

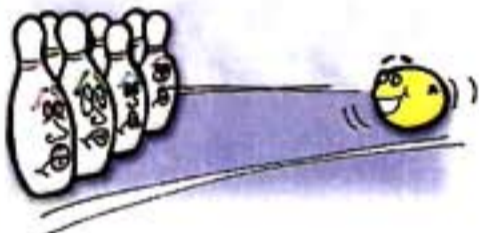
Are You Strained by Stress?

An unhealthy lifestyle and stress are both risk factors for heart disease and many other serious health conditions. Here are several tips to help you:

- Identify the sources of your stress and look for ways to reduce and manage them better.
- Avoid trying to fix every problem at once. Focus on changing one bad habit at a time – for example, eating habits and inactive lifestyle.
- Enlist the support and help of friends and family.
- Talk with your doctor about treatment or risk reduction strategies that might help you.



Take Your Turn at Bowling



Bowling can be fun and relaxing for people of all ages and fitness levels, and can be done individually or through league/team play.

Consider these tips: • Choose the right ball for you. • Dress comfortably and select properly fitting bowling shoes. • Warm-up with a few body stretches before you bowl to avoid straining muscles. • Avoid picking the ball up with just one hand; cradle your ball in both hands when carrying it. • Pace yourself and avoid overdoing it. • Take a bowling class or lessons from a professional.

Dive into a Water Workout

When you love to walk, but want to avoid impact on your joints, swimming could be just the alternative you're looking for. According to *Success!* magazine, the number of regular swimmers is increasing steadily and winning over many former joggers. Not only are swimmers less likely to be injured than joggers, but calories burned per hour are often greater. Depending on your pace, you can expend 400 to 800 calories an hour while swimming. Here are some tips: • Find a pool that is convenient for you. • Join a water aerobics class with a friend. • If you have your own pool – inground or above-ground – do exercises and walk in it each day.



Stopping a Growing Problem

A study in the April 2006 edition of *Pediatrics* caught national attention, and for good reason. It reported that many young children are too heavy for standard car-safety seats, and manufacturers are starting to make heftier models to accommodate them. Based on national growth charts and the 2000 Census, at least 283,000 children ages one to six are too heavy for standard safety seats. This includes nearly 190,000 – or almost five percent – of U.S. three-year-olds. The research confirms the widening impact of today's obesity epidemic.

While I typically focus my articles on fitness and exercise, I can't think of obese children without the words "junk food" ringing in my head. "Junk food" has come to encompass foods that offer little in terms of nutrients, lots of calories from sugar or fat, and a surplus of salt. I'm talking about high-sugar, low-fiber, and high-fat foods that attract adults and children like magnets and put enormous stress on their healing system. The big hitters include fried fast food, salted snack foods, carbonated beverages, candies, gum, and most sweet desserts – all of which are promoted to people on television and other media.

According to a study in the *American Journal of Clinical Nutrition*, one-third of the average American's diet is made up of junk foods. Because junk foods take the place of healthier foods, these same Americans are depending on the other two-thirds of their diet to get 100 percent of the recommended dietary intake of vitamins and nutrients. And that doesn't happen.

Such patterns of eating have long-term, even life-threatening, health consequences, and they start with us as we pass along our junk food diet to future generations. **To put a stop to this growing problem, consider these tips:**

- ◆ If you have any question about the nutritional value of a food, review the Nutrition Facts label found on food packages. Choose foods low in fat, calories, and sodium.
- ◆ If sugar, fat, or salt show up as one of the first three ingredients of a food, get rid of it before it harms you or your family. Change your family's diet to include more fruits and vegetables and healthy cuts of meat.

Visit the American Dietetic Association at www.eatright.org, the U.S. Department of Agriculture's website at www.nutrition.gov, or the American Heart Association at www.americanheart.org and click on "Children's Health" for more information.



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of *Pushing Yourself to Power*. He created the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on John Peterson and *Transformetrics*, visit www.bronzebowpublishing.com or call 1-866-724-8200.