



## **OUT IS IN**

### **By Coach Stacy Fowler, M.S., C.P.T.**

Out is in. Confusing, right? We've all been bombarded by the diet and fitness messages: Low fat. Low carbs. High protein. 30 minutes per day. No, sixty minutes per day. No, wait, split it up, 10 minutes 3 times per day. Help! So what should we believe?

Relax – the Coach is here to help you cut through the clutter. And what I'm about to tell you is based on fact and science. You just have to remember two things. If you can get these two issues under control, many of the health issues and diseases that commonly strike Americans can be eliminated.

#### **First -- get *out* your REAL food.**

In a recent statistical survey by the World Health Organization, eight of the top ten countries where citizens live the longest are located in the Mediterranean region. The top two countries in terms of life expectancy were Japan and Australia. Where was the United States – with its outstanding health care system – ranked? We came in at number 24 out of 191 countries. Surrounded as they are by ocean, you know folks in Japan and Australia eat lots of healthy fish. But what about the French, ranked number 3 – with their croissants, rich creams, cheeses and wines? Only 11.3% of the French population is considered obese, compared to 31% of Americans. What's their secret?

- The French eat REAL – non-processed – foods.
- They savor their meals and eat slowly.
- Calories are not counted – instead, behavior is shifted.
- France is a nation of pedestrians – they walk everywhere.

Get REAL with your foods:

- If you can't pronounce the ingredients on the food label, should you really be eating it? Foods with warning labels? Big no-no!
- Get REAL with your carrots. Eating five large carrots per week can decrease your chances of a stroke by 68%.
- Five or more fruits or vegetables per day decreases your risk of stroke by 31%. Shop the OUTside perimeter of the grocery store – it's where the healthiest food is.
- Eating foods high in Omega 3 fats (fish) reduces the risk of premature death as well as hot flashes and moodiness.

So how do you spot a fake?

- If you see the words "hydrogenated" or "partially hydrogenated," or "trans fats," run and don't look back.
- Avoid high fructose corn syrup, aspartame, sorbitol, saccharine, cyclamate, Splenda and all the chemical sweeteners.
- Stay away from foods with labels containing the word "artificial."
- Steer clear of dyes – Red No. 40, Yellow No. 6, Blue No. 2. Big hint here – if the label says, "dye," well, you certainly don't want to.
- Don't eat foods with sodium nitrite, sodium nitrate, potassium bromate, propyl gallate, olestra, mycoprotein, MSG, butylated hydroxyanisole, butylated hydroxytoluene.

These suspects travel under the assumed names of: soda, sugar free products, powdered pudding, canned soup, boxed macaroni and cheese, skillet helper dinners, breakfast cereals, chips, microwave dinners, tortillas, low-fat yogurts, and frozen pizza.

This list might scare you, but if you just take the time to read your food labels, you can get your health back on track.

**Now, the second thing you need to remember is get *out* and move to the goal of 10,000 steps per day.**

The Amish do it. A recent research study found that the average Amish person walked 16,000 steps per day. The typical American clocks 4,000 steps per day. No surprise that only 4% of Amish adults are considered obese, compared to 31% of the adult population in the United States.

Get OUT and see the scenery. Get OUT and soak in the seasons. Simply being outside and experiencing nature brings a wealth of health benefits. We're lucky living here in Colorado because we enjoy getting OUT all year long. OUT is in – here's your sample menu:

- Hiking
- Biking
- Walking
- Swimming
- Tennis
- Golf
- Soccer
- Baseball
- Skiing
- Nordic sports
- Roller blading
- Running
- Water sports

If you're new to the great OUTdoors, just getting out of your office, out from behind your desk, and up off the couch are your first steps. And every step counts toward your health.

So how do you know you're measuring up? First you've got to get OUT the tape measure and measure your waist. For women, the measurement needs to be < 35 inches. For men, it's <40.

The best part about all this is once you get OUT, your waist is going to go IN!