

HEALTHLINES

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Chad's Corner

Happy New Year! I hope you are as excited as I am to get going with 2001. I have a lot of goals to accomplish this year and am ready to get the ball rolling. Not only from an exercise standpoint but also on a professional and personal level as well. Goal setting doesn't have to be hard. For starters, just take the time to set a goal. To learn more about goal setting, make sure to check our Sara Bateman's article in this edition of *Healthlines*.

Most of our clients at one time or another have come to us with questions pertaining to supplementation. All of us are well aware of the health benefits associated with proper nutritional supplementation. By now you should know our position on this sometimes confusing subject matter. If not, let me refresh your memory. For most of our clients it is not necessary to over supplement your diet with scientifically unproven, questionable and potentially dangerous products such as chromium, ginseng, ephedrine and other goofy names. However, after attending numerous health/fitness seminars and consulting with numerous dieticians and physicians we have determined that the following supplementation plan may be appropriate for most healthy individuals: Females ñ 1 multivitamin (should contain 20mg. of iron), 500 mg. Vitamin C, 400 i.u. Vitamin E, 1000 ñ 1500 mg. of Calcium. Males ñ 1 multivitamin, 500mg. Vitamin C, 400i.u. Vitamin E. Please use this as a guideline, and by all means, check with your physician prior to any form of supplementation.

Especially be aware of vitamins, minerals and other supplements that are contraindicated due to medications that we may be taking for health related issues. For example, my grandmother presently takes a few common medications for her heart. Her physician has told her to limit her Vitamin K intake. Excessive Vitamin K through ingestion of certain foods and/or supplements could cause potential adverse effects.

If you are currently taking supplements, make sure they comply with USP (U.S. Pharmacopoeia) standards. You will find this stamped (USP) somewhere on the bottle. USP standards simply mean the pill will dissolve sufficiently in your body within 1 hour so that your body can utilize the benefits. There are a ton of supplements that fail to meet USP standards. If you do want a good multi-vitamin that isn't available in retail stores, feel free to contact Bob Westbrook toll free at 877-318-6553. He has a one month supply of Right Choice A.M. and P.M. Multi-Vitamins available for \$30 for Body Symmetry clients. Body Symmetry does not have a financial interest in the sale of this product. I just think his products are of good quality and easy to take. Target also sells a variety of vitamins and minerals that meet USP standards.

Yours in health, Chad Marschik

Goal-Setting by Sara Bateman, M.S., C.S.C.S

2001! A brand new year; a blank slate. Time to make those resolutions, right? For some, making a New Year's resolution is as much a right of the holiday as champagne or football. For others, it's a whole lot of milarky. Whatever side you take, here's something to consider. Everyone has hopes for the coming year. Some are health related, some are personal, and some are career- based. They all have one thing in common, though. They start with an idea - a goal.

A goal is a first step. You wouldn't take a trip to a new city without consulting a map or a travel agent first. If you don't sit down and think about your goals and how to achieve them, you are starting out at a disadvantage.

Take time to **really** consider your goals. While this is simple, it is not always easy. How many of us will take 15 minutes to sit quietly and focus on our own lives? With the busy world going on constantly around us, I would venture to guess, not many. Therein lies the primary problem. There is so much noise out there that no one can hear themselves. Eventually, we get tuned out to even our own responses and thoughts. So, if you can complete this first step, you have conquered a huge part of your task.

The following are some general guidelines to follow once you have come up with a goal.

- **Understand your commitment.** How much do you want to achieve your goal? How much are you truly willing to change to obtain the desired result? What types of challenges do you respond to? This is the time to be brutally honest. Remember, you are setting the bar. No one else needs to know.
- **Write down your goals as positively, precisely, and realistically as you can.** This way you will be able to measure whether or not you are attaining them and you will feel good about what you are doing. Be careful not to bit off more than you can chew. Setting goals that are too broad can take so long to achieve that you lose interest and motivation. If you want to lose 20 pounds, break it down into daily or weekly things you can measure towards that main goal. Once you've completed a daily or weekly goal you will experience SUCCESS!
- **Set goals that are performance-related rather than outcome-related.** Goals based on outcome are extremely vulnerable to things beyond our control, like weather. Instead of saying you will run in the park everyday, say you will do something active everyday. That way when it rains and the park is no good, you don't feel like a failure. Instead you do 30 minutes of housework and your goals has been met ñ SUCCESS!

My challenge to you is to take the time to figure out what it is you want to work toward and give some of your time and attention to mapping out a plan. This time next year, when people are moaning about New Year's resolutions, you can just smile and know that you've got it figured out. SUCCESS!

Spiced Heart Cookies

Calories: 80, Carbohydrates: 15.3g, Cholesterol: 0mg, Fat: 17.g (Saturated 0.2g), Protein: 1.2g, Sodium: 115mg per cookie

1/4 cup plus 2Tbs. reduced calorie softened margarine
2/3 cup sugar
1/4 cup molasses
1 egg white
2 1/3 cups all-purpose flour
1 tsp. baking soda
1/4 tsp. salt
1 3/4 tsp. ground cinnamon
3/4 tsp. pumpkin pie spice
1 Tbs. sugar

Beat margarine at medium speed until creamy; gradually add 2/3c. sugar, beating well. Add molasses and egg white. Combine flour and next four ingredients. Gradually add flour mixture to creamed mixture, mixing well. Shape into a ball; cover and chill for 1 hour. Divide dough into 2 portions. Roll 1 portion between 2 sheets of heavy-duty plastic wrap to 1/4 in. thickness. Remove top sheet of plastic wrap; cut with a 2 in. heart-shaped cookie cutter. Place on a cookie sheet coated with cooking spray. Repeat procedure with remaining dough. Sprinkle cookies evenly with 1 Tbs. sugar. Bake at 350° for 10-12 minutes or until golden. Cool on wire racks.