

HEALTHLINES

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Chad's Corner

Now that summer is just about over with, I can finally start to relax. For me personally, nearly every weekend was taken. If I wasn't spending time with my kids, I was traveling to conferences across the country.

The most interesting conference I attended was at the U.S. Olympic Training Center in Colorado Springs. What an incredible experience! I was quite fortunate to have the opportunity to learn more about plyometrics and speed development from some of the finest conditioning coaches in the country. I can remember a time when my grandmother used to say that the reason our country didn't do as well in the Olympics as the Russians and other former Eastern Bloc nations, was because their athletes were professionals. Well grandma, if our Olympic athletes aren't professionals, then I don't know what they are. I almost forgot, the athletes don't spend a penny. Any and all costs associated with their sport are 100% paid for by corporate sponsors and grants from the government. Some athletes, like track star Michael Johnson, make millions each year. Depending on the Olympic athlete, they spend either part or most of their time at one of three U.S. Olympic training centers: Colorado Springs, San Diego or in Lake Placid, N.Y.. When living at the training center, many of the athletes are spending a good majority of the day divided between conditioning for their sport, skill development, eating and active rest. Basically the athletes eat, sleep and train. That's their job.

If you are ever in Colorado, take a day or two and visit the Olympic Training Center in Colorado Springs. It is indeed an incredible facility of great magnitude. Who knows, you might even get lucky and see some of the athletes training for an upcoming Olympic event.

Please take a look at our web site from time to time in the coming months. We are currently in the process of making some pretty major changes. Our main emphasis not only for our web site, but also from a company perspective, is to enhance our image as human performance and conditioning specialists. After all, I think BODY SYMMETRY is certainly more than just a personal training organization. We work with individuals from all walks of life, from athletes to stay-at-home moms to injured workers. So to call us just personal trainers, I believe, is an inaccurate reflection of what we do and who we work with. Our web site re-tooling should be completed by November.

Congratulations are in order for Sara Bateman, who recently passed her Strength and Conditioning Specialist exam in Atlanta. Great job Sara. Now you can add some more initials behind your name. By the way Joella, you're next!

Yours in Health, Chad Marschik

What we receive by reaching our destiny is not near as important as what we become by stretching towards it.
-Unknown

Health/Fitness Research *from the Journal of Strength and Conditioning*

The New York Times Best-Seller List almost always includes a protein diet book. The main consensus among researchers is that for some people it works, and for others it works for awhile.

Why are they so popular? Fat isn't the bad guy anymore. The general population struggles with weight loss and the low-fat message hasn't been successful.

Do these diets result in Weight Loss? The cornerstone of weight loss by any means - lowering fat or carbohydrate intake or raising protein intake - is lower calorie intake. Most high-protein diets still restrict highly palatable foods such as candy, desserts, breads and pastas. Some of these diets also promote a state called ketosis where the body burns fat in the absence of carbohydrates. Ketosis blunts appetite, therefore making it easier to eat less.

Right for Athletes? Important points to remember are 1) Caloric intake must be adequate to insure high performance and reduce the loss of lean muscle mass. 2) Sudden changes in diet can have adverse effects on performance. An athlete should experiment with dietary changes during the off-season.

Supplement Savvy

These days there is so much information about the dietary supplements that it's hard to know what to think. The Office of Dietary Supplements at the National Institutes of Health has launched the "International Bibliographic Information on Dietary Supplements" database, which may help cut through the confusion. The database can be accessed free of charge at

<http://odp.od.nih.gov/ods/databases/ibids.html>. It's designed to assist both scientists and the general public in locating credible, scientific literature on supplements, including vitamins, minerals and botanicals.

AHA Says Food, Not Vitamins

If eating foods high in antioxidants helps lower your risk of heart disease, then it would follow that taking antioxidant supplements would have a similar benefit, right? Not necessarily, according to a new scientific advisory published in the February issue of *Circulation: Journal of the American Heart Association*.

What's wrong with taking antioxidants in the form of vitamins? There is no evidence that high levels of anti-oxidants from vitamins do the same as anti-

oxidants from food sources.

Internet Sites of Interest

www.healthfinder.com - Department of Health and Human Services Healthfinder
- links to online professional journals and provides follow-ups to health news in the media.

www.physportsmed.com - The Physician and Sportsmedicine Journal

Osteoporosis

A recently completed national survey conducted for the UCLA Osteoporosis Center revealed that 92% of American women do not know that a compression fracture of the spine is the most common osteoporotic fracture of osteoporosis. Many believe that stooped posture and shortened stature is an eventuality of aging. Not necessarily! Adequate exercise, calcium, vitamin D, and estrogen-replacement therapy can help prevent osteoporosis. Also, several new prescription medications are proving successful for those who already have osteoporosis.

State Fair Time is here! And fairgoers LOVE those corn dogs. Here's a way to make them a little bit healthier, so you can enjoy them with a clear conscience.

Corn Dogs

Calories 211 (28% from fat); Fat 6.6g; Protein 11.3g; Carbohydrates 25.3g

1/4 cup toasted wheat germ, divided

2Tbs. seasoned breadcrumbs

1 (11.5 ounce) can refrigerated corn bread twists

1 Tbs. all-purpose flour

8 tsp. prepared mustard

1 (14 ounce) package fat-free turkey-and-beef hot dogs

2 large egg whites

1. Preheat oven to 375 degrees

2. Combine 2 Tbs, wheat germ and breadcrumbs in a shallow dish. Set aside.

3. Unroll dough. Working with 2 dough portions at a time, pinch perforations to seal. Roll dough into a 6 x 3 inch rectangle on a surface sprinkled with 2 Tbs. wheat germ and flour. Spread 1 tsp. mustard over rectangle. Place 1 hot dog on rectangle. Wrap the dough around hot dog and pinch the ends to seal. Repeat procedure with remaining ingredients.

4. Dip each corn dog in egg whites; dredge in crumb mixture. Place corn dogs on a baking sheet. bake at 375 for 25 minutes or until golden brown.