

# HEALTHLINES

Winter 2003 - Volume 7, Issue 1

## Chad's Corner

Welcome back to Healthlines! It has been over a year since we last published our newsletter, wow, how time flies! We don't have too many changes, other than the names under the staff heading. Betsy Link, Body Symmetry's newest employee, has actually been here for more than a year now. She is a graduate of the University of Iowa with a Bachelor of Science in Health Promotion. Make sure you check out Betsy's great article in this edition of Healthlines!

You will also notice Sara Mansfield's name again. She has moved back into the Springfield area. Sara is maintaining a full-time position as an Exercise Specialist at St. John's Hospital, and has been working part-time at Body Symmetry again. Welcome Back Sara!

The staff of Body Symmetry remains eager to share with you our knowledge of health and fitness. We hope to continue to maintain our many wonderful, long-term relationships for many years to come and wish to build new ones with those of you who will one day cross our path!

Yours in Health, Chad Marschik

## So Long, Stomach Fat *by Betsy Link*

Recently, a number of our clients have expressed interest in losing weight, particularly in the abdominal area. While most of you want to slim down to have "beautiful bikini abs" or a "six-pack," there are even more important reasons to lose the excess weight carried on the stomach. Someone who gains weight in the upper body, particularly the stomach, is at a much higher risk for high blood pressure, high cholesterol, heart disease, diabetes, and particular types of cancers. The reason they are at higher risk is because fat cells in the abdominal area can become very active. With a great deal of excess fat, these active cells are released into blood vessels. The bloodstream eventually deposits these cells in the liver, thus causing health complications. The easiest way to determine if you are at risk for this problem is by determining your waist-to-hip ratio. To determine your waist-to-hip ratio divide your waist circumference by hip circumference and reference a waist-to-hip circumference ratio chart.

To do this you can use two different formulas. The first formula simply uses percentages of your maximum heart rate. To find your maximum heart rate take 220 and subtract it by your age. Then take your maximum heart rate times the percent at which you want to exercise. For example, a 50 year old person would take  $220 - 50 \times .60$  and  $220 - 50 \times .80$ . Their target heart rate range would be 119-145. This method is found on the left hand side of the chart below. The second

way to determine your optimal training heart-rate is by using the heart rate reserve method. To use this method you must find your maximum heart rate (220-Age) and find your resting heart rate. To determine your resting heart rate you should palpate your carotid artery (on your neck) or your radial artery (on your arm), and count the number of heart beats for one minute. Then plug the numbers into the following formula:

$$[(\text{Max Heart Rate} - \text{Resting Heart Rate}) \times .60 \text{ or } .80] + \text{Resting Heart Rate} = \text{Target Heart Rate}$$

If you have any difficulty finding your target heart rate please contact us at 793-9972 and we can help you GET MOVING!!!

### **So, how do you lose fat that has collected in your mid-drift?**

Contrary to popular belief, the answer is not just by doing sit-ups. While sit-ups are great for strengthening the abdominal muscles, they do not reduce the fat that lies over the muscles. In order to lose this fat, you must burn more calories! Most of you exercise at Body Symmetry one or two times a week, some of you even three times, which is an excellent start; however, a great deal of that time is spent doing anaerobic exercises such as lifting weight rather than aerobic exercises such as walking or biking. Weight lifting is a major contributor to losing weight because it increases lean muscle mass, which then increases the amount of calories you burn, but this is not enough. The American College of Sports Medicine recommends that a person exercises aerobically 3 to 5 days a week for 30 to 45 minutes at 60-80% of their maximal heart rate. To determine if you are exercising at the correct intensity, you need to determine your optimal training heart-rate.

### **Quick Chicken Dinner Recipe (Chicken Workout Supper)**

Calories per Serving: 348 Calories

- 4-Md. Potatoes cut into 3/4" cubes
- 1lbs boneless, skinless chicken breasts, cut into 3/4" cubes
- 2 T. Olive Oil
- 1 Cup Prepared Tomato Salsa
- 1 Cup Fresh or Frozen Corn

Place potatoes in shallow 2 quart microwave-safe dish. Cover with plastic wrap venting one corner. Microwave on high 8-10 minutes until just tender. While potatoes cook, in large nonstick skillet over high heat, toss & brown chicken in oil for 5 minutes. Add potatoes, toss until potatoes are lightly browned. Add salsa and corn; toss until heated through. Makes 4 Servings.