

Greetings and happy November (Thanksgiving),

Sorry I didn't get an early November newsletter out. Life has been pretty full as I'm sure it is for you too. Let me fill you in with a few new things going on:

I have started to teach a Light Spinning Class at the Ashland Y on Friday mornings from 9:30 – 10:30. We are doing 20 – 30 minutes on the bike (getting comfortable on it), 10 – 15 minutes floor work (stomach, back, arms) and 10 – 15 minutes yoga. The first day, Nov 7th, there were 10 participants. The class was a lot of fun!

I will be doing the evening yoga class at the Ashland Y starting in December. So far the plan is that I will teach Wednesday nights during December and will take over both Monday and Wednesday in January. We will change the time from 7 – 8:30 pm to 5:30 or 5:45 pm or ???. If you are interested and there is a time that is best for you, reply back to me. Let me know what works for you. Again the classes will be on Monday and Wednesday evening. They will be a 1.30 or 1.15 hours long. If there is a length of time that is best for you, let me know.

Let me share from the monthly Professional Fitness Magazine I receive. Today we are looking at poor dietary habits. If you are suffering from cravings, constant hunger, depression or fatigue, read on. Even if you aren't suffering, read on, there still might be some interesting info for you:

Low energy/fatigue

A low carbohydrate weight-loss diet could be the culprit. Not getting enough iron or water may also be the culprit. Solution: Eat plenty of complex carbs, add iron-rich food such as oatmeal and spinach and drink at least eight glasses of water daily.

Feeling down/depressed

Not getting enough omega-3 fats from fish or enough B vitamins could make you feel down in the dumps or somewhat depressed. Solution: Eat two to three weekly servings of fish to get omega-3s and vitamin B12 and add two dark-green veggies a day for folic acid.

Constant hunger

Are you skipping breakfast or other meals? Are you following a fad diet with too few calories, carbs and/or protein or are you skimping on fiber-rich foods? Solution: Spread food intake evenly throughout the day, starting with breakfast. Stay full on fewer calories by eating lots of fiber and water-packed foods.

Bingeing and craving

These problems are related to overly strict, prohibitive diets, skipping meals and snacking on sweet and/or fatty snacks. Solution: Eat a balanced diet. Curb that sweet tooth with naturally sweet snacks like fresh fruit.

Irritability, anxiety

Skipping meals, not eating enough calories or relying on caffeine for an energy boost could make you feel cranky. Solution: Consume at least 1,800 to 2,000 calories a day to keep energy and metabolism levels in high gear. Limit coffee, tea and colas to two cups daily.

Source – shape.com

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I also watched part of “Frontline” the other night on television. They spoke about people who had taken some “magical diet pill”. These magical pills have tremendously damaged peoples’ lives. One person they spoke about died. Another one will be having open heart surgery soon because they believe her heart was affected by taking the pill. Sure, she lost the weight she wanted to loose, but her life is now ruined. I think ‘ruined’ is the word she used.

The story gave the history showing how difficult it was to get the Food and Drug Administration to take these pills off the market. The FDA is no longer doing 2 years of study before allowing a drug or pill to be sold in the USA. Now they sometimes do less than 6 months of research. That is not safe!

Please, if you read about or see a pill in the store that says you can loose weight while you sleep or in a week, don’t pay attention to it. It is bogus. The only way to loose weight is to exercise as much as you are eating. Watch your calories, a candy bar has a lot more calories than an apple and it will require more physical activity to burn it off. I found in Discoverfitness.com information on how to figure out how many calories you are burning when doing different activities. I have included it below and feel free to figure out how many calories you are burning when lifting or walking or....

Here is an interesting quote I received recently.

At the center of the universe is a loving heart that continues to beat and that wants the best for every person. Anything we can do to help foster the intellect and spirit and emotional growth of our fellow human beings, that is our job. Those of us who have this particular vision must continue against all odds. Life is for service.

- Mister Rogers

But remember that you can not help others until you help yourself first.

Have a great Thanksgiving. Enjoy the food and eat it mindfully so you don't over eat. Enjoy each taste you take so by the time you finish the plate, you don't need seconds. Really chew the food, don't swallow it down quickly. Take your time, enjoy the feast. Taste everything to its fullest and your appetite will be satisfied. Remember the count when lifting weights (1,2,3,4 and then again 1,2,3,4)? Try eating this way. Good luck!

Determination of caloric expenditure from physical activity:

To determine how many calories you are burning from a given physical activity, you need to know three things: (1) your body weight in kilograms (There are 2.2 pounds in 1 kilogram, so to get kilograms from pounds, divide the number of pounds you weigh by 2.2 and you have your body weight in kilograms), (2) the amount of time you performed the physical activity for and (3) the rate of energy expenditure (expressed as METS), which you will determine from the table below. A MET or metabolic equivalent, is a way of expressing the rate of energy expenditure from a given physical activity. 1 MET is defined as the energy expenditure for sitting quietly, which for the average adult is approximately 1 kilocalorie per kilogram of body weight per hour burned, or in other words, 1 MET is equal to 1 calorie burned per kilogram of body weight per hour. So if you weigh 60 kilograms, your energy expenditure for sitting quietly is approximately 60 calories, meaning you burn 60 calories per hour just from sitting quietly.

To determine the number of calories you are expending from an activity, you multiply your body weight (in kilograms) by the MET value (from the table below) and the duration of the activity (in hours-take the number of minutes you exercise and divide by 60). For example, if you weigh 60 kilograms (kg) and you bicycle at a 4 MET value for 40 minutes, you will have expended the following number of calories:

$$4 \text{ (METS)} \times 60 \text{ (kg)} \times (40/60) \text{ (time)} = 160 \text{ calories.}$$

If you want to know how many calories you expended per minute of exercise, take the total number of calories expended and divide by the time in minutes. So for the example above, if you divide 160 by 40, you get 4 calories burned each minute of exercise.

The following table lists the MET values for many common activities. Look at the table for the activity that most closely resembles what you do, to get the MET value. This list

does not cover every activity. If there is something you do that is not on the list, please contact the Fitmaster for information about the MET value of that activity. The Fitmaster has MET values for many different activities, including housework, occupation, and other miscellaneous activities.

MET Value Table

Activity	MET Value	Activity	MET Value
Bicycling: leisure	4	Golf: general	4.5
Bicycling: 10-11.9 mph, light	6	Golf: carrying clubs	5.5
Bicycling: 12-13.9 mph, moderate	8	Golf: pulling clubs	5
Bicycling: 14-15.9 mph, vigorous	10	Golf: using power cart	3.5
Bicycling: 16-19 mph, racing	12	Tennis: general	7
Bicycling: > 20 mph, racing	16	Tennis: doubles	6
Stationary bicycling: very light	3	Tennis: singles	8
Stationary bicycling: light	5.5	Walking: <2.0 mph-very slow	2
Stationary bicycling: moderate	7	Walking: 2.0 mph-slow	2.5
Stationary bicycling: vigorous	10.5	Walking: 2.5 mph	3
Stationary bicycling: very vigorous	12.5	Walking: 3.0 mph-moderate	3.5
Circuit resistance training	8	Walking: 3.5 mph-brisk	4
Resistance training: light	3	Walking uphill: 3.5 mph	6
Resistance training: vigorous	6	Walking: 4.0 mph-very brisk	4
Stretching, yoga	4	Walking: 4.5 mph-very, very brisk	4.5
Water aerobics	4	Walking: for pleasure-with the dog	3.5
Aerobics: general	6	Walking: to work or class	4
Aerobics: low impact	5	Swimming: laps-freestyle-vigorous	10
Aerobics: high impact	7	Swimming: laps-freestyle-light/moderate	8
Jogging: general	7	Swimming: backstroke-general	8
Running: 5 mph (12 min. mile)	8	Swimming: breaststroke-general	10

Running: 5.2 mph (11.5 min.mile)	9	Swimming: butterfly-general	11
Running: 6 mph (10 min.mile)	10	Swimming: leisurely- not laps	6
Running: 6.7 mph (9 min.mile)	11	Swimming: sidestroke-general	8
Running: 7 mph (8.5 min.mile)	11.5	Skiing: general	7
Running: 7.5 mph (8 min.mile)	12.5	Skiing: cross-country, light effort	7
Running: 8 mph (7.5 min.mile)	13.5	Skiing: cross-country, moderate effort	8
Running: 8.6 mph (7 min.mile)	14	Skiing: cross-country, vigorous effort	14
Running: 9 mph (6.5 min.mile)	15	Skiing: downhill, light effort	5
Running: 10 mph (6 min.mile)	16	Skiing: downhill, moderate effort	6
Running: 10.9 mph (5.5 min.mile)	18	Skiing: downhill, vigorous effort	8
Running: cross-country	9	Calisthenics-pushups, situps-vigorous	8
Running: up stairs	15	Calisthenics-light/moderate-back exercises	4.5

I hope you will find this section to be a useful tool to help you determine how many calories you are burning with each activity you perform. Use this section to help you maximize your fitness program and take care of your body.

*The information for this section was provided by B.E. Ainsworth, W.L. Haskell, A.S. Leon, D.R. Jacobs, Jr.,H.J.Montoye, J.F.Sallis and R.S. Paffenbarger, Jr. from the article entitled *Compendium of Physical Activities:Classification of Energy Costs of Human Physical Activities*, found in *Medicine and Science in Sports and Exercise*, Vol. 25, No.1, 1993.