

HEALTHLINES

Winter 2006

Chad's Corner

2006 is finally here and that means many of you have already started working to make your New Year's resolutions a reality. Some resolutions we make seem to reappear yearly. I know for me its time management.

For many Americans it's finding better ways to manage ones weight. This probably is the most common resolution and arguably one of the best because it can lead to a healthier, more active lifestyle. Remember, it takes time to achieve any goal, especially if you are trying to lose weight. Shedding even a few pounds may take several weeks to achieve. My rule of thumb for most people is to try and achieve a 1 lb. weight loss each week. So, if you want to lose 10 pounds, give yourself at least 10 weeks. It has been my professional experience that this reasonably slow, methodical approach works best in order to preserve as much lean muscle mass as possible. Preserving lean muscle mass is imperative to keep your metabolism high. An elevated metabolism is quite efficient at burning calories. Conversely, if you lose weight too quickly (typically more than 2 lbs. per week) your metabolism will become depressed which will ultimately decrease your body's ability to burn calories efficiently. This sad state of health will make it much tougher to manage your weight. So, take your time if you want to lose weight, the slower the better.

Sara Mansfield has gone to great lengths to research one of the more widely consumed products by health conscious consumers: Energy Bars! You can't help but notice all of the different ones now available. What's most interesting to me is that not all bars are created equal. Far too many are made with inferior ingredients such as high fructose corn syrup. By reading her article you will learn how to tell the good bars from the bad ones. Just because something tastes good and claims to be good for you, doesn't make it healthy for your body!

Our holiday open house at the new studio was spectacular! Thanks to everyone who came. The turnout was amazing! Special thanks are also in order for Geoff Bland of The Corkscrew for helping with arrangements. The wine and cheese were perfect!

Speaking of the new studio, I am interested in hearing what you think. The feedback and comments have been very positive thus far. Please feel free to share your thoughts on how we can make your experience here the best possible. We have really tried our best to give you a facility that we can all be proud to use!

Yours in Health, Chad Marschik

The Power of the Energy Bar *by Sara Mansfield, M.S.*

BRAND	CALORIES	FAT	FIBER	NATURAL INGREDIENTS	SUGAR	H. F. CORN SYRUP	CARB	PROTEIN
Kashi Chewy Granola Bar	130g	5g	4g	Whole Grains	6g	NO	20g	5g
Luna	180g	4.5g	3g	25% Organic Ingredients	8g	NO	24g	10g
Kasi GO LEAN	290g	6g	6g	Whole Grains	31g	NO	48g	13g
Balance Trail Mix	210g	7g	3g		26g	YES	42g	15g
CLIF Bar	250g	6g	5g	Organic Oats & Soybeans	20g	NO	43g	11g
Nature Valley	160g	4g	3g		13g	YES	28g	3g
Quaker Chewy	110g	2g	1g		10g	YES	22g	2g
Balance Bar	200g	6g	<1g		17g	YES	21g	15g
Genisoy	230g	4g	1g		18g	YES	34g	14g
Jay Robb	230g	11g	6g	No Artificial Sweeteners	1g	Sugar Alcohol	25g	15g
All-Bran	130g	3g	5g		11g	YES	27g	2g

Energy. We all are looking for more in this fast-paced world. We cram so much into one day, that finding time to eat properly to fuel our metabolism becomes a challenge. If you are out and about and need to find a quick meal...good luck. Fast food is about all you'll find.

Enter, the energy bar. These bars have evolved from the original cardboard-like *Powerbar* to glorified candy bars to the "natural" energy bars of today. Needless to say, there are many choices. What is the best? From a health standpoint, we've rated some of the top. Notice the categories and keep them in mind when you are doing your label-reading while you shop. More information = better choices and better nutrition.

Be aware that the marketing powers will make ANYTHING sound beneficial. They may tell you that a certain bar will boost you energy or enhance your athletic performance. Don't fall for the hype. An energy bar should have the right balance of nutrients (low fat usually equals high sugar), as well as natural ingredients. High protein content is sometimes made up of processed by-

products and fillers. Generally the more ingredients you can pronounce and recognize, the better.

Use energy bars as a supplement, not the basis of a balanced diet. Remember, there are better, whole food snacks that you can bring with you too. Try nuts, fruit, or even a hard-boiled egg. These are options that certainly have natural ingredients and no label!

As for taste...to each his own. Our panel of taste-testers couldn't come up with one clear favorite. Whether you want crispy, sweet, nutty or chewy, you can usually find something to fit the bill.



Exercise Spotlight

NECK RETRACTION

Look Forward!

Did you ever notice that a lot of people have their heads down? What is so interesting about our shoes (other than the fact that we all bought new ones after reading our last newsletter). Standing tall in an anatomically correct position (the way we were made), our head should be resting on top of our neck and shoulders. Ideal alignment should have our cheekbones lined up with our collarbones, when viewed from the side. The majority of our day is spent in a hunched over position whether its at a desk/computer, behind a steering wheel or propped up in bed to do some reading. In all of these instances, our heads are tilted forward. Even if this is just a slight tilt, the spine is not aligned properly which forces anterior (front) muscles to work harder to keep the head held up against gravity. Conversely, the posterior muscles of the neck are stretched beyond a workable length. With this, they become weak and are no help at all.

The result? Asymmetry of posture; a gradual degeneration of the cervical spine and lots of pains in the neck. To avoid this or improve posture try to be conscious of how you are holding your head and try this simple exercise many times per day. Remember, there a whole world out there....look forward to it!

Variation #1: Stand or sit tall up against a wall. Imagine you are lifting up your rib cage as you contract your abdominal muscles slightly. Try to place your head in a neutral position, looking straight ahead without lifting or dipping your chin. Relax your shoulders and take a deep breath. Slowly try to slide your chin in, gently pressing the base of your skull into the wall as if you are trying to push a button. Remember, as in any stretch, move slowly and DO NOT stretch to the point of pain. A small amount of muscle tension is normal but pain is not. Carefully return to your starting position. Repeat this 10 times.

OATMEAL FLAX COOKIES

- 1 1/2 cup ground flaxseed
- 2 cups whole wheat flower
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 1/2 tsp. cinnamon
- 3/4 cup egg beaters
- 1 cup brown sugar
- 1 tsp. vanilla extract
- 10 prunes finely chopped
- 1 cup light soy milk or skim milk
- 2 1/2 cups oats
- 1 cup chopped walnuts

Combine ingredients and drop by spoonfuls on a cookie sheet. Bake at 350 degrees about 8-10 minutes.