



An Employee Support Program. Results guaranteed at ...200%

By Steve Prud'Homme, Mansfield Athletic Club Fitness Director



As a leader in your field, your main goal is to be effective and have a team that reflects the very image you project. You want to have a dynamic, energetic, hard-working team that can and wants to give you that little something

extra when you ask for it. With this in mind, the physical, psychological, and emotional health of your employees must now be an important aspect in your annual planning.

Do a test. Take the time to observe several of your employees for five minutes. Do they seem healthy? Are they overweight? Do they smoke? Do they seem tired? Do they seem focused in their work? Do they appear motivated? These are only some of the visible signs that can be observed in a few seconds. Imagine if you were to have your team undergo more in-depth tests. You would certainly be surprised to note that your company is not as "healthy" as you thought.

More than one out of five people in Canada suffers from high blood pressure. Stress accounts for 30 to 40% of all absences at work. Psychological and psychosomatic problems cause 60% of long-term disabilities and 75% of work-related accidents are attributed to fatigue, employees' low concentration and poor physical conditioning. Taking all these factors into account small, medium and large businesses are interested in focusing more on what is happening within the confines of their own workplace. According to studies conducted by the CSST, each employee in Québec costs their employer, on average, \$350 per year in absenteeism.

Studies show that when you have a healthy team, performance naturally improves, a better quality of life at work is created, absenteeism and disability decrease, and work-related accidents are prevented.

Training

Employees need to be trained on getting to know themselves better, on understanding why they need to eat properly, and on why exercise is so important. Major issues that need to be broached are how to manage stress and time, and how to react in the event of an emergency. They need to be taught the importance of adopting a healthier lifestyle.

This training can take many forms.

Certain companies, like the Mansfield Athletic Club, now offer an employee support program. Their expert advisors, specialized in various areas, actually go to your company and use different pedagogical methods to instruct your employees. These expert advisors administer tests, conduct lectures, lead workshops, and give talks. They also follow up with employees who so request, in order to bring to fruition certain targeted objectives. This is all done at the pace that you determine to be the most appropriate for you, your company, and your employees.

For some entrepreneurs, registration in an employee support program may appear to be a needless expense, but studies show that each

dollars. Seen from this perspective, the risk resides in not registering in such a program.

A balanced environment

If you show your employees that you take their physical, psychological, and emotional health seriously by giving them the appropriate tools to take care of themselves, you will reap double the benefits.

Think health! It isn't necessary to become a marathon runner or Mr. Universe. Strive to achieve a balance between your work, family, and recreation. Health is the only thing in the world that has been handed to us on a silver platter. So why not maximize the return on an investment that costs nothing in the first place? You have the power to change and inspire others and, in return, others will inspire you. Nothing in the world is more satisfying than knowing that you made a difference in someone else's life. Thinking health is a lifestyle that should become second nature. Your health and the health of your company are at stake. Invest in them.

If you want more information on our services, please call Valerie Potvin at 514.390.1230.



“Glycemic load” of diet has no effect on weight loss

NEW YORK (Reuters Health) - When it comes to losing weight, the number of calories you eat, rather than the type of carbohydrates, may be what matters most, according to a new study.

The findings, published in the American Journal of Clinical Nutrition, suggest that diets low in “glycemic load” are no better at taking the pounds off than more traditional, and more carbohydrate-friendly, approaches to calorie-cutting.

The concept of glycemic load is based on the fact that different carbohydrates have different effects on blood sugar. White bread and potatoes, for example, have a high glycemic index, which means they tend to cause a rapid surge in blood sugar. Other carbs, such as high-fiber cereals or beans, create a more gradual change and are considered to have a low glycemic index.

The measurement of glycemic load takes things a step further by considering not only an individual food’s glycemic index, but its total number of carbohydrates. A sweet juicy piece of fruit might have a high glycemic index, but is low in calories and grams of carbohydrate. Therefore, it can fit into a diet low in glycemic load.

However, the effort of figuring out what’s an allowable carb might not be worth it, if the new study is any indication.

Principal investigator Dr. Susan B. Roberts, of Tufts University, Boston, and colleagues found that a reduced-calorie diet, whether glycemic load was high or low, was effective in helping 34 overweight adults shed pounds over one

year.

Study participants who followed a low-glycemic-load diet ended up losing roughly 8 percent of their initial weight, as did those who followed a high-glycemic-load diet.

“The bottom line is that in this study we don’t see one single way to eat that is better for weight loss on average,” Roberts told Reuters Health. Of course, that doesn’t mean “anything goes” as long as you’re cutting calories.”

A super-sized serving of French fries won’t do any dieter any good, she noted.

Both diets her team used in the study were carefully controlled. For the first 6 months, participants were provided with all the food they needed, and both diets were designed to cut their calories by 30 percent while providing the recommended amount of fiber, limiting fat and encouraging healthy foods like fruits and vegetables.

The comparable outcomes suggest that,

among healthy diets, no single one stands out as better, according to Roberts. So the focus should be on calories, rather than specific foods to avoid or include.

“Focusing on calories is something we need more of, especially when portion sizes are so absurd,” Roberts said, referring to the portions served at so many U.S. restaurants.

This doesn’t mean, however, that there’s no place for diets that focus on glycemic load, according to the researcher. Some studies, for example, have found that low-glycemic index foods might help control blood sugar in people with type 2 diabetes.

And in their own research, Roberts said she and her colleagues have found that low-glycemic index diets do seem more effective for overweight people who naturally secrete high levels of the hormone insulin, which regulates blood sugar.

SOURCE: American Journal of Clinical Nutrition, April 2007.



Acupuncture and Chinese Medicine - Treatment for hay fever

By Guillaume Gagon, acupuncturist at Club Mansfield

According to a clinical trial conducted in Germany, acupuncture and Chinese herbs used in conjunction with classic drugs can dramatically reduce hay fever symptoms.

Fifty-two individuals aged 20 to 58, who were suffering from mild to moderate hay fever symptoms (seasonal nasal allergies), participated in the study. Researchers randomly formed two groups of 26 subjects. Over a period of six weeks, one of the groups received one session of acupuncture treatments per week while consuming daily decoctions of Chinese herbs, while the other group received a placebo. The Chinese

medicine treatment was half standardized: it consisted of a basic treatment common to everyone, added to which were several variants based on the individuals’ needs, following a diagnosis proposed in Chinese medicine. The placebo was comprised of acupuncture sessions, in which needles targeted the wrong spots, and of plant decoctions without therapeutic effects.

At the end of the study, 85% of the subjects in the group treated with Chinese medicine noticed that their symptoms had improved, compared to 40% in the placebo group. Chinese medicine also improved the participants’ quality of life more so than did the placebo. During the study, the subjects could continue to take their usual medication for hay fever.

Use of these drugs declined slightly in the group treated with Chinese medicine, but not dramatically from a statistical standpoint.

Researchers suspect that the therapeutic effect of acupuncture and pharmacopoeia would have been even more significant had the study been conducted over a longer period of time and had the Chinese medicine treatments been entirely individualized, as is the case in customary practice.

Hay fever is often revealed by sneezing, a runny nose and itchy eyes. Symptoms appear during the flowering times of plants (ragweed, hay, birch, etc.) beginning in the spring and ending in the fall.

Death To Robot

Ditch the bored, robotic routine with these trainer-tested strategies for injecting more life into your gym time

By Suzanne Schlosberg

Marathon runners visualize crossing finish lines. I visualize Law & Order... literally. Turn on the NBC crime drama, and I can rock the treadmill for the show's full hour, my mind immensely entertained, my body intensely challenged. It's an irresistible combo, the gym equivalent of downing death-to-chocolate cake, the thing that gets me through and keeps me coming back for more.



Exercise scientists call my strategy disassociation. "Research consistently shows that people who are able to disassociate themselves from what they're doing while they're exercising enjoy their workouts more than those who can't," says Kevin Masters, Ph.D., director of clinical training in the psychology department at Syracuse University in New York. And people who don't enjoy their workouts? They tend not to work out as long or as often as those who do, says Masters.

Here are more strategies guaranteed to shake up a boring, robotic routine, and help you burn more calories, shed more pounds, and climb to the next fitness level faster. Assistant DA Jack McCoy himself couldn't craft a more convincing closing argument.

Go hard. "Intensity always trumps boredom," says Edmund Acevedo, Ph.D., Chair of the Department of Health and Human Performance at Virginia Commonwealth University. Step it up once or twice a week. "Demand more mental energy from yourself," he says, "and you'll feel more energetic physically."

Get concrete. Instead of mustering up vague ambitions like "get in shape," aim to run a specific event or survive an entire kickboxing class. "You have to create concrete value in the pursuit of fitness," explains Tony Goodrich, fitness manager at the Paseo Padre 24 Hour Fitness in Fremont, California. It's that value that will keep you going on the machine.

Try a trainer. It's impossible to be bored when someone is cheering for you; just ask a high school quarterback. Besides you needn't hire a trainer for life: A few start-up sessions and then a tune-up every few months will keep you progressing.

Plan ahead. "Athletes never walk onto the field and wonder, 'What am I going to do today?'" says Kris Mukherji, fitness manager at the Downtown La Jolla West 24 Hour Fitness in La Jolla, California. "Likewise, you should never set foot in the gym and wander around looking at what is available." No structure equals no commitment. See a trainer if your routine feels rudderless.

Keep it short. "You shouldn't be in the gym for more than an hour, at most an hour and a half," says Mukherji. "Get in there, keep moving, and get out." The most intense and most diverting workouts are usually the busiest ones, he says. Between weight-training sets, jump rope for a minute or do ab exercises. Maintain your momentum—so you don't lose interest.

Recording results. Every 3 to 6 months, write in a notebook how many pounds you can squat or how many beats your resting heart rate has dropped. "Results are addictive," says Goodrich.

Source: YOU24. Used with permission.



The Chefs' Corner

by Derek Dammann,
Executive Chef
at Le Café du Club

Roasted Lemon and Poppyseed Muffins

Makes about 24 muffins

2 cups sugar
2 cups unsalted butter at room temperature
8 eggs, separated
4 cups all purpose flour
4 tsp baking powder
2 tsp sea salt
1 cup roasted lemon juice (about 7 lemons worth)
2 tbsp lemon zest
3 tbsp poppyseeds

Halve the lemons and roast them in a 350oF oven, cut side down, until nicely caramelized (about 25 minutes). Remove and cool.

In the bowl of an electric mixer, whip the butter and 1 ½ cups of the sugar until pale and fluffy. Add the egg yolks 1 at a time.

Sift together the dry ingredients and add to the mixture 1 cup at a time until fully incorporated. Stir in the lemon juice, lemon zest and the poppyseeds.

In a separate bowl whisk the egg whites until foamy. Add the remaining sugar and continue to whisk until soft meringues form. Gently fold ½ of the whites into the batter mixture to loosen it, then gently fold in the rest.

Divide the batter among prepared muffin tin molds and bake in a 325F oven for about 25 minutes, or until a toothpick inserted into the center of the muffin comes out clean. Allow to rest for 15 minutes before turning out.



People who exercise regularly may be less likely to develop Parkinson's disease

People who exercise regularly may be less likely to develop Parkinson's disease -- but leisurely strolls may not be enough.

That news comes from a study of more than 143,300 U.S. men and women who were followed from 1992-2001.

When the study started, participants were, on average, 63 years old. They reported their weekly hours of light exercise (walking or dancing) and moderate to vigorous exercise (jogging, running, swimming, bicycling, playing tennis or racquetball, or doing aerobics or calisthenics).

A total of 413 participants were diagnosed with Parkinson's disease by the end of the study.

The most active participants were the least likely to develop Parkinson's disease in the next decade, according to the researchers, who included Evan Thacker, SM, of Harvard School of Public Health.

Exercise and Parkinson's

"The most important thing we learned from this study was that high levels of moderate to vigorous recreational physical activity were associated with lower Parkinson's disease risk," Thacker tells WebMD. "Those with the highest levels of recreational physical activity at the beginning of the study had a lower risk of getting Parkinson's disease over the next 10 years, compared to the people with low levels of recreational physical activity or none at all," says Thacker.

Thacker will present the study in Boston on May 1, 2007 at the American Academy of Neurology's 59th annual meeting.

How Much Exercise?

The drop in Parkinson's disease risk was only seen in people who got a lot of moderate to vigorous exercise. "People who reported the highest levels of recreational physical activity in the study were doing about the equivalent

of 5-6 hours of aerobics or 3-4 hours of lap swimming each week," says Thacker. "Their Parkinson's disease risk was 40% lower than the people who reported zero physical activity, or only light activities like walking," he says.

Exercise Intensity Mattered

"Light physical activity such as walking or dancing was not related to Parkinson's disease risk at all," says Thacker.

"On the other hand," he says, "higher participation in moderate to vigorous activities such as biking, lap swimming, jogging, etc., was associated with lower Parkinson's disease risk." No particular form of moderate to vigorous exercise stood out as being best.

"The amount of time spent and the overall level of intensity were more important than the specific activity," says Thacker.

Study's Limits

The study was purely observational. That is,

participants weren't asked to exercise.

The researchers considered participants' age, gender, and smoking, but they can't rule out the possibility that other factors influenced the results.

Thacker and colleagues aren't blaming Parkinson's disease on insufficient exercise. Their study also doesn't promise that exercise will prevent Parkinson's disease.

Many factors may affect the odds of developing Parkinson's disease, and doctors often don't know precisely why someone develops Parkinson's disease.

"Our study is just one piece in a complicated puzzle of discovering what might prevent Parkinson's disease," says Thacker.

SOURCES: American Academy of Neurology's 59th Annual Meeting, Boston, April 28-May 5, 2007. Evan Thacker, SM, Harvard School of Public Health.

Are you interested in possibly improving your cardiovascular capacity (VO2max)?

The Mansfield Athletic Club Health Clinic is currently conducting research to assess the impact of osteopathic treatment on the improvement of VO2max.

Participants of the study will receive at no cost:

- 2 cardiovascular capacity (VO2max) tests at our Peak Center for Human Performance
 - An osteopathic consultation
- *Total value of \$390.00.

The study takes place over a 5 day period:
Day 1: VO2max cardiovascular treadmill test
Day 2: Osteopathic consultation

Day 3: No intervention

Day 4: No intervention

Day 5 or 6: VO2max cardiovascular treadmill test

Participants are expected to refrain from exercise other than the 2 treadmill tests during this 5 day period.

Primary Investigator: Faisal Naqvi, CAT®, GRT

For more detailed information please contact Elizabeth Anderson at the Mansfield Health Clinic at 514-390-1230 ext 253.

Live Right, Now

6 secrets from inside the lab for leading a long and healthful life outside it.

1 Pick This. According to researchers in Japan, consuming wakame, a brown seaweed frequently used in Asian cuisine and available in most health-food stores, may help you shed fat and reduce your risk of diabetes. The trade-off: You have to eat brown seaweed.

2 Get Your Freak On. Researchers in Mexico found that dancing is great for developing aerobic capacity. Slow dancing 7th-grade style (you know, that awkward hug and barely perceptible side-to-side shuffle) doesn't count.

3 Splurge on Virgin. Extra-virgin olive oil maybe worth its price tag, say Spanish researchers. Thanks to its higher content of antioxidants and heart-healthy monounsaturated fat, extra-virgin olive oil is more effective at preventing heart disease than refined olive oil.

4 Woo Her With Chocolate. Jewelry might work when she's young, but for a more, er... , experienced woman, a better gift may be chocolate, say researchers. Among the health benefits of flavanol-rich dark chocolate: improved blood flow in post-menopausal women.

5 Pump it Up. After following the lifestyle choices of 22,000 men for 14 years, Harvard researchers found that exercise, maintaining a healthy weight, and not smoking are strongly correlated with a decreased risk of erectile dysfunction.

6 Try Thai. People with a family history of colon cancer may want to head out for Thai food say scientists at John Hopkins, who recently tested the anti-cancer properties of curry and onions. The good news? Fewer cancerous polyps. The bad? Your breath. Ew.