

Article Substitutions From Joe

Remove: Who Ya Gonna Call

Replace with: Help Is on the Way

Remove: Winter Warmth

Replace with: How Exercise and Nutrition Can Whip The Winter Blues

Remove: Don't Get Pipped

Replace with: the Lesson of Wally Pipp

Addition

Portions Out of Control- Add to Nutrition Section

Remove:

Desire To Lose

No Replacement

Fitness Tips

Arms Race

Doing bench dips, french presses, tricep kickbacks and other forms of elbow extension exercises can firm up sagging triceps.

I'll be Back

According to the American Council on Exercise, nearly 80% of Americans have experienced low back pain. The best friends your low back can have are strong abdominal muscles. Crunches, cat-camel exercises, bicycle maneuvers, low tummy tighteners and side sit-ups are some great exercises to build abdominals thereby supporting your lower back.

Breast Cancer and the Benefits of Exercise

According to a 2005 study by Dr. Holmes, M.D., et al, published in the Journal of the American Medical Association, women with breast cancer who are physically active (exercise) live longer than women who are sedentary. In addition, exercise both decreases fatigue associated with and enhances immune function during chemotherapy.

Diabetes and Exercise

If you are diagnosed with pre-diabetes, a couple of things you should consider doing are: start a cardio fitness training program to reduce your weight and control blood sugar levels and pump iron to build muscle mass that can increase your metabolic rate.

Fit for Man and Beast

Walking, playing Frisbee and jogging are simple, playful activities that can be scaled to the fitness level of you and your dog. Dogs like routine. Be consistent so that you and your four-legged friend develop a mutual exercise habit.

Strength Training for Swimmers

Swimmers should strength train to improve their swimming abilities and reduce the risk of injury. Four strategies include training to prevent overuse injuries (shoulder/rotator cuff), increase strength without adding size, develop power and increase flexibility.

How Exercise and Nutrition Can Whip the Winter Blues (This replaces Winter Warmth)

Don't let a lack of sunlight during the winter get you down. Dress right with breathable layers and keep your extremities warm and dry. Get as much sunlight as possible and try a winter sport like skiing or ice skating.

Fun & Fitness in the Summer Sun

Subscribe to a protection checklist when exercising outdoors during the summer: stay hydrated, apply and reapply sunscreen as needed, wear light-colored loose fitting clothing and wear sunglasses.

Back to Fitness School

No matter when you begin, exercise and lifestyle changes can improve the quality of your life.

Destination Fitness

When was the last time you took a road trip and someone in the car asked, "Are we there yet?" It happens all the time, right? Well, when it comes to our Fitness Road Trip, the best-conditioned people know there is no "there," because the longer you drive, the more you realize the journey is more important than the destination.

The Lessons of Wally Pipp (This replaces Don't Get Pipped)

It's easy to take ourselves out of the game of exercising, there is always a reason too; too busy, too tired, too lazy. But we will never know what heights we can reach if we don't overcome the "too" reasons and replace them with motivation, determination, and energy. Is it in you? You'll never know unless you try.

Equation for Exercise Excellence

Set fitness goals that are specific, measurable, achievable, realistic and timely. How much do you want to be fit? Your commitment and desire are everything. The rest is

easy—establish a consistent schedule of exercise and a progressive and challenging routine. Don't be afraid to reevaluate if your plan is not as effective as you would like it to be.

Is This Exercise

Okay, so you do burn calories by shopping, vacuuming and watching TV. But we are not off the hook--to get the most calorie burn, build your core and increase your health, you must have a specific regular schedule of progressive exercise.

Spring Cleaning For Fitness

We all perform various spring cleaning activities in our homes. We can do the same for our health by adding cardiovascular training to clean out our hearts and cleaning out our refrigerators and replacing refined simple carbohydrates (high in sugar) with healthier complex carbohydrates (whole wheat instead of white bread).

The Five Cs of Fitness

We all need fitness plans that work. No two people are alike. Follow the Five C plan: Establish your goals and Communicate them if necessary to your trainer. Create an exercise environment conducive to achieving your goals. Calculate your progress. Concentrate on what you are doing--no phone calls in between lunges. Celebrate your success.

What's Your FQ?

Fact or Myth: You can eat whatever you want whenever you want because you exercise.

Myth--You would have to overtrain to burn calories from overeating and overtraining leads to injury.

Heart to Heart

Exercise along with a healthy diet and can help decrease your risk of heart disease. Research has shown that cardiovascular exercise increases the strength of the heart, allowing it to pump more blood with each beat.

Fitness Tricks and Treats

There are numerous tricks to being fit with as many associated treats! Here's an important one--Eat a healthy breakfast every day to increase your energy level and decrease your need to have a high calorie snack or mega meal later in the day.

Pre-Holiday Planning

What's a good strategy to allow you to enjoy parties while keeping the calories in check? Eat lightly before the party, saving room for the special treats you crave.

Trainer Joe's Fitness Gift List

Looking for a gift for someone who likes to be fit? Try any of the following: sneakers, treadmill, exercise bands, weights, boxing gloves, water bottle, exercise mat, personal training sessions or a cookbook to name a few.

Male Call

Self maintenance is so---un-guy-like, but it is critical to your health and success. Consider the benefits of cardiovascular exercise for a strong heart and watch those carbs! Our waists attract excess fat like blitzing linemen to Rex Grossman.

Burning Desire To Lose

Great News! More muscle burn more calories! And there are more benefits too! Improved posture, increased balance and mobility, improves functional fitness, attenuates osteoporosis, helps prevents falls and stimulates bone growth.

Calories: Burn, Baby Burn

Possible Redundancy- email sent to M and S for review

Do It Right

We want to get the most out of our workouts. When lifting weights, if you can perform an exercise too easily for several sessions in a row, the weights are too light. If you cannot maintain your form to the end of a set, you are lifting too much weight. To obtain the benefits of strength training, the weights must be heavy enough so the last few repetitions are difficult but can still be performed with good form.

Newest New Year's Resolutions

Looking for some new resolutions? Walk at least twenty minutes per day at a quick pace or place your snacks in a plate or bowl to exercise portion control.

Help is On the Way (Replaces "Who Ya Gonna Call)

Working out with a certified personal trainer can be a big help to achieving your fitness goals. A trainer has the expertise to customize a fitness plan based on your medical needs, teach proper techniques to ensure safety, and provide the extra motivation to stay on point to improve your conditioning and health.

Portions Out of Control (new article)

Eat with understanding. Read what constitutes a serving or portion of prepared food. Measure your portion size and know how much you are eating. You can eat anything as long as it is in moderation.

Thank You, Dr. Shapiro

