

Training Domain

Hebrews 12:11-12

May 2008

From Marnie...

*"You can't do everything well, but you can do something well" Romans 12:6
(The Living Bible)*

Okay, I'm seeing a pattern in some of you and it has been lying heavy on my heart! Everyone has been working really hard and some of you have even reached some personal goals with your weight and strength. Let me remind you...your body is just the outer shell of who you are! You have something awesome inside you that also needs worked out...your heart. YES, YOUR HEART IS A MUSCLE! I think many people have a warped idea that having the "perfect body" will make them "happy". It's just not true. Yes, God wants us to take care of ourselves and I believe he even wants us to use our muscles (1 Timothy 4:8), but he also states that we must listen to our hearts and be "diligent" in pursuing our gifts (1 Timothy 4:14-15). Guys, if you feel that you are still "not complete", this is a sure-tell sign that you aren't doing what you were made to do! By getting your body in shape, you will have the energy to pursue your dreams. I hear people justifying this all the time saying, "I'm just too old...., I've been working there too long and my benefits are too good...., I just don't have the money to do that...blah, blah, blah." You need to be aware of your natural strengths. I encourage you to focus on your strengths and make sure that you are not missing out on your destiny because you are always getting involved in something that doesn't come naturally. WHEN YOU ARE TRULY IN YOUR DESTINY, IT IS NOT A CONSTANT STRUGGLE. IT JUST FEELS RIGHT!

*The point is, don't depend on just your body to make you happy, you need to work on the heart issue as well. You guys are awesome and I'm praying for you...as well as enjoying kicking your bootie in your workouts!
Love Ya!*

Marnie

We Need Fat to Function

OUR bodies need fat to function properly. Besides being an energy source, fat is a nutrient used in the production of cell membranes, as well as in several hormone-like compounds that help regulate blood pressure, heart rate, blood vessel constriction, blood clotting and the nervous system. Fat also carries fat-soluble vitamins A, D, E, and K, from your food into your body. Fat helps maintain healthy hair and skin, protects vital organs, keeps your body insulated, and provides a sense of fullness after meals.

HOWEVER, eating too much fat can be harmful. Eating large amounts of high-fat foods adds excess calories leading to weight gain and obesity. Obesity is a risk factor for several diseases, including diabetes, cancer, heart disease, sleep apnea, gallstones and osteoarthritis. Too much of certain types of fats, such as saturated fat or trans fat, can increase your blood cholesterol levels and your risk of coronary artery disease.

ALL fats are not created equal. The key is to replace bad fats with good fats in our diet. Limiting saturated fats in your diet, and eliminating trans fats from partially hydrogenated oils, are key in maintaining a healthy weight, good cholesterol levels, and avoiding health conditions such as heart disease, obesity and diabetes.

SATURATED FAT FOODS

THESE are usually solid or waxy at room temperature and are most often found in animal products like beef, veal, lamb, pork, seafood, lard, poultry fat, butter, cream, milk, eggs, cheese and other dairy products made from 2% and whole milk. Other foods high in sat fat include coconut, palm and other tropical oils.

FOCUS on reducing foods high in sat fat, trans fat and cholesterol, and select more foods made with *unsaturated* fats. Consider these tips when making your choices:

- Replace saturated and trans fats with polyunsaturated and mono-unsaturated fats.
- Sauté with olive oil instead of butter.
- Use olive oil instead of vegetable oil in salad dressing and marinade.
- Sprinkle a few slivered nuts or sunflower seeds on salads instead of bacon bits.
- Add slices of avocado, rather than cheese, to your sandwich.
- Choose fish such as salmon and mackerel, which contain mono-unsaturated and omega-3 fats, instead of meat, one or two times a week.

EATING large amounts of any fat adds excess calories. Fat contains 9 calories per gram, compared with 4 calories per gram for protein and carbs. Make sure fatty foods don't replace more nutrition options, such as fruits or vegetables.

TRANS FAT: THE WORST FAT

Saturated fats used to be the worst fat. Now, however, trans fats have been upgraded to the worst kind of fat.

Trans fat is a vegetable fat that has been chemically altered by a process called hydrogenation. This process turns healthy fat, such as corn oil or soy bean oil, into a solid, unhealthy fat.

Avoid trans fats by reading nutrition labels and checking the saturated and trans fats. The information given is 'per serving', so you need to check the serving size as well. Choose reduced-fat or better yet, fat-free products, but only as long as other unhealthy

ingredients such as high fructose corn syrup or partially hydrogenated oils have not been added. Always check for the term 'partially hydrogenated.' Remember, the ingredient list is different than the nutrition label, and is often where 'fat' information is hidden. If partially hydrogenated oils or high fructose corn syrup are listed in the first few ingredients, choose another product.

Here's the top ten list of where you are most likely to get trans fats:

- **Margarine.** Check for ones with no hydrogenated oil and the least amount of both trans and saturated fat.
- **Packaged foods.** Cake mixes, pancake mixes, etc. have added fat.
- **Soups.** Dried and liquid soups both contain very high levels of trans fat.
- **Fast foods.** Anything deep fried. Order food grilled instead!
- **Frozen foods.** Even frozen foods listed as 'low fat' may contain trans fat.
- **Baked goods.** Donuts, cookies, cake are loaded with trans fat.
- **Candy and desserts.** Tons of trans fat hides here too.
- **Chips and crackers**
- **Breakfast foods.** Cereals and breakfast bars included.
- **Toppings, dips and condiments.** Salad dressing, gravy, mayonnaise, whipped topping, non-dairy creamers, hot fudge, etc.

Remember, often when fat is removed, sugar and salt are added, along with those pesky hydrogenated oils!

DID YOU KNOW?

The FDA requires that total fat, sat fat and trans fat be included on nutrition labels, but there are other fats, such as mono and triglycerides that are not. In addition, poly- and mono-saturated fat listings are optional. So, if you are eating something with trans fat, chances are you are unknowingly taking in more fat than you even realize!

FAT YOU NEED!

Believe it or not, there is one type of fat experts agree you should get more of in your diet! This special fat, called omega-3, isn't produced by the body and must be consumed through the food we eat. Unfortunately, most of us aren't eating enough of it.

Fish is nature's most abundant source of the essential fat omega-3. Fish concentrate this special fat when they eat algae and other marine life.

HEALTH BENEFITS

Most noted for its ability to reduce the risk of cardiovascular disease, omega-3 has also been shown to reduce blood pressure, reduce inflammation, inhibit cancer growth and help alleviate depression. There is also compelling evidence to suggest that omega-3 fats may be especially beneficial to those with diabetes.

Most experts agree that we all should consume two or more servings each week of fatty fish such as salmon, herring, whitefish, tuna, mackerel, rainbow trout or sardines. If you don't like fish or you have a higher need for omega-3 fats, fish oil supplements can be used. To obtain the equivalent of two fatty fish meals per week, a supplement containing 600 mg of omega-3 can be taken each day. Most fish oil capsules contain 300 mg of omega-3 per capsule, so two per day would be needed. To find out the actual amount of omega-3 fat in a fish oil supplement, check the label and add up the EPA + DHA + "other omega-3."

According to the American Heart Association, people with heart disease should consume 1 gram (1000 mg) of omega-3 fat daily. Although this could be achieved by eating 2-3 oz. of fatty fish each day, this is unrealistic for most people. In this case, fish oil supplements are the most reliable way to get the daily requirement for omega-3 fat. If using a standard fish oil product, 3-4 capsules per day would be needed to achieve the recommended intake. The American Heart Association also recommends that people with high blood levels of triglycerides consume 2-4 grams of omega-3 fats daily.

Remember that you can have too much of a good thing, and this is true for fish oil supplements. A few important precautions to follow if you take fish oil supplements are:

- Don't take fish oil supplements if you use blood thinning medications.
- For purity, choose "pharmaceutical grade" or "molecularly distilled" products.
- Stop taking fish oil or other dietary supplements 2 weeks before surgery.

- Take 200-400 IU of natural vitamin E daily if you use more than 2 grams of fish oil daily.
- If you take fish oil supplements, do so under your doctor's supervision.

Overall, remember that good fats compete with bad fats. Limit consumption of trans fat, saturated fat and cholesterol, and increase your intake of good fats, like Omega-3 and other essential fatty acids. They can actually help repair some of that damage those bad fats are causing!

The American Heart Association recommends everyone increase their intake of omega-3. Most Americans are omega-3 deficient because of the majority of refined and over-processed food in our diets. Omega 3 is the single most important essential nutrient, almost entirely, missing from our diets today!



Set the Example!

Parents play a big role in guiding their children's eating habits by the examples they set, the foods they make available in the home, and the mealtime experiences they create for their families.

Offer healthy snacks to your children such as fruit, low-fat cottage cheese or yogurt, frozen juice bars—try frozen grapes!—natural applesauce, celery or apples with natural peanut butter, raw vegetables with a low-fat dip, whole-wheat crackers and low-fat cheese.

Large portions mean too many calories. A portion for a typical adult may be a full container of yogurt, but for pre-school age, 2 or 3 tablespoons of yogurt is about right. Insisting that your child "clean their plate" may contribute to overeating later in life. Offer them a wide variety of healthy foods and encourage them to try a bite or two of everything on their plate.

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. —Hebrews 12:11-12

5 Ways to Love The Foods You Hate

Have you typically chalked up your failure to eat enough "produce" to the fact that you hate vegetables?

By avoiding the foods you don't like, you may be depriving your body of valuable nutrients, and making weight loss harder by limiting your options. The good news is: You can teach your taste buds to enjoy the foods at which you once turned up your nose.

1. Grant them a second chance. Your palate, like most other things, matures as you get older. In other words, if you were five years old when you declared your hatred for broccoli, it may be time to have another taste test. You might be surprised at what you've been missing all these years!

2. Remember: One bad apple does not spoil the bunch. If the word "vegetable" conjures visions of cabbage or lima beans, it's time to broaden your produce horizons. With hundreds of veggies out there, many with vastly different tastes and textures, it's unlikely that you'll hate every one of them. Find the best ones suited to your palate. Don't like Brussels sprouts? Perhaps you'll prefer something sweet, like sugar-snap peas. If you like something a bit bitter, perhaps collard greens will suit your taste. If spicy is your style, roasted red peppers might be right for you.

3. Resolve your health-food issues. If you're prone to declarations like, "I don't eat white meat, only dark," or "I can't do skim milk," setting such definitive parameters for yourself can make success more difficult. Dark meat is rich in saturated fat and should be eliminated. The same goes for whole dairy products. The bottom line is that there are some changes you simply must accommodate if you want to be successful at losing weight and improving your health.

4. Seek out flavor sponges. Choose vegetables that act like sponges—taking on the flavor of what you are cooking, such as mushrooms, eggplant and tofu. Add them to a stir-fry; cook them in Marsala wine, etc.

5. When all else fails, put on a mask. Why was salad dressing invented? Perhaps it was for people who don't like the taste of raw veggies. Choose a fat-free dressing or another flavor enhancer such as hot sauce, garlic, ginger, balsamic vinegar, chili paste, hot or brown mustard, spices and herbs. The possibilities are endless.



R
E
C
I
P
E
S



Roasted Asparagus and Eggs

1 small bunch asparagus, tough ends snapped off
1 Tbsp. olive oil
Lemon-Pepper seasoning
½ cup balsamic vinegar
1 teas. light brown sugar
1 Tbsp. cider vinegar
Your portion of egg whites
Sprinkled fat-free parmesan cheese

Directions:

Preheat oven to 400. On a baking sheet with rim, toss asparagus with oil. Season with lemon-pepper. Bake until asparagus is lightly browned and tender. Approximately 15 – 18 min.

In a small saucepan, cook balsamic vinegar and sugar over medium heat until syrupy and reduced to 3 Tbsp., about 6 min. Meanwhile bring a large skillet with 2" water to simmer over medium heat. Add cider vinegar and season with lemon-pepper. Break one egg white at a time into cup, then tip cup into pan. Simmer until whites are set and soft, about 3 min. Scoop out and drain on paper towel. Dish out asparagus and drizzle balsamic mixture, add egg whites and parmesan. Serve.



Chicken Rice Stroganoff

1lb chicken breast, cubed
¼ package sliced mushrooms
½ bunch Asparagus cut in half
1 can Campbell's Golden Mushroom Soup
2 Tbsp Fat Free Sour Cream
½ cup red wine or cooking wine

Sauté Chicken in wine with lid on until tender. Cook Asparagus and Mushrooms, until soft or your preference of texture. Add can of Golden Mushroom Soup and Sour Cream. Serve your portion of chicken and veggies over your portion of rice.



Chicken & Vegetable Kabobs

4 skinned and boned chicken breasts
8 cherry tomatoes
8 large mushrooms
1 green pepper, seeded, cut into 1" pieces
1 red bell pepper, seeded, cut into 1" pieces
1 red onion, cut in large wedges
1 small zucchini, sliced into 8 pieces
1 cup fat-free Italian dressing
4 wooden skewers, soaked in water for 30 minutes (or use metal skewers)

Directions:

Place cut up chicken in sealed plastic bag. Chill and marinate in ½ cup Italian dressing for approximately 2 hours. Place vegetables in a second sealed plastic bag. Add ½ cup Italian dressing and shake to coat evenly. Marinate the vegetables for at least 10 minutes.

Grill chicken kabobs, with grill lid closed, over med-high heat for 15-20 min or until well-done, turning occasionally and basting with extra marinade. Serves 4.



FUN FACTS ON ASPARAGUS!

8 spears=26 calories, 10% of your daily fiber need, strengthens bones, fights cardiovascular disease, and *may even boost the libido!!! (YEAH!!)*...also rich in vitamins C, A, and folate.



SALMON FACTS

Alaskan Wild Salmon is the best. Farmed salmon (including Atlantic) is the worst choice. The reason that farmed salmon is something to avoid is because farmed salmon escape from ocean pens and threaten wild salmon and other fish by competing with them for food and spawning grounds. The waste from most salmon farms is released directly into the ocean. Parasites and diseases from farmed salmon can spread to wild fish swimming near the farms. Salmon farmers may use antibiotics to control outbreaks of disease among the fish which encourages the growth of antibiotic-resistant bacteria. It takes three pounds of wild fish to grow one pound of farmed salmon. So, farming salmon actually uses more fish than it produces.

