

December

Health and Wellness

BULLETIN

Page 1: Why Your Blood Sugar Rises and Falls

Page 2&3: Pilates Moves that get Results

Page 4: Making Sense of Portion Size

Page 5: Running Shoes and Injury Prevention...Is There a Correlation?

Page 5: Holiday Fitness Events

Reasons for Blood Sugar Swings

- 1. Upswing: Caffeine:** Your blood sugar can rise after you have coffee -- even black coffee with no calories -- thanks to the caffeine. The same goes for black tea, green tea, and energy drinks. Each person with diabetes reacts to foods and drinks differently, so it's best to keep track of your own responses. Ironically, other compounds in coffee may help prevent type 2 diabetes in healthy people.
- 2. Upswing: Sugar-Free Foods:** Many of these will raise your blood sugar levels. Why? They can still have plenty of carbs from starches. Check the total carbohydrates on the Nutrition Facts label before you dig in. You should also pay attention to sugar alcohols such as sorbitol and xylitol. They add sweetness with fewer carbs than sugar (sucrose), but they may still have enough to boost your levels.
- 3. Upswing: Chinese Food:** When you dig into a plate of sesame beef or sweet and sour chicken, it isn't just the white rice that can cause a problem. High-fat foods can make your blood sugar stay up for longer. The same is true for pizza, french fries, and other goodies that have a lot of carbs and fat. Check your blood sugar about 2 hours after you eat to know how a food affects you.
- 4. Upswing: A Bad Cold:** Your blood sugar rises as your body works to fight off an illness. Drink water and other fluids to stay hydrated. Call your doctor if you've had diarrhea or vomiting for more than 2 hours or if you've been sick for 2 days and aren't getting better. Be aware that some medicines, such as antibiotics and the decongestants that can clear your sinuses, can affect your blood sugar.
- 5. Upswing: Job Stress:** Overwhelmed or unhappy at work? It takes a toll. When you're under stress, your body releases hormones that can make your blood sugar rise. It's more common for people with type 2 diabetes. Learn to relax with deep breathing and exercise. Also, try to change the things that are stressing you out, if that's possible.
- 6. Upswing: Bagels:** What's the difference between eating a slice of white bread and a bagel? Bagels are packed with carbohydrates -- more than a slice of bread. They have more calories, too. So if you're craving one, go for a mini version.
- 7. Upswing: Sports Drinks:** They're made to help you replenish fluids quickly, but some of them have as much sugar as soda. Plain water is probably all you need for a moderate workout of less than an hour. A sports drink may be OK for longer, more intense exercise. But check with your doctor first to see if the calories, carbs, and minerals in them are safe for you.
- 8. Upswing: Dried Fruits:** Fruit is a healthy choice, but be aware that dried versions will pack more carbohydrates in a smaller serving size. Just 2 tablespoons of raisins, dried cranberries, or dried cherries have the carbs of a small piece of fruit. Three dates give you 15 grams of them.

- Courtesy of WebMD

Pilates Moves that Get Results

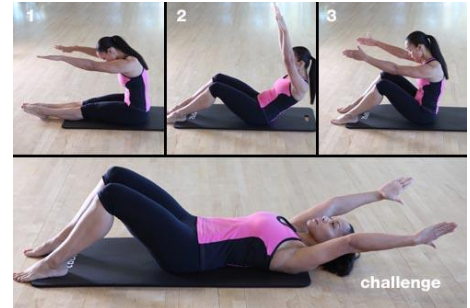


Pilates Hundred

This classic move helps flatten the tummy by using your abs efficiently. Hold on behind the knees, scoop the belly in, and curl down to the floor to get into position. Now curl the head and shoulders up slightly, lower back still pressed to the floor. Pump the arms up and down in small motions at your sides. Breathe in for five and out for five until you hit 50 pumps. Sit up and repeat for a total of 100 pumps.

Roll-Up

Begin this starter sit-up with your legs straight in front of you. Extend your arms over your legs and lower your head between your arms. Curl backward, bending your knees, and stop halfway down. Raise your arms straight up and pull your abs in tightly. Exhale and lower your arms as you curl back up. As you become more advanced, try lowering all the way to the floor.



Twist and Reach

Keep that resistance band handy for this waist-toning move. Sit with your legs a little more than hip-distance apart. Hold the band between your hands and raise your arms overhead. Exhale as you turn to one side, using the muscles in your waist. Inhale as you reach the arms out and back, keeping the hips in place. Exhale and return to starting position.

Lower Back: Shoulder Bridge, Part 1

As you strengthen your abs, it's vital to tone the back of the body as well. Lie on your back with your knees bent and your feet hip-width apart. Keep your arms at your sides and raise your hips without arching your back. Tighten the muscles of your buttocks and hamstrings, and hold for five breaths. Lower down one vertebra at a time to the floor if you're stopping here, or go on to the advanced posture.



Lower Back: Shoulder Bridge, Part 2

Keeping your hips raised, extend one leg straight up and point the foot. Kick the leg down and out, flexing the foot. Repeat, exhaling as you extend the leg up and inhaling as you kick it down. Keep your torso strong and your other foot firmly on the mat.

Upper Back: Letter 'T'

Want to target the upper back without a reformer? Lie face down on a mat with your feet together. Raise your head and chest slightly, and extend your arms perpendicular to your body, palms down. Exhale and sweep the arms back as you lift your chin and chest higher. Keep your waist on the mat and use your upper back muscles to bring your arms closer to your body. Return to starting position.





Upper Body: Sparklers

A pair of small hand-weights adds punch to a Pilates workout at home. For this move, imagine you are twirling the weights like sparklers on the Fourth of July. Stand with the weights held at your thighs. Turn them slightly in to face each other and make eight small circles. Each circle should be a little higher until the hands are overhead. Make eight circles in the opposite direction as you lower the arms.

Lower Body: Kneeling Side Kicks

Here's a way to tone the thighs and butt without a reformer. Begin by kneeling. Lean to the left, placing your left hand on the mat under the shoulder and your right hand behind the head with the elbow pointing up. Raise your right leg until it is parallel to the floor. Holding the torso steady, kick the leg to the front and then to the back, knee straight.



Stamina: Wall Chair

Besides toning the muscles, Pilates is known for boosting endurance. A wall and small hand-weights are the only necessities for this highly effective exercise. Stand with your back against the wall and feet hip-width apart. Walk the feet out a little, bend the knees, and slide down as if sitting in a chair. The upper legs should be parallel to the floor. Raise the arms to shoulder height and hold for 30 seconds.

Lower Body: Leg Swings

This move sculpts the legs while getting your heart rate up. Stand with your arms crossed in front of you at shoulder height. Keeping your abs tight, exhale and lift your right knee up toward the right elbow. Lower the leg quickly and repeat on the other side. Keep switching sides for a total of 10 swings with each leg.



Finding it hard to determine what a serving or portion size is? Below are some ways you can picture a serving or portion size using everyday objects.

Note: hand and finger sizes vary from person to person! These are GUIDES only.

The bread, cereal, rice and pasta group

- 1 cup of potatoes, rice, pasta - is a tennis ball, ice cream scoop
- 1 pancake - is a compact disc (CD)
- 1/2 cup cooked rice - is a cupcake wrapper full
- 1 piece of cornbread - is a bar of soap
- 1 slice of bread - is an audiocassette tape
- 1 cup of pasta, spaghetti, cereal - is a fist
- 2 cups of cooked pasta - is a full outstretched hand

The vegetable group

- 1 cup of green salad - is a baseball or a fist
- 1 baked potato - is a fist
- 3/4 cup tomato juice - is a small Styrofoam cup
- 1/2 cup cooked broccoli - is a scoop of ice cream, a light bulb
- 1/2 cup serving - is 6 asparagus spears; 7 or 8 baby carrots or carrot sticks; 1 ear of corn on the cob

The fruit group

- 1/2 cup grapes (15 grapes) - is a light bulb
- 1/2 cup of fresh fruit - is 7 cotton balls
- 1 medium size fruit - is a tennis ball or a fist
- 1 cup of cut-up fruit - is a fist
- 1/4 cup raisins - is a large egg

The milk, yogurt and cheese group

- 1-1/2 ounces of cheese - is a 9-volt battery, 3 dominoes or your index and middle fingers
- 1 ounce of cheese - is a pair of dice or your thumb
- 1 cup of ice cream - is a large scoop the size of a baseball.

The meat, poultry, fish, dry beans, eggs and nut group

- 2 tablespoons of peanut butter - is a ping-pong ball
- 1 teaspoon of peanut butter - is a fingertip
- 1 tablespoon of peanut butter - is a thumb tip
- 3 ounces cooked meat, fish, poultry - is a palm, deck of cards, cassette tape

MAKING SENSE OF PORTION SIZE



Fats, oils and sweets

- 1 teaspoon butter, margarine - is the size of a stamp as thick as your finger or thumb tip
- 2 tablespoons salad dressing - is a ping-pong ball

Snack foods

- 1 ounce of nuts or small candies - is one handful
- 1 ounce of chips or pretzels - is two handfuls
- 1/2 cup of potato chips, crackers or popcorn - is one man's handful
- 1/3 cup of potato chips, crackers or popcorn - is one woman's handful

Serving dishes/utensils

- 1/2 cup - is a small fruit bowl, a custard cup or mashed potato scoop
- 1-1/2 cups - is a large cereal/soup bowl
- 1-1/2 cups of pasta, noodles - is a dinner plate, not heaped
- 1/2 cup of pasta, noodles - is a cafeteria vegetable dish.

You might want to know that...

- 1 cupped hand holds 2 tablespoons of liquid if you don't have measuring spoons
- 1 slice of bread is one ounce or 1 serving; some rolls or bagels weigh 3 to 5 ounces or more making them equal to 3 to 5 servings of bread.

- Courtesy of the Cleveland Clinic



RUNNING SHOES AND INJURY PREVENTION...

Is there a correlation?

The discussion below comes from a website blog called "The Science of Sport". The author, Ross Tucker, Ph.D, is one of the leading minds when it comes to injury prevention in athletes, specifically runners. In this particular post, he discusses IF running shoes do in fact prevent injury. You can read more about this topic at sportsscientists.com

Question: If there is evidence for the opposite, why does everyone – including manufacturers – believe that shoes prevent injury?

Well, for the manufacturers, the answer is obvious – they have a strong incentive to believe their product is not only effective but indispensable. For everyone else, thirty years of investing, marketing and belief, is the simple answer. The shoe industry grew rapidly in about the 1970s, co-inciding with the huge running boom of the time. Until that point, shoes were really minimalist. If you ever have the opportunity to look at the shoes that runners used prior to about 1970, you'll be amazed at how basic they were. In fact, they resembled the modern day lightweight shoe. No gel pads, air cushions, torsion devices, and certainly no built up heel.

The explosion that accompanied the running boom saw massive financial incentives created, and I don't think its oversimplifying things to say that a market was suddenly created, that this market had a need for a product, and it was lucrative. Then, I'm sure a good number of people with good intentions started to theorize about how they could help reduce injuries, and the concept was born. Once it became conventional wisdom, it was difficult to reverse, just as most things are, I guess. The pervasive message has always been that shoes are vital. It's not difficult to get this message out, because you have to remember that a runner only really thinks about one piece of equipment, which is also his "interface" with the road.

However, and this is the side that none of the barefoot advocates wish to hear, part of the reason we believe shoes help prevent injury is that it's possible that shoes DO prevent injury, or at the very least enable people to start running! I've spoken about the lack of evidence for either position, but there's good reason to believe that some people's shoes really do help them run, or run more than they would be able to in those light shoes.

Take a 100kg (220 lbs) man who wants to take up running. Remember, prior to 1970, he would never consider running a marathon. Today, he can, which is a great plus for our sport. However, he may be coming to running from 20 years of inactivity, with weakened supporting muscles, he's heavy. He may be doomed if he could not get a shoe that provided some support and cushioning, purely because the first few weeks would be so uncomfortable, even in a minimalist shoe, that he may really struggle. Perhaps one day, with enough training, he'd succeed in light shoes (or barefoot), but you would have to work very hard to convince me that this person would ever get off the ground without more supportive shoes. This man, straight into a lightweight pair of shoes, would not be a runner, I have no doubt about this, and so it would be false to say that shoes don't help at least some of the time.



FUN HOLIDAY FITNESS EVENTS!



Northern Nevada:

(Reno) Great Santa Dash on December 17th. For more details visit, <https://www.visitrenotahoe.com>

(Lake Tahoe Area) Snow Shoe Thompson (3k, 5k, 10k) on December 18th. For more details visit, <http://www.active.com>

Southern Nevada:

(Henderson) Jingle Bell Run, 5K, on December 17th. For more details visit, <http://cityofhenderson.com>.

(Henderson) LVTC Holiday Half Marathon, on December 17th. For more details visit, <http://lvtc.org/>.

(Henderson) Cadence New Year's Double Dash, December 31st. For more details visit, <https://www.eventbrite.com>.

(Las Vegas) Resolution 5k on December 31st. For more details visit, <http://resolutionrunlasvegas.itsyourrace.com>.