



# **SMARTER BODIES**

The Official Newsletter of Smart Bodies Personal Fitness Center

*Volume 20 Issue 4*

*April 2019*

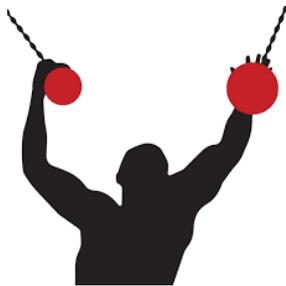
*Editor Jim Rabic*



## **Coming Soon...**



## Smart Bodies



See Anthony <sup>1</sup> of details!

# Pizza, French Fries, Beer and Other Diet Foods...



*How to eat your favorite junk by the ton and still lose all the you want!*

Now this is the real American Dream! I'm here to let you know that it is totally possible to lose all the fat you want while eating nothing but junk food. The only hitch is that all the fat you want to lose is going to have to be zero!

Here are some tongue-in-cheek (or burger-in-belly) suggestions for how you can turn even the greasiest, sugariest, most over processed calorie bomb into lean, mean diet food.

How is this done? Here's a hint: it's all in how you choose to look at the food...

**1. Eat donuts instead of solid pastries.** You will be saving a tremendous number of calories by eating something with a hole in the middle. You can save upwards of 3 to 5 calories per pastry by doing this. That means if you eat 10 donuts, you've saved yourself almost 50 calories! Besides, everyone knows nuts are good for you...

**2. French fries can help prevent heart attacks.** It is a fact that French people suffer fewer heart attacks and have lower rates of heart disease. French fries are obviously from France, therefore it naturally follows that French fries can prevent heart disease.

**3. Pizza is one of the healthiest foods on the planet.** There are many reasons for this:

The bleached flour in the crust sucks up all the grease that drips down from the toppings, trapping it so you don't see it while you're eating. If you don't see it when you eat it, it has no calories.

It's round (stay with me here). Because square-shaped foods have corners, they contain a lot more calories than round foods. To save even more calories, cut a hole in the center of the pizza (refer back to #1 for full details).

The cheese on the pizza is loaded with calcium -- even more than the Tums you're going to need after eating the whole thing.

You can easily reduce your servings without sacrificing enjoyment. Instead of cutting the pizza into 8 slices, try cutting it into only 4. You've just eaten HALF the number of slices you ate before! Imagine how many calories you'll save by doing that!

Vegetables covered in grease are still vegetables. Never mind that all the nutrition has been baked out of them, you're still getting you're recommended daily servings of veggies.

There is plenty of fiber in the paper that's stuck to the bottom of the pizza. Don't be afraid of it.

**4. Beer is the absolute best beverage you can drink when you're watching your waistline.** It helps to put it right out there in front you where you can see it.

**5. Look for foods that have air bubbles in them.** Examples include chocolate bars, Twinkies (after you suck the cream filling out), soda pop, sponge cake, and cheese puffs. As you know, air has no calories. Look at these foods as the wrapping for a low-calorie, low-fat serving of air.

**6. Putting ketchup on anything makes it healthy.** Think about it. You're getting your vegetables in a concentrated paste. It's like stepping into the future... today!!

**7. Here are a number of delicious, zero-calorie foods you may not be aware of:**

Anything eaten while standing has zero calories.

Anything eaten off somebody else's plate has zero calories.

Food sampled for "tasting" purposes during preparation has no calories.

Food sneaked from someone after you distract them is also calorie-free.

Anything eaten after the expiration date contains no calories.

**8. Eating ice cream can actually help you burn an enormous amount of calories.** The key to this lies in its temperature.

Ice cream is very cold. When you eat ice cream, your body must expend energy (a.k.a. calories) to warm it up to your internal body temperature.

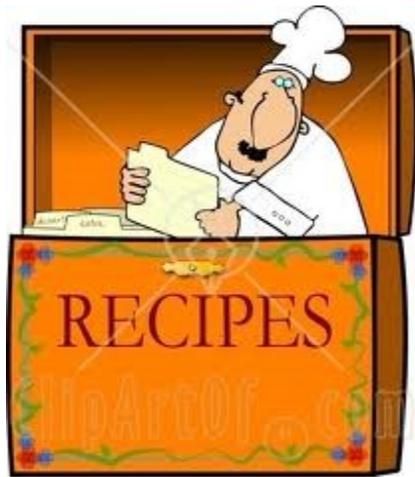
When you work through the scientific formulas for heat conversion, you can see you will end up expending approximately 6,000 calories to heat up a small dish of ice cream to body temperature. Drinking ice cold beer with your ice cream amplifies this effect.

These diet tips should have you well on your way towards effectively peeling off pounds of unsightly fat.

Think of me next time you're eating a pizza with french fries and ketchup on top, dunking your donuts in a glass of cold beer, and shoving down Twinkies (with the filling sucked out) mashed into a dish of nice cold ice cream!

**DISCLAIMER: The preceding information is not medical advice and should not be taken as such. If you feel the urge to take any of this "information" seriously, please lie down until the feeling goes away. Thank you.**

# Smart Recipes



## Rosemary Fish Bundles

### Recipe Ingredients:

2 carrots, peeled and cut into julienne strips  
2 (5-6 ounces each) firm white fish fillets (like orange roughly)  
Garlic powder  
Rosemary leaves  
Seasoned salt  
2 green onions, cut into julienne strips  
1/2 red bell pepper, cut into rings and seeds removed  
2 tablespoons dry white wine or white cooking wine



### Directions:

Cut two pieces of aluminum foil into 12 x 16-inch rectangles. Arrange half of carrots in center of one piece of foil. Place one fish fillet on top of carrots. Sprinkle lightly with garlic powder, rosemary, and seasoned salt. Arrange half of onions and red bell pepper on top of fish. Bring sides of foil up around fish. Pour 1-tablespoon wine over fish. Bring sides of foil together over fish and fold tightly to encase fish completely. Repeat with remaining ingredients on second piece of foil. Place bundles on baking sheet and bake in 350-degree oven 15 to 20 minutes or until fish flakes easily with fork.

## Playing Your Cardio Right - Tips for Maintaining Sound Cardiovascular Fitness

Cardiovascular activity, referred to simply as “cardio,” should be as much a part of your body-sculpting endeavors as pulling and pushing those metal plates. As often as you’re pumping the iron, you should also be pumping your heart.

To many, that half-hour a day is the most enjoyable, most therapeutic part of your agenda. To others, it’s as dreadful as taking out the trash and doing the dishes. Yet, like your household chores, you know it’s something you simply must do.

Cardiovascular activity, referred to simply as “cardio,” should be as much a part of your body-sculpting endeavors as pulling and pushing those metal plates. As often as you’re pumping the iron, you should also be pumping your heart.

Unfortunately, Americans today are more glued to the screen, whether it be the television, Nintendo, or yes, even the Internet. It has been concluded that the majority of Americans have insufficient cardiovascular activity in their daily schedules, thus leading to a cartload of various health problems.

The 30 minutes per day that you should reserve for cardio work should always entail exercises that are enjoyable, manageable, and of course, safe.

So if you’re ready to get sweaty, here are a few wise choices:

**RUNNING (Outdoors):** Believe it or not, this exercise reminds me a lot of Howard Stern. Like the infamous DJ, you either love it or hate it. Beyond question, however, is the simple fact that running is a fantastic way to whip you into shape and provide full cardiovascular fitness. Run-

ning is a full-body exercise in which only you channel the motion, resistance, and weight distribution. There are no wheels or cycles doing any of the work for you.

Sometimes, running can actually be too rigorous an exercise and for bodybuilders it’s been known to foil some of that hard-earned muscle mass. Also, running can take a considerable toll on your joints, particularly your knees and ankles as well as your abused feet.

**TREADMILL:** This may seem like the equivalent to a run through the park or the neighborhood, and in a lot of ways, it is. Running is the same vigorous exercise whether done outdoors or in. Yet, the treadmill, because of its smooth rubbery conveyor belt is a lot more merciful on your joints. It doesn’t wear and tear your body the way running on the tarred street will. There is no pounding-like effect.

However, the treadmill does not offer the natural variations such as hills and curves which provides for a more rigorous workout on the streets. Also, the fresh air that can fill and expand your lungs is not a benefit from an indoor facility.

**STAIRMASTER & STEPPERS:** Some people refer to these devices simply as “sweat machines.” close by. Stairmasters, whether they’re the rotating kind or the step versions, are both excellent methods of losing weight and shedding body fat.

Yet, many fitness experts have concluded that stairs work may be insufficient in your quest to get in shape. For one, the exercise relies solely on lower body movement and tends to abandon the upper torso. Too often, people rest their arms on the bars at their sides, taking some of the resistance (your body weight) out of your legs.

**STATIONARY BIKES:** When you ride the stationary bike, it feels like you aren’t going anywhere. That’s because you’re not. But whether or not you’re making strides with your

cardiovascular health is another matter. While these bikes are beneficial in raising the heart level, they also provide far less strain on the knees and back than other methods of cardio and are excellent for toning up the quadriceps.

The workout you’ll get from a stationary bike, however, is of the low-impact variety and like the scenery in front of you, it may feel like you’re not going anywhere, especially if you’ve set high fitness goals for yourself.

**SWIMMING:** Go on and make a splash. This is an excellent cardiovascular activity in that it is a total body exercise and hits the various muscles in the body. The water provides an excellent form of resistance that will get your heart pumping in no time. The benefits for the heart and lungs are endless.

As for the down side? There’s only one.

Not every fitness club has a swimming pool.



# Spring Tune-up: Breaking the Hibernation

Has your running gone into hibernation this winter? Have no fear, the promise of warm weather is right around the corner. Now is the perfect time for a spring tune up. Follow these quick fixes and get your running back on track for the summer.

Start with where you're at, rather than where you want to be. Your body will progress more quickly and with less risk for injury if you match your running program with your current activity level. In other words, if you've been running on and off one to two times per week for 30 minutes, your running regimen should start with easy paced 30-minute runs two to three times per week on alternate days and progress gradually from there.

Identify a "Carrot": Setting a goal or two puts action into your running and purpose into your training. Be wise when goal setting as goals that are too lofty don't stick and can be overwhelming. Go with a realistic goal you know you can achieve this spring and one that will serve as a "carrot" to keep you motivated week to week. Then break your goal into a few smaller, more digestible pieces (check points) throughout the season.

Build the foundation first. Every home is built with a strong foundation to withstand any weather condition. And a strong foundation in fitness is no different. Now is the time to build a strong foundation of easy, aerobic running (cycling and swimming if you are a triathlete). When you reach the summer, you will be ready to take it to the next level and fine tune with speed, stamina and skill training. Running easy and building your base now is an investment in the summer and one that will pay off in personal records and achievements.

Get Motivated. If you struggle with the motivation in keeping going treat yourself to a massage or special gift when you reach a goal. It's a great way to stay motivated and celebrate reaching the next checkpoint.

Post your mini and major goals somewhere you can see them daily. Or better yet, get your friends involved and meet to run or workout together. There is nothing better for motivation than a little accountability or someone waiting for you on the trail. You will get up and go because you know they are waiting for you!

Something is better than nothing. If time is not on your side, combine your strength workouts with short intervals of cardiovascular exercise. You will get the best of both in a very short period of time. One of my favorite workout starts with five minutes of easy running then alternates a strength exercise like walking lunges with two to three minutes of cycling or running. Include a four to six circuits with a variety of multi-functional strength exercises and top it off with a cool down. It's a flexible workout that can be done indoors or outside and you'll be done in an efficient hour.

Rome wasn't built...Try to avoid thinking about where you were then and focus on now. The more patient you are run to run, the more gradual you progress, the faster you will get to where you want to go. Plus, you will enjoy every run which will inspire you to keep it up!



# Coming to Terms with Your Body Shape



What do you see when you look in the mirror? Researchers report that women's and men's perceptions of their bodies differ.

In a recent survey of 813 adults ages 19 to 39 conducted by Psychology of Men and Masculinity journal, women of normal weight tended to perceive themselves as overweight, while normal-weight men often perceived themselves as too skinny. In addition, nearly half of the men assessed as overweight perceived themselves to be of normal weight.

What creates the distorted self-image? Researchers theorize that societal influences such as the media, which provides thinner-than-average role models for women and bulkier-than-normal examples for men, may be largely responsible. Consider these examples from the National Eating Disorders Association:

- The average American woman is 5'4" tall and weighs 140 pounds, yet the average American female model is 5'11" tall and weighs 117 pounds.
- Most fashion models are thinner than 98 percent of American women.
- Almost half of American elementary school students in the first through third grades want to be thinner.
- Four out of five children at the age of 10 are afraid of being fat.

## Tipping the Scales

With our society's obsession over body image,

you might think Americans would be lean, mean, physically fit machines. The surgeon general reports, however, that a staggering 61 percent of American adults are overweight, and three out of 10 U.S. adults are obese.

Part of the problem comes from inactivity and the tendency to look for a "quick fix." Americans spend more than \$40 billion on dieting and diet-related products each year, according to the National Eating Disorders Association. Yet, according to the surgeon general, only one third of U.S. adults follow experts' recommendations and exercise for 30 minutes, five days per week. Carrying extra pounds leads to an increased risk of heart disease, diabetes, stroke, arthritis, depression and cancer.

## Weighing in Accurately

So how can Americans get an accurate assessment of their health? To determine whether you are a healthful weight, don't compare yourself to people around you or in the media. Instead, check your body mass index (BMI) at [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi). This tool, based on data from the National Heart, Lung, Blood Institute, helps measure fatness. It doesn't take into account lean muscle mass, however, so athletes and body builders may get faulty results. Also, keep in mind that the BMI is not meant as a substitute for a professional medical assessment.

## Recognizing the True You

Once you have accepted that the media portrayal of body weight is unrealistic, you may wonder how to define good health and an ideal body shape. The American College of Sports Medicine defines physical fitness as a combination of cardiovascular endurance, muscular strength, muscular endurance and flexibility. By focusing on getting an adequate combination of aerobic exercise, strength training, stretching and sleep, and by eating properly, you can enjoy increased energy, stamina and improved health. And while today's actors, models and rock stars will be forgotten tomorrow, being fit never goes out of style.