



## FIT FACTS

### Week of October 4th, 2004

### Healthy Living Tip

One of the most common myths of exercise is that spot reducing is the best way of getting rid of fat in areas such as the stomach. For example, it is often thought that performing crunches and sit-ups over and over again will reduce the fat in the stomach area. But no matter how many crunches or sit-ups we do, it won't get rid of all the excess fat in the stomach area. We need to do regular cardiovascular exercise to get rid of the fat. In addition to the aerobic activity, we need to do crunches and sit-ups to tone the muscles.

To get the most out of your abdominal exercises we need to make sure that we are executing them properly. To help you when doing your abdominal exercises, here are some **important** points to remember:

- Don't pull on the neck during the abdominal exercises. Keep the chin a fists' distance away from your chest. I find it helpful to find a spot directly above my eyes on the ceiling and keep my eyes fixed on that spot while doing crunches.
- Don't throw the body, or use jerking motions to complete the movement. Keep it slow and controlled.
- Keep the abdominals pulled in by concentrating on pulling your naval down toward the floor. Keep your back flat against the floor. Maintain a slight pelvic tilt as you are doing the abdominal exercises (this would be like you are doing up the zipper on a pair of tight jeans)
- Always exhale as you contract and inhale as you release. And, remember to **not** hold your breath.
- When doing a basic crunch, bend the knees. Remember to keep the navel pulled down the ground. Raise the chest and shoulders several inches from the ground, exhaling as you come up and inhaling as you go back down. It is important to come back down slowly because that also works the abs as well.
- To work the obliques, which are the abdominal muscles on the side, do crunches at alternating angles. Reach the shoulder (not the elbow) across the body to the opposite knee. Repeat on the other side.

Thank you God, for all I have to do today.

Thanks God, for this sink of dirty dishes, it shows we have plenty to eat.

Thanks God, for this pile of dirty, stinky, laundry, it shows we have plenty of clothes to wear.

Thanks God, for those unmade beds in there, they were warm and so comfortable last night and I know there are many who have no beds.

Thank God, for this bathroom complete with all the spattered mirror, soggy grimy towels and dirty commode, they are so convenient.

Thanks God, for this finger-smudged refrigerator that needs defrosting, it is full of cold drinks and enough leftovers for two or three meals.

Thanks God, for this oven that absolutely must be cleaned today, it has baked so many things over the years.

The whole family is grateful for that grass that needs mowing, the lawn that will need raking, we all enjoy the yard.

Thanks God, even for that slamming screen door, my kids are healthy and able to run and play.

Lord the presence of all these chores awaiting me says you have richly blessed my family.

I shall do them all cheerfully and I shall do them gratefully.

Amen

--- Unknown

## Something to Think About...

Did you realize that skipping meals is an unhealthy practice that sabotages your attempts to control weight. It is important to make sure that you don't go three or four hours without eating. Eating a healthy snack will tie you over until your next meal and it helps us to stop overeating by reducing cravings. This will also help you keep your blood sugar levels normal and increase your energy throughout the day. An important way to make sure that you eat healthy snacks is to make sure that you have some available at all times.

Here are some quick healthy snack ideas:

- Whole grain crackers (make sure they don't have hydrogenated oils in them) with low-fat cheese
- Fresh fruit and low-fat cheese
- Nonfat plain yogurt blended with fruit and honey or all-fruit jam
- Wasa bread or rice cakes with light cream cheese
- Oat bran muffin with skim or 1% milk
- Homemade trail mix (1 cup unsalted, dry-roasted peanuts, 1 cup unsalted, roasted sunflower seeds, 2 cups raisins)
- Try one of the recipes to the right.

## Radical Recipes

### Banana Bread ( or muffins)

½ cup honey  
1 egg  
½ cup butter  
4 mashed bananas  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp salt  
1 ½ cup whole wheat flour

Preheat oven to 350 degrees. Bake 20 minutes for muffins or 1 hour for a loaf. 200 calories per muffin. 150 calories for 16 slice loaf.

### Granola Bars

2 cups coconut  
1 ½ cups oatmeal  
2 cups sunflower seeds  
¾ cup chopped nuts  
½ tsp salt  
1 cup honey  
1 tsp vanilla  
½ cup peanut butter (all natural)

Mix ingredients. Spread firmly in buttered cookie sheet. Bake at 275 degrees until golden. Cut into bars. Store in airtight container.

### Nutty Rice Krispie Bars

¼ cup cashews  
¼ cup walnuts  
¼ cup pecans  
¼ cup sunflower seeds  
¼ cup rolled oats  
¾ cup almond (or peanut) butter (all natural)  
2 tablespoons honey  
1 tsp vanilla  
¼ cup protein powder or powdered milk  
½ cup butter, melted  
1 tsp cinnamon (optional)  
3 cups Rice Krispies cereal

Put nuts and oats in a food processor and chop until crumbly. Add nut mixture to remaining ingredients. Spread into greased square dish/pan (approx. 8" or 9"). Refrigerate for one hour. Cut into bars.

### Cracker Jacks

12 rice cakes  
¼ cup butter, melted  
½ cup maple syrup, or brown rice syrup

Melt butter and stir in syrup. Brush syrup mixture onto both sides of rice cakes. (note: I usually line a cookie sheet with aluminum foil and spray with non-stick spray) Bake at 350 degrees for 8 minutes.