



# Here's To Your Health!

A Phoenix Fire Department Health Center Publication

[www.phoenix.gov/fire/wellness.html](http://www.phoenix.gov/fire/wellness.html)



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## New Stuff to Get You Tuff...

All stations will be receiving this new piece of fitness equipment. The Perfect Pushup® is designed to be more effective than the standard pushup due to the ability to alter your hand position. The rotating handles allow you to align your shoulders and wrists in a more comfortable position, and rotate them during the lift. It also places less stress on the wrist. Look for them to reach your station soon!

Kettlebells are currently being delivered to all stations in 26 lb. and 35 lb. versions. An additional 35 lb. kettlebell will be delivered to all stations along with a **44 lb.** unit, giving every station a total of 4 kettlebells.



## Coloring Compound in Fruits, Veggies May Cut Colon Cancer Risk

Compounds called anthocyanins, which give color to most red, purple and blue fruits and vegetables, may help protect against colon cancer, an Ohio State University study says. In laboratory tests on rats and on human colon cancer cells, the researchers found that anthocyanins can significantly slow the growth of colon cancer cells. The team also found that, in some cases, slightly altering the structure of anthocyanin molecules boosted their anti-cancer properties. The findings, presented Sunday at the American Chemical Society's annual meeting in Boston, may help advance knowledge about what gives fruits and vegetables their cancer-fighting properties which, in turn, could eventually lead to the development of new cancer treatments. "These foods contain many compounds, and we're just starting to figure out what they are and which ones provide the best health benefits," lead author Monica Giusti, an assistant professor of food science at the university, said in a prepared statement. She did not recommend certain kinds fruits or vegetables over others, and noted that much more research needs to be conducted on anthocyanins. Currently, she and her colleagues are examining how anthocyanins interact with other compounds in foods to determine if these interactions affect the health benefits of the foods or of anthocyanin itself.

Source: Robert Preidt for HealthDay News, 8/07.

## Goblet Squats

Named for the way in which you hold the weight—in front of your chest, with your hands cupped—the goblet squat may in fact be the only squat you need in your workout.

Start with a light dumbbell, between 25 and 50 pounds, and hold it vertically by one end. Hug it tight against your chest.

With your elbows pointing down, lower your body into a squat. Allow your elbows to brush past the insides of your knees as you descend.



### Pointers:

Deep squat promotes full leg and glute recruitment.

Back remains upright throughout movement.

Knees remain behind toes at the bottom.

Don't lean forward.

Great to do with kettlebells.

It's okay to push your knees out.

Return to a standing position. Your upper body should hardly move if you're using your legs, hips, and lower back as a unit.

Don't worry if this isn't perfect the first time. Most men mess up when they think about the move. Just let your elbows glide down by rubbing past your knees, and good things will happen. Source: Menshealth.com

# Foods That Boost Energy



Runners would no sooner skip prerun carbs than dash out the door bare-foot. But when the miles are done, those same athletes might not think much at all about what they eat, as long as they get something. Injured runners logging time on the bike might even skip a meal altogether, in fear of gaining weight. Big mistake. Whether you're recovering from a tough tempo run or tendinitis, food delivers the nutrients your body needs to repair itself, making smart eating crucial to a strong body and a speedy recovery. "Recovery is just like fixing a house," says Cynthia Sass, R.D., a sports dietetics specialist in Tampa, Florida. "A crack in the foundation requires raw materials to patch things back together. In the body, those raw materials come from what we eat."

A combination of proteins, fats, vitamins, and minerals helps your body heal microtears from exercise and overused tendons and sprained ligaments. "Every part of the body is dependent on food for repair," says David Grotto, R.D., a spokesperson for the American Dietetic Association. On a cellular level, those repairs are constant, sidelining injury or not. Over time, if cells don't get the nutrients they need, muscles and connective tissues can weaken, leaving them more susceptible to injury. "The decisions we make with our fork can set up roadblocks against future injuries," Grotto says. So along with stretching, and icing if you need it, these healing foods will help you get back on the road as quickly as possible.

**Red Bell Pepper** Just one red bell pepper provides 380 percent of the recommended Daily Value of vitamin C, a nutrient crucial for repairing connective tissues and cartilage. By contributing to the formation of collagen, an important protein used to build scar tissue, blood vessels, and even new bone cells, vitamin C facilitates the healing process. "Work in vitamin C throughout the day, every two or three hours or so," says Sass, for five daily servings. **Runners-up:** papaya, cantaloupe, oranges.

**Salmon** Salmon's nutritional benefits have been much touted for good reason. Fresh or canned, salmon delivers two powerful healing nutrients: protein and omega-3 fatty acids. Protein does more than rebuild muscle after a grueling run; it also repairs bones, ligaments, and tendons. "We tend to forget that healing really means building new cells," says Sass. "And your body needs protein to make those new cells." She recommends all runners eat protein at every meal; injured runners should aim for four to five servings a day, from low-fat sources like egg whites and lean turkey. Salmon, with two grams of essential fatty acids per four-ounce serving, is doubly valuable. "Omega-3s are significant anti-inflammatories," says Grotto. "Eating fish high in omega-3s or taking supplements is like throwing a big bucket of ice water on inflammation." Inflammation occurs when waste matter generated by the body's repair efforts builds up around the injury, inhibiting healing. Omega-3s help disperse that buildup, making them useful in addressing everything from sore muscles to stress fractures. **Runners-up:** mackerel, flaxseeds, walnuts.

**Carrots** Eat carrots for a potent dose of vitamin A: a half-cup serving provides 340 percent of your Daily Value. This nutrient helps make white blood cells for fighting infection, "which is always a risk with injury," says Sass. You might not think infection is likely with tendinitis, but your body takes no chances and activates the immune system, which ups vitamin A demand. Vitamin A also helps repair postworkout microtears, so it's a valuable ally every day. **Runners-up:** sweet potatoes, dried apricots, spinach.

**Fortified Cereals** Zinc is an important healing agent, but foods highest in zinc, like red meats, often contain saturated fat, which aggravates inflammation. So when the body is taxed—from exertion or injury—runners should reach for fortified whole-grain breakfast cereals, which can deliver as much as 100 percent of the Daily Value for zinc. By itself, zinc doesn't repair damaged tissue, but it assists the proteins and fats that do. "Just don't overdo it," cautions Sass. Too much of this potent mineral lowers HDL cholesterol (the good kind) and actually suppresses your immune system. **Runners-up:** shellfish, sesame seeds, pumpkin seeds.

**Almonds** Just one ounce of almonds (roughly 20) contains more than 40 percent of your Daily Value of vitamin E, an antioxidant that supports the immune system by neutralizing free radicals. Almonds, like hazelnuts and sunflower seeds, also supply beneficial mono- and polyunsaturated fats, which are key building blocks for healthy cells. "Fat is a structural part of your body, so don't skimp on it, just eat the right kind," says Sass. "Almonds supply heart-healthy fats that promote healing without clogging arteries." **Runners-up:** nut butters, avocados, vegetable oils.

Source: Kelly Bastone, Runner's World.

Type II diabetes is directly related to lifestyle factors! Unlike Type I diabetes, with Type II, our bodies do make insulin—our bodies just do not use it effectively, not allowing glucose to enter muscle cells. This is called insulin resistance. Physical activity and a healthy diet can prevent and even reverse Type II diabetes. Exercise decreases insulin resistance, and with regular exercise, our cells are able to absorb our glucose. It is recommended that in order to reverse or prevent Type II diabetes, it's important to adhere to:

- 3-4 days of moderate-intensity cardiovascular activity for 60 minutes, however daily activity is recommended.
- Lower-resistance, lower-intensity resistance training program at least 2 days a week.
- Stretching for flexibility a minimum of 3 days a week.

Keep in mind that if you already have Type II diabetes, it's necessary to check with your doctor before beginning an exercise program, and to continually monitor your glucose level.



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