

HEALTHSTYLES

Preventive Medicine News

Clinical Nutrition Center • James Berry, M.D., Medical Director • 7555 E. Hampden Ave., Ste 301, Denver, CO 80231 • (303) 750-9454 • Jan-Mar 2003

GET FIT Get Fit 2003! *Get Fit*

1 **Realign your priorities.** Do this for yourself! New research reports that being overweight can shorten your lifespan as much as smoking! Get healthy and fit so you will finally have the energy to enjoy life. Do it to find that lost self-esteem. Do it to feel more comfortable in your skin, in your clothes. Do it because you are a model for your children.

2 **Do your homework.** Get a physical exam. Ask your physician about your individual health concerns. Educate yourself. Gather information about nutrition from a Registered Dietitian, about exercise from a Physical Therapist, Exercise Physiologist or accredited exercise trainer. CNC is a great place to start! The CNC staff includes a physician, a physician's assistant, 8 Registered Dietitians, a Psychotherapist and an Accredited Exercise Trainer.

3 **Make exercise a given!** Start with baby steps. Start by walking more, even if it is only around your living room. Then advance to walking around the whole house, then around the block or neighborhood. Get a Pedometer and count your steps. Exercise first so it doesn't get left out.

4 **Journal daily.** Once you have activity in place, take a serious look at your eating habits. Studies show that people who lose weight and keep it off, record their intake of food and drink daily. Start writing down everything you put in your mouth. Give yourself gold stars for each day that you make better choices. Remember, food is just fuel. It will never fill the voids in your life.

5 **Commit to change by investing in the right equipment.** A good pair of walking shoes will not only be more comfortable, they can prevent problems like shin splints and blisters. Invest in a treadmill. Or boots with snow tread if you walk out of doors. Consider walking or hiking poles. These add stability and give your arms a workout at the same time.

6 **Drink more water.** Water is the most basic of all nutrients. The human body requires a minimum of eight eight-ounce glasses of water daily.

7 **Devise strategies to stay emotionally healthy and positive when the going gets tough:**

- Make time for yourself to unwind, relax and get away from everyday stressors. Five to ten minutes a day spent doing quiet stretching exercises, meditation or prayer can be an effective and convenient de-stressor.
- Be assertive about your own needs. Taking care of your own mental and physical well being makes you strong enough to then care for others.
- Devise healthy outlets for anger and frustration. Physical activity is an effective outlet for many. Going for a walk may prevent an angry outburst or unplanned eating.

8 **Reward your efforts.** Give yourself credit for hard work. Try tracking your daily progress on a graph or map in order to see the progress. Reward yourself for reaching short-term goals as well as the bigger, long-term goals. Select rewards that reinforce staying active, like exercise clothing or music.

9 **Keep exercise alive by hooking up with others who share your goals.** Try something new. Sign up for beginner classes in jazzercise, kickboxing, Pilates or T'ai Chi. How about a Cleo Parker Robinson beginning dance class? Or rock climbing lessons at Galyans or REI? Consider a snowshoe clinic or cross-country ski clinic through REI, through the Colorado Mountain Club or at a nearby ski area.

10 **Most importantly: set up a support system.** Losing weight and becoming more fit are not just weekend projects. Lifestyle changes take months to achieve and are sometimes difficult to maintain. Support can come from friends, an exercise trainer, or a CNC dietitian. Anyone who can help you stay committed to your new healthier habits qualifies.

Dr. Berry Competes in Global Extremes Race

Dr. Berry was one of 50 athletes selected from 750 applicants to participate in **Global Extremes: Mount Everest – 4Runners of Adventure**, an adventure race series sponsored by Toyota to commemorate the 50th anniversary of Sir Edmund Hillary's first summit of Mount Everest in 1953. The made-for-TV adventure series will be shown weekly on Monday evenings starting January 6, 2003, on OLN (the Outdoor Life Network). ABC will also show selected segments.

This race is actually a series of survival events over several months. Approximately half the field is eliminated after each event. The final five will attempt to summit Everest in May, the 50th Anniversary of Hillary's climb. OLN will broadcast live from Everest.

The first 3-day elimination race was in October, in Moab, Utah. The 50 non-professional athletes were tested by 5–15 mile mountain trail runs, steep uphill mountain bike rides, rock climbing and swimming the frigid Colorado River. The weather added to the challenge: it snowed (or rained) the entire time, with daytime temperatures averaging 35° F.

The second elimination race was held in December, in the Elk Mountains near Aspen. It included ice climbing, snowshoeing, telemark skiing, a 24-hour assault on a nearby peak and snow camping.

(Continued on reverse.)



How Strong Can You Get?

Beginners take Heart! A regular program of lifting weights can improve your muscle strength by an impressive 40%, according to the *Journal of the American College of Sports Medicine*. Just think how much easier it would be to participate in sports activities, dance or even do household chores and shovel snow with 40% more muscle strength!

Researchers found that the rate of increase in strength differs between untrained and trained individuals, *with untrained people gaining the most*. Although the gains taper off as you become better trained, even advanced resistance exercisers can look forward to noticeable improvements in muscle strength.

Staff News

We welcome Registered Dietitian, Susan Drake. She is rejoining the CNC staff after exploring the business world for a couple of years. She is also teaches Nutrition classes at Metropolitan State College.

Dr. Berry Competes...

(Continued from front.)

The remaining twelve will go on to compete in the out of country races.

The next one is in the Kalahari Desert in Africa. Then they move to Costa Rica, followed by Iceland. The final leg is Everest.

Dr. Berry is the oldest competitor by 12 years and 30 years older than the average competitor! Tune in to OLN on Monday evenings starting in January!

Soy Power



Soybeans contain isoflavones and other nutrition boosters that may reduce cholesterol, decrease risk of heart disease and even protect against cancer. However, there are huge differences in the soy content of soy products on the market today. Look for products where soybeans are listed as one of the first ingredients; products with lower soy content may not contain the beneficial isoflavones

Top Choices: Edamame (soybeans), soy milk, tempeh, tofu, soy flour and soy nuts.

Next Best: Products made from "soy isolates" such as drinks, puddings and some bars. Soy isolates are bean extracts that contain about 90% soy protein. (Watch out for calorie adding sugars in bars and drinks.)

Medium Choices: Soy protein "concentrates" are often found in soy burgers and cereals. These concentrates have lower soy protein and isoflavone levels than soy isolates.

Few Benefits: More heavily processed soy ice creams and soy cheeses contain very little soy protein and isoflavones. Although soy oil and soy sauce are made from soybeans, they contain only trace amounts of soy protein and no isoflavones.



20 WAYS TO ROLL BACK TIME

(Is your biological older or younger than your chronological age?)

From "Real Age" by Dr. Michael Roizen

1. **Don't smoke.** If you do, quit. Seven years younger if you've never smoked, three if you have.
2. **Be safe when driving.** Buckle your seat belt every time. Drive within five mph of the speed limit. Never use a cell phone while driving. Buy a midsize car or larger, and make sure it has air bags. Benefit 0.6 to 3.4 years younger, depending on current age.
3. **Floss and brush daily.** Gingivitis and periodontal disease cause immune and arterial systems to age. We don't know why gum disease causes aging, but we know it does. Benefit: as much as 6.4 years younger.
4. **Drink alcohol in moderation.** Benefit: 2 years younger.
5. **Maintain a healthy weight.** Add 6 years. (or subtract 6 years if you cannot.)
6. **Exercise regularly to stay as fit as possible.** Benefit: up to 5 years younger.
7. **Wear a helmet when riding a bicycle.** Benefit: 1 year younger.
8. **Keep immunizations current**—an annual flu shot and tetanus, measles, mumps, rubella, hepatitis B and pneumonia vaccines—to help prevent illnesses that can cause you to age. Benefit: 1.6 years younger.
9. **Avoid exposure to passive smoke.** Working or living in a smoke filled environment can cause as much aging as smoking. Loss: add 6.9 years older for daily exposure of four or more hours.
10. **Get enough sun, but not too much.** Ten to 20 minutes a day produces active vitamin D. Benefit: 0.9 years younger. Wearing sunscreen when you stay out longer, avoiding tanning salons and other precautions to avoid excessive exposure can make you 1.7 years younger.
11. **Don't take needless vitamin and mineral supplements.** Loss: 1.7 years older for taking unneeded or excess supplements.
12. **Take vitamins C (200 mg daily) and E (400 IU) for their antioxidant and anti-aging power.** Benefit: up to 6 years younger
13. **Take folate (70 micrograms) or folic acid (400 micrograms) daily to reduce artery aging homocysteine levels.** Benefit: 1.2 years younger.
14. **Take calcium.** (1200 mg if you're female, 100 mg if you're male) plus vitamin D (400 IU) or 10 minutes in the sun daily to keep bones strong. Benefit 1.1 years younger.
15. **Take vitamin B6 (6 mg) daily.** Benefit: 0.4 years younger.
16. **For men: eat tomato-paste and drink green tea.** Eating 10 servings of tomato products a week and drinking green tea can help prevent prostate cancer. Benefit: 0.8 years younger.
17. **Have sex.** The more orgasms you have each year, the younger you are. The average American has 58; doubling that can make you 1.6 years younger.
18. **Have safe sex.** Sexually transmitted diseases can cause aging and death. Benefits for not having casual sex with high-risk partners and using condoms correctly: 5 to 8 years younger.
19. **Take one baby aspirin (85 milligrams) daily** if you're a man over 40 or a woman over 50. (Except if you have clotting problems or take anticoagulants or have stomach problems with Aspirin.) In 90 days you'll be 0.9 year younger; in three years, it'll be 1.9 years.
20. **For women: Consult with your gynecologist about taking hormone replacement during menopause.** For post menopausal women whose health history indicates HRT is appropriate, it can be a powerful anti-aging agent. Benefit: 8 years younger at age 70.

WEB SITES FOR RELIABLE MEDICAL & HEALTH INFORMATION

Health A to Z www.healthatoz.com
 Health finder www.healthfinder.org
 HealthGate MEDLINE+ www.healthgate.com/HealthGate/MEDLINE/search.html
 Health on the Net Foundation www.hon.ch
 MayoClinic Health Oasis www.mayohealth.org
 Mental Health Net www.cmhc.com

National Cancer Institute/CancerNet cancer.net.nci.nih.gov
 National Institute of Diabetes www.niddk.nih.gov/tools/map/html
 & Digestive & Kidney Diseases
 National Library of Medicine www.nlm.nih.gov/sitemap/html
 PubMed www.ncbi.nlm.nih.gov/PubMed
 RxList www.rxlist.com
 Wellness Web. wellweb.com

Get Fit in 2003!

NEWS FLASH:

JAMES BERRY, M.D., Medical Director
 7555 East Hampden Avenue, Suite 301
 Denver, Colorado 80231
 (303) 750-9454

PERMITTED STANDARD
 U.S. POSTAGE PAID
 AURORA, CO
 PERMIT NO. 610

Address Service Requested.