

Sugar Facts & Fiction

Provided by IDEA Health & Fitness Association

What is it about the holidays and sugar? Decorated cookies, homemade candy, pumpkin pie--without sweets and treats, the festive season would hardly seem complete. But should you be worried about all that sugar in your diet?

The answer is yes--and no. Most nutritional experts agree that indulging in holiday treats need not be a serious concern, as long as your indulgences are moderate. After all, the holidays are a special time of year.

However, over consumption of sugar year-round is a growing problem. According to the Center for Science in the Public Interest, Americans eat 20 percent more sugar now than they did in 1986. The U.S. Department of Agriculture (USDA) says the average American consumes 20 teaspoons of added sugar a day (added sugar doesn't include the naturally occurring sugars in milk and fruit); that's equivalent to about

16 to 20 percent of total calorie intake! This may seem hard to believe, but many two-ounce candy bars, 12-ounce sodas and one-cup servings of ice cream contain 10 or more teaspoons of added sugar. The USDA recommends adults get no more than 6 to 10 percent of their daily calories from sugar (about 6 teaspoons per 1,600 calories).

If you're getting too many of your daily calories from sugar, you will have a hard time getting enough of the nutrients you need for a healthy, balanced diet, says nutritionist Debra A. Wein, MS, RD. Research has shown that people who eat all the recommended servings of food eat the least sugar.

How can you moderate your sugar intake? Here are some tips from nutritionists:

1 Be Wary of Soda. Soda contributes more sugar to our diets than any other food. Some fruit drinks and canned teas are also high in sugar content, with 20 to 30

grams per one-cup serving.

2 Eat Foods That Provide Long-Lasting Energy.

While high-sugar foods on an empty stomach may give you a quick burst of energy, it won't last. Complex carbohydrates, such as fruits, vegetables and whole grains, will give you energy that can stand the test of time.

3 Be Careful With Nonfat Foods. You may be substituting high sugar for fat--not the best trade-off. For example, some servings of low-fat or nonfat ice cream have 40 or more grams of sugar per one-cup serving.

is one way to determine if you're insulin resistant, which may make sugar more dangerous for you. Although there is no evidence that sugar consumption causes the body to store more fat (as some diet plans have claimed), excessive amounts of sugar may boost blood triglycerides and insulin levels more than other carbohydrates do in insulin-resistant individuals.

4 Have Your Triglycerides and Cholesterol Checked.

This is one way to determine if you're insulin resistant, which may make sugar more dangerous for you. Although there is no evidence that sugar consumption causes the body to store more fat (as some diet plans have claimed), excessive amounts of sugar may boost blood triglycerides and insulin levels more than other carbohydrates do in insulin-resistant individuals.

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HOLIDAY CLOSURES

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Jenn



Kerry

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MOVEMENT STUDIO CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30 am Danielle Pilates	5:30 am Jenn Boot Camp	10:30 am Rita Power Vinyasa Yoga	7:00 am Jenn Boot Camp	8:30 am Rita Power Vinyasa Yoga
			8:30 am Rita Power Vinyasa Yoga*		8:30 am Rita Power Vinyasa Yoga	
					9:30 am Danielle Pilates	

*All levels welcome but you will sweat
Updated 12/01/06. Schedule subject to change. Please check back regularly.

Upcoming Events

BODIES...

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800 Pike Street
Seattle WA 98101
www.bodiestheexhibition.com

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www.leukemia-lymphoma.org
Register at Active.com

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This phenomenon can increase the risk of diabetes or heart disease. Being overweight and/or inactive increases the likelihood of insulin resistance, although genetics also plays a major role.

5 Eat Plant-Based, Not Processed, Foods. You can greatly decrease your intake of added sugars by eating fruits, vegetables and grains rather than packaged convenience foods.

6 Watch Your High-Fat, High-Sugar Intake. Some researchers believe that certain people (more often women)

actually crave high-fat, high-sugar foods, such as ice cream, chocolate and other rich sweets. This craving may be linked to endorphins, but the relationship has not been studied conclusively. Foods high in fat and sugar are generally also high in calories and can contribute significantly to weight gain.

7 Practice Portion Control. Increasingly, large dessert and pastry portions are part of the problem. Opt to split a slice of cheesecake or eat just the top of your chocolate muffin.

8 Focus on Eating the Right Stuff. Your sugar craving may indicate you're not getting

enough nutrients. Eat all the recommended servings of fruits, vegetables, grains and protein and you may be less likely to supplement your diet with sugar.

9 Eat Healthy Mini-meals Throughout the Day. These will help keep your blood sugar stable so you don't find yourself desperately reaching for a sugar lift.

10 Don't Make Sugar the Bad Guy. If you restrict yourself from eating all added sugar, you may foster a deprivation mentality that can trigger sugar binges. Take a moderate approach. We're born with a natural taste for sweetness, and a little sugar is good for the soul.

BOOT CAMP BY JENN

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ACE's Top 10 Tips for Surviving the Holidays

The holidays can be a joyous time of year shared with family and friends, but they can also bring stress and anxiety as we struggle to keep up with often-unrealistic demands and expectations.

That's why it is so important for all of us to relax and take good care of ourselves.

ACE's top tips for surviving the holidays are great for increasing your energy and reducing your stress, this season and all year long.

• Take time for yourself. Although spending time with friends and family is essential, it's also important to have at least five minutes to yourself to relax. Try practicing deep breathing exercise when you feel stressed out.

• Don't set unrealistic exercise goals. Aim to exercise 20 minutes a day instead of an hour. You'll be sure to get at least 20 minutes of exercise per day without feeling disappointed if you do not complete an hour.

• Enlist a friend or family member to exercise with you. Walking and talking with a friend can be a great way to burn extra calories and reduce your stress level.

• Create new, more active traditions. Instead of throwing a dessert or cocktail party, try snowshoeing or ice-skating as an alternate holiday event. Play powder puff football or build a snowman.

• Don't try to lose weight or stick to a restrictive diet this holiday season. If you enjoy your favorite foods in small portions, you'll feel more satisfied. Trying to stay away from certain foods may leave you feeling deprived, which may cause you to eat more than you intended to.

• Drink plenty of water. Although the cold weather may make you less inclined to grab a glass of water, it is just as important in the winter as it is during the summer. Water helps counter the dehydrating effects of travel or drinking alcoholic beverages, and it may also help satiate your appetite since thirst is often

mistaken for hunger.

• Spread out meals. Don't feel like you have to eat everything at once. Try eating dinner early and then taking a walk before sitting down for dessert.

• Don't overdo it with alcohol or caffeine. These stimulants will only cause you more grief in the end by adding to your feelings of stress. Try drinking hot herbal tea instead of coffee, and keep the number of alcoholic drinks to a minimum.

• Don't aim for perfection, and enjoy the imperfections. There is no such thing as the perfect party or the perfect decorations or the perfect way to spend the holidays. Don't set yourself up for disappointment by placing unrealistic demands on yourself.

• Laugh. Laughing is a great tension reliever. It burns calories, reduces stress and usually means that you're enjoying yourself.

Happy holidays!



Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

JUMPING ROPE: NOT JUST FOR KIDS ANYMORE

Remember the song, “Not last night but the night before, twenty-four robbers came knockin’ on my door?”

Those were the days when playing hopscotch, jumping rope and hanging on the monkey bars were our primary occupations.

While hopscotch and swinging from the jungle gym may no longer be a part of our leisure time, jumping rope could be. Not only is it a great cardiovascular alternative to your usual aerobic workout, jumping rope can increase body awareness and develop better hand and foot coordination.

ROPING ESSENTIALS

One of the greatest things about jumping rope is how little it takes to get started. All you really need are some comfortable shoes and a good rope. The best shoes for jumping rope are either aerobic shoes or cross-trainers. Be sure your shoes have a reinforced toe and provide a lot of cushioning for the ball of the foot.

Jump ropes have come a long way since most of us were skipping around the playground. Today, they are made from a variety of materials and feature various grip styles. Some ropes are weighted or have heavy handles. These ropes are usually too cumbersome and are not recommended. Instead, choose a light-weight rope with foam grips so it won't slip away from you even if your palms get sweaty.

Here's how to choose the right length rope for you: Step one foot on the center of the rope and bring both handles up to the chest. The handles should reach about chest-high.

LEARNING THE BASICS

Here is a breakdown of the do's and don'ts of jumping rope:

- ✓ Lightly grip the handles near the end closest to the rope.
- ✓ Keep your shoulders relaxed and your elbows close to your body.
- ✓ Your knees should be bent slightly.



- ✓ Turn the rope from the wrist and aim to keep a smooth arc in the rope as it passes over your head.
- ✓ Never hunch over. Keep your back straight and head up.
- ✓ Jump low to keep the impact on your knees and ankles to a minimum.

JUMPING ROPE — '90'S STYLE

If it's been a while since you've swung a rope, you can rest easy — the essentials are still the same. And the essentials are all you really need to know to get a good workout. But if you want to create a fun and exciting workout, you'll have to add an extra element: a little pizzazz.

The easiest way to do this is to turn on some upbeat music to get you motivated. Fun, exciting music is the best way to keep your energy up during your workout.

Once you have mastered basic jumping, try getting a little creative. Jump backwards or vary your foot patterns. Try bringing your knees up or scissoring your legs. If you find yourself needing a break but you don't want to stop completely, twirl the rope from side to side.

If you're finding it difficult to come up with new moves, head to the video or bookstore. There are several new tapes and books on the market to help you add some variety to your workout. The point is to stick with it. You're sure to notice a marked improvement in your endurance level, which will help any other sports or activities you may do. And who knows? Jumping rope might even make you feel like a kid again.

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