bacteria keep our colon healthy.

Insoluble fiber adds bulk to the stool. Examples of this are whole wheat breads, wheat cereals, wheat bran, cabbage, beets, carrots, Brussels sprouts, turnips, cauliflower and apple skin.

How much fiber should we be eating? Women over 50 need 21 grams a day and men over 50 need 30 grams. A good diet has a mix of soluble and insoluble, which means if you need 1600 calories a day, you should eat about 5 servings of fruits and veggies and six of grains (at least 3 whole grains) daily.

Good news is numerous studies show people who eat more dietary fiber are less likely to develop heart disease and it may offer protection against type 2 diabetes!

Six points to consider are:

Get enough but not too much. Too much can cause diarrhea and might interfere with vitamin, mineral and protein absorption. Build up slowly since eating large amounts causes gassiness. Take time to get used to it. Drink plenty of fluid. Get it from a variety of sources. Choose high-fiber foods such as bran cereal and get the fiber from foods, not supplements. Watch the sugar content of some bran food items. A bran muffin may have bran but way too much sugar!

Bridging the Gap—From Goals to Results



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Gr8 is looking forward to proposing just the right program for your workplace. Call us! We are now scheduling for July!



Linda and Brett



Get it at
Amazon.com

We are now in our third year of Gr8FITness newsletters. In an era when new businesses are difficult to maintain, we are justifiably, but humbly, proud to have made it this far. Thank you, readers, and thanks to those of you who invited us to present a program for your organization. We will work to continue to bring you information to assist you in your quest for continued good health and fitness.

Gr8FITness has several divisions. Our flagship offering is still the **Gr8FITness** Division, integrating physical fitness and personality preferences. We base our work here in the writing of Suzanne Brue, *The 8 Colors of Fitness*©, available at amazon.com. We help each client understand his/her personality preferences and specific motivators so each can choose a fitness program that ensures the highest probability of success. We teach people the process of change and provide encouragement and training tips.

Other divisions are **Gr8Achievement**, **Gr8Wellness**, **Gr8Teams**, and **Gr8Athletics**.

Gr8Achievement helps teachers and students identify their personality preferences to improve academic achievement through differentiated instruction leading to gr8schools! Our program “Coaching Students to Success” integrates personality differentiation, social emotional learning, and motivational techniques to move students toward greater achievement.

Gr8Wellness designs, delivers, and monitors employee wellness programs in corporate and hospital settings.

Gr8Teams helps employers and employees identify their work styles through discovering personality preferences and facilitates improved communication and teamwork, building on each person’s strengths and learning to avoid roadblocks.

Gr8Athletics builds team synergy through individualized and team assessments of personality preferences to improve communication, increase winning, facilitate leadership, and improve health.

Leadership—What Aesop Knew That We Are Just Now Learning

What might Aesop have in common with the guru of leadership, John Maxwell? Well, how about this? In an Aesop fable entitled “The Crow and the Pitcher”, the bird wanted a drink of water, but his beak wasn’t quite long enough to reach the water level of the water in the pitcher. He “put on his thinking cap” and came up with the solution. One by one, he carried a small pebble and dropped it in the pitcher. Eventually, the water level

rose to where he could get the drink he needed. Aesop’s tales always had a lesson. Have you thought about what this fable might want us to learn?

Dr. John Maxwell tells us that the two characteristics that leaders of today need, more than any other, are the ability to creatively problem solve and tenacity. The crow illustrates these leadership characteristics so well.

Sticking to a goal and figuring out different ways to go about solving the challenges we encounter will usually get us the results we want. What challenges do you have to solve? How willing are you to keep trying until you have attained the results you want? For best results, think outside the BOX and don’t give up!

BOX

shoulder-width apart, simply start swinging your arms right then left, patting both hands on your lower back as they reach around. This will massage the kidneys. Be sure not to swing or pat too hard, just in a relaxed easy motion!

2. Breathe naturally and relax.
3. Simply do a count of 10, and then relax. Then move onto the next exercise.

Exercise 3 – Knee Bends:

1. Do some gentle, relaxed knee bends. If you have knee or back issues it is best to do them with the assistance of a chair, table or desk.
2. Stand in a relaxed shoulder-width position and place your hands on the support. Tighten your stomach muscles and exhale while bending your knees and going down as far as you can without falling or straining your knees. Inhale while standing up.
3. Do 10 of these to finish this quick exercise circuit.

The complete series of these three simple exercises only takes about two minutes to complete. Initially, try to do the exercises three times each day.



He is risen!
He is risen indeed!
Hallelujah!

Happy Easter!

“For the true measure of a maturing faith is knowing that God is more than magic. God comes not to do spectacular tricks, but to stand with us in our struggles. God wants us to know that we are loved. In the face of death, Jesus does show up. And when He does, He offers life.”