

# Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™

*"The more you put into it, the more you get out of it"*

**For Clients and Friends of Body Fit Health Club**

## Cholesterol: The Good, The Bad, The Ugly...

### What is cholesterol?

Cholesterol is a naturally occurring waxy, fat-like substance produced by the body's liver and other cells and found in certain foods, such dairy products, eggs, and meat.

The body needs some cholesterol in order to function properly. Its cell walls or membranes, need cholesterol in order to produce hormones, vitamin D, and the bile acids that help to digest fat. The body needs only a limited amount of cholesterol to meet its needs. When too much is present health problems such as heart disease may develop.

### Types of Cholesterol

Cholesterol travels through the blood attached to a protein—this cholesterol-protein package is called a lipoprotein. Lipoproteins are classified as high density, low density, or very low density, depending on how much protein there is in relation to fat.

- ◆ Low Density Lipoproteins (LDL): LDL, also called 'bad' cholesterol, can cause buildup of plaque on the walls of arteries. The more LDL there is in the blood, the greater the risk of heart disease.
- ◆ High Density Lipoproteins (HDL): HDL, also called 'good' cholesterol, helps the body get rid of bad cholesterol in the blood. The higher the level of HDL cholesterol, the better. If your levels of HDL are low, your risk of heart disease increases.
- ◆ Very Low Density Lipoproteins (VLDL): VLDL is similar to LDL cholesterol in that it contains mostly fat and not much protein.
- ◆ Triglycerides are another type of fat that is carried in the blood by very low density lipoproteins. Excess calories, alcohol, or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.

### Cholesterol and Heart Disease

When too much cholesterol is present, plaque (a thick, hard deposit) may form in the body's arteries narrowing the space for blood to flow to the heart. Over time, this buildup causes hardening of the arteries (atherosclerosis) which can lead to heart disease.

To understand what happens, think about how a clog forms in the pipe under a kitchen sink. Like the buildup of grease in the pipe,



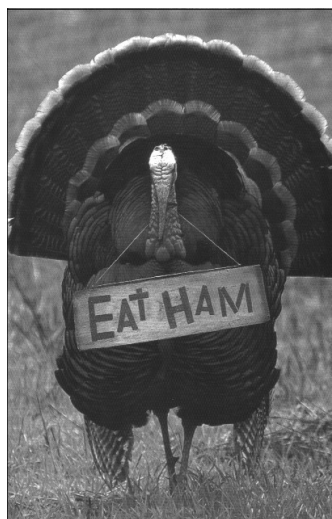
### COMMUNITY NEWS

Well, the results are in and Ux-bridge has a few new council members. It was also great to see that there was a large voter turn out too..51%. I read some of the

coverage in the local newspapers and I came across one letter to the editor in which the writer made an interesting comment, "This is the first time in over 150 years there has not been a farmer elected to local council. Is this a sign of the times?" I guess we'll soon find out.

Last year I wrote a little blog post called, "What Does Fitness Have to Do With Poppies?" I drew a correlation between the two and it had to do with what you would sacrifice. You can read it under the general interest section of our blog at [www.bodyfit.ca](http://www.bodyfit.ca) and it's on the right column.

This year with less than two weeks before Remembrance day I haven't seen very many people wearing a poppy. Just an observation. Support our troops, honour those who fought for our freedom and buy a poppy.



### Happy Belated Thanksgiving!!

I came across this picture and I had to share it. I was looking through our October Newsletter and I neglected to make any mention of Thanksgiving.

I hope you had a great Thanksgiving weekend and as I am sure you already know, turkey is a better source of lean protein than ham....sorry big fella!

the buildup of cholesterol narrows your arteries and makes it harder for blood to flow through them. It reduces the amount of blood that gets to your body tissues, including your heart.

When not enough oxygen-carrying blood reaches the heart, chest pain - called angina - can result. If the blood supply to a portion of the heart is completely cut off by total blockage of a coronary artery, the result is a heart attack. This is usually due to a sudden closure from a blood clot forming on top of a previous narrowing.

### What causes high cholesterol?

Many things can cause high cholesterol, including:

- ◆ Diet. Eating too much saturated fat, trans fat, and cholesterol-packed food items can raise your overall cholesterol levels.
- ◆ Weight. In addition to being a risk factor for heart disease, being overweight can increase your cholesterol.
- ◆ Being inactive.
- ◆ Age—cholesterol starts to naturally rise after age 20.
- ◆ Family history, if family members have or had high cholesterol, you may also be prone.
- ◆ Diabetes. Poorly controlled diabetes increases cholesterol levels.
- ◆ Other causes—certain medications and medical conditions can cause high cholesterol.

### How is cholesterol measured?

Your cholesterol levels are measured by a blood test. There are several kinds of tests—a simple cholesterol test, a direct LDL test, and a fasting cholesterol test.

'High cholesterol' is considered a measurement of 240 or above; 'borderline-high' is considered at 200 to 239; and 'best' levels are considered less than 200.

It's recommended that you have your cholesterol levels tested at least yearly, along with your annual physical.

### What can you do?

Your best option is to live and maintain a healthy lifestyle to keep your cholesterol levels in check. Because cholesterol levels tend to increase with age, paying attention to diet and exercise is even more important as you get older.

If you have high cholesterol, you should look at treatment options to lower your risk of heart attack and stroke. The main treatments are lifestyle changes, supplementation, and medication. Even with the medication option, some lifestyle changes are important and recommended for everyone with high cholesterol.

Check out the tips to the right for easy ways to improve your 'cholesterol' health and the special insert for a natural solution to lowering your cholesterol.

## 6 Quick Tips to Lower Cholesterol

*A few simple lifestyle changes can help lower your cholesterol levels and reduce your risk for heart disease. Here's a few quick tips you can easily integrate:*

- 1. Don't Smoke/Quit smoking.** Smoking injures blood vessels and speeds up the hardening of the arteries. Smoking greatly increases a person's risk for heart disease and stroke. If you do smoke, quitting can help raise your HDL 'good' cholesterol levels and improve heart health.
- 2. Exercise.** Regular physical activity raises 'good' HDL cholesterol and lowers 'bad' LDL cholesterol. Even moderate-intensity activities, if done daily, can help control weight, diabetes, and high blood pressure—all risk factors for heart disease.
- 3. Maintain a health weight.** Losing those extra 5 to 10 lbs can lower your LDL and total cholesterol levels, as well as increase your HDL cholesterol.
- 4. Eat healthy foods.** A healthy diet can help keep blood cholesterol levels down. Avoid saturated fat, trans fats, and foods high in cholesterol content. Other types of fats, such as monounsaturated and polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber can also help lower cholesterol.
- 5. Choose low-cholesterol foods.** According to Health Canada, the recommended daily intake for cholesterol is up to 300 milligrams. You can significantly lower your dietary cholesterol intake by keeping your daily intake of saturated fats low, and avoiding foods that are high in saturated fats and that contain substantial amounts of dietary cholesterol.
- 6. Get a blood test.** High cholesterol usually has no signs or symptoms, only a doctor's check will reveal it.

### Did You Know?

We offer a variety of fitness and nutritional services here at Body Fit, including:

- Personal Training
- Fitness Assessments
- Weight Room Orientations
- Nutritional Counseling
- Fitness Classes
- Babysitting (Mon-Fri)
- Trainer Designed Complementary Program with online assistance.
- Free Dietary Analysis

For a complete listing of services visit our web site:

[www.bodyfit.ca](http://www.bodyfit.ca)

Or just give us a call for more information.

905-852-6175

### Inside This FUN Issue of Richly Rewarding Living...

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**Why Pay More For A Better Sock?...Special Health Bulletin**

## CLIENT OF THE MONTH

This month's client of the month is...

**Eric Pay**

### **Congratulations!**

Every month we choose one client who has done something exceptional and reward him or her with a

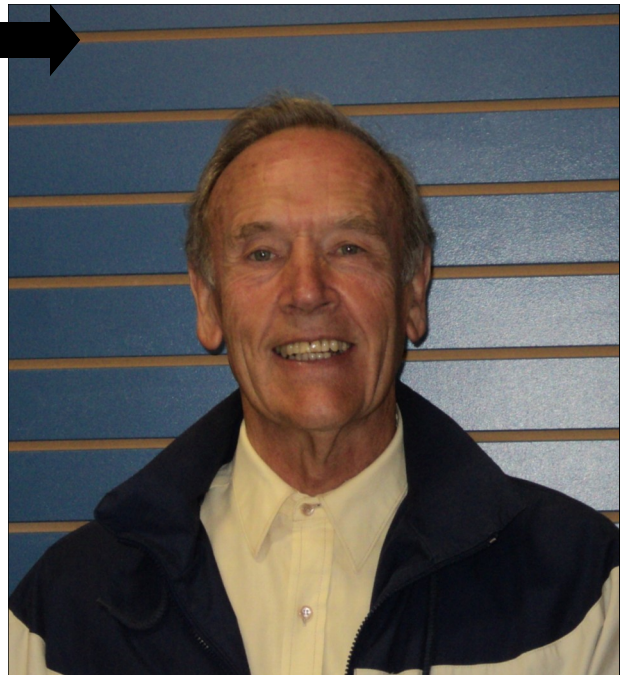
**FREE LUNCH at Scrambles Restaurant**

(One of my favorite restaurants - I highly recommend it!)

Watch for YOUR name here in a coming month!

Eric is truly the happy go lucky kind of guy. If he just stubbed his big toe, was grimacing in pain and you asked, "Hey Eric how's it going?", he would always answer, "TREMENDOUS!!" in his very regal English accent with a big smile.

Eric has been with us since the days over in the Testa Building. Like clock work, Eric will swipe his card 3-4 times per week between 3 and 4pm. Regular exercise is routine for Eric and we are proud to be part of it. He has made a lasting impression on my staff and it's a pleasure to award him as our client of the month.



## Local Business of the Month

Every month I share one of my local favorites!

So what do you buy someone who has most of what they already want...materially speaking? Well, it's been said that sometimes it's hard to see the forest for the trees and sure enough, I have come across something that I didn't know about because I didn't take the time. Sharleen Collins, Body Fit's Daycare Supervisor is one talented lady. She makes the coolest, hand made growth charts for kids. I know from personal experience that my kids want to see if they have grown every time they walk past the wall with all the little pen lines next to their name. Unfortunately, I can't take that with me if we move. So, when family members ask what you want for Christmas, and you say, "nothing, just get something for the kids.", this is the perfect gift.

**And don't forget**, if you have any questions or concerns about your health, we're just an email or phone call away.

We're here to help, and don't enjoy anything more than participating in your **lifelong good health**. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email or call with your question and I'll do my best to address it in an upcoming issue (or with you personally).

***I'd love to hear from you.***

**info@bodyfit.ca \* 905-852-6175**



**DO YOU KNOW THESE PEOPLE?**

### **Welcome New Clients!**

**Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!**

Lori Laufert, Tyrone Hilton, Arlene Spencer, Cindy Damboise, Max Clark, Mike MacLennan, Paddie Smith, Catherine Walker, Anne Stark, Jayme Cook, Nigel Jenkins, Bryson Schutte, Christian Lauzon, Henry Vaari, Craig Simmonds, Gary Greer, Heather Brown, Glenn Arnold, Alexandra Bicanic, Marcus Strom, Bruno & Joe Flammia, Tierny Scott, Hillary Geer, and Kathy Kobelski



## Taking Orders For Christmas. Get Your Name On The List!

Hand Made With Western Red Cedar  
Every Chart Is Different And Made Just For You

**ONLY 5 CHARTS WILL BE MADE IN TIME FOR CHRISTMAS**

**Check out the Body Fit Monkey and see front desk for details.**

**SPECIAL BULLETIN:**

# Why Pay More For A Better Sock.....??

There is no other part of the anatomy so crucial to athletic performance than the human foot. As the base of all structural support systems and home to thousands of nerve endings and sweat glands, our feet play an important role in our body's biomechanical efficiency and thermal regulation. It is estimated that 3-out-of-4 people experience chronic foot pain, and more experience discomfort from blisters or cold feet. If you've had consistent problems or other discomforts in your feet, you'll need to answer a few questions before you buy your next pair of socks.

- Do you need socks that will help you avoid blisters?
- Will you use them in normal weather conditions?
- Do you prefer a higher or lower cut sock?
- Is durability or cushioning a factor?

## Did you know?

- ◆ The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.
- ◆ 1/4 of all the bones in the human body are down in your feet. When these bones are out of alignment, so is the rest of the body.
- ◆ There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day.
- ◆ Only a small percentage of the population is born with foot problems.
- ◆ It is neglect and a lack of awareness of proper care - including ill fitting shoes and poor quality socks - that bring on problems.

### The Solution



### The Proof

“Hello Andy,  
Just a short note about the BLEUFORÊT socks that you may be selling soon. You had asked me to let you know

how they stand up at hiking and any other activity. Well, I have tried these socks for a few weeks now and in all different conditions and I can only say they are perfect in every way. No sweaty feet when it's hot out and very comfortable in all kinds of shoes. To make a long story short, these are the best socks that I have had in a long time. Many thanks for introducing them to me.”

Heinz Nitschke  
(Body Fit Member)

(Heinz is an avid hiker and world traveler, the photo is from a trek at Machu Picchu)

**SAVE 20%**  
**On all regular priced BLEUFORÊT socks.**  
**Offer valid until November 30th 2010**  
See front desk for styles and sport specific applications

# Optimum Performance Through Education



Michelle Avery  
BKin/BEEd, OCT.

## Achieving a More Balanced Physique PART 2 OF 3: Cardiorespiratory Conditioning

Cardiorespiratory conditioning is an important component to achieving a more balanced physique as well as many other reported health benefits listed in the table below.

Reported Benefits of Cardiorespiratory Exercise	
- Reduction in blood pressure	- Increased mobilization and utilization of fat
- Increased HDL cholesterol	- Decreased total cholesterol
- Increased aerobic work capacity	- Decreased body fat stores
- Decreased clinical symptoms of anxiety, tension and depression	- Reduction in glucose stimulated insulin secretion
- Decreased resting heart rate	Increased mobilization and utilization of fat

Cardiorespiratory fitness best describes the health and function of the heart, lungs and circulatory system. It can be also be used to describe the capacity of the lungs to exchange oxygen and carbon dioxide with the blood, and the circulatory system's ability to transport blood and nutrients to metabolically active tissues for sustained periods without undue fatigue (Fahey, D., Insel, P., Roth, W., 1994).

One of the most difficult things people seem to express to me is that they are limited in the amount of time they have to complete their training. Often times people believe that it is necessary to spend 40 minutes or more completing just their

cardio. This is a lot of time, especially if you are also incorporating a strength training routine. What if I told you that you could complete your cardio in only 20 minutes and still receive all the same benefits? Have you heard of *High Intensity Interval Training (H.I.I.T.)*? Studies have shown that this type of training is recommended to help improve overall fitness level, reduce body fat, improve lactate threshold, improve exercise performance and increase your anaerobic capacity (Haff, 2010).

This type of training requires you to train at a work/rest ratio of 2:1. For example you would run at near maximum capacity for 40 seconds and then recover by jogging or even walking for 20 seconds, then repeat the cycle. H.I.I.T. training doesn't usually last for longer than 20 minutes. You can set your own 2:1 ratio as you assess your own fitness level. Some individuals may choose to begin with a 40/20 second split while others may choose to complete a 60/30 second work to rest ratio. I'll be honest, if you're being completely true to yourself this is a tough workout, but it is very effective. Give it a try!!

### RESOURCES:

Fahey, D., Insel, P., Roth, W. (1994). *Fit and Well. Core Concepts and Labs in Physical Fitness and Wellness*. Mountain View, Calif.: Mayfield.

Haff, G, Gregory. (2010). Fitness Frontlines. *NSCA's Performance Training Journal*. 9(1), 4.

***To comment or ask questions about any of Michelle's article's, please go to her blog at [www.bodyfit.ca](http://www.bodyfit.ca)***

## Engine Starters— Date & Oatmeal Muffins

Prep: 15 minutes Cook: 20 minutes

The natural sugars in the dates, prunes, and agave give you quick energy, but blood-sugar-regulating B vitamins in the oatmeal keep it flowing slow and steady so you don't spike and crash. And if at 11 a.m. you find yourself looking for a snack, the four grams of fiber and soy protein will give you a boost and hold you until lunch.

### Ingredients:

- 1 1/2 cup oatmeal
- 1/3 cup milk
- 3/4 cup whole-wheat flour
- 3 heaping Tbsp vanilla soy protein powder (such as Shaklee Energizing Soy Protein Mix, Natural Vanilla flavor)
- 2 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp cinnamon
- 14 dates, finely chopped (about 3/4 cup)
- 1 egg, beaten

4 Tbsp grapeseed oil  
2 Tbsp agave syrup  
1/2 cup prune puree  
(Can't find prune puree? Look in the baby food aisle. Two packages of Gerber 1st Foods prunes (2.5 oz each) will work.)

1. Preheat oven to 400°F.
2. Combine oatmeal and milk in a bowl and let soak. In a separate large bowl, mix flour, whey protein, baking powder, baking soda, cinnamon, and dates.
3. In another bowl, combine egg, oil, syrup, and prune puree. Add to oatmeal mixture, then stir in flour mix.
4. Spoon batter into paper-lined muffin cups. Bake for 20 minutes or until tops spring back when lightly touched. Cool on wire rack.

Makes 12 muffins.

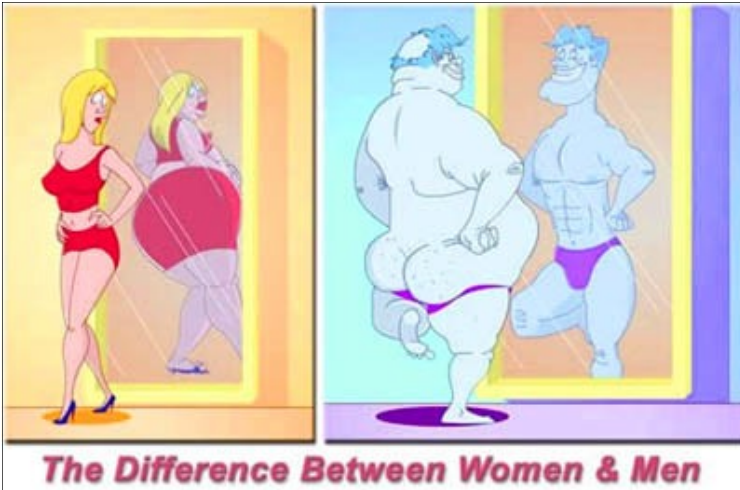
Nutrition Facts per serving: 241 calories, 6 g total fat (1 g sat) , 45 g carbohydrates, 4 g dietary fiber, 6 g protein

## "Fall Into Fitness"

Fall has officially arrived and the change from warm, sunny days has rolled into cooler, damper days. With the change of the seasons comes a renewed time to rethink and restart. Fall is a great time to start or kick-up a fitness program because you are going to create good habits for the winter months and come the holiday season.

Here's a few ways you can start making the most of the season. And who knows? This year, you might be in great shape before that New Year's Eve party even rolls around.

**Take advantage of the weather.** Fall can be a treat for the senses - crisp, cool air, fall foliage, the crunch of leaves. These months are a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking and cycling are great outdoor options for the fall. And remember, it doesn't have to seem like exercise to be a great workout—raking leaves or doing some fall outdoor yard work is a great way to get the heart pumping and it's great calorie-burning.



### REFERRAL REWARDS!!!

I'd much rather pay you with free personal training sessions or lavish gifts than pay for advertising. Just refer us a friend, co-worker or family member who becomes a client and you WIN! **And the more you refer...the more you win.** There's no limit to my gratitude! Just tell the person you refer to use your name when they call or come in, and **we'll roll out the red carpet for them.** Seriously, we have a red carpet and we're not afraid to use it ☺.

**Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Fall is a great time to learn something new. Many fitness classes get started in the fall, so come in and see if something intrigues you.

**Deal with darkness.** The best way to enjoy fall is to exercise outdoors, but it is getting darker earlier, and staying dark later in the morning, so be smart and safe. If walking or running outdoors, wear a reflective vest and carry a flashlight; when cycling, affix a light to your helmet or bike.

**Dress in layers.** When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.

And lastly, **find your motivation.** People are motivated by different things. It's important to first discover what your individual goals are, whether it's losing weight, strengthening and toning, preparing for a race or event...whatever your reason, we at Body Fit Health Club are here to help you achieve your health and fitness goals.

### Remembrance Day Facts

*Interesting factoids to impress your friends with...*

- ◆ Remembrance Day coincides with the exact date and time the guns fell silent in World War I - the 11th hour of the 11th day of the 11th month in 1918.
- ◆ But did you know that pen was actually put to paper at 5am - not 11? According to the terms laid out by the Allies, the peace accord came into effect six hours after the signing, which is why the 11th hour is recalled as the moment when the 'guns fell silent'.
- ◆ The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day.
- ◆ From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also celebrated on this day.
- ◆ In 1931, M.P. Allan Neill introduced a bill to hold Armistice Day on a fixed day - November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice". The bill passed and Remembrance Day was conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.

*Lest We Forget*

*Be Inspired!*

*"There is no happiness except in the realization that we have accomplished something."*

*~ Henry Ford*