



Spring 2006 Newsletter



Hours

Monday - Friday Saturdays
6:30 am - 9 am 8 am - 12 noon
12 noon - 7 pm

FOODS TO KEEP YOUR BODY HEALTHY

by Nancy Clark, M.S., R.D.

Tip #1: Front-load your calories

Do not “hold off” until dinner to eat a huge meal. People who skimp on daytime meals tend to get too hungry and consequently experience powerful cravings for sweets, fats, and “junk.” Your good intentions to eat apples and carrots can get trampled in a stampede to devour apple pie and carrot cake. By eating a heartier breakfast, lunch and a planned afternoon snack (or even a second lunch, if dinner won’t be until after 7 p.m.), you’ll consume more nourishing foods. Cereal, milk and a banana at 7 a.m. can cure cravings for donuts, pastries or croissants at 10 (and even at 10 p.m. for that matter) and reduce the risk of gaining weight. A survey of dieters who lost weight and have kept it off suggests eating breakfast is a key to successful weight management. When you fuel your body with wholesome, hearty meals by day, you are able to eat less at night. Make it your goal to wake up hungry for breakfast!

Tip #2: Eat more whole foods

Enjoy more whole apples instead of apple juice; more whole wheat breads instead of breads, pitas and wraps made from refined white flour; more whole grain cereals like granola instead of sweetened brands. By choosing more whole foods, you get more fiber. Fiber is satisfying; it helps you feel full longer and curbs your appetite so you end up eating fewer sweets and fats without feeling denied or deprived. Whole foods also offer more vitamins and health protective phytochemicals that help your body’s engine run smoother.

Tip #3: Eat fruit in the morning

Of all health-protective foods, fruits are among the best. Yet most Americans eat way too little fruit; it is often unable to compete with chips, cookies and candy. The easiest way to improve your fruit intake is to make a point of eating fruit for breakfast, such as a banana on cereal

plus a glass of orange juice. (Yes, eating the whole orange would be preferable, but when time is tight, drinking orange juice is better than having no juice or fruit. Calcium-fortified juice offers an extra bonus). Choosing fruit for snacks throughout the day can displace “junk.” Some fruits offer more nutrients than others, so try to eat more of the best: oranges (or orange juice), grapefruit, kiwi, bananas, cantaloupe, strawberries and mango.

Tip #4: Eat more veggies

Munching on pre-dinner carrot sticks or green pepper strips is a healthful alternative to munching on chips. Frozen broccoli, spinach or winter squash are easy options for days when you lack time to shop for fresh veggies. Your goal should be to have veggies cover one-third of your dinner plate. This can reduce your risk of over-indulging in steak or French fries.

Tip #5: Eat more peanut butter and nuts

Although nuts are high in fat, their oil is health-protective. Research suggests people who eat nuts (including peanut butter) five or more times a week have a 50 percent lower risk of heart disease. While peanut butter on a whole-grain bagel for breakfast may seem like a decadent treat to some folks, it can be an honorable breakfast choice. For more balance, add a glass of lowfat milk and/or a banana. Peanuts are perfect for afternoon snacks; you can easily file them under “emergency food” in your desk drawer. They don’t spoil and are satiating enough to reduce your dinner appetite plus provide the energy you need to cook a healthy dinner.

Join us on the “Pathway to Fitness”

The following opportunities are available for students and staff enrolled in Fitness Education.

- Fitness Assessment: measuring body composition, cardiovascular endurance, flexibility, and upper & lower body strength.
- Exercise Programming: make an appointment to meet one-one-one with a staff member to set up a personalized exercise program.
- Seminars: informational and activity seminars are offered on a variety of equipment, fitness and health topics.

Interesting Information about Water

75% of Americans are chronically dehydrated.

In 37% of Americans, the thirst mechanism is so weak that it's often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.

Lack of water is the #1 trigger of daytime fatigue

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% and one is less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

SPRING FITNESS CHALLENGE

"I lifted a Hummer at the FEC"

The Spring Fitness Challenge will be "Lift a Hummer at the FEC". The goal of the program will be to increase repetitions and weight progressively in strength training. Students will record the number of sets, reps, and weight lifted on the following exercises: Squat or Overhead Press, Row and Chest Press. Students will record the total weight lifted during each workout and will sum their results. When the weight of 4 different vehicles is lifted, they will have completed the challenge.



FEC Spring 2006 Calendar

Spring term begins

Monday, April 3

FEC Closed

College In-service

Friday, May 5

Memorial Day

Monday, May 29

Last Day To Workout For Credit During Spring Term

Saturday, June 10