

# HEALTHLINES

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## Chad's Corner

This month will mark Body Symmetry's 6<sup>th</sup> year in business. It's still hard for me to believe that we have actually been in operation for that long. Not a day goes by that I don't stop and think to myself how lucky I am to be doing exactly what I want to be doing career-wise. My passion and enthusiasm for this business is just as strong now as it was when I started with absolutely zero clients to train.

Initially, it all started with a goal. On October 2, 1990 (I was 24) I wrote down my life-long goals. The second goal on that list was to start a personal training business and open a chain of studios. So, two years later, that's what I did. From my perspective, establishing a clear goal of what you want to accomplish is absolutely critical if you want to be successful in your efforts. What I call "goal planning", can be applied to just about anything that you want to achieve. The first step is to simply write down your goal or goals. As for the second step, look at your list of goals often. You

can even pin it on your refrigerator or frame the list and nail it to the wall. I don't think you can read your list of goals too often. From a fitness perspective, I feel this is especially applicable. One of my long time clients has found this to be extremely beneficial in helping him to better focus on reaching a particular fitness goal. To date, he has been pretty successful whenever he wrote down his goals and established a realistic time frame for reaching them. So take some time right now and figure out what you want to achieve, write down your goals, fitness or otherwise, and before long you will have accomplished what you set out to do. Good luck!

Congratulations are in order for Joella Evans, of our Champaign studio, who recently graduated in May with her M.S. in Kinesiology with an emphasis in Exercise Physiology from the University of Illinois, at Urbana-Champaign. She also received her American College of Sports Medicine certified Health/Fitness Instructor designation after being notified of passing her test in June. Joella spent a week in sunny Miami back in April attending a workshop and testing for the certification. The A.C.S.M. Health/Fitness certification is the "gold standard" for health/fitness professionals in the United States.

I am also extremely proud to announce that Joella celebrated her 1 year employment anniversary on September 16 and that Sara Bateman (Springfield) will be celebrating her second year of employment on October 15. Body Symmetry is quite fortunate to have two wonderful and dedicated employees as part of their team.

Yours in Health, Chad Marschik

Keep my words positive. Words become my behaviors.  
Keep my behaviors positive. Behaviors become my habits.  
Keep my habits positive. Habits become my values.  
Keep my values positive. Values become my destiny.  
There is no dress rehearsal.  
This is one day in our life.  
-Mahatma Gandhi

### The Well-Informed Vegetarian *by Sara Bateman, M.S.*

There's no doubt about it, vegetarianism has risen in popularity in recent years. What once was thought of as an eccentric lifestyle choice has become more mainstream than ever. Whatever the reasons a person has for adopting vegetarianism, it is important to be educated on nutritional needs. A growing portion of the over 15 million American vegetarians are at risk for some nutrient deficiencies by leaving certain foods out of their diets. The following information is designed to give all classifications of vegetarians a little insight into what makes up a balanced vegetarian diet. These classifications include an "almost vegetarian", one who eats small amounts of chicken and fish; a "lacto-ovo", one who eats no meat or fish; a "lacto -vegetarian", one who eats no eggs; or a "vegan", one who eats only vegetables and grains. Each needs to monitor his or her diet to get the right combination of foods for adequate supply of the following nutrients.

**Protein:** Protein is the basic building material for muscle tissue. An active individual needs about .6 - .9g per lb. of lean muscle mass. Since our clients are all weight trainers who are building muscle, protein is an important component in a balanced diet. Previous issues of Healthlines have addressed the need for adequate protein intake. A strict vegan diet needs to look a bit further to find sources of protein since it does not include meat, dairy and fish ( all basic sources of protein). Other sources include whole grains, legumes, nuts, seeds, egg whites and soy products.

**Vitamin B-12:** This micronutrient is found only in animal products, and therefore is a challenge for a vegetarian, but nonetheless still important. Vitamin B-12 helps in the formation of red blood cells and in the maintenance of the central nervous system. Those who follow an Almost, Lacto-Ovo, or Lacto-Vegetarian diet will get their B-12 in animal sources. Vegans will want to consider supplementation under the supervision of a physician or dietician.

**Calcium:** One of the most well-known micronutrients today thanks to Osteoporosis. We all know milk and dairy as our source for calcium, but lets not forget other sources such as leafy green vegetables, like broccoli and kale, as well as tofu. Hint: Magnesium, found in nuts, seeds, beans and vegetables, is found to aid in the transfer of calcium into bones.

Iron and **Zinc** are also two micronutrients to be aware of in a vegetarian diet. Sources include whole grains, yogurt, tofu, nuts, dried fruits, collard greens, kale, legumes and chickpeas. Getting enough iron and zinc in your diet can help fight fatigue and increase mental alertness and concentration.

As you can see, there's more to being a vegetarian than simply refusing to eat meat. If you can make the connection that what goes into your mouth affects more than your waistline, you are on your way to taking responsibility for a well-balanced and healthy diet. Remember, no matter what diet you follow, if you eat a variety of simply prepared fresh foods you should be covered for a long and healthy life.

**Soy** is a high-quality protein that provides all of the amino acids essential for building muscle tissue.

Several studies suggest that eating a diet high in soy can:

- lower total cholesterol
- reduce risk for some cancers
- reduce risk of Osteoporosis
- reduce the intensity of hot flashes in postmenopausal women

Sources of soy include soy milk, gardenburgers and tofu.

**Tofu** is a textured vegetable protein that comes in silken, soft and firm. Tofu is flavorless and therefore takes on the flavor of foods with which it is prepared. Substitute tofu for ground beef or chicken in any recipe, stir fry it with veggies or add silken tofu to make a nutritious milkshake.

Hint: Tofu comes packaged in water. Once opened this water should be changed daily to keep it fresh in the refrigerator.