



# News That's Fit To Print

VOLUME 5

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## Notes from Editor

I can't believe that it is already November. The year has flown by, as they always do.

Hopefully your food and exercise plan are still going strong and keeping you on track.

With the holidays coming up, it is vital to plan your exercise and your food intake so all of your hard effort is gone after the holidays.

I know I don't want you to have the same New Year's Resolution as everyone else come the first of the year...So plan ahead now and stay focused.

Dave Radin  
Editor

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## Sugar vs. Fat—Who is to blame?

The debate rages on over what causes obesity: too much sugar or too much fat. I'm sure you have an opinion. For years we have heard that too much fat content in the diet will cause weight gain. However, the American Heart Association has a new stand of the debate that we should pay attention to (see hot topics, page 2) by suggesting we lower our sugar intake.

Sugar is in just about everything you put in your mouth. I hope you enjoy your healthy breakfast cereal. Eat Kellogg's Smart Start Cereal? Loaded with sugar. It is the third ingredient on a very long list of ingredients. Many of those other ingredients also have more sugar added to them. Sounds healthy to me.

You see the food industry knows that sugar, salt, and fat taste good and will cause you to crave their product. As a result, they put it in the food, spin the truth and call it healthy. The food industry is partly to blame for the obesity problem. Who else, well you of course.

We need to become educated and not accept the fact that something is healthy just because the company makes it says so. READ THE LABEL. It tells you all you need to know.

So what makes sugar so bad for you? Other than being in just about every piece of food on the shelf, why is it bad? What happens in the body that makes it so bad for you? The answer is the hormone insulin. Insulin is a regulatory hormone that keeps glucose levels in check. When sugar enters the body, insulin levels spike. Guess what? When insulin levels are up, your body's ability to use and burn body fat stop all together. Insulin tells cells to oxidize carbohydrates and stops the process in which fat is broken down. Insulin allows the further addition of triglycerides into the fat cells.

Insulin does have some other abilities as well. Insulin stimulates the uptake of amino acids which is a good thing for building muscle. However, if insulin levels are too low, the body starts to degrade body protein.

To keep insulin levels steady throughout the day, eat whole foods, good quality carbohydrates and good quality protein. Stay away from refined and process foods. Be careful with anything that says it is low-fat. It will most likely have more sugar in it to accommodate the lack of fat. Soft drinks and candy only make you feel satisfied for a little while. Once the high is gone, sugar levels crash and you search for the next quick fix, usually a high sugar item.

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# LOOK!

Did you know if you refer friends and family who sign up for a training package, you can receive complimentary sessions!! For more information, ask your trainer the next time you are working out, or call either the Mooresville or Cornelius locations for more information.

## Fitness Quiz

What is the single most important aspect to weight loss?

- A. Diet
- B. Exercise
- C. Both
- D. Neither

Answer on page 4.

## Hot Topics

### American Heart Association Reignites The Fat vs. Carbohydrate Debate

In the September edition of *Circulation*, the American Heart Association published its first aggressive position stand on the role of sugar in the development of heart disease. **Although previous publications encouraged Americans to moderate sugar consumption this is the first time the AHA has taken the position that excess sugar consumption could lead to heart disease.**

According to the paper, it is now advised that **women consume less than 25 grams or 100 calories of added or processed sugar daily**, while intakes for men should remain below 37.5 grams or 150 calories daily. At first glance, this might appear higher than what is desirable for optimal health. **However, when you consider that the average American consumes over 90 grams of sugar or 355 calories a day it is definitely a move in the right direction.**

Through this position stand, the American Heart Association is primarily **targeting the soft drink and beverage industry**. The report claims that 1/2 of the 150-300 calorie per day increase in total caloric intake that has occurred since the 1980's is **due to calorie-laced beverages**.

Although the food and beverage industry refutes these claims, instead arguing that a lack of physical exercise causes obesity, their position has now been considerably weakened. **Interestingly, researchers along with the AHA continue to avoid stating a direct link for sugar to heart disease and obesity.** Instead, they point to the secondary effects of consuming calorie-laced beverages, which include increased overall calorie intake, greater body mass, and displacement of essential nutrients.

**This position paper is sure to re-ignite the 1/2 century-old debate over which food substrate has the greatest influence over the development of cardiovascular disease, fat or sugar.** Come along for the ride!

*Johnson, R.K., et al (2009) Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement from the American Heart Association. Circulation. 120:1011-1020.*

**FACTOID**

**41 million** Americans are **estimated** to have pre-diabetes. Most people with pre-diabetes develop **type 2 diabetes within 10 years.**

## Trainer Spotlight



**David Radin, BS, CSCS**  
*Certified Strength and Conditioning Specialist*

After receiving a Bachelor of Science in Health and Fitness from Springfield College in 1993 Dave spent seven years working at the prestigious Duke University Diet and Fitness Center. During his time in Durham Dave helped coach world class athletes as a volunteer Strength and Conditioning Coach at UNC – Chapel Hill. Prior to joining Precision Fitness, Dave served as the Personal Training Director for the Lake Norman YMCA. Dave has helped countless individuals meet a variety of fitness and wellness goals and has extensive experience coaching young athletes to a higher level of fitness and athletic performance.

## 'Tis the Season to Binge and Stress; This Year Avoid the Holiday Worry and Pounds

The holiday season is a time full of joy, cheer, parties, and family gatherings. However, for many people, it is also a time filled with anxiety, stress, and weight gain. Unfortunately, many people often use the busy holiday season as an excuse to reduce exercise or put off starting a new program. Often these people have the intention of coming back with a vengeance after the New Year. "The New Year is just around the corner and I'm going to lose weight and get in shape"; this trusty New Year's resolution declaration is also conveniently used to justify holiday overindulgence. Researchers at the National Institute of Child Health and Human Development (NICHD) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) have shown that for most people weight gained during the holidays is not lost and accumulates on a yearly basis. Says NICHD Director Duane Alexander, M.D; "These findings suggest that developing ways to avoid holiday weight gain may be extremely important for preventing obesity and the diseases associated with it." Maintaining a regular exercise program throughout the holiday season provides benefits on many different levels.

The demands of shopping, parties, family reunions, and house guests can contribute to feelings of tension. According to The National Mental Health Association, (NMHA) this tension can illicit stress responses such as: headaches, excessive drinking, difficulty sleeping, and the ever-popular over-eating. Exercise has been shown to be a tremendous tool to manage stress. Exercise will give you energy and the mental strength to deal with the mad rush of holiday shopping, holiday travel and holiday visitors. Managing stress with exercise can also help control cravings for those comfort foods that adorn the holiday tables. Regular exercise also increases metabolism, thus reducing the detrimental effect of an occasional extra cookie or glass of eggnog. Experts at NMHA claim, even more people experience post-holiday let down after the New Year than suffer holiday anxiety. With this comes lack of motivation and comfort eating. Its no wonder those New Year's resolutions are rarely successful.

Parties, large meals and extra calories are almost unavoidable during the holiday season. Weight maintenance rather than weight loss through the holidays is a much healthier goal. Exercising regularly and enjoying the few extra calories will break the vicious cycle of guilt, feelings of failure, and more eating. Getting a head start on exercise prior to January 1st will give you a healthier and happier holiday season as well as make those New Year's resolution goals far more attainable.

### Healthy Holiday Tips:

1. Focus on weight maintenance not weight loss - Parties, large meals and extra calories are almost unavoidable during the holiday season. If you are currently overweight and want to lose weight, this is not the time to do it; setting difficult or unrealistic goals can lead to a vicious cycle of guilt, feelings of failure, and more eating.
2. Get moving – Regular exercise will increase metabolism and allow you to enjoy a few extra calories without putting on the pounds. Exercise will give you energy and the mental strength to deal with the mad rush of holiday shopping, the holiday travel or holiday visitors and the party hopping.

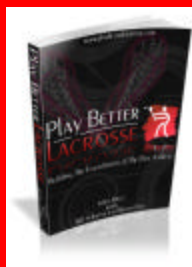
*Continued on page 5*

**Quiz Answer:****A. Diet**

While exercise is important, you cannot out-train a bad diet.

If you eat a pizza, it can require up to an additional 2 hours of cardio to burn off those extra calories.

*Check out the latest books written by the pro's at Precision Fitness: (click on picture)*

**Chef's Corner...**

## Pepper-Crusted Beef Tenderloin with Roasted Vegetables

This recipe serves: 4

Ingredients

4 small red skinned potatoes, halved  
 2 carrots, peeled and cut into 3/4-inch pieces  
 2 parsnips, peeled and cut into 3/4-inch pieces  
 2 tablespoons olive oil  
 1 tablespoon chopped fresh rosemary leaves, or 1 teaspoon dried salt to taste  
 freshly ground black pepper  
 1 pound beef tenderloin

Cooking Instructions

1. Preheat the oven to 425°F.
2. In a mixing bowl, toss the potatoes, carrots and parsnips together with the olive oil, rosemary, salt and pepper. Transfer the [vegetables](#) to a shallow roasting pan and roast them in the oven for 10 minutes.
3. Season the [beef](#) with salt and a generous amount of pepper. Remove the vegetables from the oven and place the beef on top of them in the roasting pan. Return the pan to the oven and roast the vegetables and beef for 15 minutes.
4. Turn the temperature down to 350°F and continue roasting for an additional 15 minutes or until the vegetables are tender and the beef is cooked to the desired doneness. (To check for doneness, insert a [meat](#) thermometer into the thickest part of the roast. It should read 135° for medium rare.)
5. Let the tenderloin rest for 10 minutes before slicing. Serve a few slices of the beef with a large spoonful of the vegetables.

**Serving Size:** 2 or 3 slices of beef with vegetables

Nutrition Information

**Number of Servings:** 4

Calories	315	Carbs	27g
Fat	13g	Fiber	4g
Protein	23g	Saturated Fat	3g
Sodium	73mg		

## Did you know?

The average number of calories consumed **during** the Thanksgiving holiday meal is **4,000 calories!!**

Want more information on a fitness topic that has not been covered? Send an email to:

[dave@ncprecisionfitness.com](mailto:dave@ncprecisionfitness.com)

*continued from page 3*

3. Get Plenty of Sleep – Lack of sleep impairs our ability to handle stress (which there is usually no shortage of during the holidays). Chronic sleep loss can also affect various components of metabolism that influence hunger and weight gain.
4. Substitute healthy recipes - Use applesauce in place of oil; use egg whites in place of whole eggs; try plain nonfat yogurt in place of sour cream. Magazines and healthy cooking cook books are full of reduced calorie and reduced fat holiday recipes that taste great.
5. Don't go to parties hungry – Going to a party on an empty stomach is a recipe for disaster. Starting your day with a healthy breakfast and eating sensibly throughout the day should help you control your appetite and avoid over-indulging on the typically high fat and high calorie holiday fare.
6. Eat slowly- Make one plate of the foods you really want. It takes about twenty minutes for your brain to register that your stomach is full. Take your time to enjoy the taste of every bite, and you will realize you don't need to go back for seconds.
7. Limit alcoholic beverages - Liquors, wines and mixed drinks can contain 150-450 calories per glass whereas, water and diet sodas are calorie-free. If you choose to drink, try light wines and light beers, and use non-alcoholic mixers such as water and diet soda. Limit yourself to one to two drinks.
8. Get rid of leftovers – Some foods are more fattening than others, however, no food will make you gain weight unless you eat too much of it. Often we eat beyond our body's physical hunger simply because food is there.
9. Keep it in perspective – It takes days of overeating to gain weight; one day won't make or break your eating plan. Nothing is more destructive to a healthy eating plan than the negative feelings of failure and guilt. If you over-indulge at a holiday meal or party, don't beat yourself up; simply return to your sensible healthy diet the next day.

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## ***Our Training Philosophy:***

**"M.P.E.  
TRAINING"  
MAXIMUM  
PHYSICAL  
EFFICIENCY**

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### **We're on the Web!**

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Want to learn about something that has not been on previous newsletters? Send an email to:

[dave@ncprecisionfitness.com](mailto:dave@ncprecisionfitness.com)

## **Exercise of the Month Squats**

### **Preparation**

- Stand with feet slightly wider than shoulder width apart and knees aligned over 2nd and 3rd toes.

### **Movement**

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Bend at knee and hip and slowly lower into the squat position.
- Continue your descent for as long as you can maintain hip, knee and ankle control.
- Return to the start position and repeat.

### **Tips**

- Do not allow your knee to move forward past your toes.
- Be sure that your heels remain in contact with the floor.

### **Progression**

- Use an unstable surface.

