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February 2010 Vol. 1 No. 2

*Celebrating Maine Wellness, Lifestyle & Fitness*

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## Contributors



**Mandy Greene** is a Personal Trainer and fitness instructor at Forever Fit in Biddeford and has been in the Fitness Industry since 2000. She has completed her full Pilates certification, Mat and Apparatus, and is a certified Zumba instructor and has completed her level I & II in willPower & grace barefoot training. Mandy is also a Level I Reiki Practitioner.



**Darrin Landry** has worked in a variety of specialties as a military trained certified surgical technician. In 1989, he became an ophthalmic photographer and technician specializing primarily in retina. His exercise passion is hiking in deserts and third world countries.



Mary Moskowitz, MS holds a master's in Adult Education from the University of So. Maine and is a Health Counselor specializing in combining the knowledge of traditional philosophies with modern concepts designed by the Institute for Integrative Nutrition.



The picture of health, Dr. Christine Blake is a family physician in Westbrook and a graduate of University of Maine and UNE-COM. She is a full time family physician and a mother of four beautiful children. She and her husband live in So. Maine. Join us next month for a full bio on our new Breathe spokesperson.



Caryn Sabes Hacker is a psychotherapist, author and lifelong proponent of health and fitness. She lives in Naples, Florida. Ms. Hacker is a graduate of the University of Kentucky and earned her Masters Degree from the University of Louisville. A contributing writer for the Naples Daily News, Ms. Hacker's work has also appeared in The Kansas City Parent magazine along with Kids, Kids, Kidz and Twins Magazines.



Cheryl Farley is certified with the YMCA of the USA in Foundations of Group Exercise and Healthy Lifestyle Principles. She is a health and fitness education with a focus on preventing disease rather than simply treating it. She is an instructor for "Reversing Diabetes Seminars" and is the host of the television show, "Ready Set Go Healthy".

## Editors Note

### Just breathe

Welcome to the first edition of what promises to be an exclusive, stimulating and inspirational publication celebrating the daily pleasures of eating, sleeping, exercise and of course breathing.

The long journey that brought me to *breathe* was enlightening yet filled with more ups-and-downs than a Sugarloaf black diamond ski trail. Although it was one of the more difficult task I have ever taken on, the rewards and results continue to surprise me daily.

It all came about seven months ago when a local magazine asked me to pitch some stories for future issues. My first idea (with an ulterior motive) was to transform someone's health and weight through a lifestyle and fitness challenge. Guess who. Low and behold, months later, a new magazine, new look and the new healthier me.

So why *breathe*? Let's face it, we need all the help we can get. America is exploding. We have the one of the highest obesity rate in the world and the health of our country is deteriorating minute-by-minute. I am more fortunate than many others. My health had not yet started to decline due to the excess weight, but it would have. So many people are in crisis and don't realize the damage in what they consume as fuel daily. With that said though, it doesn't have to be a struggle or challenge, just a shift in the way we live and think, just like breathing in and breathing out. Natural.

Therefore we welcome you to our new wellness magazine, designed especially for Maine people. *breathe* will explore the healthy lifestyle Maine has to offer from its scrumptious blueberries, bountiful organic farming, to the mountains, rocky coast and the crisp, clean fresh air.

Relax, enjoy and just *breathe*, everything you will need is here, on our website and in this breathtaking state.

In good health,

Deb Landry

#### Thank you to our Sponsors of the debut issue

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## **Food**

*Cheryl Farley, Ready Set Go Healthy [www.readysetgohealthy.com](http://www.readysetgohealthy.com)*

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*Deb Landry Have a Healthy Heart, Helping Children Develop Healthy Habits and Heart Healthy*

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# February is American Heart Month

The CDC reports that a healthy diet and lifestyle are the best weapons you have to fight heart disease. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure).
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.
- In 2006, 631,636 people died of heart disease. Heart disease caused 26% of deaths—more than one in every four—in the US
- Heart disease is the leading cause of death for both men and women. Half of the deaths due to heart disease in 2006 were women.
- Coronary heart disease is the most common type of heart disease. In 2005, 445,687 people died from coronary heart disease.
- Every year about 785,000 Americans have a first heart attack, another 470,000 who have already had one or more heart attacks have another attack.
- In 2009, heart disease will cost the United States \$304.6 billion. This total includes the cost of health care services, medications, and lost productivity.

Remember that many cases of heart disease can be prevented. Nine out of 10 heart disease patients have at least one risk factor and all are preventable. Several medical conditions such as diabetes and lifestyle choices can put people at a higher risk for heart disease, including:

- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Overweight and obesity
- Poor diet
- Physical inactivity
- Alcohol use

For more information on heart disease and statistics visit: [www.cdc.gov](http://www.cdc.gov) and visit us next month for our Heart Issue.

Are  
You  
Heart  
Healthy?

# Ready Set Go Healthy

by Cheryl Farley

## Good News!

I know you are wondering, what is the good news? Well, if you have suffered from lifestyle related illnesses, this article is for you. You can actually reverse the destructive symptoms of obesity, Type 2 diabetes, heart disease, hypertension, cancer, depression, and much more. This can be achieved by making simple lifestyle changes. The main two being diet and exercise!

Growing up in California with a dad who managed one of the Jack LaLanne health clubs set the pace for healthy living. LaLanne, though small in stature, was a giant. His passion and enthusiasm for being healthy was nothing short of a “keg of dynamite”. Many of the A, B, C’s of health that he taught filtrated back over the last 15 years, of my working as a health educator in the Eastern portion of the United States. This lead to becoming an educator for the three-day program entitled “Reversing Diabetes and Obesity Naturally”. In fact these particular seminars are offered for those who suffer from the devastating effects of Type 2 diabetes and obesity as they struggle to manage or control their blood sugar.

Timothy Howe, MD, the medical director of the Wellness Department of the Diabetes Education Program and Founder of Lifestyle Choices at Parkview Memorial Hospital in Brunswick is a true practitioner of what he teaches. Wellness, healthy eating and regular exercise is integrated into his daily schedule. An advocate of eating clean and whole foods, this vegan is working with several businesses in the area to get employees healthy and with local restaurants to offer diabetic friendly and heart smart menu choices. So far five area restaurants have signed on: The Great Impasta, Henry & Marti’s, Wild Oats, Provision, and Richards.

Howe and the nonprofit Omega Wellness Group are committed to reversing the “sick care” model of healthcare delivery to the “wellness care” model that aims to keep individuals healthy and disease free through sound diet and exercise as part of an overall lifestyle. “After treating the illnesses of the community for years, I want to give back in the best way I know how,” stated Dr. Howe in a recent interview.

## Reversing Diabetes

If you take anything from this article, take this: **Type 2 diabetes can be reversible** if it is not too late and your pancreas has not been damaged. Yet, at the least, you can control the disease and add years to your life.

Amazingly, by feeding, walking and teaching simple lifestyle changes, many participates actually began reducing their insulin, or oral agents, while at the seminar. Once home, as they continued to practice what they had learned, many were able to discontinue the use of their medications and, for the first time in years, feel as though they had a new life. Commitment to change, of course, is the **key**.

Sadly, many people today fall into the trap of the excuse that “my parents or grandparents had this disease, or that this is their family history”. However, quoting one of the physicians of the program, “genetics may load the gun, but lifestyle pulls the trigger”.

In general, Americans are eating more and engaging in less physical activity than any other country. In fact, 60% of Americans are considered obese. Research shows that along with type two diabetes, up to a third of breast, kidney and colon cancers are linked to obesity.

Change in lifestyle goes a long way in increasing the life expectancy of a person. Making some small changes in life like quitting smoking, exercising more and eating better could increase life expectancy by 11 to 12 years.

## Are you ready to get set and go healthy?

In future issues of Breathe, we will offer some of the simple A, B, C’s of health to inform and inspire you to begin by taking small steps forward to reverse or prevent lifestyle illnesses. Exchanging old habits for new ones should be progressive so as not to overwhelm yourself including a “Recipe of the Month”.

There’s only one you. You cannot be replaced, and your health is like a treasure not to be taken for granted. This advice isn’t, “Go on a diet”. Diets are a temporary means to an end and the end is usually failure and disappointment. The greatest health benefits come if you make permanent lifestyle changes or improvements in what you eat and how you move.

Here are three guidelines to make your challenges a little less difficult.

Avoid weight gain. Try to maintain a healthy weight by balancing the amount of food calories consumed with the calories expended through daily life activity and physical exercise. Start by writing down what you eat.

Increase fruits, vegetables, and whole grain foods. Reduce dietary fats, saturated fats, and trans-fats.

Exercise at least one-half to one hour a day - for example; brisk walking

How true is it that we often take better care of our families, homes, vehicles and possessions than we do our body temple. Unfortunately, it is not until we begin to suffer from some malady that we really begin to think about what goes into our mouth, or how beneficial it can be to simply take a walk each day. Make a decision today to begin improving your health and, until next time, let’s get Ready, Set, and Go Healthy!



**Perry Aberle, Publisher**

**Deb Landry, Editor in Chief**

Cover Photo Dave Bates, [www.Fotographix.com](http://www.Fotographix.com)

Hair and Makeup by Lisa Hauck, It’s About You Hair

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# It all STARTS with the BRAIN

by: Caryn Sabes Hacker, ACSW, DCSW

## The Hard Drive

Sitting quietly at my computer, I prepare to begin this article. Breathe....in....count to 5...clear the mind...exhale slowly....neck stretch...shoulder roll....focus....in this moment....begin to allow my thoughts to take shape....and escape my internal energy system to that of the world of words on the screen. Although today I use this system to allow the creativity of composition, the same process prepares the mind to begin a journey into a fit lifestyle.

In everything that we do, our chemical, electrical brain with its nest of communicating neurons, creates pathways of information for everything from storing the family goulash recipe to creating muscle memory for physical exercise. Patterns for coping with stress are also housed on the miles of threadlike neurons and receptor sites (and let's face it, changing a lifetime or even situational eating plan is very stressful).



Chemical receptors sit on the nerve threads like elemental puzzle pieces waiting for their complementary connections. For example, your brain knows through a pattern of electrical impulses that you usually feed it chocolate (sugar, fat and caffeine) around 4:00 each afternoon. In preparation for your intended lifestyle change, a plan must be created to satisfy that chemical demands of the equivalent of a Little Shop of Horror' Seymour as your brain screams "Feed Me" at 4:05 and you begin searching for a quick sugar-fix. This is when a complex carbohydrate can be your friend and satisfy this physical craving for a chemical fix. Over time, your brain will redesign the receptor sites and your cravings

will calm down as new and healthier chemical patterns are created. However, this is a tough street to cross initially.

## Taking Inventory

The first step in psychological preparation for a lifestyle and fitness change is to inventory your habits, physical and gustatory, with the newly awakened knowledge that there is a direct correlation between existing patterns and habits and the chemical composition of your brain. It is not recommended to drastically attempt to change everything at once, because your chemical patterns will hold you back. Furthermore, stress causes inflammation on the cellular level, which in-turn can cause illness, not to mention wrinkles and aging.

## Here are the best five tips to assist in formation of new healthier patterns

1. Know your habits (both positive and negative) and prepare for their chemical needs. Have an awareness of how much sleep you get each night, when and what you eat, how and when you exercise and when and what derails your plan. Ask others to offer their gentle observations and insight.
2. Water provides an excellent means to cleanse toxins from our cells and increasing exercise and food plan changes create additional bodily and cellular waste. Eight glasses per day is a great start. Glass bottles are preferable to plastic.
3. V. Giampapa, MD, anti-aging expert and author of *The Gene Makeover* suggests supplementing "your diet with 200 mg/day of vitamin C and 250 mg of mixed flavonoids. This complex of acerbate and related compounds has an antioxidant and anti-cancer effect. Green Tea and Resveratrol are fundamental necessary elements for overall health."
4. "Good fats are essential in burning excess stored fat and are anti-inflammatory," according to Lori Gerberuex, certified nutritionist and world champion body builder. Lori recommends 1,000 mg of fish oil with breakfast, lunch and dinner. "Since the cell membrane is made of fat, you need a good fat to penetrate it. Fish oils are awesome!"
5. Visualization and breath-work are important elements in the creation of your new lifestyle/life fitness plan. Close your eyes, count to 10 and see yourself healthy. Breathe slowly and completely as your vision expands and you picture, with clarity and detail, scenarios in which you make healthy food choices. You are only limited by your own imagination and desire.

*Breathe*

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# THE ABC'S OF DIABETES

**Are YOU  
at risk?**

By Christine Blake, D.O.

What is diabetes? How does it affect the body? How do I find out if I have it? The Center for Disease Control estimates that for every three people diagnosed with diabetes, there is one person who has the disease but has not yet been diagnosed. Are you one of these people? Find out now.

## Causes and Affects of Type 2 Diabetes-

There are many types of diabetes. In general, diabetes is a condition that results when sugar levels are too high in the blood. Usually when you eat sugar, carbohydrates, or starches, the sugar content in the blood rises but the pancreas (an organ in your left side) makes insulin, which causes the sugar to go into storage in the body's cells. *Type 1* diabetes is when the pancreas stops making insulin. This typically happens in children or young adults. *Type 2* diabetes is when the sugar in the blood remains high either because you are predisposed to the condition (by family history or by ethnicity), have had a medical condition which causes blood sugar problems, or because you are overweight.

## 80% of Type 2 diabetes is related to obesity and a weight loss of 10-20% decreases your risk of becoming diabetic by 80%

When you carry too many fat cells on your body, especially around the waistline, the extra fat makes you "resistant" to your insulin. The pancreas responds to this situation by pumping out more insulin. As time goes on and the pancreas continues to fight against the extra fat, the pancreas gets tired. Eventually it begins to become dysfunctional. Initially people will go into a state called "pre-diabetes". During this phase, in addition to high blood sugars, people can experience low blood sugars, especially an hour or two after a meal, which results in symptoms of fatigue, dizziness, sweating, or feeling faint. Symptoms of high blood sugar are thirst, hunger, or urinating frequently. It is not uncommon for people to be unaware of their high blood sugar.

If this scenario continues, eventually the pancreas becomes so tired that it is not able to keep up and insulin levels fall. As the insulin production goes down, the sugar levels get higher, and the blood sugars go into diabetes range.

## Pre-diabetes and diabetes carry similar risks. The higher the sugars go, the more risky the situation becomes

- 1 in 4 adults hospitalized with cardiovascular disease (heart attack, stroke, amputations due to poor blood supply, etc.) have diabetes.
- Diabetic kidney disease is the most common cause of chronic kidney failure and end-stage kidney disease in the United States.
- 40-45% of diabetics have diabetic retinopathy, which is a progressive eye disease that may cause blindness
- Diabetes is the leading cause of non-traumatic lower extremity amputations.

To see if you have abnormal blood sugars you will need to see your doctor to have your fasting blood sugar (nothing to eat for at least 8 hours) tested. A pre-diabetic fasting blood sugar is 100-126 and a diabetic fasting blood sugar is greater than 126.

## STOP Diabetes Now

In the next 24 hours, diabetes will claim the lives of 200 people. That's more than 5,800 people every week and in the majority of cases, it is all preventable.

The American Diabetic Association reported that 1 out of every 4 people living with diabetes don't know that they have the disease. 1 in every 5 people are at risk for developing type 2 diabetes. Could you be at risk? Find out now, take the Diabetes Risk Test and find out your personal risk for type 2 diabetes at <http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/>

**Take the Challenge at [www.breathemaine.org](http://www.breathemaine.org)**

The 2010 Lifestyle Makeover  
breathe  
Challenge



## Sound Familiar?



Like so many people, our editor and cover model, Deb Landry, has struggled with weight issues her entire adult life. "Every year my New Year's resolution was to lose the weight. It always starts off and ended the same; with hope, frustration and failure," said Landry.

However, last year her challenges took a different turn. It all started out the same with the promise to start on January 1<sup>st</sup>, but by the end of the month, she had given in to the struggles of not wanting to exercise and the feeling of food deprivation. Ultimately, this led to four months of beating herself up for failing and gaining the weight back that was lost in the first three weeks of the year, plus another fifteen pounds.

## Forging Through the Change

Deb came up with the idea to pitch her story to a magazine. Follow one person for six months and blogging the results, trials and tribulations. With herself in mind, how could she fail when everyone was watching? It's typical right? How many of us do for others before we do for ourselves?

Like most women, she never took time for herself. With a focus on the family, home and a busy career, there was never enough time to add in one more tedious chore, she told herself. This desperate housewife needed a desperate plan. The key to success was not the food plan or even the exercise but finding her motivation and this was it. An avid fan of NBC's *The Biggest Loser*, Landry longed for a personal trainer just like Jillian Michaels. This was part of her pitch. Get a personal trainer to "make her over".

# The Balance

## An inspirational story of a wife, mom and business owner

"I was so excited to get started, all I could think about was the end result," said Landry. "I'll never forget the feeling of embarrassment and humiliation taking the before picture prior to my first workout and trying to weigh in for the first time with the trainer. I didn't want to look at the picture or the scale. I cried back tears, the only thing that helped me was saying out loud, "this is the last day I will ever weigh in like this.""

"For the first two weeks I cried all the time. I think it was related to detoxing or withdrawal," said Landry. "Each morning after leaving the trainer, I would cry all the way home, the problem was I couldn't figure out why I was crying. It was such an array of emotions, I couldn't figure out if I was happy, sad, depressed or just plain scared. I mean, I used to eat when I was sad, bored or happy. Every emotion and every occasion had a reason."



tered on food."

Before beginning the challenge, Landry lost six pounds in May of 2009 and then lost ten pounds in the first two weeks of the official challenge. The jumpstart helped put a smile back on her face and give her the confidence she needed to continue, but the one thing she learned was there were many minor reasons for her weight gain that needed addressing.

"Mandy (not a Jillian at all) wasn't only my physical trainer; she managed the daily food intake and helped me stay on track. She blew away all my theories and excuses and helped me focus on the now. My metabolism was so sluggish, it was barely breathing. This was the reason for the high caloric food plan of four, five hundred calories per meal, four meals per day, as she was revving up my energy level."

# ncing Act

50 at 55

ness women who balanced family, work and fitness for the health of it

## Results Not Typical?

In this case, results are typical. Calories in minus calories burned equals weight a gain or loss. The plan is simple. Take in 1800 to 2000 calories each day, exercise 1-1 1/2 hours five days a week and add it up. It takes 3500 calories to gain or lose a pound, just like balancing a bank account.

Now 50 pounds lighter and seven months later, everything has changed. "It was difficult and it consumed my life for weeks, but now it's a way of life and I've incorporated the exercise into my daily routine," Landry shared. "I worked out as if it was my job and it paid off with big bonuses. It's not always easy. In fact, it's really never easy, but the reward far outweighs the extra effort."

The lifestyle change held many surprises long the way. To help cope with the change, Deb sets mini goals. Goals included simple tasks, but tasks she couldn't do, such as cross her legs, run up a flight of stairs without getting out of breath, conquering awareness of what she ate and the ability to say no to unhealthy food. "One of my problems that surprised me was that I was eating the same amount of food my two teenage boys and my husband ate." Her goals are much different now. This month she is working to hold a three-minute plank and training to run Mary's Walk in March.

## The Pay Off

One December goal was to maintain her weight over the holiday season, with all the parties that are typically surrounded with sweets and high calorie foods, and a family vacation. Result: another goal accomplished; she made it through with no weight gain. "For the first time in my adult life I didn't gain weight during the holidays," smiled Landry. "I made sure I increased my exercise and tried to plan ahead in order to try and count the undetermined calories consumed. I decreased my typical cooking of sweets and made some great fruit-based desserts for myself. The day after Christmas all leftover desserts were discarded."

It has taken almost eight months to lose the fifty pounds, with no plateaus. She is averaging a half-pound weight loss a week now, which doesn't seem like much, but it's still coming off and the plan fits her lifestyle. With thirty pounds to go, Landry is amazed at what really matters. "My health is great and my muscles are strong," she commented. "My goals now have nothing to do with decreasing my weight. I always thought I had to lose weight to get healthy, but now I know I have to get healthy so the weight will come off. I know I will balance out at what is right for me, not all the stereotypical and unrealistic body images painted in magazines and in the media."

For more information on Deb, visit [www.deblandry.com](http://www.deblandry.com) or visit her blog: <http://www.deblandry.blogspot.com/>

## Week 8 with personal trainer Mandy Green

"It's not about how much you weigh, it's about being healthy, you have to get healthy to get fit, not loss weight to get healthy. Once you start to move regularly, change your metabolism and eating right, the weight will start to come off. It's a lifestyle change, diets don't work, I'm living proof."

Deb Landry



# Truth and Tips to Get Started & Stay Focused

By Mary Moskowitz

## THE TRUTH

Every January, people sit down to think about what they want to change or accomplish in the upcoming year. Resolutions range from losing weight and exercising to spending more time with their family or starting a new career. While these are great goals, by midmonth most people will have failed to continue with the resolutions and end up putting them on the list of things to accomplish in the following year. I think we've all been there. Why is it so hard to stick to New Year's resolutions?

It's not that people are lazy, but rather the way people set their intentions. Simply stating that you are going to work out more or lose 10 pounds may not be enough to help you get to the gym every day. It is important to examine why you want to achieve certain goals. In other words, figure out why you want to lose the weight or get to the gym more. Do you want to lose weight and eat better so you can keep up with your children and live to see your grandchildren? Do you want to get to the gym to train for a marathon?

It is helpful to examine the causes of bad patterns. Maybe your primary food (everything that is not on your plate) is imbalanced, which causes you to eat more. Are you in a stressful relationship that causes you to eat a pint of ice cream every night? Are you lonely, seeking relief from a bag of chips or nightly cocktails or hating your job and using nightly sweets to feed your pain? If you don't tackle the root of the behavior, it will be harder to accomplish your goal.

Some experts recommend avoiding New Year's Resolutions altogether, but if you are able to truly visualize what you want to accomplish along with the reasons for these goals, you will set yourself up for success. Go ahead, set your intentions high and share them with a friend or a loved one. Hold each other accountable for achieving your goals and reward yourselves with every little accomplishment. If your intention is to lose weight and you lose 1 pound a week, pamper yourself with a massage.

What are your intentions for 2010? Below are some tips to help you get you started. The first step is to stay positive. Remember it took you years to develop your current eating and lifestyle habits. Don't expect them to change overnight. Slow and simple is the key to sustainable, lifelong change. If you "cheat" at any time, that is ok, just keep moving forward.

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1. Spoil Your Appetite. Fill up on nutrient rich fruits and vegetables at snack time and before meals when you are hungriest. Make half of every meal fresh fruits and vegetables.

2. Drink more water and eliminate all sugary sodas and fruit drinks. Many people will lose over 10 pounds a year, just by eliminating sugary drinks and drinking more water.

3. Ditch the Sugar-Free drinks and foods. Artificial sweeteners are neuro-toxic chemicals found in many diet drinks and foods on the market today. Several independent research studies reveal that daily consumption of these toxins cause a 30% drop in kidney function which also can lead to a variety of illnesses and diseases including cancerous tumors, lymphomas, leukemia, nerve damage and migraine headaches. They have also been found to cause weight gain, rather than loss.

4. Go Slow! Take time for meals and chew. When we eat fast, we eat more. Not chewing our food also leads to all kinds of health and digestive problems. Studies show that by simply eating at a slower pace, you could drop up to 20 pounds a year.

5. Get Moving! We all know how important exercise is to our health. Just 10 minutes a day can decrease your risk for major disease. Start slow, make it simple and just get moving. The most effective and efficient way to exercise is through interval training, which involves short bursts of intense exercise followed by a recovery period.

6. Buy real, whole foods, preferable organic if possible. The healthiest foods on the planet have one ingredient: Think broccoli, kale, berries, walnuts, avocados, garlic, onions, and red grapes. Longer ingredient lists means more chemicals, artificial flavors and colorings, sugar and salt. If you can't pronounce it, don't eat it.

7. De-stress! This is gigantic! Just about every illness is either directly caused, or made worse, by stress. That includes heart disease, diabetes, high blood pressure, back pain and headaches, skin problems and weight gain. Deal with stress by talking it out with others, eating better, finding daily time for yourself, exercising and prioritizing what is and isn't important to you.

8. Make Your Health a Priority! If you don't have the time to take care of yourself today, are you going to have the time to deal with illness and disease later? Make 2010 your best year yet!



## THE TIPS

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[www.breathemaine.org](http://www.breathemaine.org)



## Breathe Kids

By Deb Landry

# Helping Children Develop Healthy Habits

How do I get my kids to eat healthy is a frequently asked questions by many parents. Although it may be difficult at first, you can change your families eating habits and get the whole family active all at the same time.

Many experts suggest that meals are essential for spending quality time with the family, but it is also the ideal time to make sure they are eating the right foods.

Taking it one step further, engaging children and teens in the preparation of meals is a great way to teach them how to make healthy choices. Assisting in grocery shopping and meal planning is another. Everyone can develop healthier eating habits together and adding in the quality time with the family is an added bonus. However being a positive role model by practicing what you preach goes a long way.

### Dessert every night!

Limit the type of snacks and desserts not the desserts. Make the desserts healthy and have them every day! Here's a great alternative to ice cream.

#### Fruit Smoothies

In the blender, add:

1 banana

1-cup fat free milk, soymilk or lactose free milk

1 cup frozen strawberries (or other favorite frozen fruit)

1-tablespoon agave or honey

Makes two servings

Decorate with 1 tablespoon of fat-free whipped topping and a mint leaf or berry!

This month our helpful hints for healthy living for kids is provided by Let's Go Maine at [www.letsgo.org](http://www.letsgo.org)

### Important Elements: Smell, Texture, and Color

Kids are turned off to trying new foods if the smell, flavor or color is not appealing to them. It may be for appealing to a child if the fruits or vegetables are served raw.

Try feeding different textures of fruits and vegetables to your child. Some children prefer smooth food, where as others like lumpy and some children like crisp foods, but others like soft.

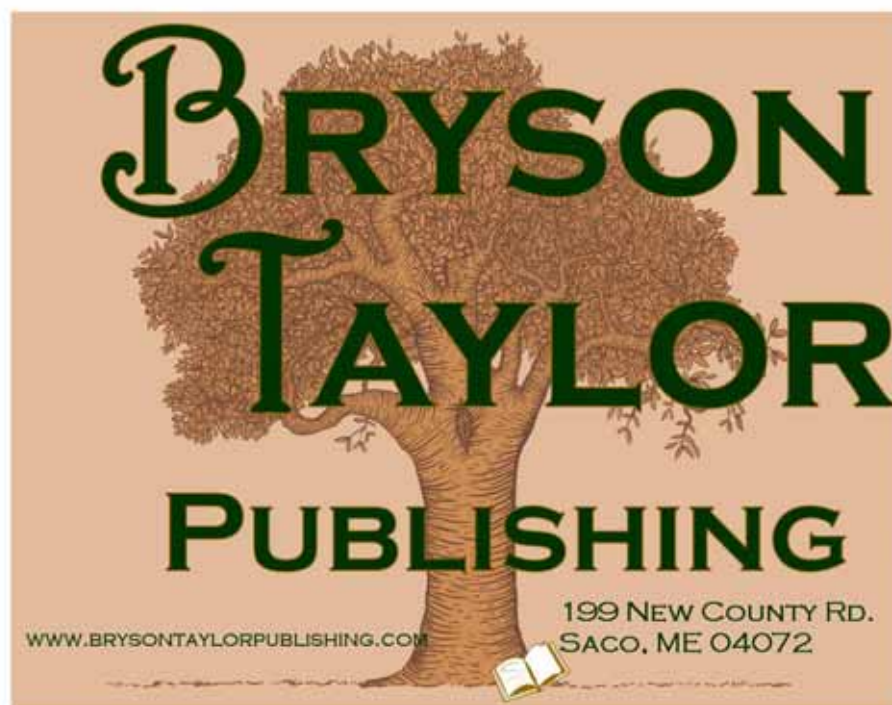


## Healthy Tips Continued:

Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures and colors. Various vegetables can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low fat or fat-free yogurt.

The CDC recommends in addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low fat milk products, lean meats, fish, beans, eggs and nuts and is low in saturated fats, trans fats, cholesterol, salt and added sugars. A healthy diet also means staying within your daily calorie needs.

- Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes and soups. Top off cereal with fruits or add frozen fruits to smoothies.
- Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
- Set a good example. Snack on fruit and order low-sodium, low fat salads, soups or vegetable sides when at restaurants.
- Pack the refrigerator, freezer and cupboard with pre-cut frozen or canned vegetables so that it is easier for you to prepare meals and snack that includes vegetables.
- Challenge family members to reach their daily fruits and vegetables goal. Reward the winner with a prize of his or her choice.
- Ask that fruits and vegetables be offered at school functions, after school programs and in vending machines.
- Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
- Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
- Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
- Encourage friends and relatives to offer vegetables and fruits to your children.



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# Getting Personal

## Exercise

By Mandy Greene

On a Tuesday afternoon last May, we received a call in our studio from Deb Landry proposing a project for a local magazine. The proposal consisted of a makeover and six-month fitness challenge where various participants would grace multiple types of weight control programs.

My first instinct was both excitement and honor that Forever Fit was considered to help in their efforts. Although excited, I was concerned who the individual would be and their commitment to such a task, so my first question was who I would be working with and Deb said ... "ME!" I listened to a brief history of her background and failed attempts at yo-yo dieting which is not an uncommon problem. By the end of the phone call, we agreed to meet the following week and begin the journey.

Deb seemed excited and motivated by the process, but I knew that the phone call was simply the first step. As a trainer, I can only do so much, especially when trainers typically see the client 2-4 hours a week, if we are lucky. In this short period of time, we need to get them motivated to stay on track. As with any program, the person needs to be ready to accept this change in their hearts and mind, by committing to a lifestyle shift, not a diet.

During the initial consultation, Deb was given a 2000-calorie food plan consisting of four 500-calorie meals. She began to panic! Like most people, she was not convinced that eating that many calories would equal weight-loss. However, I explained that she needed to eat to lose weight. Eating every three or four hours keeps the metabolism revved up. I see clients whose metabolism has slowed down by inconsistent eating patterns and lack of exercise, lose weight using this strategy. During Deb's first weigh in, she made the promise to herself to believe and trust in my guidance to change her lifestyle.

The exercise plan consisted of all cardio three times per week to get her sweating and to start waking up some of her dormant muscles. I slowly started to switch over to strength training using various pieces of equipment such as bands, balls and dumbbells along with some outside assignments to initiate accountability for her actions. The exercise plan was three days of personal training and two days of Zumba classes with two days off to rest her body.

Over a period of a few months, I could tell she was developing a passion for exercise. In fact, for someone who dreaded exercise, she was becoming an exercise addict. Slowly we increased the physical activity from five days/five hours to five days/seven hours adding in two Pilates classes and we just recently added a willPower and grace™ class.

Deb lost ten pounds in the first two weeks, added to a four-pound weight loss the week before she started at Forever Fit. The first month totaled sixteen pounds.

Deb starting consistently losing about 1.5-2 pounds per week and more importantly she was starting to notice her improved posture, flexibility and confidence. I gave her the opportunity to begin taking other classes such as Zumba and Pilates. Deb started to glow and I started to feel like a proud parent. This is the best part of my job! I love seeing people transform through exercise in all aspects of their lives.

Seven months later, Deb is still losing on the same program and I am proud to still be a part of that process.



Pictured:  
Mandy Greene

**Deb's Sample Weekly Workout Schedule**  
Mon. cardio at the gym  
Tues. Personal Training, Cardio & Strength  
Weds. Pilates & Zumba  
Thurs. & Sun. Rest Day  
Friday, Personal Training  
Sat. Zumba & Strength

# Happy Trails

## Maine's Winter Hiking

By Darrin Landry

With a skyline of deep green forest, various wildlife and crisp winter blue skies, Maine has hundreds of hiking trails to choose from. However, easy or a black diamond trail, hiking itself can present certain challenges. Winter hiking in Maine can be especially demanding, thrilling and dangerous.

Deciding when to hike is crucial- late fall or early winter can be hazardous, as streams might not be frozen solid and black ice is common. Leaves and rocks are especially slippery during these times as well. During the spring thaw, the melting snow can increase the incidence of avalanche or ice breaks. The safest time to hike is when winter weather has stabilized and you can be sure of packed snow.

One of the important things to remember is that travel will be much slower when you are winter hiking, so plan to reduce your mileage goal by up to 50%. Daylight hours are also much fewer in the winter, so that will also limit your hiking distance. Winter air will dehydrate your body much quicker, so increasing your water intake is a must.

### Blazing the Trail

Linda Burgess 66, a longtime Maine winter hiker, began hiking in high school and lost track of the sport after getting married and having a family. Fifteen years ago, after being diagnosed with osteoporosis, her doctor advised her to exercising more. Back on the trail, Linda hikes year around but usually takes a break in the spring when all the black flies are out.

Whether with a friend, grandchildren, her dog rescue dog, Brookeleigh, or by herself, Burgess is on the go every weekend in pursuit of a Maine adventure. "There's nothing like the clean fresh air and when I see a mountain I can't wait to get to the top." She picks Old Spec as her favorite winter hike along with Tumbledown and Pleasant Mountain. Her best advice? "Be prepared for anything. Lots of water and extra socks never hurt".

### Water Tips

- Keep water from freezing by packing the bottles in a wool sock and mixing water with something like lemonade or Gatorade will keep them from freezing as quickly.
- Packing the bottles upside down will ensure that the bottom of the bottle will freeze first, not the opening.
- Avoid alcohol and caffeine, two things that will constrict blood vessels and speed dehydration.
- Carry water and do not depend on filtering water, as water left in filters can freeze and destroy the effectiveness of the filter.
- Eating snacks along the hike instead of stopping for lunch will help keep you from cooling down.



Linda with her dog Brookeleigh hiking Tumbledown

### What to Wear

The key to staying warm while winter hiking is layers. Use a moisture wicking thermal layer against your skin, such as long johns, then an insulating fleece layer, and finish with a water proof outer shell. Avoid cotton, as cotton loses its insulation when it gets wet, from either water or sweat. As you hike, adjust your layers to keep you warm, but not overheated.

Because over half your body heat can be lost through your head, wear an insulated head covering, such as a toboggan or balaclava. On the other end, don't wear too many pairs of socks, as blood flow can be constricted and will lead to cold feet. The same applies for tight laces on boots. Gloves should not be too tight for the same reason.

Gaiters come in handy to keep melting snow and water from getting into your boots, keeping your feet that much drier. Always carry a few extra pairs of socks and an extra pair of gloves, as these items are the most likely to get wet. If you are camping, wet socks and gloves can be dried by putting them in your sleeping bag overnight. Keeping the insoles of your boots in your sleeping bag with you will help when putting on cold boots in the morning.

Just as in any hiking, you are as limited as your boots. Choosing a waterproof boot is essential for winter hiking, and avoid plastic, as it is not as flexible. Gore-Tex and insulated boots work best, and try to wear cleated boots, not the smoother running shoe like sole of light hiking boots. If space allows, pack a pair of snowshoes to make trekking a lot easier. Don't forget to wear sunglasses- not only to cut down on snow glare, but to protect your eyes from wind friction.

### Camping Out

If you plan to camp in the snow, here are a few tips:

- Pack a tarp along with your tent to block the wind from assaulting your tent. In most conditions, three-season tents work fine for winter camping.
- Pack the snow down before setting up your tent, as your weight will cause a depression in the snow that will be uncomfortable to sleep on once it freezes.
- Attach 6 foot lengths of cord to your tent, and pack snow into gallon Ziploc bags and tie the cords to these as anchors in place of tent stakes. It is always a smart idea to pack an emergency, collapsible snow shovel. These shovels are usually plastic and are very lightweight.
- Remember, a sleeping bag doesn't warm you up; you warm the sleeping bag up. Doing a few minutes of exercise before climbing into your bag will warm help warm it up fast.
- Carry a foam pad to separate your sleeping bag from the cold ground and losing heat through the ground.

The Maine Chapter of the Appalachian Mountain Club will be offering introductory winter hiking trips this winter. The trips are free and open to the public, and are guided by experience AMC guides. For more information, go to their website at <http://www.amcmaine.org/>





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