

Does Cutting Carbs Really Work – Part 6 of 6

In this month's article, we wrap up our investigation into the world of carbohydrates by looking at the glycemic load & index and finish off with some simple strategies for making good carbohydrate choices. Heading right into the good stuff, glycemic index is a rating for food that shows what effect it has had on raising blood sugar. This blood sugar elevating effect is compared to a 50 gram serving of pure glucose (rated at a GI of 100) to determine how fast that particular food raises someone's blood sugar (also called glucose) levels. To give you some ideas of how different foods compare, a cookies and cream Cliff® bar has a GI rating of 101 and tomato soup has a rating of 38. (All of this information as well as a large database of great information can be found at www.glycemicindex.com). This means that the Cliff® bar raises blood sugar even more than straight glucose and the tomato soup has a much more subdued effect, even though it's all carbohydrates.

The glycemic load takes into account a normal serving size to come up with a number that references again the effect of food on the blood sugar levels of a body. While a cake doughnut may have a higher glycemic index than a Twix® candy bar, they have the same glycemic load. This means that when their serving sizes are compared, they affect blood sugar levels the same way.

Remembering that blood sugar spikes cause fat storage triggers (the release of insulin), it's important to limit the intake of foods with a glycemic index of more than 55. In most cases, foods with refined sugars in them tend to have high GI scores. Equatorial fruits (mangoes, papayas, pineapples) tend to have higher GI ratings than northern fruits (apples, berries, etc.). High glycemic index foods will trigger a speedy rise in blood sugar which will result in a corresponding release of insulin in the body, triggering fat storage.

Wrapping this six-part series up, I hope that the information that has been presented has given you a glimpse of the complexity of carbohydrates. In addition, it should have shown that eliminating carbohydrates from your diet is not a wise maneuver at all and can impede the normal functions of the body. Good quality carbohydrate sources will leave you feeling satisfied longer and will help to keep a more sustained energy level in your body. Eating foods that have a high glycemic index will not only stimulate the appetite, causing a tendency to eat more (high glycemic index foods don't contribute much toward the feeling of being full), but will also cause the appetite to return much quicker than normal. This means that if you did nothing but eat Rice Chex® (glycemic index around 89) all day, you'd end up being hungry much more and eating much more of the cereal than if you had foods with a lower GI.

All in all, people do not get overweight because they eat carbohydrates. People get overweight because they consume more energy than they burn and make not-as-good choices in regards to the foods they eat. Foods like white rice, white pastas and refined sugars trigger insulin release, which triggers fat storage. While carbohydrates have been the source of scrutiny as of late, why not address protein? Why not say that fast food makes you fat and that's why protein is bad? The answer is, just like with carbohydrates, it's just not that simple. I hope you've enjoyed the past six articles as we took a detailed tour through the world of carbohydrates. Have fun working this new knowledge into your dietary habits and feel free to give me a call at (847) 276-7132 to see how you can best utilize carbohydrates in your nutritional plan.

Do You Have A Health Or Fitness Question You Want Answered?

I love hearing from all of my good friends and clients who enjoy reading my monthly newsletter. And I'm always looking to answer pressing questions you might have about anything related to health and fitness. If you have a question, tip or idea, please feel free to call me at (847) 276-7132. Perhaps I'll feature you in a future issue!

Streamline Personal Training's Fitting Fitness In™

"Insider Tips for More Enjoyable Living..."



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Inside This Issue

Four Keys to Exercising in Hot Weather – Page 1

Had a Senior Moment? – Page 2

The Cheesecake Test – Page 2

Reaching Peak Performance – Page 2

Spotlight: Leg Training – Page 3

Does Cutting Carbs Really Work? – Page 4

Come Across An Interesting Diet, Weight Loss Or Fitness Product?

No need to guess if it's worth trying or wonder about its effectiveness. Just call me at (847) 276-7132 and I'll tell you...with no hassles and no obligation.

Four Keys to Exercising in Hot Weather!

With summer coming on full tilt and the heat and humidity really pushing that heat index and mercury high, what is the safe way to exercise in this kind of weather? Let's take a look...

- 1. Watch the Heat!** Your body will sweat to keep cool. Unfortunately, when the body gets too hot while exerting, the thirst sensation gets suppressed while the sweating continues, resulting in a dehydrated state in the least. Remember, if you're 5% dehydrated, your blood thickens by 10%, which makes the heart have to work that much harder. Beat the heat by keeping your outdoor exercising times limited to the morning or evening to avoid the times when the heat is most intense and by drinking an adequate amount of water.
- 2. Keep it Fun!** A trip to a water park can be a great way to have some fun with the family and work some exercise in at the same time. Sure, it's the same as swimming laps, but it's not as routine either! Take a couple trips down the water slides (especially walking those stairs to get up) and go fight the waves for a bit – those are great ways to get some physical motion that your body isn't accustomed to.
- 3. Wear Appropriate Clothing!** Clothing choice is critical when exercising outside, whether it's walking, running, biking, rollerblading or kayaking. Be sure to choose clothing that lets the moisture and heat get whisked away from your skin to help your body regulate its temperature better. Clothing by companies like New Balance, Under Armour, and related manufacturers are specifically designed to help the body stay cool and dry. Spending a few dollars on clothing like this can make a significant difference when working out (I've personally used this type of clothing as have many of my clients with great results).
- 4. Try Something New!** The summertime is a great part of the year to try some new activities. Go out for a walk around the neighborhood with your significant other or family. Take a bike ride or visit a nearby park and go hiking. Try having some fun with a sporting activity like basketball, playing catch, or tennis. And if all that still doesn't work, there are plenty of gyms that can provide access to good old weight equipment. Remember to look for indoor activities in the summer like ice rinks, rock climbing gyms, and paint ball arenas for more great variety.

Had a Senior Moment Lately?

By Christine Barnes, CFT, SFOA

I would like to introduce myself along with a service of Functional Fitness For Maturing Adults. I am an ISSA Certified Fitness Trainer with a specialized certification in Fitness For Older Adults and I have developed a service to help maturing Streamline client's meet functional goals by improving upper and lower body strength, balance, flexibility and coordination. Participants of this service will see benefits that will include cardio respiratory functioning, maintenance of and improvement in strength and muscle mass, postural stability and psychological functioning (i.e. improvement in sleep patterns, overall feeling of well-being). By increasing bone density, coordination, balance and muscle strength, exercise will help prevent hip fractures resulting in falls (One of the leading causes of death in people over 65 years of age).

The improvement of functional components will also enable the maturing adult to maintain a range of functional movement such as climbing stairs, rising out of a chair, walking, and performing daily adult activities (i.e. dressing, bathing, cooking). This program may help some maturing adults avoid, postpone, reduce or even REVERSE declines in physical performance.

For many adults, growing older involves loss of strength, energy, and fitness, all of which translate to decreased quality of life. But that need not be so. The frail health and loss of function we associate with aging, such as difficulty in walking long distances, climbing stairs, or carrying groceries, are in large part due to physical inactivity. When it comes to muscle function and physical fitness, the old adage of "use it or lost it" applies. Virtually all-older adults can improve mobility and functioning and sustain their ability to live independently with regular physical activity. If you or anyone you know would be interested in Functional Fitness for Maturing Adults, call me directly at (815) 815-2218.

I have also put together a free report: 10 Tips For Looking And Feeling Better Than You Have In Years! This report is geared toward the maturing adult and gives useful information for example; how exercise can save your life or the connection between strong bones, diet and exercise. To order your free report, call (888) 278-6484 ext. 90511.

The Cheesecake Comparison Test™

Want to figure out if a particular meal is better or worse for your body? There's a simple little test that can help make the decision for you. Simply take the total number of calories in a meal and divide it by 330 (the number of calories in a piece of Eli's® Original Plain Cheesecake). Here's an example...

AWendy's® Classic Double® with cheese with Biggie® fries and a Biggie® Coke drink has 980 calories (and 63 grams of fat – holy cow)! That's a **2.96!** Like most fast food options, you'll pick up plenty of sodium (1950mg) in this meal. If we look at the Mandarin Chicken® salad, even with all dressing, noodles & nuts, it's only 447 calories. That's only a **1.35**, which is much better.

Remember - The closer you can stay to the 1.50 – 2.00 rating, the more likely you're in a good range for calories per meal. That would amount to roughly 500-750 calories per meal average for a three-meal day.

Peak Performance!

In this month's newsletter, the topic is dedication to change. One of the most challenging things that people deal with on a regular basis is the attempt to change particular behaviors or habits. Sometimes, it's really easy and other times it's quite difficult. When executing a change in your life, try to find a support method that will keep you on track. Examples include using an index card taped to your steering wheel or on your bathroom mirror as a reminder, or perhaps sending yourself scheduled e-mails. In most cases, as long as the change isn't too drastic, this will help keep things moving in the direction of intention.

Grabbing a partner to commit to a similar kind of change may help as well, although most of the time, our internal battles to stay the course are rather personal. Find what works best for you as an individual and focus on those most effective methods. Keep dedicated to your changes, and you'll be heading toward Peak Performance!

"We need to learn to set our course by the stars, not by the lights of every passing ship."

- General Omar Bradley

Funky Facts...

↳ The Gatorade Bath (dumping the cooler over a coach) actually was started by Bears Steve McMichael and Dan Hampton in 1984. (Most people incorrectly believe Giant Harry Carson to be the originator)

↳ Twinkies were invented in Schiller Park, IL during the Great Depression.

I'd Love to Hear From YOU!

Whether your goal is to lose weight, get in the best shape of your life, or anything in between, I can help you.

I'd love to hear from you – even if you just want to say "Hi!"

I'm full of energy, and people tell me – a pretty fun person to talk to. So please don't hesitate to call me up with any questions you have about health and fitness related issues. There's never any pressure and no obligation. I'm a resource...and a friend!

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Personal Training

Spotlight: Leg Training

When asked what kind of exercises Jessica Simpson did to get in shape for the part of Daisy Duke, she noted that her trainer had her performing squats, step-ups and lunges. While most of us will not have done the same attire as Ms. Simpson wears in the *Dukes of Hazzard*, it is important to note why these three exercises are very effective for building shapely legs.

Most people fear that performing squats will "give them a big butt." This is simply not the case. The gluteus maximus muscles will develop into more of a crescent shape, which is natural, but they do not keep getting larger and larger. These multi-joint exercises work all the muscles of the knee and hip joints very effectively, causing adequate stimulation to build better legs in addition to helping with balance.

Neither squats nor lunges require any additional equipment, and step-ups can be performed on stairs or some step equipment. The key to all of these exercises is keeping the form perfect. If the form deviates, the knee joints especially can actually be damaged by these exercises. If you would like to learn more information about how to correctly perform these three great leg shaping exercises, feel free to give me a call at (847) 276-7132 and we can setup a training session just for legs.

Amazing Accomplishments...

Did you know that Greg Lemond almost died and still came back to win the Tour de France? Greg Lemond was the first American to win the world-renowned race in 1986. Then, on April 20, 1987, tragedy struck during a hunting accident. Greg was accidentally shot by his brother-in-law with a shotgun while hunting. The buckshot tore through his back and legs and wedged into his intestines, liver, diaphragm, and heart lining. While awaiting rescue, Greg lost three quarters of his blood supply and his right lung collapsed. Doctors left over thirty pellets in his body due to their dangerous locations, but Greg narrowly survived.

Having lost twenty pounds of body weight and his exercise capacity severely reduced, Greg set a goal to once again win the Tour de France. Over the next two years, Greg slowly built himself up, becoming responsible for the commonplace racing technology of today like the use of heart rate monitors, wind tunnel testing, better helmet design, and aeroframes. In 1989, while down in the last leg of the race, Greg Lemond amazingly accelerated against adversity like no human had ever done and beat Frenchman Laurent Fignon by 8 seconds – the narrowest margin of victory in the history of the race.

Check this Out!

What do you get when you mix organic fruits and vegetables with a Star Wars® theme? Store Wars! Check out this well-done online movie and website at www.storewars.org. It's well worth the download to learn about organic food in a very humorous method.