

April 2012

Volume XI, Issue Four

GOOD THINGS TO KNOW

A Decade of News You Can Use!

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CANCER COUNCIL'S WAISTLINE GUIDELINES

MEASURE DIRECTLY OVER
SKIN OR NO MORE THAN
ONE ITEM OF CLOTHING

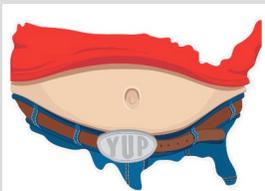
MEASURE AT THE
HALFWAY POINT BETWEEN
YOUR LOWEST RIB AND
THE TOP OF YOUR HIPBONE
THIS WILL BE ROUGHLY IN
LINE WITH YOUR BELLY
BUTTON

THE TAPE MEASURE
SHOULD BE SNUG BUT NOT
COMPRESSING THE SKIN

TAKE THE MEASUREMENT
AFTER BREATHING OUT
NORMALLY

WOMEN'S WAISTLINES
SHOULD BE LESS THAN
35-INCHES

MEN'S WAISTLINES
SHOULD BE LESS THAN
40-INCHES



WE'RE FAT & THERE'S A TEST TO PROVE IT!

A study, published earlier this month "in the journal PLoS O <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0033308> found that the widely used body mass index, or BMI, may be understating obesity in many people." (1) No kidding! As this study may be breaking news, it has long been known BMI's formula that solely relates height and weight, may overestimate body fat for athletes with muscular builds, as well as, underestimate body fat in older persons.

In the past, the gold standard to measure body fat was hydrostatic weighing http://en.wikipedia.org/wiki/Hydrostatic_weighing. Although the precision of today's dual-energy X-ray absorptiometry, or DXA http://en.wikipedia.org/wiki/Dual_energy_X-ray_absorptiometry, predominately used to measure bone mineral density is expensive, the accuracy in calculating a "subjects' level of obesity based on fat-composition" (1) is superior.

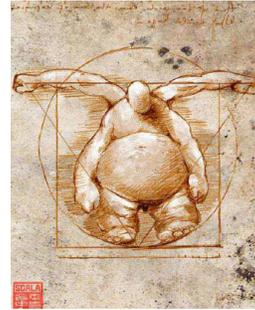
"Richard N. Bergman, director of Cedars-Sinai's Obesity and Diabetes Research Institute in Los Angeles [said], 'It's [BMI] a poor measure of fatness, and we do need better measures.' [He] cautioned that the study's authors 'have chosen an arbitrary measure of obesity, particularly from the point of view of risk.' For all its shortcomings, the link between the BMI and Type 2 diabetes, cardiovascular disease, certain cancers and other ills has been established by decades of research." (1)

"But the precise level at which body fatness, as measured by DXA, contributes to such illnesses is not yet established.

The study also found that a measure of leptin, an appetite-boosting hormone secreted by the body's fat deposits, generally tracks with an individual's level of fatness as measured by DXA. Testing leptin levels may be a simpler, cheaper way to reliably distinguish people with healthy levels of body fat from those carrying too much, the researchers wrote."

(1) Read the full article <http://articles.latimes.com/2012/apr/02/health/la-he-obesity-20120403>

Eric Scala's "Vitruvian Man"



I say, too many obesity studies, and campaigns and not enough action. Let's get back to basics, measure our waists, back away from the table and get moving.

FAT WITH A LITTLE HELP FROM FRIENDS

This "January 2012 survey of 325 women who have dieted or are dieting by Survey Sampling International for Medi-Weightloss Clinics" (2), as reported in The Wall Street Journal confirms it:

"How do others interfere with your diet?"

"Pressure me to eat foods not on my diet: 53%

Cook and serve food not on my diet: 40%

Make jokes about my diet: 35%

Order me restaurant food that is not on my diet: 31%

Who makes you uncomfortable admitting you are on a diet?

Friends: 28% Relatives: 21% Colleagues: 18% Spouse: 14% Boss: 5%

Why did you feel pressured to break your diet?

Don't want to insult the host, boss, client or family member: 56%

Want to eat like everyone else and be part of the crowd: 51%

Don't want to call attention to my diet or weight: 41%"

Read the full article: <http://online.wsj.com/article/SB10001424052702303717304577279402522090464.html?mod=djeml>

GET FIT WITH FRIENDS

Group exercise classes have always provided an efficient, cost-effective way to maintain fitness, along with a key element in "sticking with it", positive, social support. But what about the day's class doesn't meet? Why not round up your partners in exercise and create your own class. As warm weather beckons, take your routine to a park or the backyard. Click here for a sample class:

http://caloriecount.about.com/burn-500-calories-friends-b562735?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter

(1) *We may be fatter than we think, researches report* by Melissa Healy, LA Times April 2, 2012