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GOOD THINGS TO KNOW

News you can use!

Terese Miller, ACE Gold Certified Instructor, ACSM & IDEA Member 310.859.9908
terese.miller@sbcglobal.net © Terese Miller 2010

LIQUID MUFFIN TOPS

“SINGLE SHOT OF LIQUOR
1.5 OZ = 115-200 KCAL
WINE 4 OZ = 62-160 KCAL
LITE BEER
12 OZ = 100+ KCAL
REGULAR BEER
12 OZ = 140-200 KCAL
MIXED DRINKS i.e.
GIN & TONIC = 280 KCAL,
CREAMY OR FROZEN
800+ KCAL
ALCOPOPS
12 OZ = 200 KCAL” (1)

FOUNTAIN OF WEIGHT LOSS - IF YOU'RE 35 OR OLDER!

“AMERICAN CHEMICAL SOCIETY RESEARCHERS REPORTED THAT MIDDLE-AGED AND OLDER ADULTS LOST 30% MORE WEIGHT WHEN SIMPLY DRINKING 2 CUPS OF WATER BEFORE EACH MEAL.” (2)

GET ON THE BALL

SIT ON A STABILITY/SWISS BALL INSTEAD OF AN OFFICE CHAIR TO BURN “ROUGHLY 30 EXTRA CALORIES IN A TYPICAL WORKDAY! HOWEVER, EVIDENCE THAT IT IMPROVES YOUR POSTURE IS LACKING.” (3)

DO YOU BELIEVE IN MAGIC?

“What exercises do we do in this class for ‘muffin tops’, you know, this?” A student asked pointing to her waist. As I tried to refrain from rolling my eyes, I thought, here we go again with that damn spot-reducing thing. Did a news byte in this month’s issue of Health, dubbing “the pretzel” the single best muffin top blaster to slim your upper seat, hip and waistline – a.k.a., the love handle zone” (4) prompt her query?

Possibly and who wouldn’t bite for a simple solution published in a reputable, national magazine? It seems that “Carrie Rezabek, founder and CEO of Pure Barre <http://purebarre.com/people.html>, a workout that fuses ballet, Pilates, and weights (Fans include Zooey Deschanel)” claims if “you do this move three or four times a week, you’ll see your jeans slipping on more smoothly in three weeks.” (4) Reality, “the pretzel”, a seated gluteal strengthening move, is a great exercise BUT it will only work when done in conjunction with a low-fat, balanced diet - eat “251 KCAL muffin tops not 400 to 600 KCAL softball sized muffins” (5) - aerobic activity – 30 to 60 minutes 3 to 5 times per week - plus a solid resistance training program that focuses on strengthening spinal support muscles. AND even if all the science on women’s health and alcohol consumption doesn’t scare you, get vain about your waistline.

Nothing stores as belly fat faster than alcohol! See sidebar and read this: <http://www.rochester.edu/uhs/healthtopics/Alcohol/caloricvalues.html> (FYI you guys are not off the hook on this.)

You can keep asking me about flash-in-the-pan fitness but my answer is not going to change. End of sermon!

JET HEAD NATION

We sit in our cars, in front of computers, we text and play video games. Kids load their backpacks way heavier than 10% of their total body weight. All that equals a round-shouldered, hump backed, jet (forward) head, forward flexed nation. To make matters worse, there’s pressure not only to lose those love handles but also to acquire the coveted six-pack abs by doing tons of crunches. Wrong.

According to Shari Kalkstein, BA, PTA, HFS, CSCS, AHFS, both young and old need spinal re-education. At the 2010 IDEA World Fitness Conference, she demonstrated simple, no-equipment moves for dramatic results in older adults. Kalkstein also emphasized the importance of targeting kids with this program as well, to avoid postural problems later in life.

Here are just three of the many exercises to fight jet head and strengthen your upper spine. Lie on your back with neck/low back support if necessary, bend knees, aligning heels with “sits” bones and either flex or keep feet flat on the floor (moves may also be done in bed).

CHIN TUCK – Align earlobes with collarbones, gently press the back of your head into the floor or pillow, creating a “double chin” look. Hold for 2 seconds, release/repeat 10 times morning and night.

SHOULDER PRESS - Bring arms perpendicular to floor, press backs of shoulders to floor, gently retracting shoulder blades. Hold for 2 seconds, release/repeat 10 times morning and night.

ELBOW PRESS - Place hands behind ears and gently press elbows to floor (use pillows under elbows if they do not reach the floor). Hold for 2 seconds, release/repeat 10 times morning and night.

(6)

(1)

<http://www.rochester.edu/uhs/healthtopics/Alcohol/caloricvalues.html>

(2) Abstracted by Chris Marino MS, CSCS in Fit Bits/Exercise ETC, 9-15-10. Entire American Chemical Society article at:

http://portal.acs.org/portal/acs/corg/content?nfpb=true&pageLabel=PP_ARTICLEMAIN&node_id=222&content_id=CNBP_025391&use_sec=true&sec_url_var=region1&uuid=e4d52d0e-04d4-4d81-be35-aaeda4e82bbf

(3) The Claim: Replacing Your Desk Chair With an Exercise Ball can Improve Your Posture by Anahad O’Connor, NYT, 9-1-10

<http://www.nytimes.com/2010/09/21/health/21really.html>

(4) The Single Best – Muffin Top Blaster, Health.com, October 2010

(5) Sumo Sweets: when bigger isn’t better by Jayne Hurly, Bonnie Liebman, Nutrition Action HealthLetter, June 2004

(6) Shari Kalkstein, BA, PTA, HFS, CSCS, AHFS, <http://www.fortifyyourframe.com>