

Well Worth it

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Health and Fitness

Arthritis & Aquatic Exercise – Keep Moving to Keep Healthy the Facts about Arthritis

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- 2005 – 66 million (nearly 1 in 3 adults) in the US have been diagnosed with arthritis or live with chronic joint symptoms.
- Arthritis is one of the most prevalent chronic health problems and the nation's leading cause of disability among Americans over age 15.
- Arthritis is second only to heart disease as a cause of work disability.
- Arthritis limits everyday activities such as walking, dressing and bathing for more than 7 million Americans.
- Arthritis affects people in all age groups including nearly 300,000 children.
- Arthritis strikes women more often than men.
- Arthritis refers to more than 100 different diseases that affect areas in or around the joints. The disease also can affect other parts of the body. Arthritis causes pain, loss of movement and sometimes swelling.

Why Exercise?

Many people mistakenly believe that exercise and arthritis are not compatible. For years it was promoted by even the medical community that you should not exercise if you had arthritis because it would damage your joints. Luckily, research has shown that exercise is an essential tool in managing arthritis and living a healthy and full life. Individuals with arthritis can benefit from regular exercise, as increases in strength and endurance will improve quality of life and enhance performance of activities of daily living (ADL). Regular activity increases energy, helps you sleep better, aids in weight control, decreases depression and enhances self-esteem. Furthermore, exercise can help stave off other health problems such as osteoporosis and heart disease. Generally, low to moderate exercise is recommended and adjustments must be made during acute joint inflammation (arthritis 'flare ups'). Although exercise may be tedious when managing arthritis, physical inactivity leads to poor health and may make the disease even harder to manage. Water exercise – water walking, low impact aerobics, Ai Chi, Yoga, deep water training, etc – is highly promoted by health professionals and medical professionals. The Arthritis Foundation encourages water exercise as one of the best activities for individuals of all ages who have arthritis symptoms. From their website comes the following,

Why Water Exercise?

- The soothing warmth and buoyancy of warm water make it a safe, ideal environment for relieving arthritis pain and stiffness. Immersing in warm water raises your body temperature, causing your blood vessels to dilate and increasing circulation.
- Water exercise is a gentle way to exercise joints and muscles.
- Water supports joints to encourage free movement, and may also act as resistance to help build muscle strength.

Aquatic Programming Guidelines

The pool provides a comfortable exercise environment because the buoyancy reduces impact to the joints, lessens stress and strain on the submerged joints, allows for greater pain-free movement and it is FUN!



Healthy Eating

A Bagel or a Donut???

Tufts University Research



Which makes a more healthful breakfast, a bagel with cream cheese or a donut? We put the question to 50 people entering Boston-area Dunkin' Donuts shops on several recent weekday mornings. If you're like the vast majority of them, you'd say the bagel. But you'd be wrong. True, the bagel has more iron than, say, a chocolate frosted donut—35 percent of the Daily Value as opposed to 4 percent. And the cream cheese contains 10 percent of the Daily Value for vitamin A. But a plain bagel with cream cheese from Dunkin' Donuts also contains 550 calories and 13.5 grams of saturated fat—more than half the saturated fat that should be averaged in a day by someone following a 2,000-calorie diet. The chocolate frosted donut, on the other hand, has just 200 calories—and only 2 grams of saturated fat.

The difference isn't surprising when you consider that bagels at shops like Dunkin' Donuts are huge—about 5 ounces, compared with 2.5 ounces for a jelly donut. (That's why the bagels have more iron; there's more iron-enriched flour.) Dunkin' Donuts bagels also come with 2 ounces of cream cheese instead of 1, racking up calories and saturated fat considerably; every ounce of cream cheese contains about 100 calories. But even smaller bagels with less cream cheese, like the pre-packaged Philadelphia To Go selections recently introduced by Kraft, are no nutritional bargain. One of them—a 2-ounce bagel plus a 1-ounce tub of cream cheese—has 240 calories and 5 grams of saturated fat. That's still more calories and saturated fat than in a Dunkin' Donuts chocolate frosted donut—or jelly donut or French cruller.

Philadelphia To Go bagels with cream cheese are no economic bargain, either. A single one costs \$1. While that's less than you'd pay at Dunkin' Donuts, it's much more than in other areas of the supermarket. A 2-ounce frozen Lender's bagel with 2 ounces of Philadelphia cream cheese from an 8-ounce tub costs just 76 cents. (Smear 1 ounce of cheese instead of 2, and it costs only 49 cents.) Each Kraft Philadelphia To Go bagel does come with a plastic knife and separate compartments for the bagel and cream cheese so you can grab them on your way out the door. But you have to ask yourself: Is it worth an extra 25 to 50 cents a day not to have to spend the few extra seconds taking a bagel out of a bag and keeping a larger tub of cream cheese in the refrigerator—either at home or the office? It also pays to ask yourself whether breakfast should be a bagel or a donut in the first place.

Building a better breakfast

There's nothing wrong with a bagel and cream cheese for breakfast occasionally—or a donut, either. (We've been known to enjoy them ourselves.) But it's so easy to make breakfast nutritious, not to mention replete with things lacking in the American diet—calcium, fiber, whole grains—that we think it's a shame to forego that opportunity on a regular basis. For instance, a serving of whole-grain cereal with a cup of skim milk and a cut-up banana or some blueberries will contain at least 300 milligrams of calcium (the Daily Value is 1,000 milligrams), 6 or more grams of fiber (out of the 25 you should aim for daily), plus a host of other nutrients and phytochemicals lacking in the refined grains used to make donuts and just about all bagels. And it'll contain only 300 to 400 calories and hardly any fat.

Keeping It Real

CATABOLIC FOODS THAT HELP BURN FAT FAST Thermic Effect Principle

Foods have a thermic effect. The term "thermic effect of food" is used to describe the energy expended by our bodies in order to eat and process (digest, transport, metabolize and store) food. We expend energy by living which is metabolic functioning, breathing, working, exercising and anything else that uses muscular contractions. This is what causes your body to burn calories. Excess fat in your body is actually stored energy, whether it is on your belly or on your legs and butt. It's fat, energy, and it has to be burned and removed in order to remove those dimples. So remember, you're not fat, you just have a lot of extra energy!

This is so amazing! Processing protein requires the greatest amount of energy. Estimates range as high as 30% above your resting metabolic rate. Dietary fat, on the other hand, is so easily processed and turned into body fat that there is little thermic effect, perhaps only 2 or 3% above your resting metabolic rate. The amount of energy required to process carbohydrates falls between that of protein and fat. A range of around 10% is usually used to account for the thermic effect of food you eat. Most of us have never heard about thermic effect of food so we just grab whatever is convenient when we are hungry.

Protein causes your body to burn hotter which helps you burn more calories. So now that we know that, we have to choose the best protein sources to keep our furnace burning hot and strong all day long. Choose low-fat protein sources. Meat, poultry and fish along with egg whites and egg substitutes are some of your best sources of protein. But be careful to choose lower fat options, such as grilled or baked, not fried or breaded. Choose milk such as skim milk rather than whole milk and always select skinless chicken breasts rather than fried chicken patties. Fish is another good alternative to high-fat meats. Some types of fish — such as cod, tuna, and halibut — have less total fat, saturated fat and cholesterol than do meat and poultry. And certain types of fish are heart healthy because they're rich in omega-3 fatty acids. These fats may help lower blood fats called triglycerides and may reduce your risk of sudden cardiac death. Omega-3 fats are most abundant in fatty, cold-water fish, such as salmon, mackerel and herring.

Catabolic Foods

Catabolic foods burn up more calories than they supply. Catabolic foods are the opposite of anabolic foods. For example a medium sized apple (which is catabolic), would provide an average of 85 calories, however your metabolism would require an additional 99 more calories to metabolize it. As a result, you burn more calories than you are ingesting for an overall net loss. To help maintain your weight, it is helpful to eat a minimum of ten servings of catabolic foods each day. In addition to catabolic foods you can eat proteins and other carbohydrates in moderation without gaining weight. High grade catabolic foods are more effective than others. It is best to spread the consumption of your catabolic foods over the course of the whole day. You can eat these items to your heart's delight. You don't have to go around counting calories or skimping on volume and quantity with these catabolic foods. I like to combine my proteins from my list above with the vegetables listed below for my meals and then for my snacks I go to town on the fruits and vegetables listed below. I also drink two to three quarts of water per day to keep flushing my system.

HIGH GRADE CATABOLIC FOODS

FRUIT: Black/Blueberries, Grapefruit, Oranges, Plums, Strawberries, Lemons Raspberries Limes, Pineapple, Cantaloupe, Oranges, Watermelon, Pears-Bartlett.

VEGETABLES: Sweet Potato, Radishes, Zucchini, Brussels sprouts Leeks – cooked, Spinach, Carrots, Lettuce.

There you go, this is the beginning of the entire process that can help you burn fast faster. It is enough to get you started today on your journey to a whole new you.

Did You Know ???

Advanced Stretching Tricks for Tight Muscles By Nicholas DiNubile, M.D.

In my last few blogs I've talked a lot about stretching and its importance. Clearly some of us need it more than others. Some of us are pretty loose jointed, and others are strung quite tight. There is one stretching technique that originated in the world of rehabilitation, and is used quite commonly in the field of sports medicine. It is also very useful for individuals with tight, stubborn muscle groups that don't seem to progress well with traditional stretching. This type of stretching is called Proprioceptive Neuromuscular Facilitation (PNF) stretching. PNF is an aid to stretching that's especially effective for stubborn tight areas, "tight" individuals, or those with recurrent muscle pulls. PNF basically tricks your muscle's stretch reflex, allowing for a better stretch. Normally, when you stretch a muscle, it reaches a limit - it just won't go any further without tearing or straining. But when you contract and tighten that same muscle prior to the stretch, the contraction acts like a circuit breaker, momentarily overriding your muscle-tightening capabilities. It also adjusts your stretch reflex involving stretch receptors in the muscle. When the muscle is relaxed immediately after that contraction, it momentarily has a new "set point" of limitation and is able to safely elongate or lengthen more. This is how PNF can enhance a stretch.

There are several variations of PNF stretching. The one that I recommend most often is the contract-relax technique. To perform a contract-relax PNF stretch for your hamstring, try the following:

1. To stretch your right hamstring, place your straight right leg on a chair or firm bench with the heel resting on the surface.
2. Gently lean into a stretch position for the hamstring.
3. You should feel a slight pulling sensation in the muscle but no pain or discomfort.
4. Once the muscle is on stretch, isometrically tighten that hamstring muscle by slowly pulling down on your heel as if you were trying to push that chair downward. Keep the legs straight or only slightly flexed at the knee and hold that contracted position tightly for 10-20 seconds. During that tightening phase, you may feel the back of the hamstring muscle to assure that it is tightening and contracting. Next, relax the muscle and immediately go further into your hamstring stretch holding for 10-15 seconds. Do not force or bounce. You should be able to go slightly further than you did with your static stretch alone. Also, to avoid raising your blood pressure, be sure to breathe comfortably throughout this exercise, especially with the isometric muscle hold.

Always go easy the first few times you try this and do not go for huge gains until you're very comfortable with the technique. Make sure your partner is not fooling around forcing movements or doing any bouncing while they are helping you with your stretch. If you ever get to a professional sports event early, you'll probably see the team athletic trainers and therapists doing PNF contract-relax partner stretching with the athletes to prepare them for competition. Watch carefully and learn a little from them.

If you can provide a campus mailing address and would like a subscription to our newsletter, please detach and send to: Ali Prettyman, Recreation Services, 241 Archbold Gym

Name	
Address	

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