



## NOTES FROM LISA

Happy New Year! Hope you have had an enjoyable holiday season.

January brings resolutions - most common - to have more healthy habits than unhealthy ones. What is your resolution? Maybe it's to move more and sit less, to try other forms of fitness - yoga, Pilates, get a massage, take a dance class - or maybe it's to relax a bit more about your exercise routine, and not to get too obsessive about it anymore. Yes, that is a reality for some people.

What ever your resolution is for 2003, may you find contentment in the process and learn something new.

*Lisa*

## An Hour A Day... ...Keeps the Weight Away!

In September 2002, the Institute of Medicine came out with new guidelines on healthy eating and daily physical activity.

The Institute said that because fats, carbohydrates and protein can all serve as sources of energy they can, to some extent, substitute for one another in providing calories. The newly recommended guidelines call for getting 45-65% of calories from carbohydrates, 20-35% from fat and 10-35% from protein. Along with the new ranges, the report also calls for limiting added sugars and increasing the daily intake

of fiber. *All in the name of maintaining a healthy weight!*

The Institute also upped the ainty for daily physical activity. It was reported that it is now necessary to accumulate at least an hour of daily physical activity, twice the amount suggested in a 1996 report from the Surgeon General. The previously recommend half-hour of exercise is insufficient to maintain recommended weight in adults, the study concluded.

*Are they crazy? Are we really eating THAT much that an hour of exercise a day is necessary to keep us at a healthy weight?*

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Our resident Yoga specialist, **Anna Agostino**, led a very interesting extra-gentle yoga workshop. Our goal was to learn how to modify common yoga poses to help our clients with special needs. If you would like to

experience a one-on-one yoga session for yourself, please let us know, Anna is here!



Massage therapist **Lynn Howard** guided us in hands-on relaxation techniques. We learned stretches and massage techniques to incorporate as part of your session. We enjoyed learning first hand how simple techniques can be a won-

derful treat at the end of your session. If you would like to experience an hour massage session please let us know. Lynn is fabulous!

**Christine Zimbelmann** led a wonderfully creative workshop on Bartenieff Fundamentals. This is a series of movement sequences which simultaneously stabilize and mobilize the body. Irmgard Barteneiff worked with Rudolph Laban in the 1920's and was greatly influenced by his theories and principals regarding movement and the body. Her work is

based on his principals of Initiation (paying attention to where in the body a movement begins), Spatial Intent (where the movement travels to in space) and Core Support (the use of deep muscles as opposed to the superficial ones to stabilize and support).



## Training the Trainers

## An Hour A Day...

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Dr. Steven Blair, who now is the director of research at the Cooper Institute in Dallas, a non-profit foundation that studies exercise and health, is not convinced. Some people stay thin with no exercise. Others, like him, gain weight no matter what they do.

With pronounced individual variations in propensities to gain weight, Dr. Blair said, the evidence is insufficient, in his opinion, to say that 60 minutes of exercise a day is needed to prevent obesity.

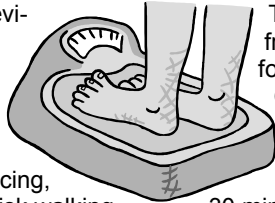
But when it comes to heart health, he and others say, the evidence is convincing, if not compelling, that 30 minutes of brisk walking most days gives most of the benefit that exercise can deliver.

Take a look at a paper by Dr. JoAnn Manson, the chief of preventive medicine at Brigham and Women's Hospital in Boston and her colleagues, in *The New England Journal of Medicine*. Their study involved 73,743 women ages 50 to 79; of

them, more than 12,000 were non-white.

Those who walked briskly for at least 2 ½ hours a week had 30% less heart disease than those who were less active, the researchers report. More exercise was slightly better in terms of health, but almost all of the benefit was achieved simply by going from being sedentary to walking briskly for 30 minutes a day, or doing an equal amount of some other exercise, five days a week.

These findings are consistent with those from other studies, however, they mostly focused on men. That led the American College of Sports Medicine and the Centers for Disease Control and Prevention to issue recommendations that men and women walk briskly for at least 30 minutes most days of the week or get an equivalent amount of exercise by other means, like running, swimming or bicycling.



Does this make sense to you by now? I'm still working on it! And what about strength training? Tune in for our next update in the continuing saga of "how much, how often and how hard?".

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## Lisa Sightings...

Twice this past Fall, Lisa spoke at **Cancer Care** during their lunchtime seminar. **Cancer Care** is a national non-profit organization whose mission is to provide free professional help to people with all cancers through counseling, education, information and referral, and direct financial assistance. Lisa spoke about her most recent book, The Healing Power of Movement; and discussed the benefits of physical activity during cancer treatment. Look for her again in 2003 at Cancer Care on January 23<sup>rd</sup> at 12:30. For more info. Please call Solo Fitness.

### Solo Fitness® Inc.

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Christine Zimbelmann

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## Goodbyes and Hellos

We wish **Marietta Arenberg** wonderful new experiences in Maryland. She has been with us for the past few years working with our older adult clientele. She has been a ray of sunshine for many of our homebound clients. We'll miss you!

**Doug Wentz** comes to us with a background in Physical Education and a Degree in Physical Therapy. Doug has worked extensively with older adults in helping them maintain their strength, balance and coordination. He also specializes in working with handicapped individuals.

**Susan Levitt** received her personal trainer certification from Marymount Manhattan College. She is also an Occupational Therapist and has worked with older adults for over 15 years. Her sessions bring a unique blend of Pilates, yoga, stretch and strengthening exercises for a total body workout.

We welcome back **Ellie Renfield** to our Solo Fitness family. In addition to her being a certified personal trainer for years, she is also a distinguished director and professor in the performing arts. Glad you're back!

Doug



Susan



Ellie

