

Does Cutting Carbs Really Work – Part 4 of 6

In this month's article, we're going to cover polysaccharides. These carbohydrates comprise about 90% of all naturally occurring carbs, including starches and members of the cellulose family. The prefix poly- refers to polymers or multiple elements joined together into a long chain, in this case, the polysaccharides are made of different monosaccharides combined together into a large molecule. The major polysaccharides are glycogen, starches, and fiber. Glycogen is stored glucose (blood sugar). It is used for fuel when muscles are working and is stored in the liver and muscle tissues. Without a proper carbohydrate intake, the body will not be able to replenish its energy stores. Because glycogen is the body's way of storing blood sugar, you won't find it on the nutritional labels of any products. (In addition, it's important to know that if your body has filled its glycogen stores and there is still sugar floating around in the bloodstream, it will most likely get stored as fat). Starches are long chains (polymers) of glucose and are found in plants (seeds, tubers, fruits, roots, etc.). Starches are readily found in corn, potatoes, wheat, and rice.

Fiber is a huge topic in fitness and one that is often overlooked or misunderstood. Fiber has few if any calories because the body can't absorb it. For this reason, fruits and vegetables (high fiber, low fat foods) don't have many calories. There are two types of fiber – water insoluble and water soluble. Insoluble fibers (cellulose, hemicelluloses, lignin) do not dissolve in water and can be found in brown rice, dried beans, popcorn, seeds, vegetables, whole grain products, etc. Insoluble fiber helps the body's digestive tract by aiding digestion and promoting regularity. Soluble fibers (gums and pectins) dissolve in water and can be found in fruits, vegetables, barley, oat bran and oatmeal. Soluble fibers can reduce the amount of cholesterol in the blood.

The U.S. Surgeon General and quite a few professional health organizations recommend consuming around 25-50 grams of fiber per day. However, the average American only consumes 10-15 grams daily. One of the easiest ways to increase fiber intake (outside of direct supplementation with quality products like Renew Life's FiberSmart) is to consume more unrefined complex carbohydrates. How do we tell the difference between refined and unrefined carbohydrates? Here are some quick tips – white sugar and white flour are refined. In fact, the molecules of white sugar are so small (or simple, in terms of carbs) that they don't even need to be digested – they just hit your bloodstream full out. A great example of a product that uses unrefined complex carbohydrates is Ezekiel Bread – these products are flour-less and consequently provide a 'full' feeling faster than other bread products.

So how can we use fiber appropriately in our daily lives? Right off the bat, choose unrefined products over refined products – if you did just one thing by avoiding the 'white' carbs (flour and sugar, especially), you'll be doing your body a great favor. On top of that, increasing your fruits and vegetable intake (the less cooking time the better – raw is best) can help to boost fiber intake in the body. A single medium apple has around 4g of fiber; 1 cup of raw raspberries has more than 8g; 1 cup of amaranth (an unrefined grain) has 30g; 1 cup of boiled kidney beans has 13g (note – beans are a great source of fiber); ½ cup of broccoli or cauliflower has around 1g; a medium Florida avocado has 16g (only 8g for the California variety). And as a side note for those people that have decided to drop carbohydrates except green leafy vegetables... the best you're going to do for fiber is raw spinach (with a ½ cup chopped sitting in under 1g of fiber) or a cup of boiled collard greens (under 4g).

For specific advice on how to incorporate fiber into your nutritional plan, feel free to give me a call at (847) 276-7132 – I'd be happy to talk to you about it.

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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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.

Five Ways to Thrive in 2005!

2005 is here and already we've had major winter storms and massive flooding in parts of the world. At the same time, our world has sent a vessel to one of Saturn's moons in an absolutely incredible feat of science & technology. Want to know how to have yourself a great 2005? Read on...

- 1. Set goals!** Without a clear destination, it's pretty hard to figure out if you're on the right track or not. Earl Nightingale noted that all across the world, ships end up making it right to harbor as planned (barring an unforeseen disaster) thanks to a clear picture of the destination and a trained crew. And yet, he continued, most people go through life like a ship without a crew, destination or even a rudder. Want to get some where? Figure out *exactly* where you want to go first.
- 2. Keep on track!** Once the destination is clear, make sure it stays clearly in focus throughout your days. It's like have a GPS system working for you, telling you where to turn – you have a target and with daily reinforcement, you'll steer toward it continually.
- 3. Learn something new!** Did you know that the brain will build itself to become more efficient regardless of age with the proper stimulation? It's true – the brain cells build more and more neural connections, making your brain more efficient. Try learning a new language or reading a book. If you're stuck for ideas, head to the library and pick up a random magazine (or have one recommended to you by the staff). If you do nothing else, try completing a crossword puzzle each day and watch the benefits over time.
- 4. Have some fun!** Plan to have fun this year – there's no reason not to enjoy yourself in this journey of ours called life. Whether it's as complex as a trip to someplace exotic or just renting a movie each month, make sure to take the time to enjoy yourself. Of course, exercise is a great choice, but I'm a little biased there. Remember, when you have fun, endorphins are released throughout your body (think Patch Adams) and you'll not only feel better, you'll actually negate some of the effects of stress. It's a win-win situation!
- 5. Give and then receive!** I've heard it stated that if you want to get a smile, give a smile. Take time this year to not only give thanks for what you have, but also to make someone's day. The spontaneity of giving something to someone else can really make the day pass pleasantly. How about a smile, or a kind word – or even just asking someone how their weekend or day was. I don't know anyone who can't use another smile from someone.

Should I Diet this Year?

Diet is a funny word – most people misuse it. Should anyone ‘diet’- that is, change their eating habits temporarily to try to lose weight. Can you lose weight through dieting – yes. Do you risk subjecting yourself to the yo-yo side effect of dieting – almost guaranteed.

Reducing calories or any macronutrients beyond what your body requires forces your body to have to adapt to strenuous circumstances to try and survive. Almost without fail, when a diet is inflicted upon a body, the body sacrifices muscle tissue to help preserve itself. Why would it do this? The answer is actually really simple – lean tissue (muscle, etc.) requires a lot of energy to maintain. The body looks at the reduced intake of proper nutrients and starts to tear down muscle tissue to lower the daily caloric requirements to match what is coming in. Amazingly, this is exactly opposite the effect that we’re looking for. Is it possible to lose fat while dieting – yes. Is it the best way to do so – not by a long stretch.

Every time a person diets, they end up lowering their basal metabolic rate from that point forward. Let’s jump to the end of the diet when eating goes back to previous habits – the body now has more calories coming in again but the lessened amount of lean tissue prevents the calories from being burned in the right amount, resulting in an excess caloric imbalance. In other words, weight goes on, and in most cases to a higher degree than before the diet. Most people simply repeat the process here hoping for different results.

How do we stop the cycle? We add lean tissue onto our bodies by weight training and increasing our basal metabolic rate. The more lean tissue we have, the more energy we have to spend to maintain it – period. For detailed information on how to do this, please feel free to call me at (847) 276-7132 and ask me about changing your metabolic rate – I’d be glad to provide more information.

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...

A Subway® 12” roast beef sandwich on Parmesan Oregano bread with cheese, lettuce, olives and mayo sits in at an amazing 1160 calories! That’s a **3.51!** Drop the mayo and cheese and you’re still at 890 calories – a **2.69**. Interestingly enough, a McDonald’s® #2 value meal (two cheeseburgers, medium fries, medium Diet Coke) is 980 calories – a **2.96**. Think it’s not a fair comparison – okay, we’ll drop one of the cheeseburgers and the meal is down to 660 – a **2.00** rating!

Remember - The closer you can stay to the 1.50 rating, the more likely you’re in a good range for calories per meal.

Thank You! Thank You! Thank You!

Thanks to **you** the word is spreading. Thanks to all of my clients and friends who graciously referred me to your family, friends and neighbors in 2004. I build my business based on the positive comments and referrals of people just like yourself and I couldn’t do it without you. Thanks for trusting me with the people you care about...

**Lisa Krupp, Vince & Toni Romano,
Holly Schmeiser, Carrie Michelsen,
Sara Sosa, Robert Jarvis, Randi
Goodman & Wayne London, Jen Loose,
Bernice Bakley, Karen Puenner,
Gwynne Knutson, Carol Brestle!**

Peak Performance!

In this month’s newsletter, the topic is goals. It’s the New Year and the topic of resolutions is flying around. It’s a pretty safe bet to note that the vast majority of people who have attained what they have desired have done it because they had a clear picture of exactly what they were pursuing. In other words – they had goals.

Here’s the trick when setting goals – find a method that works for you and stick with it. One great tip that seems to work with just about everyone is phrasing goals as if they already happened. Your brain can’t tell the difference between something real and something vividly imagined, so you can help your brain come up with ways to accomplish your goals by phrasing them specifically in the present tense. For instance – “I run for 30 minutes, three times a week.” Keep it up, and you’ll be heading toward Peak Performance!

“You can’t cross the sea merely by standing and staring at the water.”

- Rabindranath Tagore

Funky Facts...

↳ We owe the secular custom of celebrating New Year’s Day on January 1 to Julius Caesar, who, as emperor in the first century B.C., devised the Julian calendar.

↳ The month of January itself was named in honor of Janus, the two-faced Roman god who looked backward to the old year and forward to the new.

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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Weight Lifting or Weight Lifting?

An article on newbalance.msn.com states that most beginning exercisers don’t work at the intensity level they should be operating at.

Interestingly enough, I would hazard to state that most people that exercise don’t work in the right intensity zone at all. The research quoted in the article (called *Lifting to Little*) notes that the people tested were exercising at 42-57% of their one-rep maximum (1RM). In other words, they were choosing to lift weights that were very light.

Remembering that weight training builds muscle tissue (which is the key to determining your body’s basal metabolic rate), if a high enough force is not applied within the muscle, no adaptive response can be stimulated. A great example in the article stated, “You can’t just lift a pencil a thousand times and think that will boost your biceps.”

What does it mean to us? It means that the plastic 3, 5, and 8 pound weights that most people have as the extent of their resistance at home just aren’t going to cut it for most exercises. The best range to operate for most people is between 55% and 85% of their 1RM. If you’re interested in knowing how to test yourself to determine your own 1RM and proper set and rep ranges, give me a call at (847) 276-7132.

Simple Beginnings...

Did you know that Julia Child worked for the OSS, the predecessor to the CIA? Born in 1912, she was very well educated at a prestigious women’s school & college. She left her career in advertising to join the newly formed Office of Strategic Services (OSS) and spent time on an island off the coast of India transmitting secret documents between intelligence officers.

As WWII drew to a close, she was sent to China, where she met Paul Child. They married in 1948 and while Paul was stationed at the American Embassy in Paris, Julia became interested in French cuisine. She enrolled in the world-renowned Cordon Blue cooking school and later formed her own school with two other of her classmates. From this came their book *Master the Art of French Cooking* (1961), which became the Bible of fine continental cuisine around the world.

Using the book as her foundation, she started her own cooking program on Public Television entitled *The French Chef*, which first aired in 1962. She became a celebrity with her significant physical stature and sense of humor. Julia was honored in 2000 with France’s highest civilian award for bringing French cooking to the world. And the rest is history...

Thanks for the Kind Words

“[Jim is] an overall motivator who pushes me to keep going and keeps me on track. My chiropractor saw me after a long time and he said I looked fabulous now.”

- Wanda Fitzsimmons