

Health & Fitness

SPECIAL SECTION 2008-2009



CNS Photo courtesy of More Magazine

No matter who you are, you too can reach the finish line if you want to train for a marathon. However, don't forget it takes time to go the 26.2 miles.

GO THE DISTANCE

Training for your fitness goals is possible no matter who you are

Cindy Cafferty
CREATORS NEWS SERVICE

Does the thought of the ultimate fitness goal – a half marathon, full marathon or triathlon – seem more like a fantasy, or worse, a nightmare, for an average dreamer such as yourself?

Think again. Across the nation, people of every shape, size, age and fitness level are turning their fitness dreams into realities. With a little motivation and the right advice, so can you. You don't need to be fitness guru to get started.

"The bottom line is you get what you put into it," said Craig Watterson, running coach for Team in Training (TNT), the fundraising arm of the Leukemia and Lymphoma Society. "And you can start from nowhere, but once you do a marathon or a half-marathon, you're life changes drastically. What you used to hold as boundaries for yourself no longer exist, and that extends to every aspect of your life."

When Watterson joined TNT for the second time in 2006, he'd taken up smoking again, hadn't trained and, until his boss was diagnosed with cancer, lost the motivation that propelled him in previous years. Now he's a running coach and an Ironman Triathlon alumnus.

Your motivation may be different, but with the right guidance, your goals are just as attainable.

"You don't have to be young or skinny or fast to do a marathon," said Darlene Miller, national program director at Jeff Galloway Training Programs. "Galloway's approach is to bring the marathon to the everyman."

So now that you know you can do it, how do you start shaping those fitness dreams into a healthy reality?

Miller explained the run-walk-run method Galloway designed and trademarked in 1978. "The idea most people have is that you have to run straight through or get to the place where you run the entire event," she said. "If you take a walk break occasionally, you're saving strength for the longer miles ... and you can run farther than you thought you could. It allows you to gradually increase your mileage, find a pace and prevent injury."

The Galloway Run-Walk-Run is the

crux of Galloway's national training program (jeffgalloway.com/training/), but the elements of a run-walk regime are tried and true practices used by trainers nationwide. The slow-and-steady approach is also a universal tenet to endurance training programs, especially for beginners.

Whether your finish line ends at the half-marathon mark, extends to the full 26.2-mile marathon, or includes the cycle, swim and varying duration of a triathlon, experts agree the key to making the mark is all in the training. The name of the game is injury prevention, making it to the finish line and, if you're running for a cause, making a difference.

Jennifer Grandy, national director of TNT, echoed Watterson's advice and mirrored tenets of Galloway's program by offering the following tips:

* Have a goal. TNT participants raise funds for cancer research and patient assistance. Whether your goal is fundraising or raising the stakes on your workout, inspiration will keep you motivated on the tough days and through the three to six month regime it takes to train.

* Set your sights on finishing the race, not winning the race. If you're a beginner, don't worry about your time to the finish line. Concentrate on getting to the finish line.

* Join a team. Galloway's program has teams in over 60 cities. TNT trains for events nationwide (teamintraining.org). Being part of a team keeps you engaged, provides a support system, offers guidance and makes the experience more enjoyable.

* Start slowly and gradually increase your mileage. Coaches recommend beginning with 20 minutes of exercise two to three times a week with a training session on the weekend. Sessions start with a three-mile walk, run or run-walk, with an increase of one mile a week; your speed should start out slow and finish strong. Depending on the event, your fitness goal and the program, training may vary in the final weeks leading up to the event.

* Pain is NOT gain. Good training ensures that you're not in pain throughout the regime and during the event. Stretch, cool down and take at least one day a week off to prevent injury. Make sure you have the right shoes and the right shoe size – feet swell through the course

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GETTING STARTED

Make an easy transition to a healthier lifestyle

Beth Wood
CREATORS NEWS SERVICE

You know it's time. Going up that short flight of stairs left you panting. You hardly recognize yourself in a photo taken just a few years back. Or perhaps your doctor gave you a "change-your-habits" speech. Whatever the signals, you have

made the commitment to get healthy.

"You will feel better, be more energized, sleep better and have a zip in your step. A healthy lifestyle also helps when it comes to coping with stress," said Kathleen Zelman, WebMD's director of nutrition.

Linda Copp, a nutrition con-

sultant in private practice and a part-time instructor at San Diego State University, concurred.

"People feel better overall," she said. "They are happier – in better moods."

There are some crucial first steps that need to be taken.

"First, clean out the cupboards and stock



CNS Photo courtesy of McDonald's

If ordering from a fast food restaurant, remember to purchase healthier items such as salads and grilled chicken.

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Pilates, as demonstrated here by instructor and "piloxing" creator Viveca Jensen, helps increase flexibility and muscle tone while staying sleek.

CHOOSE YOUR EXERCISE

Pilates, yoga and spinning all offer great benefits

Cheryl Walker
CREATORS NEWS SERVICE

People have been running to the gym to get in shape by lifting weights, using a treadmill and riding stationary bicycles. But recently, yoga, Pilates and spinning have become even more popular. But how do you know which is best?



Yoga, which helps relax and create strength, is one of the newest workouts to hit the scene. However, not every workout is right for everyone.

Before deciding, it's crucial to first learn about what the exercise really involves.

Yoga is the holistic practice of being able to move easy through movement and stretching. It concentrates on physical postures for the body, but is also a meditative state to refresh the mind.

"There are so many different kinds of yoga," said Viveca Jensen, a dancer, body-builder, aerobics instructor and trained boxer who owns V Pilates in Toluca Lake, Calif. "Yoga is tranquil with a mental calmness. You learn your body in yoga."

Pilates, developed by Joseph Pilates during World War I, builds flexibility, strength, endurance and coordination without adding muscle bulk by using non-impact exercises.

"You can do Pilates with or without machines," said Jensen. "It involves more stretching and with machines you are able to go further with different kinds of stretch. Pilates is more fast-paced. You learn how to use muscles on you never felt on your body."

Jensen, who has trained notable names such as actress Hilary Duff, is such a believer in Pilates that she created her own exercise form she calls piloxing, which mixes Pilates and boxing.

"Women are wives, mothers, workers," she said. "There are so many different areas women need to be strong. I wanted women to feel strong but feel sleek, sexy and powerful."

There are no other exercises that contain two such extremes, according to Jensen.

"The powerful feeling of boxing, throwing solid punches, then transferring your body movements into Pilates and feeling like a ballerina, both are extreme workouts," Jensen said. "Yet both share the common ground of working from the core region, the core is the heart of both."

There are also other health benefits to this workout technique.

"Pilates helps with osteoporosis," she said. "It is a correcting exercise because it all stems from the spine. It improves posture, energy level will rise, you'll lose weight and it builds muscle tone."

Spinning is indoor cycling with a group in a class setting. Jonathan Goldberg created the concept in the 1980s and Mad Dogg Athletics, Inc later trademarked it as spinning.

This form of aerobic exercise involves an instructor who leads cyclists through routines designed to simulate **cont. on Pg. 7**

THE ALTERNATIVE WAY

Holistic medicine helps patients find new ways to get well

Glenda Winders
CREATORS NEWS SERVICE

A growing acceptance of holistic medicine is giving people more alternatives when it comes to staying healthy and fighting off disease. Today, increasing numbers of people are using treatments – both old and new – that are part of a proactive approach to wellness.

The American Holistic Medical Association said on its website that the aim of today's patient is a balance of the physical, environmental, mental, emotional, social and spiritual influences that have the potential to get out of whack and threaten good health. Among the treatments they endorse are some that have been judged questionable in the past. Chiropractic, hypnotherapy, osteopathy, meditation and aromatherapy are only a few that are now recognized as treatments both for keeping a person well and treating illness when it occurs.

When a person does become ill, the physicians who subscribe to AHMA principles often recommend mind-body interventions and natural remedies rather than surgeries and prescription drugs. They believe in the body's innate ability to heal itself and that a positive relationship with a doctor is as important as the treatment prescribed.

Many alternative choices have been around for centuries. Acupuncture, for example, is a traditional Chinese practice that may date back to the Stone Age, when sharp rocks were believed to have been used in the treatments.

"Today's acupuncturists insert hair-fine needles into points chosen to move stagnant chi and balance yin and yang according to a patient's signs and symptoms," explained Judy A. Gaddler, licensed acupuncturist and master of traditional Oriental medicine. "Chi is the flow of energy that moves smoothly throughout our bodies in pathways, called meridians, to protect us from disease and keep our organs functioning properly. Yin is the quiet, introspective, moisturizing, cooling side of a person's being and yang is active, expansive and warming. In the body, there is a constant balance between the two."

Gadler said the flow of chi or the imbalance of yin and yang could be disrupted by trauma, emotional distress, stress and temperature extremes and lifestyle choices such as lack of exercise, overwork, poor nutrition and insufficient sleep. Keeping the chi strong makes it less like- **cont. on Pg. 7**

DIET TIME

Pick an eating plan with staying power to aid weight loss

Vicky Katz Whitaker
CREATORS NEWS SERVICE

It doesn't take long to figure out what's happened when the seams split on your favorite skirt, your shirt buttons pop, or those dress snaps just won't stay, well, snapped.

All those super-sized orders at the drive-through have made you super sized. You need a diet.

Finding one that's right for you can be a challenge, especially if you're looking to quickly shed the pounds you've packed on over a long period of time. You can do it

yourself by ditching rich desserts, passing on the potatoes and limiting lunch to a couple of carrot sticks and a scoop of cottage cheese.

But if you're like most people, you'll try the latest fad diet. It's usually the one that promises the quickest results. You may lose a couple of pounds immediately, but chances are you gain it all back – and then some.

"All diets work in the short term, because each one has a trick for helping you cut calories whether you're actually counting

them or not," explained Colleen Pierre, a registered dietitian, licensed nutritionist and an adjunct instructor of aging, nutrition and fitness in Johns Hopkins University's certificate on aging program who works in private practice in Baltimore. "Keeping the weight off over the long haul is the tricky part."

Pierre recommends choosing a diet with staying power. "A plan that includes all food groups, even small treats, keeps you well-nourished while you dispose of excess body fat," she said. "Changes made

gradually over time are most likely to become permanent and help you keep the weight off."

Choosing a diet can be daunting. There are hundreds of plans – some are good, some are bad. Advertising and promotional campaigns on television and in print, as well as celebrity endorsements, can make even the worst diet an instant hit with the public. Others, like the now popular Mediterranean diet, may take years to catch on.

The Mediterranean diet drew scant interest in 1945 **cont. on Pg. 7**



The Mediterranean diet has gained a lot of respect in recent years, with its emphasis on eating heart-healthy foods such as fish.

WALK ON

Get up and start moving by beginning this lifelong exercise

ENERGY EXPRESS

Clearing your space is one of the best resolutions you can make

Marilynn Preston
CREATORS NEWS SERVICE

Anyone can make New Year's resolutions: Lay off the chips. Get to the gym three times a week. Stop after one glass. Start yoga.

Proclaiming your best intentions is a piece of cake. But what about sticking to those healthier habits? Seeing real change happen in the coming year?

Uhh . . . that's a much trickier problem. I've had cheeses that last longer than most year-end promises. What's the average survival rate? A month? A weekend? That's because change isn't easy. If it were, we'd all be living balanced, sane, enlightened lives instead of feeling frantic and frustrated about never having enough time to do what we want to do, to be who we wish we could be (too often someone who weighs 10 pounds less).

There's an old saying, I forget who said, it but here's the gist of it: A fool is someone who does the same thing over and over again and expects a different result. I'm not calling anyone a fool – that would be a very naughty way to begin the new year – but I am saying that if you have failed time and again to make your New Year's resolutions last, then maybe it's time to take a completely new approach.

Write down your goals? Make them small and achievable? Keep a journal of your progress? Great ideas, but I've been recommending them for 30 years. And no one's accusing me of being perfect.

If you want a different result, you have to take a different path. So this year, before you stand naked in front of the Great Mirror of

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CNS Photo courtesy of Cooper Aerobic Center

The best way to get started on your fitness journey is to start walking. Here at the Cooper Athletics Center, many people find this out by traveling their grounds.

Valerie Lemke
CREATORS NEWS SERVICE

Walking, the ability to propel oneself from one place to another, has had all the makings of a lifelong exercise program since man first stood up on two legs. The benefits – both psychologically and physically – are plentiful.

"Just about anybody can walk," said Carla Sottovia, senior personal trainer at the Cooper Fitness Center, a 3,500-member high-end health club on the campus of the Cooper Aerobics Center in Dallas. As exercise programs go, "walking is less injurious than running, increases cardiovascular fitness, releases hormones that improve your mood and can be pursued throughout life," she said.

If that isn't enough to get

you off the couch, walking requires no expensive equipment and no membership dues. You don't need a partner or perplexing instructions, you're not tied to a treadmill and you can walk anywhere, anytime and in any season.

Sottovia, who has competed in more than 50 triathlons, agreed with other exercise physiologists that active walking can also be a stress reducer, giving you time to think good thoughts or sort out problems. You can also ponder, pray, plan your day or just enjoy the outdoors.

But how do you begin to forge a lifelong good health habit?

As a rule of thumb, if you've been very inactive and have not had a physical in a year, get a checkup before beginning a

walking program, Sottovia said.

"When starting out, sedentary individuals should walk three times a week, 30 minutes each. If 30 minutes is too exhausting, break it up into two 15-minute walks or even three 10-minute segments. Then increase the time a little each week."

During this period, determine your resting heart rate. As you progress, this will figure into a formula used to show improvement in your heart at rest as well as find out the intensity of your workout.

Intensity is not the objective in the beginning, however. "Early on, the single most important element is consistency," she said.

Stick to it. Establishing a walking habit may seem tedious and uncomfortable initially. You may be tempted to skip a session

or fudge on the time or distance you walk. Just do it until walking becomes as important to you as brushing your teeth.

"The first month is critical," she said. "Make it up to six months and the chance of having a lifelong habit increases considerably."

As an interim goal, strive for a 20-minute mile. Determine a pleasant one-mile route. Wear a watch and work toward walking the route in 20 minutes. Then, when comfortable, work up to a 15-minute mile, a moderate intensity workout.

"When you start to get intensity up, you can calculate your resting heart rate again as well as your training heart rate," Sottovia said. Use the Karvonen Formula, a mathematical formula which helps determine your heart rate target area,

to monitor your progress quickly and easily.

Your ultimate objective is 45 to 60 minutes at moderate intensity most days of the week. Warm up by starting at a slower pace and cool down by slowing for five minutes at the end of the walk.

When you pick up the pace to moderate intensity you accrue a host of physiological benefits.

"You enhance the cardiovascular system and your heart's endurance," she said. "You can push harder, longer and faster. There's a decrease in your resting heart rate. Blood pressure issues might be helped. Your metabolic rate increases and you use calories more efficiently."

At this stage it's likely a habit has been formed. "Just do it" is replaced with a

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OH, BABY!

Pregnancy fitness is important for you and your child

Cheryl Walker
CREATORS NEWS SERVICE

Just as the adage "barefoot and pregnant" has gone by the wayside, so has the myth that women are supposed to avoid exercise during pregnancy.

"You need to be physically active during pregnancy," said Dr. Laura Riley, a high-risk pregnancy expert and spokeswoman for the American College of Obstetricians and Gynecologists, said in an article on WebMD. "It has terrific benefits that are associated with a better pregnancy outcome and even shorter labors. It's a win-win for baby and for mom."

Dr. James Clapp, an obstetrician who has studied exercise in pregnancy for more than 10 years, conducted a study of 500 pregnant women who exercised and found their time in labor was one third shorter. He also found that exercise is beneficial to the fetus, and the baby is born with a stronger heart rate.

As well as helping out in labor, exercising during pregnancy can potentially help reduce lower back pain and fatigue. There is also a decreased risk of pre-eclampsia and gestational diabetes. There are also postpartum benefits, which

include a quicker recovery, less weight to lose and reduced muscular discomfort.

Before starting any exercise program, a woman should always consult her obstetrician. Every person, as well as every pregnancy, is different. Some women are not even allowed to exercise due to complications. The level of exercise also depends on a woman's general health and how fit she was before conceiving.

However, the fit and fabulous should take heed: A 2007 study from Denmark determined that women who exercised heavily during the first months of pregnancy (either in high-impact activities such as jogging or games involving balls such as basketball or soccer, or exercising more than seven hours a week) were over three times more likely to miscarry. Lighter-impact exercises, such as swimming, showed to have no effect. However, after 18 weeks, exercise did not increase risk for a miscarriage.

Once given the green light to exercise by the doctor, a woman should start an exercise program slowly and not overexert herself, according to the American Pregnancy Association. The most

important thing for a woman to do is listen to her body. If there is any sort of pain, stop exercising immediately.

The doctor can give advice on what exercises are good, but as a rule of thumb, the best are those that don't require the body to bear extra weight. Low-impact aerobics, cycling and walking are what most women find comfortable. Walking is considered to be a great choice, as it can be done throughout the pregnancy.

Yoga has become a popular choice for moms-to-be for working on relaxation, stretching and breathing. There are many classes that specialize in prenatal yoga and available throughout the country. If you cannot find one, a yoga instructor will be able to help you find which poses are okay for your and your baby.

Weight training can be added to improve tone, but avoid lifting weights above the head. A woman should also be careful to not use weights that strain lower back muscles.

No matter what exercise you choose, the American Pregnancy Association recommends that women drink plenty of water, avoid working out in high

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CNS Photo courtesy of National Women's Health Resource Center

You might have one on the way, but staying healthy and exercising is good for both you and your baby.

SWEET DREAMS

Turning off technology might be the solution for sleep



Getting the perfect night's sleep doesn't have to be a dream. Sometimes, it's as simple as turning off your television or cell phone.

CNS Photo courtesy of Crowne Plaza Hotels

Chandra Orr
CREATORS NEWS SERVICE

Want to get more sleep? Tune out the technology.

That's right – turn off your smart phone, power down the computer and skip the sensationalist news programs. Technology is one of the biggest barriers to a full night's rest.

The bright lights inhibit melatonin secretion, which tells your body that it's time to sleep. Late-night activities that actively engage the mind, like checking e-mail, playing video games, text messag-

ing and watching television, also make it difficult to relax and transition into sleep mode. Plus, it's easy to lose track of time and stay up later than you intended.

"Anthropologists tell us that 5,000 years ago, the average night sleep was 11-12 hours a night. When the sun went down, it was dark, boring and dangerous outside, so people went to bed," said Jacob Teitelbaum, medical director of the national Fibromyalgia and Fatigue Centers, Inc., and author of "From Fatigued to Fantastic!" (\$16, Avery).

"The use of candles initially shortened our sleep time. Then light bulbs were developed, followed by radio, TV and computers. We are now down to an average of 6 1/2 to 7 hours of sleep a night, and this is simply not adequate to allow proper tissue repair," he said. They don't call it "beauty rest" for nothing. Deep sleep stimulates the "fountain of youth" growth hormones and regulates appetite hormones, leaving you thinner and younger looking.

Just one or two nights of poor sleep can cause aches and fatigue

and hinder concentration, learning and memory. Long-term sleep deprivation has been linked to an increased risk of heart problems, diabetes, obesity and psychiatric difficulties like depression and substance abuse. Poor sleep is also a major trigger for chronic fatigue syndrome and fibromyalgia, Teitelbaum said.

"Sleep is important for a number of things, and we're still learning. It helps with areas such as brain development, consolidation of memories and enhancement of learning," said Shelby Freedman

Harris, a top behavioral therapist with the Sleep-Wake Disorders Center at Montefiore Medical Center in New York City.

A good night's sleep starts with a proper winding down period. Allow at least one hour of relaxation time before bed to give your body a chance to calm down and let your mind drift from the worries of the day.

"Winding down is an important part of sleep hygiene," Harris said. "Creating a buffer period – or a protected period of time between a very stimulating or busy day and

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STRESS BUSTERS

How to get away from the problems and get back to relaxation

Chandra Orr
CREATORS NEWS SERVICE

If you find yourself barking at the kids, snapping at coworkers, unable to focus, forgetting things easily or even driving too fast, you probably need time to relax. However, if you're waiting for your yearly vacation to unwind, you're waiting too long.

It's far more effective to recharge as you go, according to psychologist Suzanne Zoglio, author of "Recharge in Minutes: The Quick-Lift Way to Less Stress, More Success, and Renewed Energy!" (\$15, Tower Hill Press).

Using simple relaxation techniques, you can restore your focus, confidence and energy in less time than it takes to run out for that mid-morning latte. The key is to capture the spirit of that yearly vacation each and every day.

"Stress is an everyday occurrence. You have to manage it or it manages you," Zoglio said. "The best way to recharge is in short bursts every few hours, every day. That way, your body has time to re-center itself. If you were to take 10 to 20 breaks every day you'd never become over stressed."

Take time to manage your stress, unwinding and refueling as you go, and you reduce your risk of stress-related medical problems.

"Stress causes real symptoms," said David Clarke, clinical assistant professor of medicine with Oregon Health Sciences University and author of "They Can't Find Anything Wrong! 7 Keys to Understanding, Treating, and Healing Stress Illness" (\$17, Sentient Publications).

"Stress that is strong enough or goes on for too long is capable of causing physical symptoms that can be just as severe as those of any disease," Clarke said.

We generally associate things like high blood pressure, acid reflux, peptic ulcers and a rapid pulse with high levels of stress, but stress can manifest itself in a myriad of ways and affect vir-

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TRAINING AT HOME

Find the right equipment to work out in your house

Diane Schindwein
CREATORS NEWS SERVICE

While some people enjoy the camaraderie of working out at a fitness club, others prefer to exercise in the privacy of their own home.

Folks who sweat it out at a club often have an instructor to cheer them on, along with a plethora of exercise machines to choose from, every time they hit the gym. On the other hand, home exercisers usually like their privacy and are often alone when they work out.

That's why those who are buying fitness equipment for their personal use should visit a specialty fitness retailer who understands exercise, answers questions and demonstrates the proper use of equipment, according to exercise physiologist and fitness consultant Elizabeth Quinn.

Quinn, who reports on sports medicine for about.com, believes good home exercise equipment choices are treadmills, elliptical trainers, stationary bikes, recumbent cycles, step machines, cross country ski machines, rowing

machines and resistance equipment. According to her, the biggest challenge is often deciding which product is right for the person or family who is going to use it.

"There is not one piece of equipment made for everybody. Getting in shape at home requires self-motivation, tenacity, setting attainable goals and at least one piece of the right kind of equipment," said David Utinski, who owns and manages The Body Quest Store Inc. in Springfield, Ill. Although most people don't come in for multiple machines, it's important to find the right one.

"Very rarely do people come in to get a whole room of equipment," he said. "However, exercise is a serious thing to do as far as changing your body and your lifestyle. That's why we always qualify the customer who is buying the equipment."

The person who is selling equipment should always ask several questions, said Utinski. How much space is available? How many people are using it?

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CNS Photo by Diane Schindwein

When selecting a piece of home gym equipment, make sure that the one you pick is right for your body and any limitations you might have.

SUPPLEMENTAL HEALTH

How to decide which dietary supplement is right for you

Diane Schindwein
CREATORS NEWS SERVICE

While many of us have heard about the benefits provided by dietary supplements and other natural products, knowing what to use and when to take it can be confusing at best.

Supplements are becoming consistently more important in the United States, said Tracy Taylor, executive director of the Natural Products Foundation, which also encompasses the Dietary Supplement Education Alliance.

"In terms of how well supplements are perceived, I think it's important to know that there are 190 million Americans who use them," Taylor said. "Obviously taking a multivitamin is the most popular thing to do as far as supplements go.

It's particular- cont. on Pg. 7

HAPPY WAYS

Love and happiness are unlikely aids to a healthier life

Cindy Cafferty
CREATORS NEWS SERVICE

All you need is love.

From the age-old wisdom of the Bible to the new-age advice scattered throughout the ubiquitous self-help and spiritual books, the underlying theme is love. But who knew that that the catchphrase coined by the Beatles could hold the key to happiness and open the door to a healthier life?

Although there are few long-term studies directly relating happiness or love to longevity and overall health, there has been research indicating that a happier life leads to a healthier life.

According to a 2005 study of British civil servants in Proceedings of the National Academy of Sciences – and cited on the popular health website,

WebMD – the happier the participants were, the lower the levels of the stress hormone cortisol, a hormone directly linked to heart disease, a number one killer in America.

The study monitored the blood pressure and heart rate of 216 healthy government employees in London both during the workday and the workweek. Measurements of blood fibrinogen and salvia cortisol, the stress hormone linked to diabetes and heart disease were taken after a stress test, at which point researchers questioned the happiness level of the participants. The higher the happiness level was, the better the test results. The study also indicated that the participants with a higher happiness level generally tended to stay happy and have lower stress during both work and leisure activities.



CNS Photo courtesy of The Charleston Area CVB

Although it is often underestimated, love and happiness can actually improve your life and your health for the long term.

The U.S. Department of Health and Human Services links stress to negative effects on the body, and warns that both short term and long-term stress can have significant impact on your health.

But how do you start getting happy?
Gretchen Rubin, noted author

and creator of "The Happiness Project," which is also the title of her upcoming book due out December 2009, addressed the complex issues of the simple concept.

"First off, part of happiness is genetically determined. Each of us has a different and

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ASK JOE WEIDER

The fitness guru and "Master Blaster" answers your health questions

Joe Weider
CREATORS NEWS SERVICE

Tip of the Week: Throw away your scale. Too many of us get caught up in the ritual of daily weighings, fretting over the gain or loss of a pound or two. Your body-weight can fluctuate several pounds throughout a single day, however, depending on your level of hydration and food intake. Instead of relying on the scale, use your mirror as a barometer of your

progress in your body transformation goals.

Q: I've heard that to burn fat you need to eat fat. It sounds like "The Riddle of the Sphinx" to me. Could you please explain what this means, Joe?

A: As paradoxical it may seem, you can and will lose fat by eating fats. You can't just eat any kind of fat, however, and even the helpful kind should

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FITNESS FACTS

Hoofing it for health

Few exercise routines are simpler than taking a walk. According to the American Heart Association, a brisk 30- to 60-minute walk three or four times a week is best. However, any walk yields numerous health benefits:

■ Hiking is an easy way to lose excess pounds. At a comfortable 2 mph, a 150-lb. person will lose 240 calories in one hour.

■ Studies have shown that a sedentary lifestyle contributes to the risk of heart disease.

■ Any regular exercise can lower blood pressure and improve mental health.

■ Hiking and walking combats the negative effects of osteoporosis and diabetes.

■ People who suffer from lower back pain and arthritis find relief in walking regularly.

■ Taking short trips on foot instead of driving is a good way to keep your car from contributing to air pollution.



SOURCE: American Hiking Society

Creators News Service / Paul Horn

MANAGE THE HURT

Chronic pain treatments can help relieve suffering

Linda Pescatore
CREATORS NEWS SERVICE

By any measure, it was stressful to be Matt Saathoff in July 2008. The 31-year-old Omaha, Neb., banker and law student and his wife, Cat, had their first child, son Jamison, one month previously.

Work, school, family – it would be stressful for anyone. But Saathoff did it all while suffering constant pain from a car accident two years earlier.

"I forced myself never to miss school, never to miss work, so I just burned myself out," Saathoff said. "I'd come out and I'd pretty much just have to sit on the couch and do nothing."

According to the American Pain Foundation, 50 million Americans experience chronic pain that interferes with their daily activities. Chronic pain is defined as any pain that lasts six months or more;

it can come and go, or it can be constant.

With a herniated disc, splintered vertebrae and damage to a cervical nerve root, Saathoff was taking strong painkillers that made studying difficult. It was hard to sit for extended periods.

"I was always shifting, always moving, never getting comfortable," he said.

The pain and discomfort affect-

ed his marriage. He later learned his wife was "at her wits' end" because he was miserable all the time, he said.

But just a month later, Saathoff had his life – and his wife – back. "As Cat describes it, I'm a 180 percent different person," he said. "You don't hardly recognize the Matt of early July compared to the Matt of late August."

There was, however, no mira-

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CNS Photo courtesy of KICKSTART

Over 60,000 students have graduated from KICKSTART, a program founded by actor Chuck Norris to help get kids active.

KICKSTART For Health

Chuck Norris' passion is getting kids into the martial arts

Chuck Norris
CREATORS NEWS SERVICE

It seems like health consciousness is everywhere. From the latest fad diet to the newest gym equipment, it seems like we can never get enough of trying to lose those stubborn pounds that we accumulate

throughout the year.

However, we often overlook those who need health guidance most – our children. They are the ones facing some of the greatest obstacles and the most skyrocketing rates of health-related problems because of their lack of exercise and consump-

tive practices.

According to the World Health Organization and the Centers for Disease Control and Prevention, childhood and teen obesity in the U.S. has tripled over the last 30 years. They also report one-third of adults are now overweight, with another

third being obese. According to their data, those numbers have "increased sharply for both adults and children" since the 1970s.

Helping young and old overcome apathy and master their health is why I included the chapter, "Fit for the Fight," in my new

cont. on Pg. ?

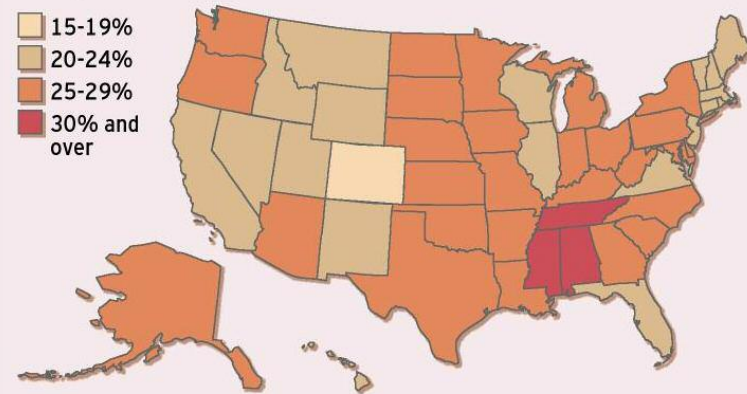
FITNESS FACTS

Obesity in the U.S.

Obesity is a significant public health problem. According to data from the Center for Disease Control's Behavioral Risk Factor Surveillance System questionnaire, the obese account for more than 15% of the population in every state in the nation.

PREVALENCE OF OBESITY
Among U.S. adults, 2007

- 15-19%
- 20-24%
- 25-29%
- 30% and over



SOURCE: The Obesity Society (incl. data from Centers for Disease Control and Prevention and BRFSS)

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FITNESS FACTS

Smoking and pregnancy do not mix

Smoking before and during pregnancy is the most preventable cause of illness and death among mothers and newborns. Some facts:

- Women who smoke prior to pregnancy have a 30% higher chance in becoming infertile compared to women who don't.
- Pregnant smokers are about twice as likely to experience complications such as placenta previa and the premature rupture of membranes.

Babies born to women who smoke during pregnancy...

- Have about a 30% chance of being born prematurely.
- Are more likely to be born with a low birth weight, a risk factor for illness or death.
- Are up to three times more likely to die from Sudden Infant Death Syndrome (SIDS).

SOURCES: Centers for Disease Control and Prevention; Department of Health and Human Services

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