

HEALTHLINES

Winter 2000 - Volume 4, Issue 1

Chad's Corner

From time to time some of my clients clip out interesting articles that they think I might be interested in reading. Generally, these articles are either related to health and fitness or the stock market. The most recent article I reviewed was given to me by Dr. Marc Shelton, a cardiologist here in Springfield with Prairie Cardiovascular Consultants. The position paper, "**Resistance Exercise in Individuals With and Without Cardiovascular Disease**", appeared in a recent issue of *Circulation* (the leading Cardiology journal in the United States). The paper covered many areas including health and fitness benefits of resistance training, the rationale for resistance training, physiological considerations, safety, and exercise prescriptions. Surprisingly, I learned that resistance training, prior to 1990, was not part of the recommended guidelines for exercise training and rehabilitation for either the American College of Sports Medicine (ACSM) or the American Heart Association. According to the article, it wasn't until 1990 that the ACSM first recognized resistance training as a significant component of a comprehensive fitness program for healthy adults of all ages.

How safe is resistance training in the rehabilitation of individuals with coronary disease? According to the results of 12 different studies that were reviewed in this paper the answer is *very safe*. The studies that were reviewed compared various modes of resistance training (resistance or circuit weight training), intensity levels (40% to 80% of 1 rep. max.), duration (30 to 60 minutes) and program length (6 to 26 weeks). All studies reported improvements in muscular strength and endurance with similar increases in overall strength for high (80% of 1 rep. max.) and moderate (30% - 40% of 1 rep. max.) training intensities. Most important though was the absence of anginal symptoms, ischemic ST-segment depression, abnormal hemodynamics, complex ventricular dysrhythmias, and cardiovascular complications suggests that strength training is safe for clinically stable patients with coronary disease who are actively participating in a rehabilitative program. What does all of this "Greek" mean? It means that you don't have much to worry about. Resistance training is much, much safer for individuals with coronary concerns than was once thought.

The studies did reveal, however, a few contraindications to resistance training. Unstable angina (chest pain), uncontrolled hypertension (greater than 160/100), uncontrolled dysrhythmias, a recent history of congestive heart failure that has not been evaluated and effectively treated, severe stenotic or regurgitant valvular disease, hypertrophic cardiomyopathy, and poor LV (left ventricle) function were all red flags.

Amazingly, it has only been 10 years since the ACSM first recognized resistance training as a vital component of a comprehensive fitness program for normal,

healthy adults. It took 10 more years for the ACSM and the AHA to put their stamp of approval on resistance training for low risk cardiac patients. What will the next 10 years hold in store for us? Incredible discoveries, for certain, and we will be sure to keep you posted!

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

Convenience at a Price *by Sara Bateman, M.S., C.S.C.S*

Well, we made it to the year 2000! I can remember when people used to speculate that by now we would have flying cars and robot maids like George and Jane Jetson. So, here we are in a new century and we're not living the way the Jetson's did, but we have made many advances in the world of personal conveniences. In a short time we have moved from a working class, industrial society to a high-tech, serviced based country. It sounds good, but all of these conveniences come at a price to our health. Stop for a moment and take a look at all the activities you do in a days time. How many modern conveniences do you take advantage of and what activities do you replace by using them. Walking is a great example. Years ago, walking to the corner store was not a big deal. Now, corner stores are replaced by super- mega stores that sell everything under one roof. One stop shopping has become the norm. So, how do we get to these stores? Walk? No way! We drive our cars, most of the time waiting for the closest possible parking spot. Even better than that, we can now order those groceries or other supplies over the internet. A couple of clicks of a button and, Voila!, your order delivered to your door. So instead of burning about 3-4 calories per minute by walking, we have robbed our daily energy expenditure total. It may seem like a small number, but as is usually the case, the little things add up. We don't gain weight overnight. Usually that weight creeps up on us over time. My suggestion is to fight it gradually in small ways to supplement your traditional exercise sessions. We all have a basal metabolic rate at which we burn calories. Just getting up in the morning and living through our day burns calories. Think of the things we can do to add to that total number.

Here is a list of some activities that we often skip over or have someone else do:

- Gardening: 200-250 calories per hour
- Raking Leaves: 175-250 cal.hr
- Snow Shoveling: 450-1100 cal/hr
- Power Lawn Mowing: 200-300 cal/hr
- Digging and Weeding: 300-500 cal/hr

- Window Washing: 200-250 cal/hr
- Dancing: 200-600 cal/hr
- Golf (pull or carry clubs): 200-400 cal/hr
- Walking: 200-400 cal/hr
- Driving a Car: 170-200 cal/hr

These are just a few activities that are easily replaced in today's society where time is scarce and convenience is important. Lawn services, electric leaf blowers, golf carts, snow blowers and drive-thrus are making our life easier, but at the same time, contributing to the decline of our health. We all know the suggestions for creating more activity in our day. Park further away and walk; take the stairs instead of the elevator. These are simple things we can do to improve our health. Our challenge then, is to keep these things in mind and not get swayed by the "easier" way all of the time. Take an inventory of your lifestyle. Are there small things you can do to take that extra step toward good health?

Three Bean Chili

Per serving: 410 calories, 12g fat, 1.5g sat. fat, 31g protein, 45g carbohydrate, 1170 mg sodium, 0mg cholesterol.

- 1 1/2 cups chopped onion
- 2 tsp soybean oil
- 1 can (15 oz.) soybeans
- 1 can (15 oz.) red beans
- 1 can (15 oz.) black soybeans
- 1 can (15 oz.) tomato sauce
- 2 cans (14.5 oz.) diced tomatoes
- 1 tsp black pepper
- 2 tsp ground cumin
- 2 Tbs minced garlic
- 1 Tbs chili powder

Heat oil in large pot over medium-high heat. SautÉ onions until soft. Drain and rinse three beans and add to onion. Stir in all remaining ingredients. Bring to a boil and then reduce heat to low and simmer for 30-35 minutes.

Yield: 8 cups (6 servings). Serving size: 1 1/3 cups.