

# HEALTHLINES

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## Chad's Corner

The ability to change is often times a difficult concept for many of us to grasp, even though most of us change just a little bit every single day. Its called aging. Although I find it quite ironic that most of us come full circle. After all, if we are fortunate enough to live a full life we usually drift out of this world in much the same manner as we came into this life, no teeth, no hair, drooling on ourselves with diapers on. Sad? Maybe a little, but that's just the circle of life. Like taxes, death is certainly a given.

We can, however, do much to improve the quality of our lives. It's quite obvious that if you are a client of Body Symmetry you are definitely one of those individuals who is making a strong attempt to improve the quality of your life. From a health and fitness perspective, I think its absolutely critical to ask yourself this question, "What lifestyle changes do I need to make in order to get to the next level?". This question can apply to many different areas of health and fitness. From weight management to alleviating chronic back pain. I could make a list of 100 different areas. Most of us though know right off the bat what those key areas are that we need to change.

Last year I had some blood work done at Prairie Cardiovascular Consultants and found out that my cholesterol was 150. I know, not bad. However, my HDL (good cholesterol) was 34. Not good. Ideally it would be greater than 35, with 50 being optimal. So I discussed this with my good cardiologist buddy, Dr. Marc Shelton, and he prescribed some medication. He also told me to take 1 aspirin a day and focus a bit more on cardiovascular exercise. So that's what I did. I play basketball 2 – 3 times per week and skip rope frequently. Was it hard for me to make these changes. Absolutely. I'm just as busy as the next person, but since I expect my clients to make a commitment to leading a healthy and fit life, then I sure as heck better do the same.

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If you continue to do what you have always done, you are going to get what you have always gotten. Don't be afraid to make changes. When you make those changes, no matter how small, I think you will feel empowered to take even bigger steps toward your goals. The Japanese call it "Kaizen".....taking small steps towards a goal. I think Bob Dylan summed it up best when he wrote the lyrics, "Times.....they are a changin". And you better change too.

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*

### Drink More Water

**Never Underestimate the Value of Water.** Water regulates body temperature, transports nutrients and oxygen, carries away waste, helps detoxify the kidneys and liver, dissolves vitamins and minerals and cushions the body from injury. Every day you lose on average 10-12 cups of water that needs replaced to maintain your body's important fluid balance.

**Watch for Dehydration.** According to the Mayo Clinic and other leading health care organizations, even mild dehydration can lead to health problems such as lethargy and constipation. Dehydration symptoms can include loss of appetite, minor headaches, dizziness and general lack of mental clarity. There is also evidence that drinking adequate water may help prevent some diseases, such as kidney stones, and may be associated with a lower incidence of colon cancer.

**8 Is Not Always the Magic Number.** Eight 8-ounce glasses of water daily is the standard rule of thumb, but you may need even more, especially if you exercise. One way to calculate your fluid needs is to divide your weight in half. This number in ounces is your recommended daily water intake.

**When in Doubt, Fill Your Glass Again.** You will need to drink extra amounts of water in dehydrating conditions such as hot, humid or cold weather or high altitudes. You should drink more if you have a cold or the flu; even more if you have a fever. Additionally, some weight management experts believe that drinking a glass of water before meals can help reduce food intake and aid digestion.

**Watch for Fluids That Do Not Count.** Water is best, but juice, milk and other beverages are about 90% water, so they can help meet your hydration needs. Caffeinated beverages and alcohol act as diuretics and increase fluid loss, so they don't count. In fact, have an extra glass of water for each cup of these liquids you drink.

**Drink More Before You Get the Signal.** Many experts believe that if you wait until you are thirsty, you are already slightly dehydrated. Drink a glass of water when you wake up in the morning and another glass before you go to sleep.

**Do Not Leave Your Water Intake to Chance.** Develop a consistent water plan with consumption evenly paced throughout the day. Keep water bottles and pitchers near you as a reminder, or schedule water breaks into your day planner.

**Drink Often While Exercising.** To prevent dehydration while exercising and perspiring, you must replace water at a faster rate. The American Dietetic Association (ADA) recommends at least two cups of fluids two hours before exertion, followed by another two cups of water approximately 15 to 20 minutes before endurance exercise. During exercise replenish fluids ever 15-20 minutes.

**Long Exercise Session?** Go for sports drinks. According to the ADA, the typical North American diet provides ample sodium, potassium, chloride and magnesium to replace sweat losses. However, exercise sessions longer than one hour and/or exercising in extreme environmental conditions may warrant drinking a sports beverage containing electrolytes to enhance fluid absorption and carbohydrates to supply energy.

**When Too Much Is Too Much.** If you notice unexplained increases in thirst and urination, consult your physical to determine the cause. Increases thirst and urination can be symptoms of disease, including various forms of diabetes.

*Article compliments of IDEA Health & Fitness Inc.*

### **Mexican Veggie Hamburger Soup**

Calories: 249, protein: 16.8g, carbohydrate: 28g, fat: 8g, fiber: 2.7g, sodium: 800mg

1/2 lb. extra lean ground beef  
1 can Mexican stewed tomatoes  
1 med. onion, chopped  
1 can black beans (drained, rinsed)  
1/2 Tbs. olive oil  
1 bay leaf  
4 beef bouillon cubes dissolved  
1/2 tsp. dried basil, crushed in 4 cups hot water  
1/4 tsp. chili powder  
1 cup chopped carrots  
ground pepper to taste  
2 medium potatoes, cubed  
1/2 cup frozen corn

Brown ground beef and drain excess fat. (The cooked beef can be rinsed under water to help remove fat.) Put beef aside.

Sauté onions in olive oil. Add ground pepper to taste.

In a large pot, combine all ingredients, except black beans. Cook over medium heat until potatoes and carrots are cooked (approx. 20-30 minutes). Add black beans and serve warm.

One serving : 2 cups