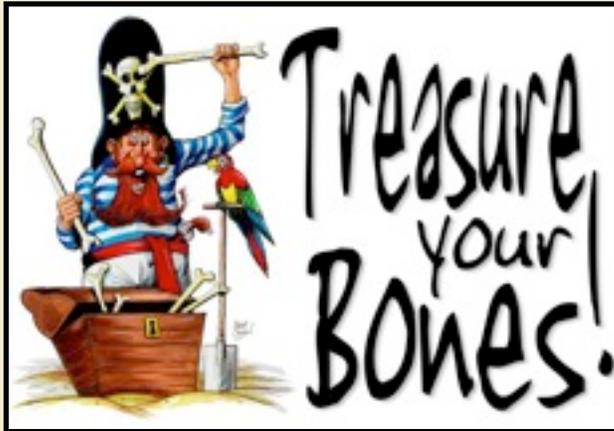


AUGUST, 2009

FUNCTION FIRST FITNESS

a personal training studio



Osteoporosis

KARIN YEHLING

SEND YOUR QUESTIONS TO:

karinyehling@functionfirstfitness.com

Check out answers to YOUR questions every month!

Q & A Corner

Question:

Which is better for my diet and fitness program: sugar or artificial sweetener?

Answer:

Neither is good for you, but sugar is definitely the lesser of the two evils, if used sparingly. We know most of the ramifications of sugar because it has been around for so long. So, we've seen what it does through the generations of people ingesting sugar. On the other hand, artificial sweeteners haven't been around long but the writing is on the wall: they're not good for you. Here, you have a chemically processed product, which even an ant knows better than to touch! Artificial sweeteners haven't been around too long, and they actually make people gain weight from a chemical reaction in the body.



PREVENTION IS KEY WHEN IT COMES TO YOUR BONES!

Osteoporosis is termed the "brittle bone disease". An easy way to picture this is to look at a dry sponge. The dry sponge represents a solid, dense, healthy bone. Now look at a wet sponge. It represents a porous bone with more fragility.

During our lives, our bones pass through a cyclical process of remodeling. *Resorption* is the replacement

of small, old areas of bone with new bone. This new bone is called *formation*. Formation usually exceeds resorption until age 25-30.

Then, resorption begins to exceed formation, with bone mineral density decreasing about 1% per year by the time you've reached your 40s.

You can probably imagine where this ends up if you don't take measures to slow down this process.

What makes the bones strong and healthy?

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- Starting off strong is a key component. Studies have shown that people who engaged in high-impact activities as children and adolescents have greater bone density that will help them later in life.
- It has been shown that weight training has a higher impact on bone mineral density than running.
- Running has been shown to increase density only up to a point; that point seems to be 20 miles or less per week. After 20 miles, in both men and women, bone mineral density either stays the same or decreases.

Adequate intake of calcium is key. Calcium supplements are absorbed at different rates. DiCalcium Malate has been shown to be more than twice as absorbable as calcium carbonate. Calcium supplements must be complemented with Vitamin D₃ to help absorption of the calcium. Vit. D₃ is manufactured by the body from sunlight. However, with the strong rays of the sun and the sunscreen we wear to protect ourselves, our Vitamin D₃ levels are usually low. Over the past couple of years, there has been a strong emphasis on Vitamin D₃ intake because of its importance in aiding calcium absorption. Magnesium is another vital mineral for bone formation; when combined with calcium and Vitamin D₃, it has been shown to increase bone density.

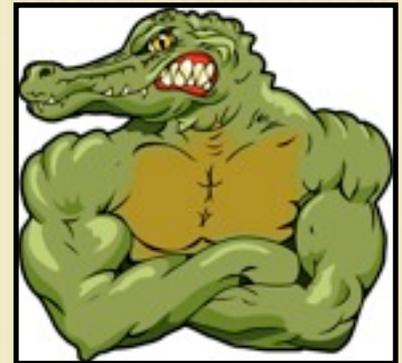


What makes the bones fragile?

This process affects both men and women; however, it is usually ignored or overlooked in men. Men seem to be more affected by osteoporosis due to lifestyle factors – factors they can change. These include, but are not limited to:

- Smoking
- Excessive alcohol use
- Low calcium intake
- Inadequate physical exercise

Monthly Chuckle



Don't Mess With Muscles!

Monthly Tip

Keeping a food journal will help you eat less calories, and allow you to monitor your eating patterns. It will also keep you from binging since you have to record EVERYTHING.



Words to Live By

"Our food should be our medicine and our medicine should be our food."

~ Hippocrates



OSTEOPOROSIS - CONT.

Another factor that speeds up bone resorption is medications, particularly steroidal medications.

Women are also affected by all of these factors, and more:

- Ethnic background (Asian and/or fair-skinned)
- Small-framed women
- Low estrogen levels (this can be from menopause or from amenorrhea, a condition where a girl or woman stops menstruating due to body fat levels dropping too low and/or over-exercising).

PREVENTION

Naturally, there are a number of ways to prevent or greatly reduce the effects of osteoporosis. Several key factors include:

Obviously, prevention of osteoporosis is key. Several factors of prevention include:

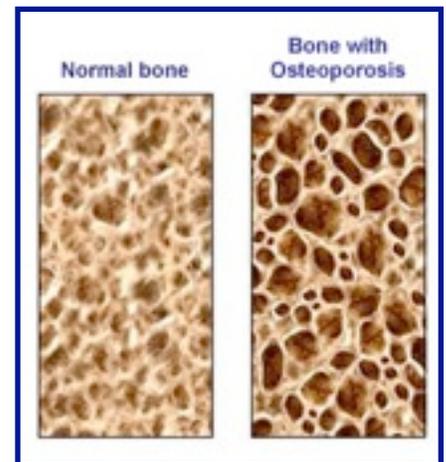
• **Impact activities.** Running and jumping rope would be the ideal activities, but they come with a high injury rate. Walking and stair climbing will suffice. Also, treadmills are usually geared to be low impact and easy on the joints. Walking outside on concrete or asphalt are the best options.

• **Resistance training.** You should be working toward the weight being too difficult to move after 12 repetitions. You can use weights, body weight, or tubing to accomplish this.

• **Good diet.** Calorie deprivation, a common effect of inconsistent eating or weight-loss dieting, doesn't allow you to get all the minerals and vitamins needed from your food. Also, find foods that are high in calcium and learn how to use them in the foods you prepare. I'm not suggesting cheese here, either. Go for the broccoli and spinach!

• **Supplements.** Take calcium, Vitamin D₃ and magnesium supplements. Like I said before, we usually aren't getting enough of these from our diet, so supplementation is necessary.

Osteoporosis is pain-free until there is a fracture. It's a good idea, when you're in your 30s, to get a baseline bone mineral density test so you know where you stand. After women go through menopause, calcium and Vitamin D₃ intake should be increased slightly. The bone loss after menopause is another factor to consider when deciding whether or not you choose hormone replacement therapy.



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To refer a friend or family member for the Function First Fitness Newsletter. Get monthly tips, recipes, tidbits and news.

Function First Fitness Online Training Try Before You Buy- 1 Week Free!

**CALL KARIN AT
(818) 456-4395
TO START
YOUR PROGRAM
TODAY!**

Do you want to work with a personal trainer but can't afford it? Do you have trouble scheduling a training session because of time restraints or conflicts? Do you dread the gym because of the "gym scene"? Do you enjoy working out at home but don't know what exercises to practice? Do you find yourself parked online, eyeing the fitness and conditioning sites but feeling powerless over how to get started? If you answered "yes" to any of these questions, then online personal training is for you! Function First Fitness' online personal training programs provide individualized workouts and meal plans to help you reach your goals. Best of all, you don't have to guess on the instructions or wonder what the online program writer meant. You'll have a

personal trainer available to you! You can work out at home, on the road or at a fitness facility with any type or amount of equipment. All of the exercises I prescribe will include videotape and written instruction. If you have any questions at all at any time, you can contact me via email.

Here is how the program works:

- 1) I will email you a few questionnaire forms to learn your health history, goals, body type, type of equipment you own or have access to, and how many days per week you will work out.
- 2) As soon as you return those forms, I will design a workout and meal plan specifically for you. You will be given a login name & password where you can get your weekly workouts, provide exercise results to me and read the online magazine.

3) I will email you weekly to find out how you're doing on your program and explain anything that may confuse you.

4) By keeping me updated on your progress or changes in your workout and nutrition programs, I can better adjust your future workouts. You can begin updating me after you receive your password and login name. I look forward to working with you and helping you attain your health & fitness goals!

Visit and sign up at:

<http://myhitechtrainer.com/tempacct>

Should you have any questions, please call me at (818) 456-4395.



"A refreshing meal or side dish for a hot summer's day!"

**Karin Yehling
FFF Trainer**

RECIPE OF THE MONTH

Cold Black Bean Salad

- 2 (15 ounce) cans black beans, rinsed and drained
- 2 tomatoes, finely chopped
- 3 serrano chile peppers (optional), seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1/4 cup white wine vinegar
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt



In a medium serving bowl, mix together all ingredients. Chill for 1 hour before serving.



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PERSONAL TRAINING STUDIO



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Coming Next Month!
Article on Supplements, plus more tips, and recipes!