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The Quarterly Escape

Go around, go under, go through, but never get up.. Find your way to escape....

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7 Steps to Conquering the Repeating Resolution in 2007

by Karen M. Rzesutko, MSed

Each year New Year Resolutions are commonly health related: losing weight, quitting smoking, reducing stress by getting out of debt. The number one New Year's Resolution, according to the U.S. Government, is to lose weight, followed shortly after by getting fit and eating healthy. As health care professionals, we know that eating right and exercising will result in healthy, long term weight loss.

However, we also know that people want to lose weight and look fabulous NOW! Oh, to only have a magic pill... but there is neither a magic pill nor any supplement that is physiologically doing the job we are looking for it to do. Our muscles cannot become fit with a pill, they have to be overloaded. That means hard work and determination.

It's all about being in the right frame of mind, being patient, and ready to change. We have devised seven steps to conquering the repeating New Year's Resolution: weight loss.

#1 It's all about Attitude. Amazing things can happen when we believe in ourselves. Block out the nay-sayers. Keep your focus on your goal. Use forward thinking. Imagine what losing weight looks like to you and all the benefits that it will include. Imagine how you will feel. Realize that it is possible. Tell yourself, "I can do it!" Surround yourself around those who believe in you (this is why support groups like Weight Watchers and group exercise classes work well.) Most importantly, stay positive!

#2 Schedule an Appointment with You. Just as you would make a doctor's appointment or schedule a meeting at work, you need to make an appointment with yourself each day to maintain good health. This appointment may be to go for a power walk, do some yoga, or simply a 15 minute moment to get fresh air and simply relax. Be sure to keep track of your appointments or begin journaling. Studies show that writing down your exercise and eating habits keeps you accountable and have high success rates. We also recommend writing down your "de-stressors" or moments of relaxation, an often neglected piece of the wellness puzzle. Keep the appointment as high of a priority as a work meeting or doctor's appointment, after all, isn't your health a priority?

#3 Create the Environment. A healthy environment is crucial to many elements of weight loss. Studies show that those who eat while being distracted, such as by watching television while eating, are more likely to eat 300 more calories per setting. Stop what ever you are doing and have a specific area that you eat in. This area should be inviting, such as your dining room table with a beautiful place setting or

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The Healthy Traveler

Eating Healthy on the Run

by Marla Richards, MS, RD, LDN

With the busy schedules Chicagoans face working, parenting, and traveling, eating healthy on the run can be very challenging. A little prep work can mean saving thousands of unneeded calories and providing your body with appropriate nutrition.

The first easy step would be to make sure to keep enough healthy snacks around like protein bars (200 calories or less and less than 5g fat), almonds, 100 calorie snack packs, low-fat peanut butter on whole wheat crackers, tuna fish with low-fat mayo and whole wheat crackers, 1/2 c of high fiber cereal, apple, banana or cut veggies in your carry on for layovers or meals on the go. Using these snacks will help you avoid fast food and high sugar/high fat convenience foods. Pre-portioning these snacks will help you to not overeat.

Be sure to drink plenty of water, crystal light, or other low-calorie beverage to avoid dehydration. People often mistaken hunger for dehydration and eat when not actually hungry.

If you can, make a small grocery trip to get essentials for your hotel room. If at all possible, make your meals instead of dining out. Microwavable meals, like Lean Cuisines or South Beach diet meals/wraps, make it convenient for you to eat healthier with little preparation and time.

Limit restaurant visits. It is understandable that restaurants may be a part of your travel, however, be a smarter consumer! Try to look the restaurant's menu up online prior to allow you time to read the ingredients and have an idea of what you want to order.

If you know you have a long time in between meals, have a light snack so you will not be as hungry when dining out- therefore more apt to finish the plate.

Some business trips involve alcohol, which when consumed in moderation is okay. Consider the following:

2 oz beer = 150 calories

2 oz lite beer = 110 calories

5 oz wine = 90 calories

1 ½ oz liquor = 90 calories

(with 6 oz carbonated drink mix add another 75 calories) ●



Kids' Korner

How to help non-athletic children be active

Not all children are athletes or enjoy competitive sports. The key is to find an alternative activity to help them become involved in to prevent childhood obesity, such as swimming, yoga, gymnastics, dancing, or skateboarding.

The American Heart Association suggests building an "active" routine prior to homework time, such as 30-minutes of bike riding. Most children do not look forward to homework time and may beg to keep biking to postpone doing their homework.

Be sure to never use exercise or sports as a punishment. Remember the times when kids were forced to run laps or "drop and give you 20 (push-ups)" when being reprimanded in gym class. Exercise should always be viewed as a positive aspect of every child's life.

Keep television watching a other sedentary activities to a minimum. Creating healthy habits at an early age will have life long positive effects on your child's future.

Remember, children love making their parents happy. Tell them how proud you are of them for the activity that they are involved in. Be sure to focus on specific achievements, such as form on a swim stroke or balance during yoga, so they are aware that you are paying attention to the activity and it is important.

Lastly, be an example. Get involved in a regular exercise program. Let them see first hand that exercise is something everyone in the family participates in. ●

Hungry 4 Nutrition

10 TIPS to Eating Healthy, Whether Hosting or Attending a Party

by Marla Richards, MS, RD, LDN,
Lori Rowell, MS, RD, LDN



- 1) Bring a healthy dish to the party and have more of that than any other snacks.
- 2) Bring a vegetable/fruit tray and load up your plate with those first and then go back for more if you are still hungry.
- 3) Use a cake plate instead of a large plate for a smaller serving.
- 4) Stay aware of how many trips to the snacks you make-be careful that you don't get too wrapped up in the event and before you know it your eating again.
- 5) Eat something healthy before you go to the party.
- 6) Drink lots of water, watch the alcohol, which makes you want to snack more.
- 7) Be sensible, if you know that you will be snacking a lot on that day, eat less in the morning and at lunch, but do not skip those meals-that will just make you more hungry.
- 8) Be sure to enjoy yourself and have fun, don't obsess over the food at the event-think more about what you are there for-spending time with family or friends. If you fall off the wagon get back on the next day.
- 9) If you are throwing the party don't over do it on snack foods, have enough, but not too much so that there are a lot of leftovers.
- 10) Make the appetizers a bit healthier without anyone noticing by replacing the FULL fat cream cheese, sour cream, mayo or other sauces w/low fat or fat free when making casseroles, dips, and other snacks. This is a subtle change to any recipe that is rarely noticed, but will save your arteries and hips!

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overlooking a great view from your condo window. This will prevent unnecessary grazing and overeating. Have a consistent area where you exercise or take time to relax. Did you know you need to take at least 10 minutes a day for personal time for optimal health? Stay focused. Turn off the phone. Allow your mind to escape.

#4 Find What Works for You. What is the best exercise? It's the exercise that you enjoy most and is in a program that you will adhere to. This is a key component! How can running be the best workout if you hate running and won't do it long term or dread each workout session because you know you have to run. The trick to a quick efficient workout is finding one that utilizes several muscle groups at once. In addition, all nutrition plans, or the taboo word "diets" do not meet the needs of everyone. Meet with a health care professional (degreed and certified personal trainers and registered dietitians) and make sure you're at least on the right track.

#5 Let a Healthy Lifestyle Compliment Your Life, not Consume it. Often when we are trying to lose weight, it can be all we think about. We want it so bad that it consumes us. Any lifestyle change needs to be a healthy balance with other elements of your life. Allow small progress to take place by embracing little changes, even if the changes are purely behavioral. Pay attention to the initial progress like improved sleep patterns and increased energy levels. Reward yourself for adhering to your program with a massage or new outfit. Never use food as a reward.

#6 Allow yourself to be Human. Be aware from the beginning that you will fall off the wagon. You are human, and it is ok. It takes 2 weeks for muscles to regress and lose physiological improvements. Try to not go longer than 48 hours without exercise. Remember to keep that positive attitude and don't sweat the small stuff. Something is ALWAYS better than nothing. If you only have 10 minutes to exercise, make the best of those 10 minutes by going for a brief brisk walk or practice some yoga sun salutations. Don't think it's not worth it unless you have 30-60 minutes to dedicate to activity because that simply isn't true. Don't punish yourself for eating "bad" food. Everything is ok in moderation, and we don't want to associate negative connotations with food.

#7 Don't Compare ... be the Best You. It is so hard with the celebrity society that we live in to not want to look like Nicole Kidman or Jessica Simpson. You will never look like them because you re not them, and we are not designed to look like other people. We are designed to look like ourselves. You can't turn a loft into a mansion, but you can polish it up, redecorate the interior, and put a fresh coat of paint on the exterior and have a fabulous loft. Plus, the new confidence you have will shine since you stopped trying to be someone your not and accepted being you, and you'll look even more fabulous! ●

Ask Escape

After I workout, I am often really sore. Sometimes it's the next day and sometimes it can be the same night. Is this a good thing?

Delayed-onset muscle soreness usually occurs 24 to 36 hours after a workout. The exact cause of muscle soreness isn't clear. It may be due to the build up of energy waste products in the muscle. It may also be due to microscopic tears in muscle fibers.

If your discomfort is mild, you can continue your exercise program. However, if you have substantial pain with exertion, stop exercising immediately and consult your doctor.

Muscle soreness is most likely to occur after trying a new exercise or activity or with an increase in intensity, frequency or duration of exercise — for example, if you've been running a mile a day and you increase to 3 miles a day.

Also, certain types of strength training, such as those which emphasize lengthening muscles, are more likely to result in muscle soreness. Soreness usually decreases after a couple of weeks of consistent exercise. To reduce this soreness, avoid working the same muscle groups on consecutive days and add low-intensity exercise, such as walking, to your workout.

Treatment of mild muscle soreness may include: Icing the affected area and/or using over-the-counter anti-inflammatory drugs, such as ibuprofen or naproxen.

How can infant massage benefit my newborn?

Infant massage has been practiced by other cultures for centuries. In the 1970's Vimala Schneider McClure brought it to the United States after she observed the positive effect it had on infants in India and practiced on her own baby experiencing its benefits first hand. These benefits include:

Relaxes Infant

Loving touch lessens tension, fussiness, and irritability. Infant massage aids digestion and can provide relief of gas and colic. Massage is also a wonderful way to lessen stress for the parent and baby.

Enhances Bonding

Touch conveys nurturing and love, the essential ingredients for emotional and physical growth and well being.

Aids Growth and Development:

Studies have shown increased weight gain and immune function. Myelination of nerves is also increased, which is needed for brain and muscle development.

Promotes Communication

Parents become more aware of baby's nonverbal cues. One-on-one communication instills a message of love and security.

Improves Baby's Sleep

As your infant learns to relax and release stress, sounder and longer sleep is often the end result.

Schedule a 1-hour session with one of our massage therapists to learn how to provide infant massage to your own little one.

Do you have a question for the Escape 2 Fitness professional team? Write to us at getfit@escape2fitness.com



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