

March Newsletter

For Clients and Friends of



Got Fiber? Here's The Low-Down...

Confused about fiber? You're not alone. Not to worry, we've got the low-down for you here. We scoured our sources for nutrition and health information and pulled together some great information here for you.

Introducing Fiber

Fiber is one of those nutritional items that many of us know is important but remains a bit of a mystery. *What is it? Where to you get it? What are the benefits?*

Fiber is present in all food plants, including fruits, vegetables, grains, and beans. The most common way to categorize fiber is by how easily it dissolves in water—either soluble or insoluble—you've probably heard these terms before. But you don't have to worry so much about the categories...Bottom line is **ALL dietary fiber is good for you.**

The American Dietetic Association recommends that children and adults consume at least 20 grams of dietary fiber. The more calories you eat in a day, the more fiber you need. So teens and men may need upwards of 30-35 grams per day. Yet, most American's only get about half that each day.

Why Fiber? What are the benefits?

Fiber is an important part of a healthy diet. Eating a higher-fiber diet has been shown to lower blood cholesterol levels, improve and prevent constipation, and slow digestion. It also appears to reduce the risk of developing various conditions, including heart disease, diabetes, and diverticular disease.

Not only that, but increasing your daily fiber intake has been shown to reduce calorie intake, helping us to lose weight. Fiber makes us feel more full and feel fuller for longer. Some studies also show that it can help regular blood glucose and insulin.

What else can fiber do?

Here's a topic we don't usually like to discuss—constipation. Well, let's talk about it now. Constipation is the most common gastrointestinal complaint in the US, with women and the elderly more commonly affected. It can be uncomfortable, the symptoms can include pain and a swollen abdomen or abdominal pain. In a nutshell, this is toxic waste getting backed up in your system.

The good news is that fiber seems to relieve and prevent constipation. The fiber in wheat bran and oat bran seem to be most effective for combating constipation. Experts recommend that you gradually increase your fiber intake rather than suddenly to avoid uncomfortable side-effects, like gas. As you increase your fiber intake, be sure to increase the amount of water you drink, since fiber absorbs water.

Eating a higher-fiber diet can play a role in a healthy BMI. One study found that women who ate more whole grains and total fiber consistently gained less weight over 12 years than those who ate less.

A high-fiber diet may reduce your risk of colon cancer. Studies have shown that doubling fiber intake by making wiser food choices, could lower the risk of colon cancer by 40%.

Fiber may also reduce the risk of type 2 diabetes. Those who ate a diet high in refined carbohydrates and low in cereal fiber (whole grains) were more likely to increase their risk of type 2 diabetes. It may not just be all about the fiber on this one, because higher-fiber foods are also nutrient-rich foods which can add to the disease-fighting benefits.

Where can you get good fiber?

Soluble fiber (dissolves in water) comes from: beans (has both types of fiber), oatmeal and oat bran, some fruits (apples, mangoes, plums, kiwi, pears, blackberries, strawberries, raspberries, peaches, citrus fruits, dried apricots, prunes, and figs), and some vegetables (dried peas, beans, and lentils). Soluble fiber helps prevent cholesterol from being absorbed in the intestines and is also thought to minimize the rise in blood sugar levels after a meal (which is particularly helpful for people with diabetes).

Insoluble fiber (doesn't dissolve in water) is found in: whole-wheat grain and wheat bran, brown rice, bulgur, seeds, and vegetables (carrots, cucumbers, zucchini, celery, and tomatoes). It helps keep bowel movements regular, and may reduce the risk of colon problems. It may also reduce the risk of hemorrhoids, varicose veins, and obesity (by making us feel fuller).

As far as how much total fiber you need, the recommendation is **20-35 grams**. Don't worry about measuring out specific amounts for the types of fiber. **All dietary fiber is good for you.** Just get more of it!

Quick Tips To Get More Fiber

7 painless ways to get 25 grams or more of fiber every day

- ◆ **Eat your fruit!** Get off to a great start by adding fruit, like berries or melon, to your breakfast every day. Plus have it as a snack, add it to your dinner, and/or have it for dessert. **And go with whole fruit instead of juice.** Whole apples and whole oranges are packed with a lot more fiber and a lot fewer calories than their liquid counterparts.
- ◆ **Replace white rice, bread, and pasta with brown rice and whole grain products.**
- ◆ **Check the label for fiber-filled whole grains.** Choose foods that list whole grains (like whole wheat or whole oats) as a first ingredient. Bread, cereal, crackers, and other grain foods should have at least 3 grams of fiber per serving.
- ◆ **Have several servings of vegetables everyday.** Include a vegetable with lunch, snack on raw veggies (instead of chips), and include a big helping with dinner.
- ◆ **Eat more beans.** It's easy to forget about beans, but they're a great tasting, cheap source of fiber, good carbs, protein, and other important nutrients.
- ◆ **Try an international dish.** Test out international recipes (such as Indian or Middle Eastern) that use whole grains, like tabouli or whole wheat pasta, or beans as part of the main meal (like Indian dahls) or in salads.
- ◆ **Add a tablespoon of ground flaxseed into your smoothie, soup, casserole, etc.** One tablespoon will boost your daily fiber by 3 grams. And flaxseed contains a balance of soluble and insoluble fiber.
And remember, as you eat more fiber, drink more water!

Be Inspired!

“You cannot propel yourself forward while patting yourself on the back...”

~ Author Unknown

St. Patrick's Day Trivia:

Test Your Knowledge

1. **St. Patrick was born in what country?**
2. **What was St. Patrick's given name?**
3. **Although Patrick spent his early years as a pagan, he later became noted for being very good at what?**
4. **The first time St. Patrick's Day was celebrated in the U.S. was in 1737, in what city?**
5. **St. Patrick's followers adopted the custom of wearing what on his feast day?**
6. **St. Patrick's day has become a very popular celebration, especially in the U.S. What is one theory as to why this is true?**



1. Wales 2. Maewyn 3. Converting Irish pagans to Christianity (his mission lasted for 30 years) 4. Boston 5. Shamrocks 6. It occurs just before the first day of spring

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 Himmell 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



Do You Have What it Takes To Be Tucson's Next Biggest Loser?



If so, register for our most popular fitness contest, the 12 Week Challenge. This time Jennie from 92.9 The Mountain and Larry Mac from 96.1 KLPX are entered in the challenge and they want YOU to join them. There has never been a better opportunity to put yourself first and take charge of your health. The Challenge will begin on March 29th and end on June 19th.

We have really awesome prizes for Tucson's Biggest Loser and our runner up. The winner will win 3 days/2nights stay for two of their choice from several destinations this INCLUDES a \$250 flight voucher. That's not all, the winner will also get a makeover from Mauricio of Mauricio Fregoso Salon, including a haircut, specialized treatment, tint and highlights.

Our runner up will win a 60 minute massage from Toni Elwell and 4 personalized, fresh made, organic meals from our private Chef Tony Johnson of the Eddsyl Company.

AND...as usual, you will have the opportunity to win **Free** personal training sessions by completing weekly physical challenges.

This is going to be our Biggest and Best 12 Week Challenge so register TODAY with your trainer!

Super Fruits

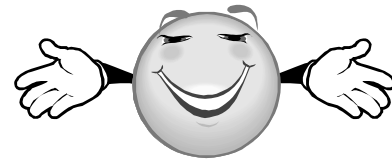
(The Ultimate In-Between-Meal Snacks)

It's important to eat at least 5 or 6 times a day to keep your energy levels high. The problem is, most folks who have healthy main meals, will have unhealthy snacks in between. Eliminating these unhealthy snacks could be key for your own body transformation, so let me give you 3 Super Fruit snack alternatives...

Grapefruit - With more nutrient per calorie than apples, and more than 100% of your daily recommended Vitamin C, eating grapefruit can prevent illness and 'premature' aging.

Avocado - (Yes! A Fruit!) Avocados help with growth and development of the brain and nervous system, thanks to their high concentration of unsaturated fats.

Prunes - With TWICE as much potassium as a banana and packed with anti-oxidants, eating prunes can help maintain healthy blood pressure and keep you looking young... Even though prunes look wrinkly!



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!

Eliza Bedoy, Cindy Boughan,
Angelica Hancock, Sharon Seifert,
Lisa Silva, Jodi Booker

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.*

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