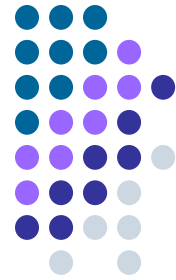


MDC KENDALL WELLNESS & FITNESS CENTERS

QUARTERLY NEWSLETTER



The Effect of Colors

Colors have the ability to affect our moods and emotions. In holistic practices, each color is associated with a part of the body, mind or spirit. Exposure to certain colors is said to stimulate the corresponding part resulting in healing or repairing. At the very least, colors can affect a person's energy levels and dietary habits.



Blue - a calming color; people are more productive in blue rooms; the least appetizing color, eat in a blue room or on blue plates

Orange - an exciting, enthusiastic color; color of energy; use to draw attention to something

Green - color of nature, tranquility, health, good luck and jealousy; has a calming effect; relieves stress

Red - a hot color; increases respiration rate, blood pressure and intense emotions; use red to grab attention to something

Purple - color of royalty; associated with mystery and spirituality; purple rooms can boost creativity and imagination

Yellow - color of sunshine and warmth; associated with hope and friendship; creates an exciting and perky environment

Fun in the Sun...

With Sunscreen

Summer time is here again. Time for barbecues and beaches. Before you go out make sure you check the expiration date on your sunscreen. If it's expired or at least a year old, you should replace it. Like any other product, sunscreen has a limited shelf life and the older it gets the less effective it is. Choose products that are PABA free and have an SPF of 35 minimum. Go with a sport version if you plan to be very active and sweating or in the water a lot. Sunscreen should be applied at least 30 minutes before going out in the sun. And don't forget to reapply throughout the day. Each sunburn you get increases your chances of getting skin cancer. Children, with their delicate skin, are especially prone to burning and should have extra protection. Besides being bad for your skin, sunburns hurt. Save yourself the pain.

Frozen Fruits & Veggies May Be Better Than Fresh Ones

Unless you get your fruits and vegetables freshly picked, or from a farmers market type setup, they may actually have very little of their coveted nutrients left. Produce may travel thousands of miles over several days before landing in your supermarket. And there's no accounting for the conditions they may have traveled in. Frozen vegetables have been around for decades but always got a bad rap for being less healthy than the fresh stuff. That's not entirely true. Unless your fruits and vegetables are grown and sold locally, the frozen ones may be much better. Many of today's food companies flash freeze the food within just a few hours of being picked, preserving its freshness and nutrients. They can be thawed and eaten raw or cooked many different ways. Just remember that steaming is a much healthier way to cook. It helps preserve the nutrients and texture as opposed to boiling, frying, sautéing or broiling. Leftovers can always be refrigerated and reheated later. Frozen fruits can make a delicious smoothie, especially now that the heat of summer is approaching. Adding more fruits and vegetables to your diet, even the frozen kind, is a smart decision that'll help you live a healthier life.



A wise man makes his own decisions, an ignorant man follows public opinion

Double Dipping

Everyone's heard of double dipping, right? Dipping a chip, taking a bite and putting the chip back in the dip for more. Double dipping is a huge no-no. It's not only socially unacceptable, it's a quick way to pass germs. A study by food microbiologists at Clemson University showed that 3 - 6 double dips transferred 10,000 bacteria from an eater's mouth to a sample of dip. Just 3 chips double dipped is capable of transferring such a high number of bacteria! There are more appropriate ways to handle the chip and dip situation. One option is to spoon out some dip onto your own plate where you can double dip all you want. Another option is to immediately break the chip and dip each piece once. A third option is for the host to dispense the dip into small, shot glass type cups for individual servings. Everyone has a responsibility to prevent spreading germs as much as possible throughout the year, but especially during flu season. Not double dipping is another way to keep yourself healthy.

Easy Ways to Add More Fruits To Your Diet

*Make a smoothie - throw fruit and ice in a blender until smooth. You can also add sugar free yogurt and low-fat milk.

*Use as a topping - on cereal, oatmeal or yogurt.

*Mix with dips and spreads for a healthy treat with veggies such as carrots, sliced apples and celery.

*Make fruit cubes - blend fruit until smooth, pour into ice cube trays and freeze it.

Mediterranean Turkey Burgers

- 1/2 cup Panko breadcrumbs
- 1/4 cup Crumbled Feta cheese
- 1 tbsp Minced red onion
- 2 tbsp Commercial pesto
- 1/4 tsp Salt
- 1/4 tsp Fresh ground black pepper
- 1 lb Ground turkey breast
- 1 clove Garlic, minced
- Cooking spray
- 2 cups Arugula or lettuce
- 2 (6 inch) Whole wheat pitas



Combine first 8 ingredients in a bowl and mix until combined. Divide panko mixture into 4 portions. Shape each into a 1/2 inch thick oval patty. Heat a nonstick grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan. Cook 6 minutes each side or until done. Place 1 patty and 1/2 cup arugula or lettuce in each pita half.

Get A Second Opinion

One of the biggest things we at the Wellness Center advocate is being responsible for your own health. General rule of thumb says that if something hurts for a week or two and isn't getting better, get it checked. If you suspect you have the flu or any other illness, get it checked. If your doctor doesn't really listen to you or is quick to dismiss your complaints, get rid of him and find another. If your doctor doesn't spend any time with you find

another one. Your doctor should always order further testing when something is suspected or when you can't figure out what the problem is. If he doesn't, get rid of him. If you don't get results with your doctor get a second opinion. No doctor should ever be offended or try to talk you out of getting a second opinion. If they are, get rid of him. You cannot rely on anyone else to protect your health. You must be your own advocate!

Obstacles are an inevitable part of life. Do you choose to let them block your path or do you overcome them?

What Do Your Cravings Mean?

Craving certain foods is something everyone experiences at some point. The general rule of thumb is to wait at least a half hour before giving in, unless you crave water, because it's usually short term and will go away. But if it doesn't, do you know why you crave a certain food? Here's some insight :

Chocolate - you may be low in magnesium and B vitamins (besides the emotional aspect of chocolate)

Sweets - craving sugar can indicate a blood-sugar imbalance, you could be becoming insulin resistant

Salt - you're probably eating too much of it and overstimulating the adrenal glands

Spices - you may have pain or inflammation, spices are natural anti-inflammatories

Protein - could be an amino acid deficiency, blood-sugar imbalance or an iron or mineral deficiency

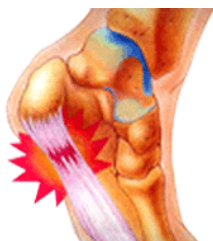
Liquids - by the time you feel thirsty, you're already dehydrated and low on electrolytes

Dairy - you could actually be allergic to dairy and addicted to the opiates released to counteract the allergy

Wheat - same as dairy, you could be allergic and addicted to the opiates the body releases



Heel Bruise 101



The heel bone (the calcaneus) is a big, irregularly shaped bone that bears the brunt of the weight while walking or running. During proper motion, the heel strikes the floor first before transferring weight to the forefoot. A bruised heel is usually caused by either a sudden impact, such as a hard landing, or repetitive pounding. Heel bruises are very painful and debilitating. They can take a long time to heal. The best thing to do is to get off your foot as much as possible and apply ice for 20 minutes every hour. You can also try applying Arnica cream twice a day to help with the bruising. A heel cup may help as well. Forget wearing hard sole shoes for awhile or walking barefoot. Stick to comfy shoes such as sneakers and wear flip-flops around the house, something with cushioning. If there's no improvement by 1-2 weeks or if you're concerned about it, see your doctor.



Be not afraid of the scale. If you don't like the answer it gives, consider it a jumping off point.

Turkey, Corn and Black Bean Chili

- 1 lb Ground turkey breast
- 2 tsp Salt-free chili powder blend
- 1 - 14oz Package frozen corn
- 1 can Black beans, drained
- 1 - 14oz can Fat free, low sodium beef broth
- 1 - 15oz can Seasoned tomato sauce for chili
- Reduced fat sour cream (optional)
- Sliced green onions (optional)



Combine turkey and chili powder blend in a large Dutch oven. Cook 6 minutes over medium-high heat or until turkey is browned, stirring to crumble. Drain and return to pan. Stir in frozen corn, black beans, broth and tomato sauce. Bring to a boil. Cover, reduce heat and simmer 10 minutes. Uncover and simmer 5 minutes, stirring occasionally. Ladle chili into bowls. Top each serving with sour cream and onions if desired.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 - 2:00pm	Fat Flush Level II Advanced) w/Eli G110	Physique-Tone w/Cookie Through 6/8 G303	Fat Flush Level I (Beginner) w/Jan & Tania G110		
4:45 - 5:45pm	Yoga w/Marlene G303		The Zone w/Eli G303		
5:00 - 6:00pm		Pilates w/Halley G303		ZUMBA w/Martha G303	
6:00 - 7:00pm		Fitness Boot Camp w/Tavarri Track		Fitness Boot Camp w/Tavarri Track	

MYTH : Eating a high protein / low carbohydrate diet is a great way to lose weight.

FACT : Any diet that eliminates or severely restricts any food group should be avoided. The best way to give your body all the nutrients it needs for optimal function and health is to eat a wide variety of foods everyday. While protein is essential for muscle growth and repair, it's not the body's primary preferred fuel source. Carbohydrates provide the only source of fuel the brain uses. Not eating enough carbohydrates can cause dizziness, light-headedness and lack of focus. Eating too little carbohydrates causes the body to go into ketosis, a buildup of partially broken down fats, which produces high levels of uric acid and can cause gout, kidney stones and kidney failure. High protein diets also tend to be very high in cholesterol and saturated fat which is a known cause of heart attack, stroke and cancer. Most people will lose weight very quickly on this type of diet but the minute you start eating normally again, the weight will come right back on. Diets that require you to eliminate an entire category of food are unsustainable to say the least and will eventually cause some kind of physical problems. A better way to go is to eat higher quality carbohydrates, such as whole grains, and leaner proteins such as chicken, turkey and soy. And don't forget the fruits and vegetables. A well rounded diet is always the best choice for the waistline and your health.



**Don't skip your yearly physical.
Early detection of disease can
save your life!**

Birth Control and Weight Gain

A common misconception about birth control pills is that they make you gain weight. Many young women resist taking birth control because of that fear. The truth is that for a small number of women weight gain can be a side effect but it's actually due to fluid retention. The vast majority of women do not gain weight on the pill. But like any other medication, birth control can have side effects that are mostly temporary and usually go away within 2 - 3 months. So where did that concern come from? Back in the 60's, when birth control pills first came on the market, they had very high levels of hormones. It's the hormones that make you retain water and increase your appetite. So women on the pill gained weight. Today's pills are not like those. They contain much lower levels of hormones, enough to still be effective yet without all the side effects. Actually, for many women birth control pills can be very beneficial. Besides regulating your period, the pill can make your periods shorter and lighter, ease moodiness and irritability associated with periods, clear up acne and help alleviate painful menstrual cramps. As with other medications, consulting your doctor is the way to go to determine whether which method of birth control is right for you. And give it time. It's often trial and error to determine which pill, patch, device or shot works best for you.

