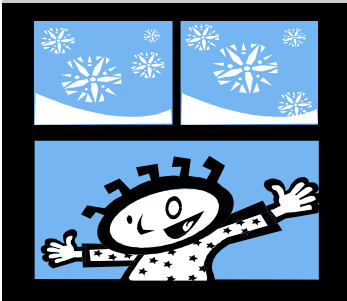


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PEAK CONDITION LLC

Simplicity in Fitness & Nutrition Crushing the Myths

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Fun In The Winter...

Hello everyone. Don't know how many of you have been reading my blog posts, so I thought I'd take the opportunity this month to give you a glimpse at one of the articles I've posted. It deals with having fun with your kids in the winter. For those of you that have kids that is. Don't worry those of you that don't have kids, as this newsletter is sure to cover something you find interesting....I hope!

Can You and Your Kids Have FUN in the Winter?

Let me ask you a question... Remember back when you were a kid?

Back before X-box, the internet and the Wii, Playstation, PC's and cellphones, when fun was anything but sitting still?

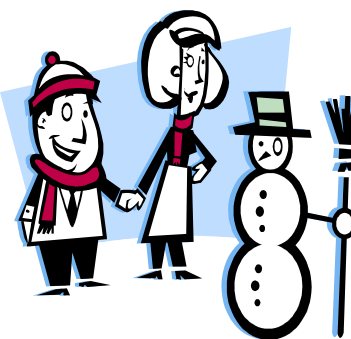
Think of all the things that **YOU DID** during the winter to play, stay active and enjoy yourself.

- :: Sledding anytime there was a hint of snow.
- :: Building everything from snowmen to forts or little igloos.
- :: You might have even thrown a snowball once or twice. (I know I threw my fair share!)
- :: Playing football in the snow just so you could slip and slide all over the place and have fun!
- :: Maybe you suited up, put on your skates and went to a local pond to ice skate.

Heck, I even got a bunch of kids from the neighborhood together and we played frisbee in the snow! That was FUN! Who cared about how cold it was? You just wanted to get outside and PLAY!

And if you were inside, winter seemed to bring out the best in your creative side.

- :: Building clubhouses with anything you could gather from chairs and boxes to pillows and blankets.
- :: Creating all sorts of different scenes with your toys that usually covered your entire bedroom floor. (My five year old currently does this now, just like when we were kids).
- :: Running around the house for any reason you could think of, always to the frustration of your parents :)



I don't know about you, but those were some of the BEST times of my life. Being a kid was fun. Don't you still want to have some fun? C'mon, you know you do.

So make sure that your kids get those types of experiences too. Especially during the winter.

I know we are living in different times, but winter does not mean you and your kids can't have fun. You just have to be creative, just like you were when you were a kid. Here's a few ideas to fire you up!

- :: Play games with them that require them to **move** and be **imaginative**. (Anyone remember Twister? Play this with them, it is a lot of FUN!)
- :: Build things with them. Let them know how much fun boxes, chairs, pillows and blankets can be. Be a kid again. I guarantee you will have some **FUN!**
- :: Clear out some space and wrestle with your kids.

Not only do kids love to "wrestle", both girls and boys, but it is a total body "workout" for you and gets both of you moving. *Just keep it safe.* Wrestling with them doesn't have to be "wild and crazy". In a contained area, it can be a lot of **FUN** for you and your kids, as not only will your kids enjoy some "play time" with you and gets their bodies moving, but your body gets a workout too with all the bending, twisting, dodging and movement that you'll get doing this.

An even better place to do this would be outside. Bundle up and go have some fun for a half hour. The kids will love it! I wrestle with my 5 year old son almost every nite and used to do this with my daughter until she became a teen. Now, she exercises with me in my home gym. (And guess what, we still "fool around wrestle-style" from time to time....um, all depends on her teen moods, 'nuff said).

- That brings me to...
- :: Get outside. Don't let the winter stop you. Try these two ideas for some fun activities for both you and the kids.
- :: When we get some snow, building snowmen and sledding are still as fun as ever.

:: When there is no snow, take the opportunity to spend some quality time with your kids by taking a walk around the neighborhood and look at Christmas lights one evening. It's both invigorating to be outside as well as moving and very rewarding.

Your kids may be part of a different generation, but I guarantee that if you share some of the favorite winter activities from your childhood, they'll love them just as much as you did!

Now go have some **FUN!** :)

tasty tidbits... kiwifruit



Did you know that **Kiwifruit** got its name because of its resemblance to a bird in New Zealand called the Kiwi Bird? However, this delectable fruit actually originated in China, where it was once known as the Chinese gooseberry. Ok, enough fruit history! Now let me clue you in on some facts that you can actually use besides info you can use for Trivial Pursuit!

>**Health Benefits:** Despite its small size, **kiwifruit** packs a real nutritional punch. **One** kiwifruit contains **DOUBLE** the Vitamin C of an **orange** and equals the potassium of a **banana** (over 450mg of potassium, which is considered very high for a single food source).

>**Selecting the Best Fruit:** Because **kiwifruit** are grown in California and Australia, they are available year-round to shoppers everywhere.

Look for fruit that doesn't look wrinkled or bruised and gives slightly to the touch.

Unless you plan to eat the fruit immediately, avoid any that are very ripe. Remember:

Kiwifruits are one of the few fruits that actually become sweeter after being picked.

>**Storing the Fruit:** Store ripe **kiwifruit** in the fridge for up to 2 weeks. To ripen firm fruit, put kiwi into a tightly sealed paper bag with either an **apple** or **banana** and store in a dark place. But check the fruit often, as **kiwi** will quickly over-ripen and become mushy.

>**How to Use Kiwifruit:**

Kiwi can be eaten with the skin or without. Grab one to eat on the way to work, or add slices to yogurt or over cereal in the morning. **I LuvIt!**

What Myths Shall We Bust This Month?

How 'bout **Diet & Inflammation?** Yeah, that's a good one. I can't tell you how many times over the course of my health and fitness career I've heard people say there's no truth to proper nutrition and its effects on inflammation. So this month let me give you what some *scientific research* has proven.

In a recent study by several scientists (Meggs 2004; Appleton 2004; Sears 2005), research has shown that inflammation can be prevented or reduced by employing **5 simple strategies:**

- **Adding** more **FRUITS** and **VEGETABLES** to your diet.
- **Reducing** intake of **TRANS FATS** and **SATURATED FATS**.
- **Increasing** intake of **OMEGA-3** fats (found foods like all types of fresh fish, fish oils, olive oil, avocados, and walnuts).
- **Reducing** intake of **simple carbs** (like **SUGAR** foods such as candy, cakes, chocolate, ice cream, soda., table sugar, fudge, gums, tinned fruit, jams, some puddings, ect.).
- **Reducing animal protein**, which are high in foreign proteins and other toxic substances, invade our blood stream and cause inflammation to our *endothelium* of the blood vessels which can eventually lead to **CAD** (Coronary Artery Disease—hardening of the arteries).

In addition to the above, tons of research has

shown that synthetic sugars like **Aspartame** and **Sucralose** (*think NutriSweet & Equal, and Splenda, of which are 400 to 500 times sweeter than regular sugar and CANNOT be metabolized in your body) should be reduced significantly or completely. Reducing synthetic sugar has shown to have huge benefits to our bodies overall health, as well as managing inflammation.

Other things to consider are the effects of herbs and other phytochemicals on reducing inflammation in the body. For example, an active component in the herb **TUMERIC** called **curcumin** has been studied extensively for its ability to inhibit cancer cell growth. **Ginger** has exhibited the same properties. What's really interesting is that some dietary supplements have combined *turmeric, ginger, rosemary, basil* and other herbs to create a potent natural anti-inflammatory with no known side effects. Extensive studies have found that this specific combination is as effective as some pharmaceutical compounds at relieving inflammation! (Katz et al. 2005)

I find this stuff fascinating and I thought I would pass along some of this information. There is so much more research and peer-reviewed documents on the subject of diet, exercise and their beneficial effects on inflammation in our bodies, I thought I'd throw you a few tidbits you might find of interest and helpful. Take care of your body & it will take care of you!

Food for Thought...

Candy vs. Apples

In 2007, Americans spent more money on candy, snacks and soft drinks than on fresh produce!

Candy, Snacks, Soft Drinks:

\$69,145,000



source: Progressive Grocer, Sept 2008



Fresh Produce:

\$66,694,000

Happy Holidays Everyone!. I hope you enjoyed this months newsletter. More importantly, I wish you all a peaceful and joyous holiday and a happy, healthy and prosperous New Year. See you next year! ~Todd D. www.peakconditionfitness.com

Recipe for Health...

Hearty wild-rice salmon chowder

Nutritionists tell us to **increase** our intake of **whole grains** & **heart healthy fish**. This chowder is a "two-fer" because it combines both into one **healthy and hearty** meal. And best of all? You can cook it up all in one pot, so clean-up time will be minimal. How awesome is that out of a single recipe!??

2 tablespoons (tbs) extra-virgin olive oil

8 scallions, chopped

freshly ground black pepper

1 tbs all-purpose flour

2 cups 1% milk

2 tsp hot sauce (optional)

1/2 teaspoon (tsp) kosher salt

2 cups cooked wild (or brown) rice

1 pound fresh salmon, skin removed, cut into bite-sized pieces

Heat oil in large, deep skillet over medium heat. Sauté scallions for 2 minutes. Sprinkle in the flour, and whisk in the milk. Gently cook, stirring frequently, until sauce thickens, about 3–5 minutes. Don't let sauce boil! Season with salt, hot sauce and pepper. Stir in the cooked rice, and reduce heat to medium-low. Add salmon pieces, and gently cook until fish is cooked through, about 5 minutes. Makes 4 servings (1½ cups per serving). **Per Serving: 350 calories**

Fat: 13g Protein: 31g Carb: 28g Fiber: 2g cholesterol: 60mg

Sodium: 380mg

Source: Nutrition Action Newsletter