



## YOU ARE WHAT YOU DRINK

When I talk with clients about nutrition, one of the main tenets we discuss is being aware of what we take in. We usually all consider the food part of a healthy diet, and it's easy to forget that drinks contribute to total calories as well. When someone seeks my help to lose weight, we often look at several solutions or strategies to help cut unwanted calories from meals. When a low-fat, low-sugar diet with ample exercise doesn't seem to be working, we need to investigate the source of extra calories. Often, the extra calories are taken in by caloric beverages.

It's easy to overlook beverages as a source of un-needed calories. For instance, putting cream in your coffee adds calories. Beverages aren't very filling, but can pack a huge calorie pop. A tall glass of juice, soda, or milk can have up to 200-300 calories. Add those calories to three or more meals each day with no additional caloric output (exercise) and you are adding pounds per week of fat.

By drinking water with every meal, instead of a calorie dense beverage, you could eliminate a huge chunk of unwanted calories. Eliminating extra calories from beverages is one of the simplest ways to lose weight. I believe this is because people can stay full by substituting rather than

eliminating something from their diet. Water is a good option because our bodies need it, it has zero calories, no chemicals, it's hypoallergenic, and in America it's free almost everywhere.

What if someone wanted to substitute regular cola for diet cola? It's true that diet sodas have few calories, but they aren't equal to water. Diet sodas contain a long list of ingredients that may not be good for you. In fact, a study from the American Heart Association reports that individuals who drink one regular or diet soda per day increase their risk of developing metabolic syndrome by 48%. Metabolic syndrome is one of the risk factors for Coronary Heart Disease (CHD) and doesn't sound like something I want. After reading that, I think I'll choose water every time.

Now, I don't want to scare anyone away from all flavored beverages. Flavored beverages are not the enemy, and not everyone has weight loss as their goal. I think the important thing here is to consider what you are getting along with your drink. Added sugar? 150 calories? Sodium benzoate? Once again, water sounds like the best option for most folks and their goals.

Losing weight is not everyone's goal. Some folks want to gain weight and muscle. Adding a

glass of OJ or milk to every meal, can help you gain weight without making you extra full. The thing about beverages, especially sugary ones like soda and juice are that they tend not to fill you up, are a quick source of calories and can make you hungrier. This can work for you or against you depending on your situation and goals.

The real take home message is that it's smart to think about drinks the same way that you think about foods. Watch what you put in your body and you will be more aware of the good things and bad things out there. Consider calories as well as the ingredients that go into the drinks you ingest.

So the saying goes, "you are what you eat" but we know the reality is that we are what we eat and drink. So if you need to cut calories, try cutting them from beverages and then work your way down to eliminating fats and sugars from food. Your body can only use what you give it to make what you want it to be. If you are the sculptor, the food and beverages you consume are the tools. Now your next nutritional choice can be used to sculpt your body into one that you want.



# POWER TRAINING FOR FOLKS OVER 50

What comes to mind when you hear the words “power training”? I instantly think of a strong, tough looking guy with chalk on his hands, a weight belt and an Olympic bar loaded with about 400lbs. However, that’s only one small blip on the radar when it comes to power training. The type of people that may benefit by training for power is not limited to young, strong athletic types, in fact it may be of great benefit to the older population.

Power, when it comes to resistance training, relates to the speed of the movement being performed. Force + Speed = power. In weight training, that means generating speed in some part of the muscular contraction during an exercise. How does that relate to the more mature population? It may help them stay younger longer, at least physiologically. You see, power is one of the first aspects of strength

that we lose as adults, and you don’t even have to be over 50 to have this phenomena affect you. A 1998 study reports that anaerobic power in men drops 8.3% per decade between the ages of 20 to 70. Additionally, researchers have hypothesized that higher levels of disability in elderly women compared to elderly men is due to lower power-to-body weight ratios and a reduce capacity to produce power.

Having increased power for strength can help prevent falls, and injuries that result from falls, like broken hips, wrists and elbows. Power can help a person feel and look stronger. Because power is dynamic, (with movement) it is more functional (real life) than other non-power gym exercises.

Power training can be incorporated into an exercise program by people of all ages. The literature suggests that high-speed explosive

movements or the attempt at high-speed movements is required to optimize power development. I realize that “explosive movements” can sound intimidating, but can be used and integrated with some instruction and professional supervision.

When training for power it’s best to get testing done to determine your ability level, joint flexibility, strength, aerobic fitness level, as well as any other fitness goals you may have. Each of those factors help to determine what goes into your power-training routine and workout schedule. No single workout or exercise tool can tackle the different physical factors associated with aging. A complete comprehensive approach with a qualified personal trainer is your best bet to age with power and stay functional so you can enjoy life more.



## JANUARY HEALTHY RECIPE ANTIPASTO CHICKEN SANDWICH

### INGREDIENTS:

1 (10-ounce) loaf round focaccia, cut in half horizontally  
2 tablespoons olive paste  
2 cups shredded roasted skinless, boneless chicken breast  
1/2 cup coarsely chopped drained marinated artichoke hearts  
1/2 cup chopped drained oil-packed sun-dried tomato halves  
1/2 cup coarsely chopped bottled roasted red bell peppers  
2 ounces thinly sliced prosciutto  
1/2 cup (2 ounces) shredded fontina cheese

### PREPARATION:

Spread bottom half of focaccia with olive paste. Arrange chicken on top of paste. Arrange artichokes, tomatoes, peppers, and prosciutto over chicken. Sprinkle with cheese. Top with top half of focaccia; press gently.

Heat a large nonstick skillet over medium heat. Add sandwich to pan. Place a cast-iron or heavy skillet on top of sandwich; press gently to flatten. Cook 2 minutes on each side or until bread is lightly toasted (leave cast-iron skillet on sandwich while cooking). Cut into 4 wedges.

### YIELD:

4 servings (serving size: 1 wedge)

### NUTRITIONAL INFORMATION:

CALORIES 447(29% from fat); FAT 14.5g (sat 5g,mono 4.2g,poly 2.1g); PROTEIN 36.8g; CHOLESTEROL 89mg; CALCIUM 156mg; SODIUM 986mg; FIBER 3.8g; IRON 3.6mg; CARBOHYDRATE 42.1g Source: *Cooking Light* August 2005

*Mac Dodds, M.A., C.S.C.S., is a Strength and Conditioning Specialist, Speaker, and Personal Trainer Certified through the National Strength and Conditioning Association since 2002.*

**Contact Mac at: [yourjourney@healthnation.biz](mailto:yourjourney@healthnation.biz)**