

January 2013

Volume XII, Issue One

GOOD THINGS TO KNOW

A Decade of News You Can Use!

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“SITTING IS A DEATH TRAP” (1)

“WATCHING TV 6 HOURS A DAY TAKES 5 YEARS OFF YOUR LIFE.” (1)

“PROLONGED SITTING IS A RISK FACTOR FOR ALL-CAUSE MORTALITY, INDEPENDENT OF PHYSICAL ACTIVITY.” (1)

“SITTING TOO LONG CAN CAUSE NONALCOHOLIC FATTY LIVER DISEASE.” (1)

“SITTING MORE THAN 6 HOURS A DAY RAISES YOUR RISK OF DEATH, EVEN IF YOU WORK OUT!” (1)

“SITTING FOR MORE THAN 3 HOURS EACH DAY INCREASES YOUR RISK FOR KIDNEY DISEASE.” (1)

“THE LONGER YOU SIT, THE HIGHER YOUR RISK OF CERTAIN TYPES OF CANCER.” (1)

“CHAIR WORKERS”, TAKE A STAND!

Italian physician, Bernardo Ramazzini, the father of occupational medicine, coined the term “chair workers” in the *early 1700’s*. He looked at “the health of over 100 workers in various jobs and concluded that those who sit at their work, such as cobblers and tailors suffer from their own particular diseases [and] general ill health [as well as,] an excessive accumulation of unwholesome humors caused by their sedentary lives.” (2)

What you can do today, everyday:
“**Set an alarm.** Schedule reminders on your phone or computer to get up every 30 minutes. For two minutes, walk around, march in place, or do a few squats and wall pushups.” (3)

“**Get face-time.** Whenever possible, avoid emailing a co-worker when you can deliver your message in-person instead.” (3)

“**Pick a smaller glass.** Instead of filling your usual jumbo water bottle, drink from a glass that holds eight ounces or less so you’ll have to go refill it more often.” (3)

“**Switch to a standing desk.** No need to break the bank with this if your company won’t foot the bill; follow these easy tips to [build your own standing desk](#).” (3)

GOOD THINGS TO KNOW & EAT 2012 INDEX

Jan. 2012, Vol. XI, Issue One – Top New Year’s Resolutions, Resolving To Resolve, *Gasoline*

Or Groceries: “Garbage Soup” (DIY veggie stock), Twist® Loofah Veggie Scrubber, **Recipes: Pear-Parsnip Soup, Quinoa & Spinach Salad**

Feb. 2012, Vol. XI, Issue Two – Choose the Right Athletic Shoes, 5K Training-No Mileage Required, Gear, Hydration, Sunscreen, *Gasoline Or Groceries:* Stop Food Waste, In My Pantry, **Recipes: Omar’s Avocado Juice, Hummus Tabbouleh Wraps**

Mar. 2012, Vol. XI, Issue Three – Calorie Counts From Popular Fast Food Chains, Another Reason To Send the Breadbasket Back, Sodium Labeling Terms, *Gasoline Or Groceries:* More MPG, Please **Recipe: Caramelized Brussels Sprouts, Dates & Kumquats**

Apr. 2012, Vol. XI, Issue Four – Cancer Council’s Waistline Guidelines, We’re Fat & There’s A Test to Prove It, Fat With a Little Help From Friends, Get Fit With Friends, *Gasoline Or Groceries:* Eat In Sync With The Season, **Recipes: Easy Mustard/Mayo Dressing, Ronelle’s Moroccan Salad**

May 2012, Vol. XI, Issue Five – Four On The Floor Trains Your Core, Bored Brain, Bored Body, Change HIIT Up, Compelling Case To Eat Plant-Based, *Gasoline Or Groceries* – DIY Salad Dressing, Keep Greens From Spoiling, Glossary of Greens, House Vinaigrette, Store Oil & Vinegar, **Recipe: Vanilla Vegetable Salad**

June 2012, Vol. XI, Issue Six – LA Summer Staycation, June Gloom, Caloric Gloom, Sunscreen Labeling, *Gasoline Or Groceries* - Work With What’s On Hand, Nuts for Pistachios, **Recipe: Farro With Roasted Beets & Carrots**

July/Aug. 2012, Vol. XI, Issue Seven/Eight – R.I.C.E., Good Pain, Bad Pain, Treating DOMS, Prevent Injury, When To See A Doctor, *Gasoline Or Groceries:* Preserving Summer Berries, Freezing Berries, **Recipes: Grandma’s Sweet-Sour Veggies, Pickling For Melon**

Sept. 2012, Vol. XI, Issue Nine – Happiness, The Exercise Connection, *Gasoline Or Groceries:* Best Burgers, **Recipes: Burrata & Peach, Heirloom Tomato Salad, Fig Chutney**

Oct. 2012, Vol. XI, Issue Ten – Sleep Hygiene, Circadian Rhythms, How To Get More Sleep, *Gasoline Or Groceries:* Veggie Burger Update, Guide To Pesticides, Get Food Safety Alerts & Recalls, **Recipes: Chipotle or Coffee Rubs**

Nov. 2012, Vol. XI, Issue Eleven – Fit Gifts For All, Prevent Holiday Weight Gain, An App A Day, Fitness Break: Four, No-Equipment Moves, *Gasoline Or Groceries:* Fresh, Local Fare, Green Gifts, **Recipes: David Tanis’ Persimmon Serving Suggestions**

Dec. 2012, Vol. XI, Issue Twelve – Go Nuts: Serving Sizes, Holiday Survival, Why Can’t We Just Enjoy? ACSM’s Annual Fitness Survey, *Gasoline Or Groceries:* Nuts! **Recipes: Alton Brown’s Boiled Peanuts & Ann’s Curried, Carrot, Cashew Spread**

(1) *Sitting Is a Death Trap* by Joy Keller & Jessica Kline, IDEA Fitness Journal, Jan. 2013 (2) <http://www.multibriefs.com/brief/sacsm/active8-3.htm> (3) <http://blog.womenshealthmag.com/thisjustin/is-your-office-chair-a-death-trap/>