

# July Newsletter

For Clients and Friends of



## Don't "Pass the Salt, Please"

**90% of us are eating too much salt.** Unfortunately, much of it comes from the processed foods we eat, not from our salt shakers.

In a recent report published in the Centers for Disease Control *Morbidity and Mortality Weekly Report*, stated that "nine in 10 American adults consume more salt than is recommended," and "the foods we eat most, grains and meats, contain the most sodium."

"The American food supply is, in a word, salty," said Dr. David Katz, director of the Prevention Research Center at Yale University School of Medicine. "Roughly 80% of the sodium we consume comes not from our own salt shakers, but from additions made by the food industry. The result is an average excess of daily sodium intake measured in hundreds and hundreds of milligrams, and an annual excess of deaths from heart disease and stroke exceeding 100,000."

### Where is all this salt coming from?

- ◆ Processed and prepared foods.
- ◆ Natural sources. Some foods naturally contain sodium, while they don't have an abundance of sodium, it adds up.
- ◆ In the kitchen and at the table. Many recipes call for salt, and many people also salt their food at the table.



### How much do you need?

According to the 2005 Dietary Guidelines for Americans: Healthy adults shouldn't exceed 2,300 milligrams (mg) of sodium a day. If you have high blood pressure, kidney disease or diabetes, or are middle-aged or older, you shouldn't exceed 1,500 mg a day.

Keep in mind that these are upper limits, and less is usually best, especially if you are sensitive to the effects of sodium.

Your body does need some sodium to function properly because it:

- ◆ Helps maintain the right balance of fluids in your body
  - ◆ Helps transmit nerve impulses
  - ◆ Influences the contraction and relaxation of muscle
- Your kidneys naturally balance the amount of sodium stored in your body for optimal health. When your sodium levels are too low, your kidneys essentially hold on to the sodium

But if for some reason your kidneys can't eliminate enough sodium, it starts to build up in your blood. Because sodium attracts and holds water, your blood volume increases. Increased blood volume makes your heart work harder to move more blood through your blood vessels, which increases pressure in your arteries. Such diseases as congestive heart failure, cirrhosis, and chronic kidney disease can make it hard for your kidneys to keep sodium levels balanced.

### How to tame the salt habit

Taste alone may not tell you which foods are high in sodium. For example, you may not think a bagel tastes salty, but a typical oat-bran bagel has about 532 mg of sodium.

So how can you tell which foods are high in sodium? Read the labels. Nutrition Facts labels lists the amount of sodium in each serving, they also list whether the ingredients include salt or sodium-containing compounds, such as: monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrate or nitrite.

Many food packages include sodium-related terms. Here's what they mean:

- ◆ **Sodium-free or salt-free.** Each serving in this product contains less than 5 mg of sodium.
- ◆ **Very low sodium.** Each serving contains 35 mg of sodium or less.
- ◆ **Low sodium.** Each serving contains 140 mg of sodium or less.
- ◆ **Reduced or less sodium.** The product contains at least 25 percent less sodium than the regular version.
- ◆ **Lite or light in sodium.** The sodium content has been reduced by at least 50% from the regular version.
- ◆ **Unsalted or no salt added.** No salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium.

But watch out—foods labeled "reduced sodium" or "light in sodium" may still contain a lot of salt. The bottom line? Avoid products with more than 200mg of sodium per serving. And check the Nutrition Facts label closely for the serving size—and consider how many servings you actually eat.

### Tips to cut back

- ◆ Eat more fresh foods and fewer processed foods.
- ◆ Opt for low-sodium products.
- ◆ Remove salt from recipes whenever possible.
- ◆ Limit use of sodium-laden condiments. Soy sauce, salad dressings, sauces, dips, etc.
- ◆ Use herbs, spices and other flavorings to enhance foods. And remember sea salt has about amount of sodium as table salt.
- ◆ Use salt substitutes wisely, many contain other potential problem ingredients.

## Quick Tips To Stay Cool

### 10 Ways To Keep Cool When It's H-O-T

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses. Here's a few tips to help you keep cool all summer long.

1. **Wear loose-fitting clothing, preferably of a light color.** Try a fabric designed to wick away sweat (such as you find in workout clothing). If you prefer cotton, make it thin and light.
  2. **Change your workout time.** If you workout outside, take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your effort.
  3. **Stay hydrated** by drinking plenty of water along with sports drinks or other sources of electrolytes. Avoid caffeine and alcohol as they promote dehydration.
  4. **Try lighter and cooler foods, including frequent small meals or snacks containing cold fruit or low fat dairy products.**
  5. **Fans** can help circulate air and make you feel cooler even in an air-conditioned house.
  6. **Take frequent baths or showers with cool or tepid water.**
  7. **Keep plastic bottles of water in the freezer**—grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
  8. If you don't have air-conditioning, arrange to spend the hottest part of the day in a shopping mall, public library, movie theater, or other public space that is cool.
  9. **Spritz yourself.** Keep a spray bottle of water in the refrigerator, and when the going gets hot, give yourself a good squirt.
  10. **Shuck your shoes.** As the sweat on your feet evaporates, it cools the skin and the blood in your feet. That cooler blood is then sent to other parts of the body, giving you a greater sensation of coolness.
- Be sure to use common sense, if the heat is too intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. And don't forget that pets also need protection from dehydration and heat-related illnesses too. This summer already feels like it's going to be a hot one, so use these tips to keep cool.

## Be Inspired!

*"It is health that is real wealth and not pieces of gold and silver."*

- Mahatma Gandhi

## 4th of July By the Numbers

- **\$900 Million**—Total dollar amount spent on fireworks in 2007.
- **\$212 Million**—Dollar amount of fireworks imported to the US from China in 2006.
- **150 Million**—Estimated number of hot-dogs to be consumed on July 4th.
- **700 Million**—Estimated pounds of chicken purchased in the week leading up to July 4th.
- **87**—Percentage of American households with outdoor grills.
- **2.5 Million**—Estimated number of people living in the USA in July 1776.
- **309.6 Million**—The nation's estimated population for July 2010.
- **31**—Number of places nationwide with "liberty" in their name.



## Did You Know?

We offer a variety of fitness and nutritional services here at

**Precision Personal Training, including:**

- ◆ **Semi-Private Training (groups of 3 or 4)**
- ◆ **FITT CAMP at Himmel Park and Udall Park 5:30 a.m. & 6:00 p.m.**
- ◆ **Kick Boxing Training Sessions**
- ◆ **Fresh, Pre-Maid, Organic Meals From Chef Tony of Eddsyl Sustainable Living**

## Strengthen Your Core in 12 Minutes a Day

If you suffer from back pain -- or want to avoid it altogether, you'll need to strengthen your core.

Strengthening your core is what allows you to do those everyday tasks (i.e. carrying the groceries, bending over to pick something you dropped, moving boxes, etc) and not get hurt doing them.

Plus, strengthening your core will give you better posture and keep you mobile well into your "Golden years."

Here are three exercises you can do everyday (best of all, you can do them in as little as 12 minutes!):

**Superman** - Lie on your stomach. Stretch both your arms out in front of you. Make sure both your legs are straight behind you. To do a rep, lift your head, chest, arms and legs off the ground. You'll feel your lower back tighten. When doing it correctly, you'll look like Superman flying through the air. Hold this position for 3 - 5 seconds. Now go back to the starting position. Repeat 10 times.

**Plank** -- Lie face down. Now get into a pushup position. Lower your forearms so that they are touching the floor. Keep your legs straight behind your. Only your forearms and toes should be touching the ground at this point. Now tense your abs and keep your back straight. Hold this position for 10 - 20 seconds. Repeat 5 - 10 times.

**Side Plank**- To do these, lie down on your right side. Now bend your right elbow, palm facing down. Put your left leg on top of your right and make sure they're stretched out. Now lift your body (like you did in the plank) except this time, all that should be touching the floor is your right forearm and right toes. Stretch your left hand out towards the ceiling. Hold for 10 - 20 seconds. Repeat 5 times and then do the same on the left side.

Don't worry if you can't do all three exercises as outlined here at first. If all you can do is one rep, that's fine.

Gradually build up. But most importantly, make sure you do these exercises every day to build a strong core that'll help you relieve back pain, prevent future injuries and keep you walking taller.

Strengthening your core is just one of many things you should be doing to keep yourself fit and healthy.



## Our 12 Week Challenge Winner is

**Diana Guerra**

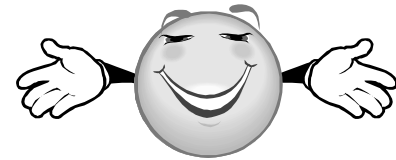
**Our Runner Up is**

**Jodi Booker**



Great Job to everyone who participated in the 12 Week Challenge! You worked hard and look great! Enjoy your health and continue to make it a priority in your daily life.

And remember, we are always here to support you!



### *Welcome New Clients*

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

**Clair Winkle, Rachel Tijerina, Suzy South**

**THANK YOU! THANK YOU! THANK YOU!**

Thanks to YOU, we're the hottest Personal Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. We build our business based on positive referrals from people just like you. We couldn't do it without you!

**And don't forget**, if you have any questions or concerns about your health, talk to us. Contact us with your, questions. 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 your question and I'll do my best to address it in an upcoming issue (or with your personally). *I'd love to hear from you.*

**My email address for comments is**

**[angie@ppt.tuccoxmail.com](mailto:angie@ppt.tuccoxmail.com)**