

NOTES FROM LISA



What a summer of special moments it's been. I thank you for your well wishes for Steve and me for our wedding. We had a fabulous celebration with friends and family in Saratoga Springs, NY and a memorable honeymoon to boot!

I wish you a warm welcome back from summer and an active Fall to come.

Lisa

Shocking Summer!

What happened? We thought eating low fat foods made us thin. We thought taking hormone replacement therapy (HRT) would protect women's hearts and preserve their youth. Who knew?

An article in the Sunday New York Times Magazine on July 7th highlighted some rene-gade thinking where dietary fat is concerned. The article lamented the idea "What if fat doesn't make you Fat?" This article told millions of readers that the low-fat hypothesis has failed the test of time. After hundreds of millions of dollars and 20 years of research, studies on low-fat programs have not proved that they work. Looking at the Atkins Diet - the question was raised; maybe he was right all along, that low-fat eating causes individuals to over-consume high carbohydrate foods, which in turn has contributed to the current epidemics of both obesity and diabetes. *Do carbohydrates make us fat... and fat make us thin?* It may just be a blood sugar, insulin connection too complicated to get into in the article.



According to Katherine Flegal, an epidemiologist at the National Center for Health Statistics, the percentage of obese Americans stayed relatively constant through the 1960's and 1970's at 13% to 14% and then shot up by 8 percentage points in the 1980's. By the end of that decade, nearly 1 in 4 Americans was obese. Meanwhile, overweight children nearly tripled in number. So how did this happen?



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Pop Fitness

According to the "Trendwatch Report", given by IDEA Health & Fitness Source (an international organization that supports the world's leading health and fitness professionals) yoga, Pilates, and Core-Conditioning are the top 3 trends to watch for this year. Along with working on the stability ball, stretching, sport-specific training and dance-based classes including Swing, Ballroom and Latin Dances are on the rise.

Hands down this year, the number one request from our clients is yoga. Maybe it's time we need more balance to our hectic lives

HOT STUFF...

- Yoga
- Pilates
- Core-Conditioning

and lifting weights, running and ab crunches aren't the end-all workouts. Yoga tends to be a strengthening yet centering form of movement.

Another mind-body form of movement in high demand is Pilates. It seems that people are interested in more than just traditional exercise with weights and bands and favoring Pilates. How do you do Pilates in home? No fancy equipment needed. A Mat-Pilates session includes: movements that strengthen and stretch the muscles of the "Core". These include muscles of the abdomen, back, waist and hips. Pilates strengthens and tones muscles without the bulk. See the benefits for yourself, Jacqueline is eager to work a session with you.



We offer all the above. You would be amazed with our varied talents. The trainers complement each other and would be more than happy to work with you from time to time introducing new programs to enhance and spark your next workout.

Shocking Summer!

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We live in an environment of cheap fatty food, large por-

tions, pervasive food advertising and sedentary lives. On top of this, our modern society has successfully eliminated physical activity from our *daily lives*. We no longer walk up stairs, nor do our children bike to school or play outside, preferring to play video games and watch TV instead. Remember when TV was active, when you actually had to get up and switch the channel? Taking the stairs instead of an escalator one flight, cleaning our home instead of hiring someone (even though I love this treat), walking to your co-worker down the hall to speak with them instead of e-mailing; all adds up to less calories burned per day. On top of this fat free foods have entered our lives.

I remember going to visit my family and seeing fat free cream cheese in the fridge. "What in the world is this?" Little by little, fat free cookies started popping up and the big moment came when Hellman's fat free mayonnaise entered the house! "How could this be?" We grew up on the real stuff, my family was normal weight back then and we ate without obsessing on calories. Now, its fat free and we're heavier than ever before! Fat free is not filling and the tendency is to eat more, Fact: extra calories get stored as fat.

Ok, now that I have figured this out. It seems that eating your fruits and vegetables, protein, fat and complex carbs is the answer. Eat moderate portions. What did we know about super sizing when we were kids? Common sense? But I also think moderation doesn't sell books and diet plans.

The other shocker of the summer:

For the more than 6 million women taking hormone replacement therapy it has been a trying summer. The Women's Health Initiative (WHI) study was stopped short because of adverse effects of using HRT (hormone replacement therapy). Caught by surprise were the millions of women taking this drug, physicians writing the pre-

scriptions, and the pharmaceutical companies. The findings don't rule out Prempro (brand name for the HRT used in study) as a short-term remedy for menopausal symptoms. And they don't apply to women who take estrogen without progesterone following hysterectomy.

After observing more than 16,000 women for roughly five years, researchers found conclusively that the hormones in Prempro raise the risk of heart attack, stroke, blood clots and breast cancer. But there were fewer colorectal cancers and hip fractures. The federally sponsored study was supposed to run for eight years, but the five-year results were so decisive that researchers cut it short and urged the participants to stop taking their pills. The decision to end the study came on May 31st, in a periodic look at its data by an expert panel, after women had taken the drugs for an average of 5.2 years; the data had crossed the line. Overall, the groups' risks exceeded their benefits. Women should discuss the matter with their doctors and ask about other ways to address menopausal symptoms and to protect themselves against cancer, osteoporosis and heart disease.

Why did we begin to think that HRT had such a positive effect on women anyway? The question now on the table is, were women healthier on HRT or were healthier women taking HRT? It's sometimes hard to see clearly through the menopause marketing maze.

What we were told one day may not hold true the next. Perhaps the message this summer was, be flexible. Truth be told, it seems that we can't pop the magic pill to make us healthy or eat one type of food to keep us thin.

It seems to be the same mantra we've been hearing all along; eat sensibly, exercise regularly, stop smoking and drinking excessively, wear your seat belt, be around good friends and family, enjoy each moment and laugh. So here's to summer of 2002!

Solo Fitness® Inc.

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Goodbyes and Hellos

Best Wishes:

A change in seasons also brings a change in Solo Fitness. We want to wish **Elizabeth Johnston, Michelle Marroquin** and **Seth Swoboda** much success in their future endeavors. We thank them for their dedication and training expertise these past few years.

Fresh Faces:

Jacqueline Herbach is a Pilates certified instructor in Mat and Reformer; and Yoga Certified in Hatha, Pre-Natal, and Post-partum. She incorporates yoga, Pilates and traditional methods into your workout. She is also a NYS licensed massage therapist since 1986. All of these disciplines together have enabled her to study the body in all its various stages, from athletic to those living with cancer.

Shirleyann Kaladjian combines positive motivation, strength training, stretching, dance, yoga and Pilates to create an individually tailored workout. Shirleyann is an ACE certified Personal Trainer and is from Marymount Manhattan College's Fitness Instructor Program. She has been a professional performing artist for over 15 years and has a strong dance and movement background.



Jacqueline



Shirleyann