



## Preview

### SPIN FOR TEENS

Sunday, November 25



Make a difference in the life of a teenager. Join the McGill Cardiovascular Health Improvement Program (CHIP) and the Mansfield Athletic Club for an action packed SPIN for TEENS event on Sunday, November 25, 2007. Share a bike or, if you're up for the challenge spin for the full 3 hours. Proceeds will benefit the CHIP for Teens summer program and other CHIP initiatives. [www.chiprehab.com](http://www.chiprehab.com).



## Please Note

Monday October 8<sup>th</sup>

The club will be opened from 8:00 am to 8:00 pm.

All classes starting before 8:00 am or ending after 8:00 pm will be cancelled.

## Snacks that energize you

Snacking doesn't deserve its bad reputation. A healthy snack with limited calories can energize you and even help you eat less at meals. Even the American Dietetic Association recommends it: "If your energy level takes a nosedive every afternoon, take a snack break to give yourself a boost. People often feel guilty about snacking, but healthful eating between meals can be a real bonus." "Going too long without food, letting yourself get too hungry, leads to making poor eating choices such as foods high in simple carbohydrates," says Neal Spruce, CEO and founder of Apex Fitness. So snack before you're famished and don't forego snacks, or you'll eat too much at meals.

### The best and the worst

Of course, snacking should have guidelines. "The worst possible snack is straight carbohydrates on an empty stomach. If you eat something like a cupcake, initially you'll get a sugar rush and then soon become tired," Spruce says.

"These kind of snacks bring rapid ups and down in blood sugar levels." And they're not very nutritious. Spruce recommends energy bars and drinks because they're structured for athletes and exercisers. Plus they're prepackaged, which makes portion control easy. But he cautions not to snack immediately before vigorous activity. "I coach kids' football. For the best performance, I instruct the kids to eat a big meal three hours before the game and then eat an energy bar 45 minutes before the game. This gives them ongoing energy." Liquid energy drinks don't take as long to digest; drink those up to 15 minutes before working out.

"About the only thing I recommend before a workout, other than energy bars or drinks, is non-fibrous fruit. That also should be eaten 45 minutes before the workout," Spruce says.

### The perfect formula

In general, the profile of a good snack consists of: 25 grams carbohydrates, 8 to 15 grams protein and up to 5 grams of fat. Calculate .5 to .9 grams of carbohydrate per pound of body weight and eat only low to moderate protein or fat. For example, a 150-pound person should have from 30 to no more than 75 grams of carbohydrates in their energy meal; on the lower side for the moderately active and higher

for the very athletic or endurance athlete.

Longer cardio sessions warrant higher carb snacks, while anaerobic activity, such as lifting, doesn't require a lot of carbs.

No matter how healthy your snack, you still have to watch those calories. Spruce recommends anywhere between 150 to 250 calories, based on your size and how hard that you work out. If you're unsure about the amount of calories in your snack, check the nutrition label, consult with your trainer or use a calorie calculator like the one found at The Calorie Control Council.

"Whatever your total calorie intake goal, that's the number that you have to work with," says Spruce. "If it's 2000 total calories, you'll have to subtract the 200 calorie bar you're eating before the workout." But that calorie investment is well spent. "Snacks help satiate you so that you don't overeat at meals."

Always remember to work within your calorie limit. Besides causing weight gain, eating too much can sap your energy!

### Pre-workout snacks

- Energy bars
- Energy drinks
- Small amount of fruit, such as half a banana

### Snacks for days when you're not working out

- Cottage cheese with fruit
- Bagel with low-fat peanut butter
- Cup of non-fat plain yogurt with fruit
- Low-fat cheese on wheat crackers



It's time to get your Mansfield Athletic Club Sports bag!

# How many calories do you really need to eat?

What's the secret to losing weight? The answer's simple: start counting those calories. Science tells us that if you consume more calories than your body is able to burn, you'll gain weight. So transform your body into a lean, mean calorie-burning machine by exercising and watching what you eat.



## Dieting dangers

As long as there is food, there will be diets. Going on a diet is often spurred by different events, such as looking good for a wedding or reaching a milestone birthday. Instead of incorporating healthy habits to lower and maintain their weight, many people jump on the dieting bandwagon for a quick fix.

## Determining your calorie needs

Knowing exactly how many calories your body needs can make or break your fitness goals. Guessing may be enough for some people, but most of us need concrete numbers to follow. Here's a "no brainer" way to figure out your calorie consumption using the high-school algebra you thought you'd never need.

Your total calories needs includes your resting energy needs (basal metabolism) and the calories you use during various activities. Your metabolic calorie needs include breathing, heartbeat, food digestion, etc. and count for 60-70% of your total daily calorie needs! These needs vary depending on your gender, height, weight, age and the amount of lean body mass

(muscle) you have.

Use the information below to calculate your resting energy needs. Before you start, you'll need to know your body weight in kilograms. You can calculate this by dividing your weight in pounds by 2.2. Use that number in the calculations below:

Determining basal calorie needs for men	
Age	Calculation
10-18	17.5 x weight in kg, then + 651
19-30	15.3 x weight in kg, then + 679
31-60	11.6 x weight in kg, then + 879
Over 60	13.5 x weight in kg, then + 487

Determining basal calorie needs for women	
Age	Calculation
10-18	12.2 x weight in kg, then + 746
19-30	14.7 x weight in kg, then + 496
31-60	8.7 x weight in kg, then + 829
Over 60	10.5 x weight in kg, then + 596

Now that you know how many calories you need for day to day living, you can add more calories for your daily activities. Choose the intensity level that best fits your daily routine and multiply that by the hours you do it.



Below are calorie burning ranges for common activities.

Determining calorie needs for various activities		
Intensity	Calories/Hour	Example
Very light	80-100	Seated or standing activities like: school, office work, driving, cooking, typing, etc.
Light	110-160	Casual walking (2.5-3.0 MPH), housecleaning, light manual labor (electrician, mechanic, carpenter, etc.), gardening/yard work, golf, etc.
Moderate	170-240	Fast walking (3.5-4.0 MPH), cycling, skiing, dancing, weight training, etc.
Heavy	250-350	Running, heavy manual labor (digging, hoeing, etc.), basketball, climbing, football, soccer, etc.
Very Heavy	350 and up	Professional athletic training.

Figure out how many calories you use during other activities throughout the day. For example, if you work at a desk all day, you burn between 80 and 100 calories per hour during your work day. If you lift weights for an hour and run on the treadmill for 30 minutes after work, add another 300 calories. Add the calories from the activities you do to your basal metabolic needs and you have your total daily caloric expenditure.



## Adjusting calories to reach your goal

If your goal is to maintain your current weight, you eat enough calories to fuel your daily needs. If you want to lose weight, you should create a 500-calorie deficit everyday for safe and healthy weight loss. This calorie deficit should be a combination of increased exercise and lowering your calorie intake. If your goal is to gain weight, you should add 500 calories per day from quality foods that will give your body the additional calories and nutrients it needs to add healthy weight.

Keeping track of your eating habits and calorie intake is more effective than just "watching what you eat." Most people are surprised at how unhealthy their "healthy" diets really are.

Try keeping track of your exercise and diet (be honest!), then make changes so your eating plan can help you reach your health and fitness goals. Over time, you'll get used to keeping track of what you eat and will be able to do it without much thought. It's a small price to pay for health and fitness, and you're worth the effort!

## Lifestyle disease death may double by 2015

SEOUL (AFP) — World deaths from “lifestyle” diseases will double by 2015 unless all-out efforts are taken to combat them, the World Health Organization (WHO) warned.

It said about 17 million people die prematurely each year as a result of the global epidemic of largely preventable chronic diseases, the leading cause of death in the world today.

High on the list are cardiovascular diseases, mainly heart disease and stroke, cancer, chronic respiratory diseases, diabetes and obesity.

“Unless national interventions are urgently taken to reduce the prevalence of chronic diseases, 36 million people will die of these diseases by 2015, nearly half of them before they turn 70,” said Shigeru Omi, director of the WHO regional committee for the Western Pacific.

In 2005 the WHO set a global goal of reducing the projected trend of chronic disease death rates by two percent each year until 2015.

The vast majority of cases are caused by a small number of known and preventable risk factors. Three of the most important are unhealthy diet, physical inactivity and tobacco use, the WHO said.

Omi called for a “whole-of-society” approach to prevention. “All sectors, from government to private enterprises, civil society and communities, will have to work together,” he said.

Regional health ministers urged national leaders to be role models for healthy lifestyles, including encouraging people to eat nutritious local food.

The ministers also called for better strategies to reduce non-communicable diseases.

Strengthening health services that are under pressure from the growing burden of non-communicable diseases is also part of the “whole-of-society” approach, the WHO said.

In line with this, regional health leaders will meet in Singapore in November to identify solutions.

## Ask the expert - Dimples To Die For

*I am 41 years old and my upper legs need some help. What is the best way to work from the knees up to build some muscle and get rid of the dimples on the inside of my legs, right below my butt and a little above the knees?*

Those “dimples” that you see are merely fat. Fat is just energy that your body stored because it hasn’t used it yet. Doing exercises that specifically target your problem area will help to lose all over fat but aren’t going to remove fat from only that area. What you need to do is burn calories! Unfortunately, you can’t tell your body where to lose fat (boy wouldn’t that be nice) but you can maximize fat loss from all over. Here are the major considerations for your specific question and should be considered in every health and fitness program.

Proper food intake is vital to maintain your energy, health, and satiety (not being hungry). In order to lose body fat, you must take in fewer calories than you use in a day. This will force your body to get the energy from somewhere, stored energy, FAT! To maximize your ability to do this, knowing how many calories you use in a day is very important. Also, the percentages of proteins, carbohydrates, and fats that give you the most energy will enable your body to function better and, of course, use more energy. Eating smaller more frequent meals is also helpful.

Cardiorespiratory exercise is another factor to consider. It is a great way to increase the

calories you use in a day. Perform cardio activities that require standing versus sitting (you use more calories standing than you do sitting). Change the type of cardio every 2-3 weeks, and within those weeks, try to increase the difficulty. You should be able to talk during the exercise, but it should be labored.

Are you taking, at minimum, a multivitamin and mineral formula? This supplement will help you to maintain optimal nutrition levels especially during an increased activity level (exercise). Make sure that any supplementation you use is (1) based on the foods you eat (2) part of a program (3) uses a pharmaceutically licensed manufacturer to make the products (4) uses specific delivery systems to ensure your body gets what it actually needs and wants. There are also other supplements that will help you to use more energy all day long to help you lose more fat, faster.

Resistance training is going to be a crucial part of your program too. Lean Body Mass (anything on your body except for fat, muscle is part of it) uses more calories in a day than does fat. So, lifting weights as part of your program will increase your metabolism, thus helping you to potentially lose more fat. If you train with free weights, dumbbells, body weight, cables, balls, or tubing you can have a challenging, safe and fun exercise program. Make it different and you will continue to change. Have fun!



### The Chefs' Corner

by Derek Dammann,  
Executive Chef  
at Le Café du Club

### Apples and pears with endive, radicchio, mint and buttermilk dressing

Serves 8 with some dressing leftover

1 large	egg yolk
½ cup + 2 tbsps	grapeseed oil
2 tbsps	finely diced shallot
1	lemon for juicing
¼ cup	crème fraiche
¼ cup	buttermilk
2	apples
2	pears
1 head	radicchio
2 heads	endive
2 tbsps	sliced fresh mint
1 tbsps	chopped Italian parsley
	Sea salt and black pepper to taste

Separate the head of radicchio and endive into individual leaves. Tear the radicchio into large pieces and leave the endive whole, wash and spin the leaves. Set aside.

Place the egg yolk in the blender and with the motor running, slowly drizzle in the grapeseed oil to form a light mayonnaise. Remove from the blender and set aside.

Finely dice the shallots and combine with the lemon juice, allow to marinate for 5 minutes.

Stir the crème fraiche and the buttermilk together, add this mixture to the shallots and then stir this mixture into the mayonnaise. Season to taste.

Peel the apple and cut the flesh into crescents, do the same to the pears but leave the skins on.

To complete the salad: Combine the lettuce, herbs and fruit in a large mixing bowl. Drizzle a small amount of vinaigrette, season to taste and lightly toss. Arrange the salad onto a large serving platter and drizzle with some more of the buttermilk dressing.

Serve family style.



## Exercise may generate new blood vessels

By MARIA CHENG, AP Medical Writer

VIENNA, Austria - Having a bad heart doesn't mean you can skip exercise, doctors said. In fact, it may even help your heart to repair itself. Research presented at the European Society of Cardiology meeting showed that exercise sparks the creation of new heart vessels.

In a small study of 37 people at Leipzig University in Germany, Dr. Robert Hollriegel found that people with serious heart failure who rode a bike for up to 30 minutes a day for four months produced new stem cells in their bones.



They also had more small blood vessels in their muscles. Those who didn't exercise had no change in their vessels or muscles.

Most patients with heart failure are over 70 years old, and some can barely walk a few steps without stopping for rest. Doctors think that even these patients would benefit from light exercise such as walking or cycling. To ensure that patients will be able to handle a certain level of physical activity, doctors conduct a test first to determine their maximum limits and to ensure they would not be exceeded. Some exercise regimens also are supervised by health professionals.

"We're not talking about patients with acute heart problems," said Dr. John Cleland, a heart failure specialist at the University of Hull in Britain who is spokesman for the European Society of Cardiology. Cleland was not involved in Hollriegel's research.

"This is to prevent people from getting into a cycle of deterioration where they're afraid to exercise and they just avoid any activity that leaves them out of breath," he said.

Physical activity strains the heart's arteries and muscles by sending 10 times the normal amount of blood to the muscles being used. Stem cells then are dispatched to relieve this stress and may repair any damaged parts. If you continue to exercise, these stem cells help the body adapt to the stress, by building new blood vessels and strengthening muscles. But to maintain such benefits, you must exercise regularly.

Cleland said that people with heart failure should exercise to a state where they're breathless at least once a day. Pushing the limits of their heart's capabilities should help make it stronger.

"People think that if they have heart failure, then they're at the end of the road and they can't exercise," said Dr. Freek Verheugt, a cardiologist at the University of Nymegen in the Netherlands. "But this study shows that exercise can work to produce new blood vessels, even in patients with serious heart disease."

Because no drugs exist to produce new stem cells, exercise may be the only method for some patients to rebuild their hearts.

"We are not saying that patients should run marathons, but there is no other way to augment your arteries," said Dr. Francois Carre of Rennes University Hospital in France. "Patients have to exercise if they want that."

Previous studies have shown that people who do physical therapy after a heart attack live longer than those who don't. Experimental studies in rats have also suggested that exercise can even be more effective than statins, drugs that are commonly used to treat heart disease.

Though doctors routinely recommend that patients exercise, it is not an actual treatment. Carre thinks that should change. "We need to write patients prescriptions to exercise the same way we write prescriptions for drugs," he said.

"People have been trying for years to create a poly pill to treat many different parts of heart disease," Carre said. "But that already exists. It's exercise."

## Personal Training

### Top 10 reasons to hire a trainer

By Alex Dupré, Exercise Specialist Supervisor

- 1 Individualized Workouts**  
Everybody is different... so should everybody's exercise program
- 2 Motivation**  
A trainer will know when and how to push you beyond your "comfort zone" to achieve those sought after results
- 3 Safety & Injury Prevention**  
Of utmost importance to the novice exercise enthusiast
- 4 Prevent Unbalanced Development**  
Working your weaknesses will ENHANCE your strengths... a trainer can show you how.
- 5 Effectiveness**  
Are you in decent shape but you have been for quite some time? Make the greatest progress in the shortest amount of time and break through those plateaus.
- 6 Supervision**  
No matter what level, all athletes have a coach or trainer. Everyone makes mistakes and having a watchful eye look over you will eliminate them.
- 7 Goal specific**  
A cyclist should not train like a golfer. Every sport or activity calls for specific training.
- 8 Add variety to workouts**  
The human body adapts quickly to the stresses imposed upon it. If you always do the SAME thing, you will stay the SAME.
- 9 Special Needs Training & Rehabilitation**  
Following therapy, people with serious health issues can more safely exert themselves under the guidance of a trainer who will modify exercises to suit the physical capability of the client.
- 10 Lose Weight**  
There is a good reason that the number one reason people hire personal trainers is to lose weight -- it works. If you made a resolution to lose the fat, a trainer can keep you on track and help you realize that goal.

