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## ICK Newsletter June 2010

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### **Expert Q&A: Fighting Midlife Weight Gain**

An interview with Pamela Peeke, MD

First, you notice shopping for clothes isn't as fun or simple as it used to be. Next comes the "muffin top" spilling over the jeans. Then the scale delivers dire news: You're 10, 15, maybe 20 pounds beyond your "normal" weight.

Midlife weight gain is common. Many Americans gain a pound or so every year as they make their way through young adulthood, ending up fat and flabby at age 40 and beyond.

But it is not inevitable, says Pamela Peeke, MD, MPH, the author of the best-seller *Fight FatAfter Forty*. Peeke also serves as the chief medical correspondent for Discovery Health TV and often appears as a medical commentator on television news and talk shows.

#### **Why do so many people gain weight in midlife?**

Blame it on hormones in convergence with poor lifestyle choices, overeating, not exercising enough, and stress.

But hormones only account for about 2 to 5 pounds. The rest is the result of overeating, poor lifestyle choices -- such as not exercising enough -- and stress.

#### **How can I not be one of those people who gains?**

The keys are three: mind, mouth, muscle.

Use your mind to control stress. If you walk around and everything is stressful, you have a problem. You may respond to stress by making poorer lifestyle choices, such as not eating healthfully and not exercising enough.

Look at your nutrition -- in terms of quality, quantity, and frequency of eating. You should eat often.

Quality is all about eating whole foods, fruits, and vegetables, whole grains, lean protein.

Processed foods are bad. Anything that comes in a family-size bag, turn in the opposite direction and run.

### **HAVE YOUR SAY!!**

Email your comments on any of the articles in this newsletter or any previous newsletters to [info@collegeofkinesis.com](mailto:info@collegeofkinesis.com) and we might just **publish it**

### **Successful THETA visit**

On the 23<sup>rd</sup> of APRIL 2010 ICK had a very successful visit from THETA and as a result thereof our accreditation was extended to 13<sup>th</sup> of MARCH 2013.

A number of students were accredited on the day and wish to extend our congratulations to them and wish them all well with careers.

If you want to become accredited then visit our website, [www.collegeofkinesis.com](http://www.collegeofkinesis.com) for more info.



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Quantity is where a lot of people fall. The majority are baffled by what a serving size should look like. When eating out, and in doubt, eat half of it or less.

Be accountable for calories. You need a general idea of how many calories you need. An average woman, not an athlete, in her 40s or 50s, needs about 1,500 to 1,600 calories a day, on average, if she is exercising. A middle-aged man, average height and not an athlete but exercising, needs about 1,800 to 2,000.

Muscle, of course, refers to the need to exercise and, of course, to weight train.

### **Should my goal weight increase when I hit midlife?**

A better goal than focusing on scale weight is to keep track of body fat. The goals should be to decrease body fat and optimize bone strength.

For a man, a body fat percentage of 18% to 25% is not bad for 40-plus. For women 40-plus, 22% to 27% is not bad.

To get that body fat percentage, you need to have excellent fitness to maintain a good muscle base.

Also, a man should have a waist circumference below 40 inches and a woman below 35 inches.

### **I'm 40-plus, eating right, and exercising but not losing weight. Why do I have midlife weight gain?**

If you have tailored your portion sizes to ones that are appropriate, look at the frequency of your eating. Eat every three or four hours. Not too late at night **THOUGH**. The later you eat, the lighter you eat is a good rule.

Eat a balance of lean protein, fats, and carbs. Make the fat good fat, not palm oil or hydrogenated oil, but high-quality good fats [such as those in nuts]. The protein should be lean -- a turkey burger or a veggie burger.

Most people have been doing the same exercise routine for years, and your body acclimates. Fat cells at 40 are reticent to give it up. Mix up the exercise routine. Exercise at least five times a week, and I mean cardio.

Add intensity. Add some level of weight training, and challenge yourself with the weights. [Getting professional instruction is advised if you're a novice.] Weight train two or three times a week.

Building muscle gives you that metabolic edge, since muscle mass burns more calories than fat.

### **Does HRT cause midlife weight gain, is that the culprit?**

You can't blame the low doses of HRT in use today for midlife weight gain, at least not for any more than a few pounds. You do get a little more bloated on it, but it does not cause body fat accumulation. Overeating, not exercising, and stress do. *(Continue on page 3)*



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### **What's up with this belly? I never ever had one before.**

I call it the menopot. On a man, it's the manopot.

Excess body fat occurring in the lower abdomen is associated with aging, after 40. This excess body fat in the normal range is usually only 2 to 5 pounds. And you do get a little pooch.

### **How can I lose this belly?**

You minimize it by following the mind-mouth-muscle concepts.

But it's probably unrealistic to expect a stomach as flat as your 20-something stomach.

### **Can I boost my metabolism?**

Absolutely. You can optimize your metabolism throughout life relative to your age by maintaining the highest level of training you can, within the limits and constraints of your life.

If you lose muscle mass [by not exercising], obviously your metabolism is going to drop.

Of course strength or weight training is crucial.

### **What workout or workouts are best for midlife people?**

Creative cardio. Burn 400 to 500 calories a day in cardio. On the elliptical, for instance, you can burn about 400 calories in about 35 minutes. Cross train as much as you can. Burn the 400 to 500 calories all at once or accrue it.

And don't forget the weight training.

### **What's your weakness? What's the hardest part, for you, of staying on track and fighting flab after 40?**

Because of long days and all my commitments, getting enough sleep. I remind myself: the poorer your sleep, the wider your girth.

Eating dinner not too late. Sometimes I am on a plane or a train, I don't have the control I want over how late I eat. In general, do not eat dinner past 8:30. I like to eat right about 7.

## **Want to know how our Electronic courses work?**

Email me, at [admin@collegeofkinesis.com](mailto:admin@collegeofkinesis.com) for your **free copy** of the DEMO DVD which will show you how easy it is to study in the privacy of your own home.

Please provide your postal details as the DVD will be posted to you free of charge.

The information provided on this DVD will also show how easy it is to do the short courses i.e. the Indoor cycling course



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## FDA NEWS RELEASE

For Immediate Release: March 9, 2010

### FDA Approves Botox to Treat Spasticity in Flexor Muscles of the Elbow, Wrist and Fingers

The U.S. Food and Drug Administration today approved Botox (onabotulinumtoxin A) to treat spasticity in the flexor muscles of the elbow, wrist, and fingers in adults. Spasticity is common after stroke, traumatic brain injury, or the progression of multiple sclerosis.

“Muscles affected by spasticity have increased stiffness and tightness, which may lead to pain, difficulties with hygiene and other activities of daily living, and may affect how a patient looks,” said Russell Katz, M.D., director of the Division of Neurology Products in the FDA’s Center for Drug Evaluation and Research. “In clinical trials, treatment with Botox was found to be beneficial to patients with upper limb spasticity.”

Botox works by temporarily blocking the connections between nerves and muscles, resulting in a temporary paralysis of the spastic muscle.

Botox has a Boxed Warning that says the effects of the botulinum toxin may spread from the area of injection to other areas of the body, causing symptoms similar to those of botulism. Those symptoms include swallowing and breathing difficulties that can be life-threatening.

The most common adverse reactions reported by patients with upper limb spasticity were nausea, fatigue, bronchitis, muscle weakness, and pain in the arms.

Botox has not been shown to be safe and effective treatment for other upper limb muscles, spasticity in the legs, or for treatment of fixed contracture – a condition that affects range of motion. Treatment with Botox is not intended to substitute for physical therapy or other rehabilitative care.

Botox is manufactured by Allergan Inc. of Irvine, Calif.

### Does eating red meat increase the risk of cancer and heart disease?

A: For heart disease, the answer is pretty clear. Some red meats are high in saturated fat, which raises blood cholesterol. High levels of LDL cholesterol increase the risk of heart disease.

When it comes to cancer, the answer is not so clear. Many researchers say they do raise the risk, especially for colorectal cancer.

A recent National Institutes of Health-AARP study of more than a half-million older Americans concluded that people who ate the most red meat and processed meat over a 10-year-period were likely to die sooner than those who ate smaller amounts. Those who ate about 4 ounces of red meat a day were more likely to die of cancer or heart disease than those who ate the least, about a half-ounce a day. Epidemiologists classified the increased risk as “modest” in the study.

The meat industry contends there is no link between red meat, processed meats, and cancer, and says that lean red meat fits into a heart-healthy diet. A meat industry spokeswoman criticized the design of the NIH-AARP study, saying that studies that rely on participants to recall what foods they eat cannot prove cause and effect. “Many of these suggestions could be nothing more than statistical noise,” says Janet Riley, a senior vice president of the American Meat Institute, a trade group.

But many studies have found similar links. Another one that followed more than 72,000 women for 18 years found that those who ate a Western-style diet high in red and processed meats, desserts, refined grains, and French fries had an increased risk of heart disease, cancer, and death from other causes.

“The association between consumption of red and processed meats and cancer, particularly colorectal cancer, is very consistent,” says Marji McCullough, PhD, a nutritional epidemiologist with the American Cancer Society.



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After a systemic review of scientific studies, an expert panel of the World Cancer Research Fund and the American Institute for Cancer Research concluded in 2007 that “red or processed meats are convincing or probable sources of some cancers.” Their report says evidence is convincing for a link between red meat, processed meat, and colorectal cancer, and limited but suggestive for links to lung, esophageal, stomach, pancreatic, and endometrial cancers.

Rashmi Sinha, PhD, the lead author of the National Cancer Institute study, points to a large number of studies that link red meat consumption with chronic diseases.

### **Can grilling red meat cause cancer?**

A: High-temperature cooking of any muscle meat, including red meat, poultry, and fish, can generate compounds in food that may increase cancer risk. They’re called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs).

### **How can you reduce potential cancer-causing compounds when grilling?**

A: Several steps help prevent these compounds from forming or reduce your exposure to them.

- Choose lean red meat cuts when grilling to reduce the chance of flare-ups or heavy smoke, which can leave carcinogens on the meat.
- If grilling, cook over medium heat or indirect heat, rather than over high heat, which can cause flare-ups and overcook or char meat. Limit frying and broiling, which also subject meat to high temperatures.
- Don’t overcook meat. Well-done meat contains more of the cancer-causing compounds. But make sure that meat is cooked to a safe internal temperature to kill bacteria that can cause food-borne illnesses. For steaks, cook to 145 to 160 degrees Fahrenheit; for burgers, cook to 160 degrees.
- Marinate. Marinades may reduce the formation of HCAs. Choose one without sugar, which can cause flare-ups and char the meat’s surface.
- Turn meat frequently. Use tongs or a spatula rather than a fork to avoid releasing juices that can drip and cause flare-ups. Do not press burgers with a spatula to release juices.
- Don’t grill as much meat. Instead of a steak, try a kabob that mixes meat, fruit and vegetables. Plant-based foods have not been linked to HCAs.
- Trim fat from meat before cooking, and remove any charred pieces before eating.
- Consider partially cooking meats and fish in the oven or microwave before finishing on the

## **Job Opportunities**

If you are the owner of a gym or fitness studio and require the services of fitness personnel then let us know by email, [admin@collegeofkinesis.com](mailto:admin@collegeofkinesis.com) and we will place your ad in the June 2010 issue free of any charge. The International College of Kinesis accepts no responsibility for the accuracy of the advertisements placed.

Advertisements are placed solely as a free service to the fitness and related industries.  
The ICK team.



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## With Fruits and Veggies, More Matters

Forget '5 a Day' -- eating more is better. Here are 18 ways to get more produce power into your diet.

So you've been trying to eat right, working to fit in your "5 a day" servings of fruit and vegetables. Well, the government has some news for you: Forget five a day. More is better.

The CDC and the Produce for Better Health Foundation have launched a national campaign with the message, "Fruits & Veggies -- More Matters."

The new slogan replaces the old "5 a Day" campaign, which dates back to the early '90s. The reason? Under the U.S. government's latest food guidelines, five servings of fruits and vegetables may not be enough. Adults need anywhere from 7-13 cups of produce daily to get all the health benefits of fruits and vegetables -- including possible protection against obesity, heart disease, type 2 diabetes, and cancer.

### Making It Work

But for many of us, it's been a challenge to fit even five servings of fruits and veggies into our daily diets. How can we hope to eat as many as 13 cups? It's really not so difficult, says Elizabeth Ward, MS, RD, author of *The Pocket Idiot's Guide to the New Food Pyramids*. She offers these tips to help you get there:

- For peak flavor and good value, buy fresh produce in season. But keep in mind that "flash-frozen" or canned without salt or heavy syrup can be just as good as locally grown produce," Ward says.
- Always keep a stash of frozen vegetables on hand, to toss into soups, salads, stews, and egg dishes or to microwave for an easy side dish.
- Splurge on pre-washed, pre-cut fruits and veggies. "They are more expensive, but if you consider the waste when washing and cleaning produce, it makes them roughly equal, and the convenience may help

encourage everyone in the family to eat more," says Ward.

### Experiment

- Experiment with new types of fruits and veggies -- like a broccoli slaw salad mix, or pomegranate juice. Remember that just because you didn't like certain fruits and veggies as a child doesn't mean you won't like them now. "Your taste buds change, and you will be pleasantly surprised if you give them another chance," says Ward.
- Vary the texture. Kids tend to like raw, crunchy fruits and veggies with low-fat dip. Try shredding veggies to top sandwiches or salads.
- Choose sweet potatoes over white potatoes for more potassium and beta carotene.
- Go easy on sauces. Instead, flavor vegetables with fresh or dried herbs and a splash of lemon juice or balsamic vinegar.
- Have a vegetarian meal at least once a week. It can be as simple as soup and salad, or a stir-fry meal.
- Eat a salad full of fruits and/or veggies each night with dinner. Just go easy on the dressing and high-fat toppings.
- Grill fruits and vegetables to make them sweeter and more delicious.
- Chop, dice, or shred vegetables into muffins, stews, lasagna, meatloaf, and casseroles.
- Use pureed vegetables to thicken soups, stews, gravies, and casseroles.
- Decorate plates with edible garnishes, like cucumber twists, red pepper strips, or cantaloupe slices.
- Keep a bowl of fruit on the counter and some cut-up vegetables in the refrigerator for healthy snacks.
- Remember that while 100% fruit juice is a good choice, whole or cut-up fruit has the added benefit of fiber.
- At breakfast, add fruit to yogurt, pancakes, waffles, or cereal.
- Whip up a smoothie made with fruit and low-fat or non-fat yogurt for a quick, nourishing snack or meal.
- Freeze grapes and bananas for a refreshing and cool treat.



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## The New Slogan

A year of consumer testing and research went into development of the "More is Better" slogan, says Elizabeth Pivonka, president and chief executive officer of the non-profit Produce for Better Health Foundation.

The research found that only 50% of consumers were aware of the "5 a day" message, and even within that group, only 1 in 5 was meeting the recommendation, says Pivonka. So the foundation knew a motivating message was needed.

"We wanted to be sure that the message was encouraging, and communicated that eating more is better for you, with an emphasis on making improvements to your diet even if you don't meet the specific recommendation," she says.

It's also a message that dovetails with the U.S. Department of Agriculture's 2005 Dietary Guidelines and the individualized "My Pyramid" that replaced the old Food Guide Pyramid. To help consumers better understand the recommendations, advice for produce intake is now given in cups instead of servings, and is tailored to age, gender, and activity level.

"The new pyramid recommends fruits and vegetables in cups instead of servings because it is easier to figure out how much you need," says Ward.

For example, according to MyPyramid.gov, a 25-year-old woman who gets 30 to 60 minutes of activity each day needs 3 cups of vegetables and 2 cups of fruit daily. One cup of fruit is equivalent to 1 cup of cut-up fruit; one small apple, a medium pear, or a large peach; 1/2 cup dried fruit; or 8 ounces of 100% fruit juice. One cup of vegetables equals 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of leafy greens.

## The Power of Produce

There's plenty of scientific evidence to document the health benefits of a diet rich in fruits and vegetables. Fruits and veggies are brimming with disease-fighting phytochemicals, antioxidants,

vitamins, minerals, fiber, water, complex carbohydrates, and protein. Not only that, but they're naturally low in sodium and calories, cholesterol-free and virtually fat-free.

"A balanced diet rich in fruits and vegetables is your best defense against obesity, heart disease, type 2 diabetes, certain cancers, and other chronic diseases," says Ward.

It's important to eat a rainbow of colored fruits and vegetables every day, Ward says. The pigments in fruit and veggies act as antioxidants -- helping to rid your body of "free radicals," that can damage cells.

And with two-thirds of American adults overweight, the weight-control benefits of fruits and veggies are especially important. Fruits and vegetables contain plenty of fiber and water to help you feel full, and thus prevent overeating. Substituting fruits and vegetables for "empty calorie" foods that offer little nutritional value can really make a difference in your weight, says Pivonka.

Beyond that, she says, fruits and vegetables can simply help you feel better.

"In our consumer research, we found that people who ate lots of fruits and vegetables had more energy and felt better," says Pivonka.