



Can lifting weight lift your mood?

Feeling blue? Stressed? Full of anxiety? You could reach for the chocolate or go on a shopping spree. But better yet, get on that treadmill or take a spinning class. Regular physical activity can help lift your mood and decrease your stress and anxiety. It can also make you more alert and increase your ability to learn!

Improve your mental health: exercise!

There are so many reasons to exercise – and not all of them are about getting a better body. Working out also enhances your mind. According to a U.S. Surgeon General's Report, regular participation in physical activity appears to reduce depression and anxiety, improve mood and augment the ability to perform daily tasks.

Rob Jackson, a Colorado psychologist in private practice, is a big proponent of exercise for his clients. "I always address exercise, rest and nutrition," says Jackson. "If you plug into those, there is an exponential increase in mental health. Nothing impacts brain chemistry quite like exercise." Jackson often prescribes exercise as a remedy for patients with mild cases of anxiety or depression. "Exercise is a heck of a better deal than anti-anxiety medications, where you can run the risk of addiction." Jackson experienced the healing benefits of exercise firsthand when he was a junior in college and developed a severe case of mononucleosis. The illness prevented him from taking anxiety medication. "After eight weeks of lying flat on my back, I began walking about twenty minutes per day and built up to three miles per day, six days a week," says Jackson. "The exercise helped me recover from my bout with anxiety and depression." Sometimes, the very people who are stressed out, gloomy and unmotivated, who can benefit from exercise, find it hard to get started. How do you solve this dilemma? "You need a vision," says Jackson. "Ask yourself what could I do six months after working out that I am not able to do now, what kind of outlook would it give me? Envisioning the benefit is consistent with any change."

If you can make the leap to regular physical activity, you will reap many benefits for your mental health, including:

Reduced stress

Not everyone struggles with mental health issues, but everyone faces stress in their lives. Dr. Diane Stoler, a sports psychologist, works with her patients to develop emotional and physical flexibility. She advocates exercising to reduce stress: "By exercising, you break the cycle of stress. You're releasing chemicals, changing the brain waves and staying in the present. You are staying focused, not thinking about your next deadline. You can't relax and be tense at the same time."

Stoler says the movement of major muscle groups through exercise can reduce worrisome thoughts that cause stress.

A brighter outlook

Psychologists have found that exercise is a successful alternative for treating depression. Just think what it can do for those who only suffer from an occasional bad mood!

Psychologist James Blumenthal, Ph.D., and colleagues at Duke University conducted studies of patients with major depressive disorders. They were treated with medication, exercise and a combination of the two. The study concluded that patients receiving any of these treatments were significantly less depressed and approximately two-thirds were no longer depressed. Follow-up studies revealed that patients in the exercise group were more likely to be partially or fully recovered than those in the medication or medication plus exercise group.

To attain the psychological benefits of exercise, the Association for Advancement of Applied Sports Psychology states that even a brief walk at low intensity is advantageous. To reduce depression or anxiety, effective exercise programs should last longer than ten weeks and occur three times per week; 15 to 30 minutes per session for depression and 15 to 20 minutes for anxiety.

A sharper mind

"Exercise can also help you to be more alert and increase your ability to learn," says Stoler. "If you are in a relaxed state, you have a better ability to stay in the present and remember things."

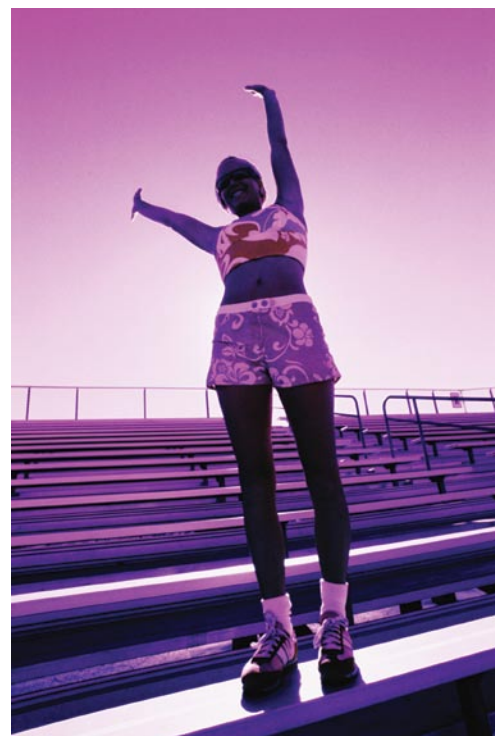
"Exercise creates new synaptic connections. If you don't use it, you lose it," she says. "A person at 70 or older can have the same mental capacity, barring any degenerative disease, that they did when they were younger. Exercise maintains what I call the plasticity of the brain. There is no reason not to think as sharp and fast as you age." Regular physical activity does much more than keep off unwanted pounds. "Exercising the body exercises the mind," says Stoler.

Sources

Association for Advancement of Sports Psychology: Jackson, Rob, MS, LPC, LMHC, NCC

National Center for Chronic Disease Prevention and Health Promotion Psychosomatic Medicine September/October 2000 issue

Stoler, Dr. Diane EdD



It's the right time to plan for your fall training

It's Never Too Late to Get Healthy

By Steven Reinberg, HealthDay News reporter

Even starting in middle age reduces risk of heart disease and death, study shows

Adopting a heart-healthy lifestyle makes a difference, even if the change doesn't come until middle age.

In fact, people who eat right and exercise more can substantially reduce their risk for cardiovascular disease and death even if they're in their 50s or 60s, researchers from the Medical University of South Carolina report.

Consuming at least five fruits and vegetables daily, exercising at least 2.5 hours per week, maintaining a healthy weight and not smoking can lessen your chances of heart trouble by 35 percent, and your risk of dying by 40 percent, compared to people with less healthy lifestyles, according to the report in the July issue of the American Journal of Medicine.

"We call this the turning-back-the-clock study," said lead researcher Dr. Dana E. King. "We want to emphasize that it's not too late to change, and the benefits of a healthy lifestyle don't accrue only to people who have been doing this all along, but you can make changes in your 50s and 60s and have a healthier longer life because of it."

King said his team wanted to test if, once you reach middle age, it's too late to adopt healthy habits and improve your health. "We found that it's not too late," he said. "The benefits were dramatic and immediate, even at age 65."

"Some people in middle age don't change, because they think the damage is done," King said. "In fact, in this study, the chances of dying or having a heart attack were reduced by

a third after just four years of living a healthy lifestyle."

In the study, King's team collected data on 15,792 men and women aged 45 to 64 who took part in the Atherosclerosis Risk in Communities Study.

The researchers found that during four years of follow-up, the benefit of switching to a healthy lifestyle after age 45 became apparent. In addition, the benefit happened even with modest changes in health habits.

Moreover, a healthy lifestyle was beneficial when compared with people with three or fewer healthy habits, not just compared to people with no healthy habits or only one of the healthy habits, King's group found. While people with only three healthy habits had lower mortality, they did not reduce their risk for cardiovascular disease.

Unfortunately, only 8.5 percent of people in the study practiced these four healthy behaviors, and only 8.4 percent adopted these lifestyle changes after age 45.

King noted that men, blacks, those without a college education, those with lower income, or those with a history of high blood pressure or diabetes were all less likely to adopt a healthy lifestyle past age 45.

One expert noted that living healthy reduces your risk of other diseases, too.

"Most experts agree that a health-promoting lifestyle, eating well, being active, not smoking, can cut overall risk of heart disease

by 80 percent, cancer risk by 60 percent, and diabetes risk by 90 percent," said Dr. David Katz, director of the Prevention Research Center at Yale University School of Medicine.

King and his colleagues show that it may never be too late to start over, Katz said. "Healthy living is the most powerful medicine of all. It requires no prescription, and all of the side effects are beneficial, too. It can, admittedly, be tough at times to get there from here, but it's well worth it, and anytime is a good time to start."

Another expert agreed.

"These are very encouraging results," said Alice H. Lichtenstein, director of the Cardiovascular Nutrition Lab and Gershoff Professor of Nutrition at the USDA Human Nutrition Research Center at Tufts University.

"They confirm that adopting heart-healthy behaviors, regardless of age, can lead to clear benefits," Lichtenstein said. "Additionally, by identifying individuals who are more likely to adopt heart-healthy behaviors and who is not, more targeted programs to help the more unlikely ones to change can be developed."

SOURCES: Dana E. King, M.D., Medical University of South Carolina, Charleston; David Katz, M.D., M.P.H., director, Prevention Research Center, Yale University School of Medicine, New Haven, Conn.; Alice H. Lichtenstein, D.Sc., director, Cardiovascular Nutrition Lab, Gershoff Professor of Nutrition, USDA Human Nutrition Research Center, Tufts University, Boston, and vice chairwoman, nutrition committee, American Heart Association; July 2007, American Journal of Medicine

10 easy steps to weight control

Many people find it hard to deal with weight control, opting instead for miracle diets and quick cures. But it remains no secret that the best way to control weight is to consume fewer calories and exercise more. You can't just change your lifestyle habits for a week or two. To successfully manage your weight, you must commit to a lifetime of permanent changes in eating behavior.

The following 10 tips to weight reduction don't involve buying expensive foods or hiring a personal trainer. Instead, they involve common sense.

1. Pan-fry or sauté foods with a non-stick spray or low-calorie butter substitutes. Bake or broil instead of frying.

2. Eat high-fiber foods, such as a bran muffin instead of a donut.
3. Use sugar substitutes in foods and beverages.
4. Order "lite" fare when eating out. Purchase low-calorie foods.
5. Try a meal plan substituting low-calorie, sugar-free foods and beverages for many of the foods currently used.
6. Never skip a meal. Eat three-to-six times a day in smaller portions.
7. Fool your mind and stomach by using smaller plates to satisfy your psychological need for larger portions.

(Hint: Many restaurants already do this.)

8. Eat and chew slowly. It takes 20 minutes for the stomach to tell the brain that it's full.
9. Weigh yourself on a regular schedule, but don't become a slave to it.
10. Reward yourself with non-culinary pleasures. Buy a new outfit. A new pair of shoes. Go see a movie (ignore the snack bar). Workout with a friend. Join a gym. Get a haircut.

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10 tips for exercise success

How many times have you started an exercise program and then just quit going? Well, you're not alone! Many people start with great intentions but soon lose motivation and end up avoiding the gym altogether. We want to see everyone succeed so we've put together 10 tips that we've found useful for starting and sticking with an exercise routine!

1. Choose activities that are fun. Exercise doesn't have to be a chore and the more fun it is, the more likely you are to stick with it.
2. Variety is the spice of life! Don't just find one thing and stick to it... you're guaranteed to get bored eventually. Find a couple of different types of exercise that you enjoy (swimming, biking, weight training, yoga, group exercise classes, etc.) and mix it up!
3. Keep a record of your activities. Set small "achievable" milestones and reward yourself periodically. Nothing motivates and keeps you going like success!
4. Make it a lifestyle! Short-term diets and fitness kicks don't work. Lifestyle changes that become part of your normal routine are important for long-term success.
5. Watch the clock. Pick a time that's convenient and try to stick to it. If you get used to working out before work or walking during your lunch hour, you're more likely to stick with it.
6. Don't be too hard on yourself. If you miss an exercise opportunity, try to work something else in rather than feeling down. If a lunch meeting interferes with your regular walk, go for a walk after dinner.
7. Stay entertained. Music is a great motivator and can make exercise more fun. Mix your own CD's with your favorite music or books on tape and take them along when you're working out. Many people also like to watch TV or catch up on their soaps while on a treadmill. Whatever it takes to keep up with the program!
8. Surround yourself with supportive people. Share your activity with others who want to see you succeed and will be encouraging. It may be a friend, family member, or neighbor. You may run with a co-worker over lunch or find a workout partner. If you're at

the gym at the same time everyday, look for people that may have similar goals, since your schedules are the same, maybe he/she is looking for a workout partner?

9. Slow and steady wins the race. Don't risk injury by pushing yourself too hard too quickly. Start with low to moderate level activities and gradually increase the duration and intensity of your workouts as you become more fit.
10. But... don't get lazy! While pushing yourself too hard is bad... not doing enough is equally bad! There is a fine line between staying on a plateau and providing enough stimulus so your body will grow. You should gradually increase the amount of weight you lift, the length of your cardio exercise, etc. to keep you moving towards your goal. If your goal is overall fitness, you should work up to exercising three or four times per week for 30-60 minutes.

Source: 24hour Fitness. Used with permission.

Exercise: The best medicine

By Sally Squires/ The Lean Plate Club

"Walk two miles and call me in the morning." That's what doctors could soon prescribe if the new leaders of two major medical groups have their way.

"We're trying to get every physician to prescribe exercise," says Robert Sallis, a California physician who recently became president of the American College of Sports Medicine. "Physicians have a moral responsibility to inform patients of the danger of inactivity and the health benefits of being more active."

That's also the message from the new head of the American Medical Association.

"We are in lockstep with them on that concept," says incoming AMA President Ronald M. Davis, who is also the director of the Henry Ford Health System's Center for Health Promotion and Disease Prevention in Detroit. "We need to get doctors to prescribe exercise more and we need to get patients to follow that advice."

More than half of Americans fail to get the

30 minutes of physical activity recommended daily to provide health benefits, according to the Centers for Disease Control and Prevention.

So many Americans are inactive that some experts have coined a new term for it: sedentary death syndrome. The condition helps cut short an estimated 250,000 lives annually, according to Frank Booth, professor of physiology at the University of Missouri. Research suggests that people who are sedentary spend about \$1,500 more annually on medical bills than do their more active counterparts.

"There are also studies to show that they miss more work and are not as productive," says Sallis. Research shows that regular physical activity improves health by cutting the risk of heart disease, stroke, colon cancer, diabetes and high blood pressure. Even brief bouts of activity several times a day can help control weight and relieve arthritis, anxiety and depression.

"Exercise is medicine," Sallis says. "We know

that it works very well. We just don't have the proper way to administer it."

That's where the doctors come in. Sallis is leading the charge to get doctors and other health professionals to ask every patient at every office visit about their exercise habits.

It isn't just activity that doctors are being asked to encourage. Harvard Medical School and the Culinary Institute of America recently teamed up to teach physicians to cook more healthfully for their own personal consumption.

The theory is that by teaching doctors how to cook, they may be more likely to encourage their patients to do the same. Harvard also is considering establishing teaching kitchens in hospitals. The goal would be to take patients who have recently been diagnosed with diabetes, heart disease or other nutritionally related conditions, and show them how to make healthier meals.

Source: 24hour Fitness. Used with permission.

Kettlebell anyone?

By Alex Dupré, Exercise Specialist Supervisor at Mansfield Athletic Club

What is a 'kettlebell'?

A 'kettlebell' is a traditional Russian cast iron weight that looks like a cannonball with a handle. It is regarded by many as the ultimate tool for extreme all-round fitness.

The kettlebell goes way back, it first appeared in a Russian dictionary in 1704.

Why train with kettlebells?

The answer is simple: because they deliver extreme all-round fitness, and no single other tool does it better.

Kettlebell workouts increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements. If you are looking for a workout that will burn fat, tone muscle and push your endurance through the roof, you have found it. Liberating and

aggressive as medieval swordplay, kettlebell training is highly addictive.

Am I kettlebell material?

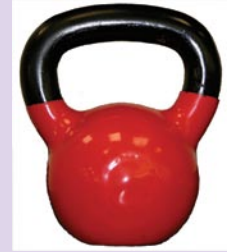
Kettlebell training is extreme but not elitist. At the 1995 Russian Championship the youngest contestant was 16, the oldest 53!

The kettlebell has become a hit among those whose life depends on their strength and conditioning. The Russian Special Forces personnel and the elite of the US military owe much of their wiry strength, explosive agility, and never-quitting stamina to kettlebells.

It has recently taken off in popularity among people from all walks of life: martial artists, athletes, and weekend warriors. No matter what you are training for: a better looking body, strength or endurance, etc, kettlebell training will help you achieve your goals.

How do I learn to use the kettlebell?

The kettlebell is for serious workout fiends. It is not a Barbie toy! Treat your kettlebell lifting with the utmost care, precision and respect. To learn how to execute the exercises correctly, the kettlebell is used exclusively in private training sessions. We are not responsible for you boinking yourself on the head or dropping it on your feet, so please lift at your own discretion! For more info contact Alex by e-mail at adupre@clubmansfield.ca.



The Chefs' Corner

by Derek Dammann,
Executive Chef
at Le Café du Club

Grilled Veal Chops with summer squash gratin and salsa verde

Serves 6

6	free range Charlevoix veal chops, about 10 oz. each
1 tbsp	rosemary leaves
1 tbsp	thyme leaves
2 cloves	garlic, smashed
3 tbsp	extra virgin olive oil
1 bunch	arugula, cleaned
Salsa verde	recipe follows
Summer squash gratin	recipe follows
	Maldon sea salt and freshly cracked black pepper to taste

Note: you can marinate the veal overnight, make the gratin ahead of time and bake it when you are ready to light the grill. You will need 1 ½ recipes of the salsa verde for this dish.

Season the veal chops with the rosemary, thyme, garlic and olive oil. Cover and refrigerate for at least 4 hours, preferably overnight.

Pull out the veal at least 30-45 minutes before you cook it to allow it to come up to room

temperature. Light the grill.

When the grill is ready, season each side of the veal generously with the salt and pepper. Place them on the grill and cook 4-5 minutes on each side, rotating a couple of times on each side, to sear nicely. Cook until medium rare to medium.

Scatter the arugula on a large platter, and place the veal chops on top. Spoon a tablespoon of salsa verde over each one, and drizzle a little more over the greens. Serve the gratin on the side.

Summer squash gratin with salsa verde and gruyere

2 lbs	summer squash
1 ½ cups	fresh breadcrumbs
3 tbsp	unsalted butter
¾ cup	sliced shallots
1 tsp	minced garlic
1 tbsp	thyme leaves
½ cup	salsa verde
1 cup	grated gruyere cheese
	Sea salt and freshly ground black pepper to taste

Preheat the oven to 400F.

Cut the squash into 1/8-inch thick slices. If you are using zucchini, slice them on the diagonal. Toss the slices in a bowl with 1 tsp of salt and let them sit for 10 minutes.

Place the breadcrumbs in a bowl. Heat a sauté pan over medium heat, add the butter and cook for a few minutes until it smells brown and nutty. Pour the butter over the breadcrumbs.

Toss well.

Drain the squash and transfer it to another bowl. Add the shallots, minced garlic, thyme, ½ cup of salsa verde and some pepper. Toss to combine, and add the cheese and half of the breadcrumbs. Toss again and taste for seasoning.

Place the squash in a decorative 9 by 9 inch gratin dish, scatter the remaining breadcrumbs over the top, and bake for 30-40 minutes, or until the squash is tender and the top is crisp.

Salsa verde

1 tsp	marjoram or oregano
¼ cup	coarsely chopped mint
1 cup	coarsely chopped Italian parsley
¾ cup	extra virgin olive oil
1 small	garlic clove
2	anchovy fillets rinsed
1 tbsp	capers, rinsed
½	lemon, juiced
	Freshly ground black pepper to taste

Using a mortar and pestle, pound the herbs to a paste. Work in some of the olive oil, and transfer the mixture to a bowl. Pound the garlic and anchovy, and add them to the herbs. Gently pound the capers until they are only partially crushed, and add them to the herbs. Stir in the remaining oil, black pepper and lemon juice. Taste and adjust the seasoning accordingly.