

Begin 2007 with healthy first steps



## MORNING BITES

### Kellogg's Smart Start Cups

- » Whole-grain wheat flakes with oat and rice clusters
- » Includes antioxidants such as beta carotene to support a healthy immune system
- » Prepackaged individual servings allow for easy breakfast on the go

## PRACTICAL PREVENTION

### AVOID OVEREATING

To avoid overeating, chew your food slowly and take delight in the flavors and smells. Scientists have found that it takes 20 minutes for your brain to get the message that your stomach is full. So, enjoying pleasant mealtime conversation is not only relaxing — it also aids in weight control. — *Dr. Elizabeth Smoots*

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Doria, 23

**Job:** Mental health professional

#### How many times a week do you work out?

Ha ha, seven! I usually work out on average about three hours during weekdays and about four to six on the weekends. [While training for the Ironman triathlon] the plan is three-week build, one-week rest until you get to the distances you want to be racing. In my case, 2.4 miles swim, 112 miles bike and 26.2 miles run. Right now I'm halfway through the training.



#### How do you make time?

I make it a priority. Basically, my philosophy is that if I don't put the time in, I won't finish the race. Everything I do during the week is just one step closer to finishing the race, so it is motivating to go out and complete each workout. I have to give up sleep and sometimes I can't drink, and I have to keep to a strict diet. That's different from other people my age [and sometimes] that gets a little awkward; when everyone else is going out and I'm like, 'Sorry, I can't, I have to wake up at the crack of dawn.'

#### What is your everyday diet like?

[I eat] foods that are good for me and will keep me strong: dairy, chicken, fish, veggies, fruit and carbs. I try to avoid heavy foods, fried foods, sugar — anything that will screw up my energy levels.

#### Your goals? Motivations?

Not only finish the Ironman, but try and place in my age group. I'm also raising money for a charity ([www.cutoutcancer.org](http://www.cutoutcancer.org)).

#### After April's triathlon, what will your goals be?

Go to grad school, rest — which is hard for me — and maybe do some smaller triathlons. I was also throwing around the idea of doing an ultra marathon, but I'm not sure. Ten hours of running, what's not to love?



E-mail Healthy Life editor Scott Fuller: [sfuller@dcexaminer.com](mailto:sfuller@dcexaminer.com)



## HUMAN TOUCH OTTOMAN 3.5 CALF & FOOT MASSAGER

» \$399.95, Sharper Image

Three-dimensional Human Touch Technology stimulates the reflex points along the soles and sides of your feet while your calves are gently massaged until aches and pains just melt away.

## THE DAILY BURN

### ALWAYS WARM UP

Exercise science has refuted what most of us learned in youth sports about how to prepare for sports or exercise. Stretching a tight or cool muscle can damage it. Warm-ups get your mind, heart, lungs and muscles ready for exercise.

They should be a low-intensity approximation of the exercise you plan to do (i.e., walking before jogging, or light calisthenics before weight training), and should



last 5 to 10 minutes, depending on ambient temperature, how intensely you plan to exercise and whether you have been sedentary in the previous several hours.

— *Dr. Steve Fahey, University of Maryland athletics*

## YOUR DAILY YOGA



### » Mountain Pose

» Ground yourself at the top of your mat in this strong pose. Stand with your feet together or, for beginners, slightly apart and feel them planted firmly into the earth.

» Lift your toes, spread them wide, and lower them back down. Find a little bit of the mat visible between each toe. Press into all four corners of the feet and reach the crown of the head toward the heavens. Draw your shoulder blades in and down as your chest lifts.

» Create space throughout the body by lifting your ribs off your waist. Bring your hands to prayer in front of your heart. Stay here for one minute and take deep, full breaths in and out of your nose.

» This pose improves posture, allows you to walk into a room with confidence, relieves sciatica, reduces flat feet and can be practiced while waiting in line at the bank, standing on the Metro or sipping sparkling water at a cocktail party.

» Mountain pose is the beginning of sun salutations — a series of poses that can be a complete practice alone or a lovely warm-up for a longer practice. Sun salutations are traditionally practiced to greet the day, welcome the sunshine and connect to that sacred place within. However, in our busy lives, getting in a sun salute at midnight is still powerful. The poses that follow will provide you with this savvy sequence one pose at a time.

*Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).*

## REFRIGERATOR MAKEOVER



### SLIM DOWN YOUR MILK

Toss out that regular milk and replace it with organic skim milk. Organic milk comes from cows that haven't been given any growth hormones — and growth hormones may be linked to an increased risk for breast cancer.

— *Sue Saunders, registered dietitian diet411@hotmail.com*

## NUTRITION TIP



### DON'T FORGET BREAKFAST

Look around you — one out of every three people you see is on a New Year's diet. Want to better your chances for success at losing weight in 2007? Eat breakfast. More than 90 percent of successful dieters eat breakfast at least five days a week. And what could be better on a cold morning than starting your day with a bowl of oatmeal topped with some blueberries and sliced almonds? It'll keep you satisfied all morning and will stave off those coffee break munchies. — *Sue Saunders*

The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

### Stoneridge Orchards whole dried raspberries

- » 100 percent natural ingredients, including hand-picked red raspberries
- » Zero grams of saturated and trans fat per serving
- » Eat by the handful as a healthy snack, or add to breakfast cereals, salads, desserts or muffin recipes

## PRACTICAL PREVENTION

### BURN MORE FAT

To rev up your body's ability to burn stored fat, add exercise to your weight-loss plan. You'll build lean muscle mass and increase your metabolic rate, making it less likely you will regain the fat you lose. First, consult your doctor before significantly increasing your level of activity. — Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dce Examiner.com](mailto:sfuller@dce Examiner.com)



### TRIAx ELITE HRM/SDM

» \$369, Nike.com

Built to handle detailed training data (heart rate, speed, distance, and time) in one very user-friendly package. Full-featured training software helps you set goals, build training plans, log workouts and analyze results.

## THE DAILY BURN

### DON'T BE COOL

Stretching a cool muscle is often more harmful than helpful, so always warm up first. Like warm-ups, stretching should mimic the activity that will follow, and should be done in a "static," not "push-and-pull," fashion. Stretching is especially important before intense, high-speed exercise and in people over 40. In the former, it will allow muscles and joints to operate at peak efficiency; in the latter, it will help spread the workout load



over the entire range of motion of joints, decreasing the likelihood of leading to arthritis in later years.

— Dr. Steve Fahey, University of Maryland athletics

## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

# » Forward Fold

» From mountain pose (from Monday's Examiner), inhale with your arms up over your head and exhale as you hinge from your hips into fold forward. Avoid folding from your waist (where a belt would be) and instead fold from your hip joint so that the pelvis moves. Relax your head and neck while placing your hands onto your shins or to the outsides of your feet. With each inhalation, lengthen the torso slightly to a flat back, exhale and fold deeper. Stay here for 30 seconds to 1 minute while moving slightly with each breath.

» This pose is calming and cooling, relieves stress and insomnia, improves digestion, opens up the hamstrings, soothes the neck and stimulates the liver and kidneys. This pose can be incorporated into your busy life easily when bending over to pick up something from the floor or pulling out a book from the bottom shelf.



Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquilT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Jack, 27

Job: Account executive

### How many times a week do you work out?

Five to six.



### How do you make time?

I try to plan one week at a time. For the past few months I have been training for a marathon, so I have a pretty set training schedule with a set amount of miles to run each day. During the week, I usually do my running in the evenings right after work, and on the weekends first thing when I wake up to get it out of the way.

### What is your everyday diet like?

I try to keep it healthy, but I do have a bit of a sweet tooth. Breakfast is almost always a bowl of Cheerios, a banana and orange juice. I am usually out on the road for lunch, so I try to grab a salad or sandwich. For dinner, I usually cook some sort of chicken dish with vegetables. I only drink water, milk, and OJ — no sodas or coffee.

### Your goals? Motivations?

Currently, my goal is to run a sub-four-hour marathon. I'm giving it a shot on Jan. 7 at the Disneyworld Marathon in Orlando. There's a great sense of accomplishment you get from setting a new personal best.

### Gear you can't live without?

Running shoes are definitely a must! Recently, I also purchased a GPS watch which tracks your pace and distance while running or biking, and it's been a great tool for my training. I've never been one for spending too much on fancy exercise clothing.

### Got any tips?

I think writing down your goals has a tremendous amount of power. For my marathon, I want to break four hours so I made a bunch of signs that said 3:59 and put them up all around my house. It's a constant reminder of my goal.

## REFRIGERATOR MAKEOVER



### BYE BYE, WHEAT THINS

Is there a big box of Wheat Thins in your pantry? The name may indicate that they're a health food, but since they're made with white flour and corn syrup, there are better choices. If you're jonesing for a cracker, go for some Triscuits instead. At 3 grams of fiber per serving, Triscuits are the healthier choice.

— Sue Saunders, registered dietitian [diet411@hotmail.com](mailto:diet411@hotmail.com)

## NUTRITION TIP



### CUT DOWN YOUR CALORIES

Find the hidden calories in your diet and cut them out. One of the easiest ways to decrease your overall calorie consumption is to cut out calorie beverages. Sodas and alcoholic drinks are obvious no-no's, but juice and sports drinks can undermine your efforts at weight loss as well. Make a resolution that this year the only caloric beverage you'll drink is skim milk. Studies show that drinking three glasses of moo juice a day can help you achieve your weight loss goals. — Sue Saunders

The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

**Newman's Own Organic Raisins**

- » High in antioxidants
- » Fat- and cholesterol-free
- » Easy to snack on

## PRACTICAL PREVENTION

### SLASH SALT INTAKE

Eat whole, unprocessed foods, flavoring them with herbs and spices instead of salt. For the general public, the Department of Health and Human Services has set a limit of 2,300 milligrams of sodium a day. HHS advises middle-aged and older adults to restrict daily consumption to 1,500 milligrams. — Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dexaminer.com](mailto:sfuller@dexaminer.com)

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Sam, 25

**Job:** Construction/finance

### How many times a week do you work out?

I try to work out at least four times a week.



### How do you make time?

Time comes because [working out] is a priority. Work, friends and working out are really three necessities that I have to make time for. There is always time for a quick run after work or on the weekend.

### What is your everyday diet like?

My everyday diet consists of lean meats, vegetables, yogurt, etc. This I will have to attribute to my mother. I was brought up eating healthy, and now unhealthy food like fast food really doesn't taste good. It even makes me sick to my stomach. It's weird, I guess, but I really like the taste of cottage cheese and prefer an orange over cake.

### Your goals? Motivations?

Working out is really more of a necessity than a goal. If I do not do it I feel bad, but when I do it I feel good. So I guess my motivation is to feel good. I sleep better, I am more relaxed and it heightens all other aspects of life. I guess I'm addicted.

### Gear you can't live without?

There is no gear I need besides a pair of good shoes and a pair of shorts. Access to a gym is always good, but people have been doing push-ups and sit-ups since the beginning of time and it seemed to have worked out.

### Got any tips?

I know it sounds like a cliché but [exercising] is a lifestyle. There are no quick fixes. As soon as you admit to yourself that diet and exercise are the only way, the better off you'll be. You have to really want to do it; make it fun; get competitive with yourself. Eventually, you will probably grow to love it but it has to make you happy. If it doesn't, then what's the point?



## ULTRASONIC HUMIDIFIER WITH AROMATHERAPY

» \$79.95, Sharper Image

Ultrasonic personal humidifier makes dry air healthier with cool, soothing mist vapor and eucalyptus aromatherapy.

## THE DAILY BURN

### HURT YOUR BACK AGAIN?

"Arrrgh!" Wrenched your back again? You probably don't need to call the doctor if the pain: No. 1: clearly came from exertion, and changes with position; No. 2: doesn't shoot down your leg or into your belly or chest; and No. 3: is not accompanied by weakness, fever, or lack of control of bladder or bowel function. Resting flat on your back for a day or two, with your knees bent and several pillows under your calves, ap-



plying heat, and using whatever pain medicine is safe for you should ease 90 percent of strained backs.

— Dr. Steve Fahey, University of Maryland athletics

## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.



# » Lunge

» From your standing forward fold, extend your right leg back to a lunge. Line up your front fingers and toes, wiggle your right leg back so that the leg is straight and your heel is above the ball of the foot. Press forward through the front shin. Lift up onto your fingertips if that offers you more space. Breathe here for one minute and feel free to rock back and forth to bring more life into the hips.

» This pose opens up the hips, strengthens and tones the legs, brings suppleness to the back and helps to relieve back pain and sciatica. Incorporate this pose when playing with your new puppy, preparing for a run or a night out dancing.

Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).

## REFRIGERATOR MAKEOVER



### INSPECT YOUR OATMEAL

Oatmeal is the ideal breakfast — the soluble fiber in oatmeal can help lower your cholesterol. Not every oatmeal is created equal — replace your instant oats (you know, the flavored ones in the little paper packets) with a canister of steel-cut oats. They're less refined, which means they digest slower than instant oats. The bottom line? You'll feel fuller longer and won't be tempted to indulge in a doughnut before lunch.

— Sue Saunders, registered dietitian [diet411@hotmail.com](mailto:diet411@hotmail.com)

## NUTRITION TIP



### DRINK PLENTY OF WATER

Resolving to lose weight in the new year? Staying well-hydrated will help. Dehydration can slow your metabolism and make you feel sluggish. As a general rule, the average person should drink about 64 ounces of fluid per day, which works out to be four 16-ounce bottles of water. But what if you're drinking out of a water fountain or a paper cup? A gulp of water equals about an ounce of water. — Sue Saunders

The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

### Post Grape-Nuts Flakes cereal

- » Made with whole grains
- » Contains nine essential vitamins and minerals
- » Makes for a high-fiber, nutritious breakfast

## PRACTICAL PREVENTION

### HEED DRUG WARNINGS

When using over-the-counter drugs, don't assume that "more is better." Follow label directions exactly. Exceeding recommended dosages may dramatically boost your risk for side effects. Examples: Taking larger amounts of ibuprofen, naproxen or aspirin more than doubles your risk for gastrointestinal bleeding. Excess acetaminophen can lead to liver damage. — Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dce Examiner.com](mailto:sfuller@dce Examiner.com)



## MICRODERMABRASION SYSTEM

» \$149.95, Hammacher Schlemmer

This crystal and vacuum microdermabrasion system that produces healthier, revitalized-looking skin without having to schedule expensive dermatological or salon appointments.

## THE DAILY BURN

### MAKE THE TIME RIGHT

Exercise: How much? How long? How hard? There are no "magic numbers" here, but to start getting all the benefits of exercise (heart health, lowered blood pressure, improved lipids, weight control, improved mental health, etc.), you need a minimum of 20 minutes of exercise intense enough to break a sweat, three times a week. Within reasonable limits, increasing the frequency, duration, and intensity of exercise will in-



crease your benefits.

— Dr. Steve Fahey,

University of Maryland athletics

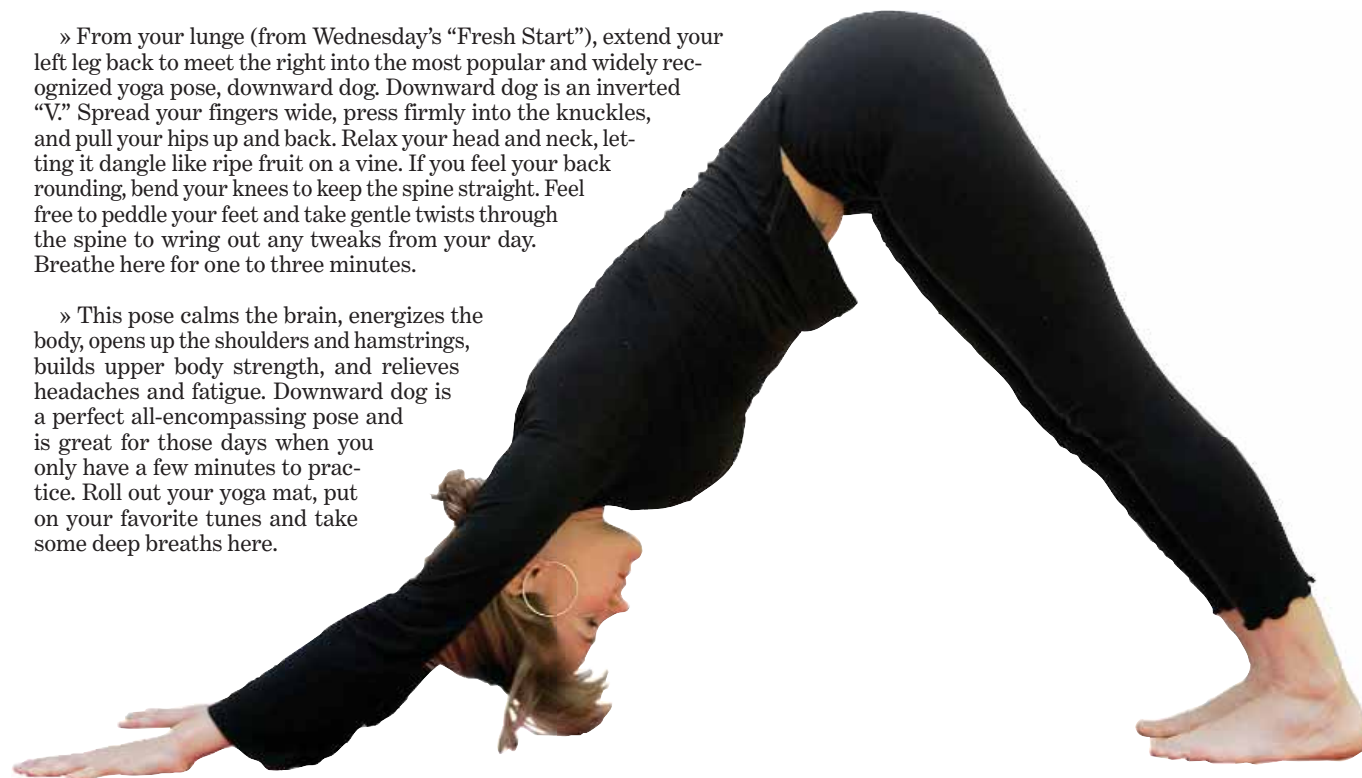
## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

# » Downward dog

» From your lunge (from Wednesday's "Fresh Start"), extend your left leg back to meet the right into the most popular and widely recognized yoga pose, downward dog. Downward dog is an inverted "V." Spread your fingers wide, press firmly into the knuckles, and pull your hips up and back. Relax your head and neck, letting it dangle like ripe fruit on a vine. If you feel your back rounding, bend your knees to keep the spine straight. Feel free to peddle your feet and take gentle twists through the spine to wring out any tweaks from your day. Breathe here for one to three minutes.

» This pose calms the brain, energizes the body, opens up the shoulders and hamstrings, builds upper body strength, and relieves headaches and fatigue. Downward dog is a perfect all-encompassing pose and is great for those days when you only have a few minutes to practice. Roll out your yoga mat, put on your favorite tunes and take some deep breaths here.



Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquilT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Justine, 21

Job: Student

#### How many times a week do you work out?

Six to seven.



#### How do you make time?

I try to schedule classes so I have some time in the morning to get up and go to the gym or to the pool. Scheduling my workout first thing in the morning gives me energy to get through the day. I also take yoga and dance classes that I treat like any academic class — no cutting!

#### What is your everyday diet like?

I try to eat well-balanced meals, and I try not to eat unless I'm hungry. I have grapefruit and yogurt almost every morning, and I try to only eat whole grains. Fish and eggs are my favorite sources of protein, so I have them as often as possible. I avoid fried, greasy foods, but I just can't say no to sweets.

#### Your goals? Motivations?

I sprained my ankle in a rugby game in November, and I'm still recovering. My goal is to let my ankle heal and strengthen it so I can start running again.

#### Gear you can't live without?

I always take my iPod nano to the gym.

#### Got any tips?

I used to feel uncomfortable going to the gym alone, so I started out tagging along with a friend until I knew my way around. I also used to hate waking up early, but getting my workout out of the way in the morning makes me feel like I've accomplished something. I use the thought of a yummy omelet breakfast (eggs are a great source of muscle-building protein) to motivate me to get out of bed and start moving.

#### Your New Year's resolutions?

I want to learn some self-control when it comes to cookie dough.

## REFRIGERATOR MAKEOVER



### MAKE SPACE FOR PEANUT BUTTER

Peanut butter may have a bad reputation among dieters for being high in fat. But the fat in peanut butter is heart-healthy, and the protein provides lasting energy. Toss out the Jif and invest in a jar of natural peanut butter. It's really delicious — there's no sugar or added oils to compete with the natural taste of roasted peanuts.

— Sue Saunders, registered dietitian [diet411@hotmail.com](mailto:diet411@hotmail.com)

## NUTRITION TIP

### SNEAK IN YOUR VEGGIES

Try to add more vegetables into your and your family's diet. If you are surrounded by vegetable haters, look for stealth ways of sneaking them in. Make sure to add extra lettuce and tomatoes to lunchtime sandwiches. Have raw celery and carrot sticks with peanut butter as an afternoon snack. Ask for some extra peppers, spinach or onions on your pizza. Start dinner with a warming bowl of vegetable soup. Even the canned stuff is a good source of fiber and antioxidants. — Sue Saunders



The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

### Kashi GOLEAN Crunch!

- » Made from Kashi seven whole grains and sesame
- » 9 grams protein; 6.25 grams soy protein; 8 grams fiber
- » Naturally sweetened clusters, touched with honey and cinnamon and toasted for a hearty crunch
- » Great as a topping for yogurt

## PRACTICAL PREVENTION

### TRY A Pedometer

A tiny electronic gadget worn at your waist measures the movement of your hips. Pedometers record the number of steps you take in a day during all your activities. This information increases awareness of physical activity and may help provide motivation to exercise. The Centers for Disease Control and Prevention recommends a goal of 10,000 steps a day for healthy, active adults. Get your doctor's OK before increasing steps beyond your baseline.

— Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dceaminer.com](mailto:sfuller@dceaminer.com)



### FORERUNNER 101 GPS

» \$114, Neiman Marcus

Take your workout to the next level with this GPS for the serious or recreational athlete. One feature: Mark a specific location, track current location and follow an electronic "breadcrumb" trail back to starting point.

## THE DAILY BURN

### BEWARE 'RUNNER'S KNEE'

"Runner's knee" usually comes on gradually, with pain around or behind the kneecap during or after exercise, and typically hurts more if you sit for a while and then try to get up. You can start treating it yourself by reducing mileage and avoiding hills, and getting arch supports and/or one of those below-the-kneecap straps more and more runners are wearing these days.

— Dr. Steve Fahey, University of Maryland athletics



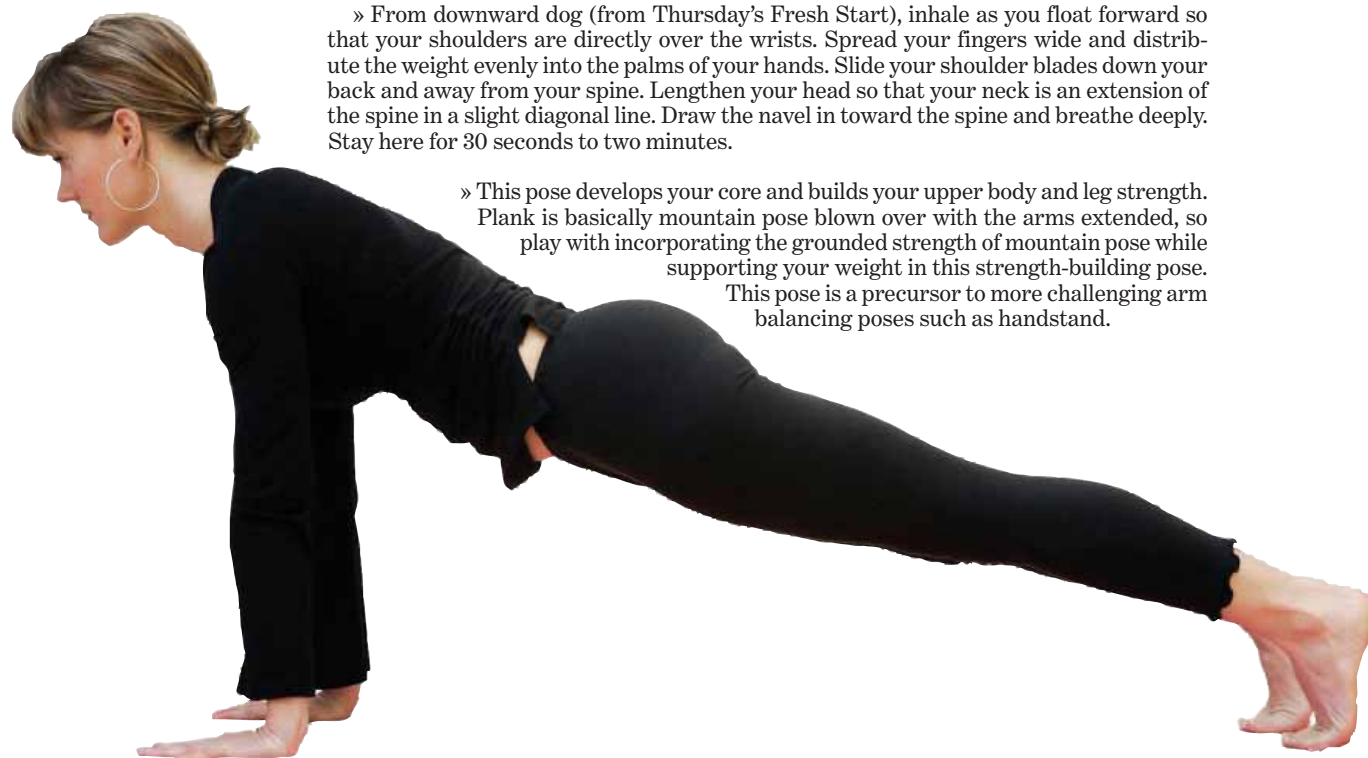
## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

# » Plank

» From downward dog (from Thursday's Fresh Start), inhale as you float forward so that your shoulders are directly over the wrists. Spread your fingers wide and distribute the weight evenly into the palms of your hands. Slide your shoulder blades down your back and away from your spine. Lengthen your head so that your neck is an extension of the spine in a slight diagonal line. Draw the navel in toward the spine and breathe deeply. Stay here for 30 seconds to two minutes.

» This pose develops your core and builds your upper body and leg strength. Plank is basically mountain pose blown over with the arms extended, so play with incorporating the grounded strength of mountain pose while supporting your weight in this strength-building pose. This pose is a precursor to more challenging arm balancing poses such as handstand.



Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Arianna, 25

**Job:** EntryPointDC GeshCity Associate, at the Partnership for Jewish Life and Learning

**How many times a week do you work out?**  
Six.



### How do you make time?

Either wake up early before work, work out on my lunch break or after work depending on what I need to accomplish that day.

### What is your everyday diet like?

I live at Whole Foods and basically eat a lot of fruits and vegetables from there. I have a sushi addiction and live on yogurt parfaits. I don't indulge in too many sweets.

### What got you started?

I started really taking an interest in exercise in high school for cross country and track. Both of my parents are into fitness and my whole family works out daily. All of our family vacations have been active ones that involve a lot of activities and walking around.

### Your goals? Motivations?

Keep in shape, get more energy, stay healthy and be in great form for the D.C. half-marathon in March. I also want to do more Bikram yoga, a hot yoga that takes place in a 107 degree room for 90 minutes.

### Gear you can't live without?

My running sneakers and iPod.

### Got any tips?

Sign up for a gym and go to the workout classes. They will motivate you to stick to a time and push yourself more. Find a time to walk daily and go running around nearby trails with friends.

### Your New Year's resolutions?

To do a triathlon.

## REFRIGERATOR MAKEOVER

### GOOD NEWS FOR CHOCO-HOLICS

Chocolate lovers (and really, who isn't?) rejoice. Dark chocolate is actually good for you. It is a good source of heart-healthy antioxidants — eaten in moderation, it can help lower blood pressure. So toss out the Snickers bars and invest in a bar of Hershey's Special Dark. Just be sure to eat it in moderation — about one or two ounces a few times a week. — Sue Saunders, registered dietitian



## NUTRITION TIP

### EAT A LOT — AND LOSE WEIGHT

How would you like to eat a lot of food and still lose weight? It's easy, as long as you make the right choices. Foods that contain a lot of water, fiber or air are low in calories, so you can eat more of them. Vegetables, fruits, soups and popcorn should be pantry staples. Pop your own popcorn over the stove in a large covered pot — a tablespoon of olive or canola oil is all you need to pop a quarter cup of kernels. Top with some sea salt — it's filling, high in fiber and very low in calories.

— Sue Saunders, [diet411@hotmail.com](mailto:diet411@hotmail.com)



The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

**Cascadian Farms Organic Chewy Granola Bars**  
 » Made with rolled oats, raisins, sunflower seeds, almonds, cranberries and real honey  
 » All-natural cereal made with organic ingredients  
 » A good source of whole grain  
 » Contains zero grams trans fat

## PRACTICAL PREVENTION

### BOOST YOUR CREATIVITY

Injecting a little creativity into your life can improve your health in many ways. The benefits include better immunity, increased energy, less stress, fewer doctors' visits and improved moral. Opportunities for creativity are endless, so what are you waiting for? Start a hobby, make music or art, write in a journal, decorate a scrapbook or volunteer to help others. — Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dexaminer.com](mailto:sfuller@dexaminer.com)



## DKTM ARM BLOOD PRESSURE MONITOR

» \$99.95, Sharper Image

Using DK Technology that "listens" like your doctor would when taking a reading with a microphone built into the cuff, this arm monitor accurately measures your blood pressure.

## THE DAILY BURN

### BE AWARE OF OVERHYDRATION

Awareness of the problem of dehydration with exercise has led to an increased incidence of the opposite problem: overhydration, resulting in a dangerous dilution of salts in the blood called "hyponatremia." For exercise longer than an hour, you need water *and* salt. One good way to get both — without getting bloated — is to drink half-strength sports drinks. (Estimating your fluid losses by comparing pre- and post-exercise weights will tell you how much you need.)



— Dr. Steve Fahey, University of Maryland athletics

## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

# » Half-chaturanga

» From plank pose (from Friday's Fresh Start), exhale and lower your knees onto your mat, bend your arms to 90 degrees and hover over the ground. Ensure that your elbows, shoulders and hips are in a straight line. Keep the elbows drawn in toward your body. Scoop the tailbone to help lengthen the lower back. Reach through the crown of the head to avoid sagging into the neck and shoulders. Push through the heels. Breathe here five to 30 seconds.

» This pose is an amazing core developer. It also helps to strengthen the arms and tone the legs. This yoga push-up is sure to empower on the yoga mat and beyond. Have your favorite chill tunes playing and a scented candle lit nearby to help keep you going during this challenging pose.



Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Adam, 24

**Job:** Financial consultant

**How many times a week do you work out?**

Four to five.

**How do you make time?**

I make time in my schedule by doing less of nothing and, instead, doing more of working out. It only takes 25 to 40 minutes to get an effective workout.



**What is your everyday diet like?**

My everyday diet used to consist of homemade tacos, steak, chicken, tuna, cheese and pasta. Nothing fancy and not bad for you, if you didn't eat three portions. Now, I concentrate on smaller portions and lots of bran. I tend to eat more food when I work out, and so it's important that I control my appetite.

**What got you started?**

I have been working out ever since high school. In college, other than the fact that I didn't want to be the fattest guy at the pool, I played baseball and we had a strict workout program.

**Your goals? Motivations?**

My goal is to continue to work out for the rest of my life, maintain a consistent workout schedule and to maintain a healthy diet the majority of the time.

**Things you can't live without?**

The pool. I love swimming as an alternative to the boring old treadmill or bike routine.

**Got any tips?**

Switch your workout routine once you start to feel like you have hit a wall. Try biking, swimming or even yoga. Also, don't be afraid to do quick cardio lifting sessions every once in awhile. It keeps your heart rate up and tones your muscles.

**Your New Year's resolution?**

To beat my last Olympic Distance Triathlon time.

## REFRIGERATOR MAKEOVER

### WATCH OUT FOR CORNFLAKES

Cornflakes. They look like such innocent little guys. But believe it or not, cornflakes raise your blood sugar more quickly than a candy bar.

Why is that a problem? Because foods that are quickly digested and absorbed leave you feeling hungry and you're more likely to grab a donut during your morning coffee break. So toss out the cornflakes and replace them with a box of Cheerios. With only one gram of sugar per serving, they have a place in everyone's pantry.

— Sue Saunders, registered dietitian



## NUTRITION TIP



### EAT WITHOUT DISTRACTIONS

If you're eating while reading this, put down that bag of chips and step away from the fridge. Studies show that people who eat without distractions consume fewer calories than those who are doing something at the same time. If you eat while watching television, surfing the net or driving, you could be consuming up to a third more calories. Here's the plan for today — eat only while seated, use silverware and take the time to really enjoy your food. You'll no longer have to worry about unconsciously scarfing down an entire quart of ice cream.

— Sue Saunders

The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

### Raw Revolution Organic Live Food Bars

- » Contains all-natural ingredients
- » Certified-organic, vegan, kosher, high in protein and iron
- » Gluten-free, dairy-free, soy-free
- » No preservatives, non-GMO
- » Fiber-rich bar contains raw organic ingredients

## PRACTICAL PREVENTION

### GET ENOUGH VITAMIN D

Your skin makes vitamin D from sunlight that falls on your skin. But from October through March, dim outdoor light stimulates hardly any vitamin production at all. Alternate vitamin D sources include fortified milk and multivitamins. The Institute of Medicine recommends getting 200 international units a day for people from birth through age 50, 400 international units for those 51 to 70, and 600 international units for those over 70. — Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dceaminer.com](mailto:sfuller@dceaminer.com)

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Michelle, 27

**Job:** Discovery Channel program scheduler

### How many times a week do you work out?

Five to six.



### How do you make time?

I treat working out like a part of my workday. I pack my stuff with my laptop in the morning and go right from the office to the gym. Like most people, if I stop at home, I end up on the couch.

### What is your everyday diet like?

I try to eat a balanced diet. I know breakfast is most important, and I try to get some fruit in there with the daily cup of coffee. I try not to eat too late at night, but I always give myself a break.

### What got you started?

I really got started right out of college. I wasn't happy with what I looked like, and I was living in New York City and starting an acting career. I knew I needed to get in shape.

### Your goals? Motivations?

This past year, my big goal was to run the Marine Corps Marathon. I did that in October, and now I'm continuing to train. I would like to run another one before 2007 is out. I'm running a half-marathon in New York City in a couple of weeks.

### Things you can't live without?

I really love my dry-fit running hat. I wear it every time I'm out there. I know it sounds silly, but it keeps the sweat out of my eyes and keeps me focused on the path ahead.

### Got any tips?

Doing things with a partner or a group of people is really motivating. It's just that feeling of "we're all in this together" that brings you closer to accomplishing your goals. Remember that it's supposed to be fun, and don't take yourself too seriously.



## SWOPPER CHAIR

» \$599.95, [Fitterfirst.com](http://Fitterfirst.com)

Swopper presents a unique alternative to traditional seating by providing a new approach to correct sitting postures and directly addresses the real issues that make sitting such an unhealthy activity.

## THE DAILY BURN

### GO AHEAD: EAT UP

Whether you are exercising mostly for weight control or for strength, it's a great idea to have a good-sized meal soon after exercise. The carbohydrates will help restock your energy stores, and protein will enable you to quickly start rebuilding muscle tissue. The ratio should be around 4 to 1 (carbs to protein), with perhaps a bit more protein for you body-builders.

— Dr. Steve Fahey,  
*University of Maryland athletics*



## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

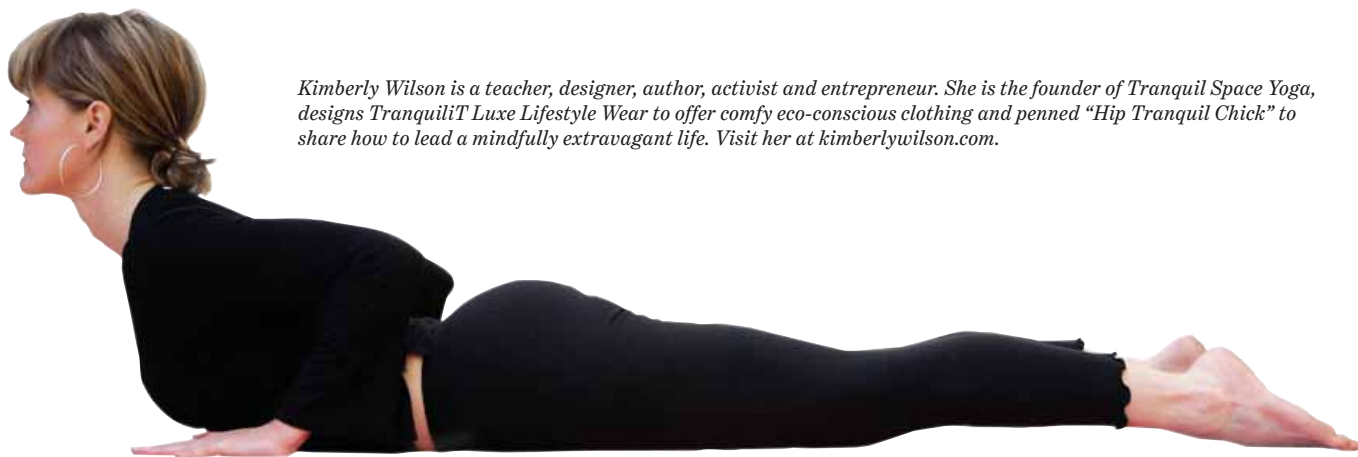
# » Cobra

» Lower your belly to the earth and point your toes. Inhale as you press into the floor to lift your chest into a gentle backbend. Relax your shoulders from your ears, hug the elbows into your body and adjust your torso to a height that is comfortable. Focus on lengthening the lower back to avoid compression. Breathe here 10 seconds to 1 minute.

» This pose tones the bum, brings suppleness to the spine, opens the chest and belly, stimulates abdominal organs and helps relieve depression. When feeling congested or down after all your post-holiday excitement, enjoy a dose of cobra.

» Voila! Along with last week's six parts of *The Examiner's* Fresh Start daily yoga series, you now know all the poses to complete a 12-step Sun Salutation (an all-compassing practice). Here is the sequence:

1. Begin in mountain with hands in prayer.
2. Inhale and extend the arms over the head.
3. Exhale and fold forward.
4. Inhale and step back with the right leg to a lunge.
5. Exhale and step your left leg back to downward dog.
6. Inhale and float forward to plank.
7. Exhale and drop your knees to half-chaturanga.
8. Inhale and lift up to cobra.
9. Exhale and pull your hips back to down dog.
10. Inhale and step forward with your right leg to a lunge.
11. Exhale and step forward with your left leg to a forward fold.
12. Inhale and rise up to mountain.



Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).

## REFRIGERATOR MAKEOVER

### FRO-YO: NOT SO GOOD FOR YOU

If you thought frozen yogurt was better for you than ice cream, you might want to think again. Certain varieties of fro-yo have as many calories as regular ice cream. Why? Because in reducing the fat, manufacturers increased the amount of sugars added. Studies show that dieters are more likely to consume excess calories when eating a "diet" food. When it comes to frozen treats, if you're going to indulge, you may as well eat the real thing. So go ahead and buy a small container of real ice cream. Just be sure to limit yourself to a scoop.

— Sue Saunders, registered dietitian  
[diet411@hotmail.com](mailto:diet411@hotmail.com)



## NUTRITION TIP

### KEEP VEGGIES IN YOUR FREEZER

Americans eat too much of just about everything — except fruits and vegetables. One way to ensure that you always have veggies on hand is to stock your freezer with frozen broccoli, spinach, green beans and even pureed squash. In some instances, frozen vegetables are even more nutritious than their "fresh" counterparts that spend upward of a week in transit to your local store. Frozen vegetables go to the deep-freeze within hours of being picked, locking in their nutrients. Gently steam or microwave to ensure the nutrients don't cook away. — Sue Saunders



# FRESH START

Tuesday, January 9, 2007

examiner.com

29

The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

### Kellogg's Crunchy Blends Just Right Cereal

- » Crispy flakes of wheat, corn and rice with raisins, dates, and almonds
- » A good source of 11 essential vitamins and minerals
- » Low in fat
- » No cholesterol

## PRACTICAL PREVENTION

### GET TOP-NOTCH HEALTH CARE

To receive the best possible medical care, you need to take an active role in your health-care team. Your team may consist of doctors, physician assistants, nurses, pharmacists and you. Your responsibilities include learning about your condition, asking questions and keeping your team informed about your symptoms and all your treatments. With your participation, the whole team can function much better in meeting your health-care needs. — Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dexaminer.com](mailto:sfuller@dexaminer.com)



### MINI STEP & FLEX 2.0

» \$79.95, Sharper Image

Compact stepper with resistance cords for an upper-body workout.

## THE DAILY BURN



### WHEN YOUR LEGS HURT

Lots of exercisers, especially runners, get shin splints, sore feet or pains in their legs. You should be concerned about serious injury only if: No. 1: It hurts to walk;

No. 2: It hurts even at night; or No. 3: The pains are in the front of your hip area. These features raise the possibility of a stress fracture. It's suggested that you stop running and see a doctor.

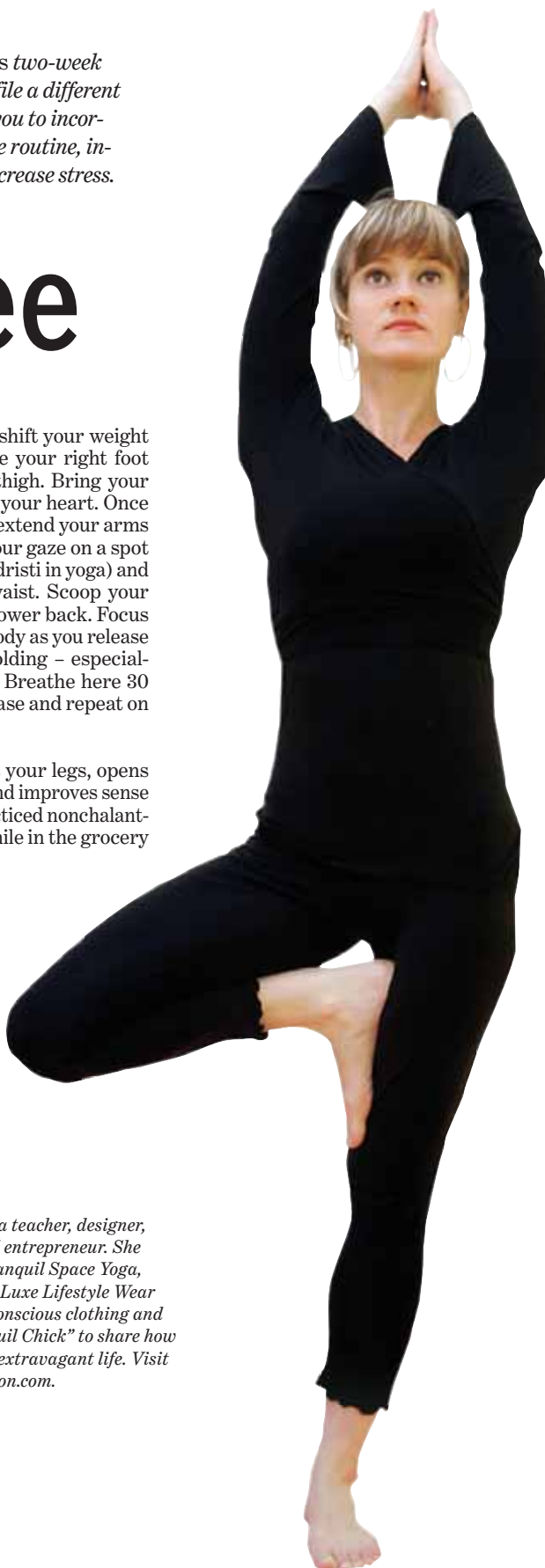
## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

# » Tree

» From mountain pose, shift your weight into the left foot and place your right foot at the inner left ankle or thigh. Bring your hands to prayer in front of your heart. Once you feel steady, inhale and extend your arms up over your head. Keep your gaze on a spot in front of you (known as a dristi in yoga) and lift your ribs off of your waist. Scoop your tailbone to lengthen your lower back. Focus on creating space in your body as you release any tension that you're holding — especially in the jaw or shoulders. Breathe here 30 seconds to 3 minutes. Release and repeat on the other side.

» This pose strengthens your legs, opens the hips and inner thighs, and improves sense of balance. Tree can be practiced nonchalantly (keep the arms down) while in the grocery store, bank, or loo line.



Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

» John, 60

Job: Retired

How many times a week do you work out?

At least three.



How do you make time?

Now that I am retired and have more time, I mix in a lot more biking — I have purchased high-end road and mountain bikes. I still do running, indoor rowing, weights, etc.

What is your everyday diet like?

My wife is a very good cook. We eat very well and mostly at home. We always have a good breakfast — fruit, cereal, etc. Lunch is soup, more fruit, whole grain bread and humus. We try to eat more lightly at dinner and enjoy fish, chicken and the occasional red meat on the barbecue.

What got you started?

What got me started on exercise was never stopping. I enjoyed playing a variety of sports — skiing, squash, swimming, etc. I always believed in variety and the benefit of cross training or in my case trying not to wear out one joint ahead of the others.

Things you can't live without?

I have enjoyed being able to buy top equipment. It is a kick to have the same bike frame that Lance Armstrong used on his Tour de France. However, some of the best days are spent hiking with my wife — good hiking boots don't cost that much.

Got any tips?

Just do it! It is a real pleasure to see my family continue to enjoy sports in many ways. My children competed at a much higher level of sports than I ever did, and I shared their joy along the way.

Your goals? Motivations?

My goal is to continue to enjoy life, and I know that I feel so much better when I exercise.

## REFRIGERATOR MAKEOVER



### PASTA: NOT FORBIDDEN AFTER ALL

For several years now, pasta has been viewed by dieters as a verboten food. And to a point, they were right. Eaten in large quantities, the calories from pasta can really add up. If you've been avoiding pasta, you might want to toss that old box of spaghetti. But your inner-Italian need fear not. Pasta, eaten in reasonable portions, makes a great meal. And a new product, Barilla PLUS, is fortified with extra fiber, extra protein and heart-healthy omega-3 fatty acids. Top a cup of it with some marinara sauce. Buonissimo!

— Sue Saunders, registered dietitian  
[diet411@hotmail.com](mailto:diet411@hotmail.com)

## NUTRITION TIP



### YOU CAN INCLUDE ANY FOOD IN YOUR DIET

Deprivation diets work in the short-term, but the accompanying cravings can set you up for failure. One can only go so long without a treat. In fact, if eaten in moderation, almost any food can be a part of a healthy diet. Make the bulk of your diet healthy — say, 90 percent of your calories should come from lean protein, vegetables, fruits and whole grains. The remaining 10 percent? A small scoop of ice cream. A 2-inch square of brownie or cake. A handful of crispy tortilla chips. It's up to you. By allowing yourself a small treat each day, you'll ensure that you don't go overboard a few weeks down the line. — Sue Saunders

The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

### Bear Naked All-Natural Low-Sugar Cereal

- » Made with real, whole grains, real freeze-dried fruit and hearty nuts
- » Low sugar and good source of fiber
- » All-natural, vegetarian- and vegan-friendly
- » Low glycemic index

## PRACTICAL PREVENTION

### DON'T IGNORE DEPRESSION

For clues to depression, answer these two questions: During the past two weeks, have you ever felt down, depressed or hopeless? And: During the past two weeks, have you felt little interest or pleasure in doing things? If your answer is "yes" to either question, contact your doctor for an evaluation. The U.S. Preventive Services Task Force recommends that all adults regularly get screened for depression. - Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dceaminer.com](mailto:sfuller@dceaminer.com)

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » R. Lee Flandez, 24

Job: Journalist

### How many times a week do you work out?

About four to five times.



### How do you make time?

I skip lunch to go to the gym (I eat at my desk) if I don't have time to work out after work. Also, in the morning, I write down what I'm going to do for exercise that day.

### What is your everyday diet like?

Six small meals throughout the day. I try to eat a salad (either fruit or veggie) every day. Some whole wheat bread or Kashi cereal for breakfast. Grilled chicken or baked fish for lunch or dinner. Black or green tea, water and juice for beverages. Limit carbs after 7 p.m.

### What got you started?

Health and aesthetic reasons. I wanted to feel good about myself. And I wanted to see if I can fit into the jeans I bought in Spain during study abroad in college.

### Your goals? Motivations?

My goal is to not hate running on the treadmill as much by doing the elliptical machines more. And to continue to lift weights to build strength. My motivation is Miami — I'm going there this summer, and I need to not feel embarrassed in my board shorts.

### Things you can't live without?

Portable push-up bars. I do about three sets in the morning before going to work — or before going on a date.

### Got any tips?

Take it easy when you first start working out. It takes a while for your body to get used to being beaten up. And mix up your routine by taking up pilates or yoga classes — trust me, it's harder than it looks.

### Your New Year's resolution?

What else? To get some nice abs.



## NIKE+IPOD SPORT KIT

» \$29, Nike and Apple

Pick your mix and motivate your run. Nike+ lets you listen to tunes while you track your progress on an iPod nano. Simply slip the Nike+ sensor into the Air Zoom Moire shoe pocket, or any other Nike+ Ready shoe, and head out.

## THE DAILY BURN

### STRENGTH TRAINING TIPS

Consider your goals before embarking on a strength-training program. High-repetition/moderate weight workouts build bigger muscles; lower-repetition/heavier weights build and maintain strength. Also, if you are training for a specific sport, consider both the speed and the position at which your muscles will be operating. Slow, deep squats may be helpful for a baseball catcher or Sumo wrestler, but a



waste of time for a distance runner.

- Dr. Steve Fahey, University of Maryland athletics

## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.



# » Pigeon

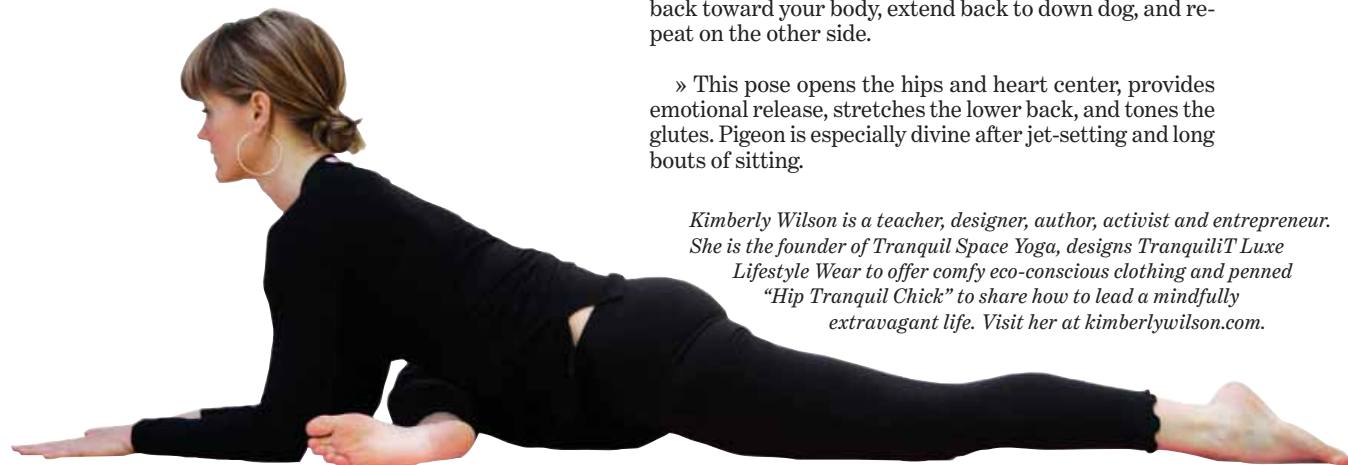
» From downward dog (see *The Examiner's* Jan. 4 "Fresh Start"), draw your right knee toward your right wrist. Slide the left leg back and lower your hips to the floor. Place your hands under your shoulders and lengthen through the torso. Add a blanket under your right hip if you feel unsteady.

» To deepen the pose, bring the right shin parallel to the front of the mat. To lighten the intensity of this pose, draw your right heel in toward the left hip.

» Inner spiral the back leg so that the kneecap is facing down. Inhale and lengthen through the spine, exhale and fold forward onto your hands, forearms or forehead. Breathe here 30 seconds to 5 minutes. Walk your hands back toward your body, extend back to down dog, and repeat on the other side.

» This pose opens the hips and heart center, provides emotional release, stretches the lower back, and tones the glutes. Pigeon is especially divine after jet-setting and long bouts of sitting.

Kimberly Wilson is a teacher, designer, author, activist and entrepreneur. She is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit her at [kimberlywilson.com](http://kimberlywilson.com).



## REFRIGERATOR MAKEOVER

### TOSS OUT THE WHITE RICE

More than half the people in the world eat rice every single day. White rice, once a sign of prosperity, is not the healthiest choice. Brown rice, which is a whole grain, is delicious and filling. But it takes more than twice as long as white rice to cook. And most time-starved Americans don't have the hour to spare that it takes to cook a batch. But you can now toss out the white rice because a new product from Whole Foods makes the job a little bit easier. 365 Brand Organic Whole Grain Brown rice, is precooked and frozen. It takes only two minutes to reheat and each serving has 3 grams of fiber and only 160 calories.

- Sue Saunders, registered dietitian [diet411@hotmail.com](mailto:diet411@hotmail.com)



## NUTRITION TIP

### BE WARY OF SODIUM IN YOUR DIET

More than 20 percent of all Americans have high blood pressure which, left untreated, can lead to stroke, heart attack and kidney or heart failure. One of the keys to controlling your blood pressure is watching the amount of sodium in your diet. Think the biggest source of sodium in your diet is the salt shaker? Think again. Processed foods, such as canned soups and frozen dinners, may have more than a day's worth of sodium in one sitting. But read the labels — even prepackaged cookies, muffins and crackers may be loaded with salt. Your best bet? Stick with fresh, homemade products and add salt to taste at the dinner table. - Sue Saunders

The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

### Nature Valley Crunchy Granola Bars

- » 100 percent natural
- » Excellent source of whole grain
- » Variety pack includes Cinnamon, Oats 'N Honey, and Peanut Butter bars made with whole grain rolled oats

## PRACTICAL PREVENTION

### PLAN ADVANCE DIRECTIVES

A living will and durable power of attorney give notice in advance of your health-care wishes. These advance directives go into effect only if you're unable to express your own current preferences. You can have the paperwork drawn up by your lawyer, or you can prepare it yourself. Talk to your doctor about obtaining the proper medical forms.

— Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [fuller@dceaminer.com](mailto:fuller@dceaminer.com)



### INSTANT WHIRLPOOL BATH

» \$149.95, Hammacher Schlemmer

This soothing mat combines a massage and powerful 300-jet whirlpool to transform an ordinary bathtub into a whirlpool spa.

## THE DAILY BURN

### PAIN IN THE HEEL

Heel pain is a common problem for beginning exercisers. It usually comes from plantar fasciitis, an inflammation where the arch attaches to the heel that is especially painful with the first step of the day. This "agony of the feet" will benefit from a heel lift in your shoe, ice after exercise, and stretching the arch. For the latter, you can either squat down with your weight on the balls of your feet (think Johnny Bench) or cross your



sore foot over your knee and push or pull your big toe and forefoot forcefully upward.

— Dr. Steve Fahey,

University of Maryland athletics

## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

# » Warrior 2



» From mountain pose (see *The Examiner's* Jan. 1 Fresh Start), open your feet 3-4 feet apart so that your ankles are underneath your wrists. Turn your front foot forward and your back foot parallel to the back of the mat. Bend your front knee over your ankle to a 90-degree angle and ensure you can see that front big toe. Reach through your fingers, soften your shoulder blades down your back, and gaze over your front middle finger. Keep your shoulders directly over your hips.

» Breathe here 30 seconds to 2 minutes. Repeat on other side.

» This pose strengthens the legs, opens the hips, expands the chest and lungs, provides an energy boost, and may assist with relieving backaches. When you need a dose of courage, strike a pose with warrior 2.

Kimberly Wilson is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit [kimberlywilson.com](http://kimberlywilson.com).

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Carla, 26

Job: Occupational therapist



### How many times a week do you work out?

Four to six.

### How do you make time?

It's a daily ritual after work. I find I have a lot of energy at that time of day and most of the classes offered at the gym take place around then as well, making it so convenient.

### What is your everyday diet like?

Complex carbohydrates, green vegetables, fruits, nuts and fish. I'm not intentionally a vegetarian, I just typically don't opt for meat.

### What got you started?

Being a competitive athlete from an early age and enjoying physical exertion and accomplishment. At this point, I exercise to sustain an active lifestyle and I feel exercise prepares me for most daily physical challenges.

### Your goals? Motivations?

I've always gravitated towards physical activity whether it's in my professional or personal life. As a therapist, keeping fit reinforces a positive example for my clients. I think it's semi-hypocritical to be an unhealthy health-care provider.

### Things you can't live without?

Any type of Dry-FIT gear is a must. Don't go spinning without it.

### Got any tips?

Do something every day, even if it's low impact or you don't have more than 20 minutes. The body was designed for activity, and that's hard to come by today in a world where everything's automated. It has to be a conscious effort.

### Your New Year's resolution?

I didn't make any! If it's not broke, don't fix it.

## REFRIGERATOR MAKEOVER

### DEEP-SIX THE POTATO CHIPS

Ah, potato chips. Yes, they're salty, crispy little packages of greasy joy. But to burn off a snack-sized bag of chips, the average person would need to walk six miles. So deep-six the chips. A perfect lower-calorie substitution is Genisoy Deep Sea Salted Soy Crisps. They are crispy, lightly salted and 17 crisps (they're the same size as potato chips, just a little thicker) have only 110 calories. Dip them in black bean salsa for an afternoon pick-me-up.

— Sue Saunders, registered dietitian [diet411@hotmail.com](mailto:diet411@hotmail.com)



## NUTRITION TIP

### NAVIGATING THE VENDING MACHINE

Ideally you pack a nice, healthy lunch to take to work. But in the real world, even the best of us have to eat lunch from a vending machine now and then. Like navigating your way through a minefield, vending machines are loaded with dietary bombs waiting to detonate. If cups of soup are available, go for the vegetable or minestrone. If they have cans of tuna and crackers, toss the little packet of mayo and eat it plain. If snacks are all that's available, a bag of low-fat microwave popcorn beats a bag of potato chips every time. And a little bag of trail mix is always a good option — just be wary of the serving



size. Two handfuls should provide you with enough energy to last until you get home for a real meal. And don't forget to pack your lunch for tomorrow, OK? — Sue Saunders

The Examiner's two-week guide will help you shed pounds and take steps toward a healthy 2007



## MORNING BITES

### Bob's Red Mill Old Country Style Muesli

- » A unique blend that includes wheat, rye, barley and almonds
- » An excellent source of protein and fiber

## PRACTICAL PREVENTION

### DON'T SHORTCHANGE SLEEP

Too often, we rank our busy schedules higher than our sleep. For optimal health and alertness, most people need seven to eight hours of shut-eye. To improve sleep quality, keep regular sleep hours, get physically active each day, and avoid heavy meals, caffeine and exercise close to bedtime. If you're chronically fatigued, see your doctor.

— Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dce Examiner.com](mailto:sfuller@dce Examiner.com)



### COBBLESTONE WALKWAY

» \$39.95, Fitterfirst.com

Walk your way to better health on the Cobblestone Walkway for foot reflexology and a great foot massage. Improve balance and circulation while reducing blood-pressure through daily practice of this simple, low-impact exercise.

## THE DAILY BURN

### STOP AND COOL OFF — EVEN IN WINTER

Given the increasing options for indoor exercising, an advisory about overheating is in order even in the winter. Our bodies dissipate heat in three ways: sweat brings heat to the surface; moving air carries it away; and evaporation further cools the skin. If you are dehydrated, you don't sweat well; if you're indoors there is no wind; and if you're overdressed your sweat can't evaporate. The first sign of



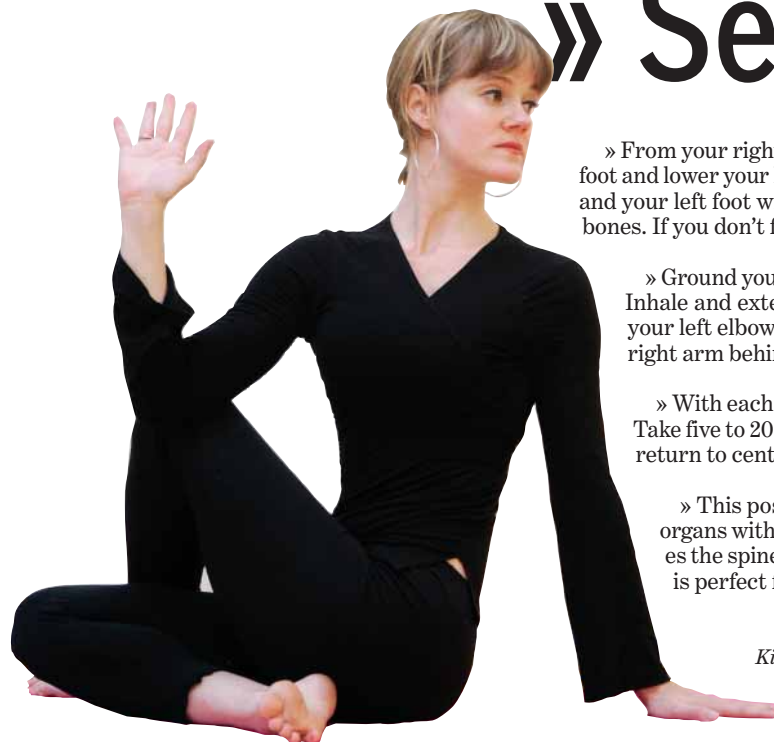
overheating is usually lethargy, so if you feel unusually fatigued while working out, stop and cool off.

— Dr. Steve Fahey, University of Maryland athletics

## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

# » Seated twist



» From your right lunge, slide your left knee to the outside of your right foot and lower your hips down. If all goes well your right knee will be on top and your left foot will be to the outside of your right hip. Find both sitting bones. If you don't feel comfortable, extend your left leg straight out.

» Ground your right foot and draw the right knee toward your torso. Inhale and extend your left arm along your left ear; exhale and place your left elbow to the outside of the right knee as you cartwheel your right arm behind you. Gaze over your right shoulder.

» With each inhale, lengthen the spine and with each exhale, twist. Take five to 20 deep breaths. Release and feel the sensations when you return to center. Switch legs and repeat on the other side.

» This pose stimulates the liver and kidneys, floods the internal organs with blood and nutrients, awakens the upper back, energizes the spine, stimulates the belly, and relieves backache. This pose is perfect for detoxing after one too many apple martinis.

Kimberly Wilson is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit [kimberlywilson.com](http://kimberlywilson.com).

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Matt, 25

Job: Banker



How many times a week do you work out?  
Four to five.

### How do you make time?

Working out is a priority for me, and finding time in your schedule for priorities shouldn't be too difficult.

### What is your everyday diet like?

Usually a bowl of cereal for breakfast and a salad for lunch. Maybe chicken or beef and a vegetable for dinner. I try to stay away from processed carbs as much as possible, opting for whole grain bread and granola bars, vegetables or cheese as a snack.

### What got you started?

Fitness is something you learn, like reading. I've played sports all my life, so it comes naturally to me. The key is to find physical activities that you enjoy and are passionate about.

### Your goals? Motivations?

I do several triathlons a year, and for the most part, they serve as my motivation. They give me a date to shoot for, and I try to get myself in the best shape possible for that date.

### Things you can't live without?

My bike. When the weather cooperates, there's nothing better than a nice, long ride on the weekend.

### Got any tips?

Be like Rocky, not Drago. Stay away from the treadmill and mix up your training as much as possible. Swimming, jumping rope and pull-ups are all great exercises that are often overlooked. Do not underestimate the importance of lifting weights. Lifting weights increases your metabolism, so you burn calories just sitting at your desk. Free weights are almost always preferable to machines.

## REFRIGERATOR MAKEOVER



### AN OPTION FOR FRENCH FRY LOVERS

What to serve with dinner? It's a common dilemma. And though it might be easy to throw some frozen French fries in the oven, it's not easy to work them off at the gym. A serving of fries has more than 375 calories and 20 grams of fat. But now there is a really great option for fry lovers — Alexia Foods Garlic Fries have only 150 calories and 6 grams of fat. And check out their other varieties — they make really good home fries and roasted or mashed potatoes. Since they're frozen, you can keep a supply on hand to ensure dinner is both delicious and good for you to boot.

— Sue Saunders, registered dietitian [diet411@hotmail.com](mailto:diet411@hotmail.com)



## NUTRITION TIP

### DARK FRUITS: BERRY GOOD FOR YOU

Antioxidants: You know they're good for you, but who knew that they came in such tasty little packages? Some of the best sources of antioxidants are berries — strawberries, raspberries, blackberries, blueberries and cranberries are all in the top 10 list. Buy them frozen and throw them in your blender with some yogurt for a healthy breakfast

smoothie. And to get the biggest bang for your antioxidants buck, look for dark colored fruits and vegetables. As a general rule, the darker the better. And when applicable (sweet potatoes, yes; bananas, no) eat the skin. It is often as good a source of nutrients as the flesh itself.

— Sue Saunders

The Examiner's two-week guide will help you shed holiday pounds and take steps toward a healthy 2007



## MORNING BITES

**Nature's Path EnviroKidz Organic Panda Crispy Rice Bars**

- » Made with organic crispy rice, organic honey, and organic peanut butter
- » Gluten-free, wheat free, low-fat, low-sodium, no trans fat

## PRACTICAL PREVENTION

### EAT MORE SALADS

Rabbit food is good for people, too. Raw vegetables and salads are loaded with vitamins C, E, B6, folic acid and the cancer-fighting nutrients lycopene and carotene. Studies show that adding a little salad dressing, avocado slices or some chopped nuts helps improve absorption of the nutrients. So does eating another dish containing some fat at the same meal. — Dr. Elizabeth Smoots



E-mail Healthy Life editor Scott Fuller: [sfuller@dexaminer.com](mailto:sfuller@dexaminer.com)



## DYNAFLEX POWERBALL WITH POWERDOCK GYRO STARTER

» \$49.95, Sharper Image

Strengthens and improves coordination of fingers, hands, wrists, arms and shoulders. Great for sports, as well as for prevention and treatment of ailments such as carpal tunnel syndrome.

## THE DAILY BURN

### POWER OF PLYOMETRICS

"Plyometrics" refers to a specific type of exercise that asks a muscle to first absorb a load (while it is actually lengthening), and then quickly propel the load in the opposite direction (as it contracts). Lying on your back and catching a "medicine ball" that a partner drops toward your chest and then tossing it back toward him/her is one such exercise.

"Plyos" are great for developing explosive power, but



require that the exerciser be well supervised and already in good condition.

— Dr. Steve Fahey,

University of Maryland athletics

## YOUR DAILY YOGA

During The Examiner's two-week "Fresh Start," we'll profile a different yoga pose each day for you to incorporate into your exercise routine, increase flexibility and decrease stress.

# » Legs up the wall



» Find open wall space and scoot your bum up to the wall. Sitting up, align yourself sideways to the wall, then lower down onto your back and extend your legs straight up. Getting up to the wall in this manner is the most effort you'll have to exert. The rest is downhill.

» If your hamstrings are snug, move your bum away from the wall six to twelve inches. If you want more stretch in the back of the legs, move your bum closer to the wall. For variations, place a folded blanket under your hips to elevate them (said to be an Ayurvedic facial), open the legs to a wide V to awaken the hips, or bend your knees and place the soles of the feet together. Surrender your head and neck. Soften your jaw and tongue, and relax the arms

out to the side with the palms up.

» This pose relieves tired legs, opens up the hamstrings, softens backache and achy feet, and brings a sense of tranquility. Legs up the wall is perfect for the weary hostess, traveler or exhausted yogi — a must-have in your tranquility toolkit.

» **A final word:** I hope you've enjoyed your sojourn through my 12 favorite yoga poses. Yoga is a lifestyle that includes a focus on breath, mindfulness and compassion for self and others. Thank you for joining me on this journey. Namaste, Kimberly.

Kimberly Wilson is the founder of Tranquil Space Yoga, designs TranquiliT Luxe Lifestyle Wear to offer comfy eco-conscious clothing and penned "Hip Tranquil Chick" to share how to lead a mindfully extravagant life. Visit [kimberlywilson.com](http://kimberlywilson.com).

## THEY GET IT

Seasoned workout warriors share their tips on finding time for fitness

### » Richie, 27

**Job:** Medical student

**How many times a week do you work out?**

Five to six.

**How do you make time?**

When I was busy during my third year of medical school, I would cook big casseroles on the weekends and freeze them, so I wouldn't have to cook during the week. Knowing that I had a meal ready to warm up when I got home made going to the gym after work a lot easier.



**What is your everyday diet like?**

For breakfast, I have a bowl of cereal (Smart Start or Cheerios). For lunch, I have a sandwich (usually turkey), a yogurt, Welch's fruit snacks, an apple and a granola bar. For dinner, I have a main course of baked ziti, lasagna or grilled chicken.

**Your goals? Motivations?**

I am currently training for the Boston Marathon. In general, I like to exercise because it helps me relax, think more clearly, and sleep better.

**Things you can't live without?**

I'm a big fan of Saucony running shoes. I also like Nike Dry-FIT shirts and the soccer or running shorts with the built-in liner — it makes laundry easier and tends to be more comfortable during long runs.

**Got any tips?**

For a quick workout, you can't beat the Concept II indoor rowing machine (the "erg"). If you get your technique right, there's no better workout. If you don't have a lot of time and can only work out a few times a week, I recommend 20 minutes on the rowing machine, then push-ups and sit-ups. If you want to lift but don't want to spend hours in the gym, I like doing bench press, squats or leg press, and lat pull downs or chin-ups, then sit-ups. These three exercises hit most of your big muscle groups.

## REFRIGERATOR MAKEOVER

### OUT WITH THE MARGARINE

There is probably something scary lurking in your fridge. No, not that week-old container of takeout. It's your margarine. Toss it (and while you're at it, toss the old takeout, too)! For many years margarine was touted as a healthful, cholesterol-free alternative to butter. But it turns out that the trans fats in margarine are even worse for your heart than butter. In response, most manufacturers now make heart-healthy, trans-fat-free spreads. One favorite is Smart Balance Buttery Spread. It tastes like regular margarine, can be used for baking and sautéing, and its blend of oils and natural plant esters can help improve your overall heart health.

— Sue Saunders, registered dietitian  
[diet411@hotmail.com](mailto:diet411@hotmail.com)



## NUTRITION TIP

### BEFORE YOU EAT, READ (THE LABEL)

When most people think of reading, they picture a lazy weekend day spent on the couch with a good novel. But reading is one of the most important weight loss tools — reading labels, that is. Nutrition labels are treasure troves of information. All ingredients listed are put in descending order, so the first ingredient listed is the primary one. Would you have guessed that a Power Bar contains more sugar than it does oat bran, flour or soy protein? It's also essential to look at serving size. Think that big, healthful can of Arizona Green Tea has only 70 calories? Look more carefully — it has 100 calories per serving. If you drink the whole can (and who doesn't?), you're actually consuming 210 calories worth of tea. Over a year's time those extra calories could mean a weight gain of almost 15 pounds.

— Sue Saunders

## Nutrition Facts

Serving Size 1 TBSP (14g)	
Servings Per Container 32	
Amount Per Serving	
<b>Calories 80</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
Polysaturate Fat 2.5g	
Monounsaturate Fat 3.5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
<b>Protein 0g</b>	
Vitamin A 10% (10% as beta-carotene)	
Vitamin B6 35% • Vitamin B12 20%	
Vitamin D 15% • Vitamin E 10%	
Not a significant source of dietary fiber, sugars, Vitamin C, calcium, and iron.	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

**INGREDIENTS:** Natural Oil Blend (palm fruit, soybean, canola and olive oils), water contains less than 2% of salt