

HEALTH & LONGEVITY

Fred Fornicola – Thomas Mantos

A Newsletter Focused on Improving the Quality of Life

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Becoming Strong and Fit

I often hear and read about people who are concerned about "how much they can lift" or "how much they weigh" or their focus is solely on how large their arms are, all the while failing to focus on any other aspect of their health. Health (physical, mental, emotional, spiritual) needs to be an issue that everyone should address, but balancing it can be hard. In my humble opinion, general health is an issue that is overlooked all too often. Your doctor isn't going to be too impressed when you walk in for a physical and you tell him you can squat 300 pounds but you're over weight (fat) or you get winded walking up the stairs to his office. And your so called "large arms" won't matter much as your blood test results have him wondering how you've made it this far.

It is my firm opinion that an individual not only should be strong but also have a good level of fitness (the ability to perform daily functions with relative ease). Individuals need to focus on a safe and productive strength program, incorporate some type of conditioning work and of course, have a solid nutritional program. Personally, I hold true to a philosophy of training that enables one to become stronger and more fit. This, folks, is simply done by performing a handful of compound exercises - approximately 8 to 10 - for one (that's right, one) set to muscular fatigue/failure with a minimum (no more than one minute) of rest between exercises. This straightforward approach takes approximately 20-30 minutes and is a surefire way of becoming stronger and better conditioned - all at the same time. Unfortunately, a lot of people aren't willing to work this hard or don't believe that brief, intense exercise can be so beneficial so most won't even attempt this type of exercise. Go in to any commercial gym or club and you'll find people doing more talking and sitting around more than exercising. Those lengthy and tedious workouts that usually take one to two hours, four times a week can be reduced significantly to 90 minutes per week. The funny thing is if you were to actually calculate the amount of exercise time that most people actually do per workout it probably would amount to about 30 minutes of actual activity. Hmm, where have we heard that before? - ***Fred Fornicola*** [***www.PremierePersonalFitness.com***](http://www.PremierePersonalFitness.com)



How To Jump Start a Healthy Eating Plan – Part 3

In part 2 we covered protein requirements and healthy sources. In part 3 we will explore the types of carbohydrates we should consume in our healthy eating plan. Our choices of the types of carbohydrates (carbs) we eat can be good or bad. Good choices of carbs help to regulate our blood sugar and supply us with energy for the day. Remember the fuel source for our brain comes from the carbs we eat. The good carbohydrates supply our bodies with an abundance of vitamins, minerals, and beneficial plant compounds (phytonutrients). Carbs include whole grain foods (starches), beans/legumes, fruits and vegetables. Today we are going to focus on the whole grains (starches), beans, and legumes.

In the old days we used to breakdown carbs into simple and complex. The table we use now is referred to as the glycemic index. The glycemic index measures the rate at which carbs are broken down into sugar and elicit an insulin response. The faster a carb is broken down into sugar (lower fiber more refined foods) the higher the glycemic index. We want to avoid the higher glycemic foods. Carbs with a higher and more complex fiber structure will break down much slower and give us a lower glycemic index and insulin response. So the lower glycemic carbs are the ones we include in our eating plan. Based on our health profile 40-60% of our diet should be from lower glycemic carbs. I will use the average of 50% as an example based on a 2000 calorie diet. One gram of carbs contains 4 calories. In order to calculate the calories from carbs use the following equation: $2000 \text{ calories} \times .50\% = 1000$ (calories from carbs) divide this by 4 (grams) = 250 grams of carbs per day. In part 2, I recommended that at lunch and dinner 1/3 of our plate should be from a lean protein source. The next 1/3 of our plate should be from a low glycemic whole grain (starch), beans, or legumes. Higher glycemic foods sabotage our weight loss because the increased insulin response blocks the breakdown of fat for fuel. The other horrible fact is that long term consumption of high glycemic refined sugary carbs can activate the gene response towards type 2 diabetes. Type 2 diabetes is epidemic in our country, including the children. The glycemic index rates foods 1-100 we should select foods 55 and under. Here are a few comparisons to look at: white rice (70) but brown or basmati rice is (50). White potato (70) and mashed version (80) but sweet potato much lower at (48). White bread (72) but whole grain wheat or rye only around (40). Most beans, lentils and legumes are around (25-40). Here are some examples of low glycemic foods we can add to the next 1/3 of our plate: brown or basmati rice, yam or sweet potato, whole wheat pasta, beans, lentils, chick peas, whole grain wheat or rye bread. Next issue I will cover the remaining 1/3 of our plate which should be from vegetables plus topping it off with healthy fats/oils. - **Tom Mantos**

www.metabolicnutrition.meta-ehealth.com or www.tommantos.blogspot.com



A Creed to Live By

For some, the holiday season is a time for reflection so I leave you with these thoughts by
Nancye Sims until the New Year.

Don't undermine your worth by comparing yourself to others.
It is because we are different that each of us is special.

Don't set your goals by what other people deem important.
Only you know what is best for you.

Don't take for granted the things closest to your heart.
Cling to them as you would your life, for without them life is meaningless.

Don't let life slip through your fingers by living in the past or for the future.
By living your life one day at a time, you live up all the days of your life.

Don't give up when you still have something left to give,
Nothing is really over . . . till the moment you stop trying.

Don't be afraid to admit that you are less than perfect.
It is this fragile thread that binds us together.

Don't be afraid to encounter risks.
It is by taking chances that we learn to be brave.

Don't shut love out of your life by saying it's impossible to find.
The quickest way to receive love is to give love;
the fastest way to lose love is to hold it too tightly;
and the best way to keep love is to give it wings.

Don't dismiss your dreams.
To be without dreams is to be without hope;
to be without hope is to be without purpose.

Don't run through life so fast
that you forget not only where you've been,
but where you are going.

Life is not a race,
but a journey to be savored every step of the way.



'TIS THE SEASON FOR LONG WALKS AND SLEDDING!

HAPPY HOLIDAYS

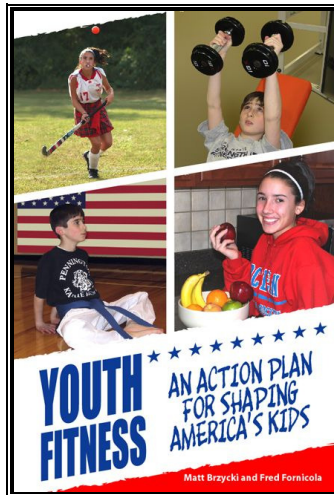
Be Safe, Be Healthy

Fred and Tom are scheduling more seminars, so keep an eye out for email updates!

FRED FORNICOLA is the owner of Premiere Personal Fitness in Asbury Park, NJ. Fred is a fitness professional, personal trainer, S&C coach, fitness consultant and author. He has been involved in the field of strength and fitness for 30 years. Fred has authored more than 150 articles on strength and fitness and co-authored the best-selling book *Dumbbell Training for Strength and Fitness* and *Youth Fitness: An Action Plan for Shaping America's Kids*.

TOM MANTOS has worked only with medical doctors interested in a holistic and integrative approach to health. In 1995, Tom became involved in homeopathic care under the teachings of the world renowned, Dr. Luc DeSchepper. Since then, Tom has taken a holistic approach to health and has helped thousands improve their health and wellness through his nutritional and homeopathic care.

Be sure to check out Fred's latest book
"Youth Fitness: An Action Plan for Shaping America's Kids."



Being in the health care field for 25 years, I have seen the rapid decline of the health and fitness levels of our kids. In my opinion, "Youth Fitness" is a must read for all parents interested in improving the health of their child. This book covers all aspects of fitness such as strength training, cardiovascular conditioning, flexibility and even diet. I would also highly recommend this book to coaches who want to improve their team's performance. KUDOS to "Youth Fitness: An Action Plan for Shaping America's Kids". - Tom Mantos

Links

Tom Mantos
Premiere Personal Fitness
Center for Alternative and Preventive Medicine
Youth Fitness: An Action Plan for Shaping America's Youth