

# LIVINGFIT

JANUARY 2013

## NEW YEAR NEW YOU

*A fresh start  
guide to:*

- ▶ **NEW TRAINING  
REGIMEN**
- ▶ **PERFORMANCE  
GOALS**
- ▶ **DOC TALKS:  
10 STEP  
PROGRAM**

**7** **HEALTHY  
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& CLIMB  
IN 2013**

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# 8 Healthy Steps to Start the New Year

BY: TYLER COOPER, MD, MPH  
CEO of Cooper Aerobics Enterprises

AS YOU START THE NEW YEAR, IT'S A GOOD TIME TO EVALUATE YOUR own life and overall health. Most people reflect on goals—whether to assess the success of past goals or to consider which goals they would like to set for the upcoming year. Oftentimes those goals involve making a healthy lifestyle change, such as exercising more or eating a healthier diet.

As a physician at Cooper Clinic, I talk with patients every day to help them develop an action plan to live a healthier life. And I always remind them that change doesn't happen overnight. To establish long-term healthy changes, it's going to take some time. As my father, Dr. Kenneth H. Cooper, likes to say, "Fitness is a journey, not a destination."

To help clear up the confusion, we've narrowed it down to eight guidelines to achieve and maintain health. We call it getting Cooperized, or living a long and healthy life to the fullest. By following these guidelines, you can add years to your life and life to your years. Each step can and should be customized to fit you – your body, health, interests and life.

**1 Maintain a healthy weight.** Maintaining a healthy weight is one of the most important things you can do to prevent illness and disease, enjoy a higher quality of life and live longer. You are considered normal weight if your Body Mass Index (BMI) is 18.5–24.9, overweight at 25–29.9 and obese if it's 30 or higher. You can determine your BMI with the following calculation: weight (lbs.) divided by height (in.) squared multiplied by 703.

**2 Eat healthy most of the time.** We use the adage, "Five is fine, but nine is divine." That's talking about servings (one serving is half a cup) of fruits and vegetables to consume every day. If you're not getting five servings in a day, start there, then work your way to nine.

**3 Exercise most days of the week.** You don't have to be an elite athlete to get the health benefits of physical activity. Our research has shown that higher fitness can reduce the risk of death from all causes by 58 percent. A simple way to get started improving your fitness is through moderate physical activity for 150 minutes a week or vigorous activity for 75 minutes a week.

**4 Take the right supplements for you.** Most people are not getting the proper amounts of vitamins and minerals their body needs through diet alone. Start with a good multivitamin and an omega-3 supplement (at least one gram). This will cover a lot of your basic supplement needs.

**5 Stop smoking.** Smoking is the most important preventable cause of premature death in the United States. Research shows that smoking doubles the risk for heart attacks compared to a nonsmoker. It's never too late to quit using tobacco, and the sooner you quit, the better your long-term prognosis.

**6 Control alcohol.** Among other things, excessive alcohol can cause weight gain, damage your liver and your heart and increase the risk of developing some types of cancer. If you enjoy alcohol, do so in moderation. Men should have no more than 10 drinks per week and women should have no more than six drinks per week and no more than two drinks in one day.

**7 Manage stress.** Stress can raise blood pressure and resting heart rate and lead to weight gain, which can all cause cardiovascular disease. But it's not stress that kills, it's the way you handle it. The most effective way to control stress is exercise.

**8 Get a comprehensive physical exam.** The only way you can improve your health is if you know the current state of your health, and it starts with a preventive medicine exam. As a start, you should "know your numbers" – cholesterol, blood sugar and blood pressure. The Cooper Clinic preventive exam for new patients provides a complete picture of health and includes extensive laboratory analysis, exercise stress test, multidetector computed tomography (MDCT) scan, skin cancer screening and nutrition consultation. <sup>TM</sup>



## UCAN: It Started With A Dream

The Generation UCAN formula was founded by a young Connecticut family. Jonah, their son, was diagnosed with a rare metabolic disorder. Jonah was unable to break down certain carbohydrates, including glycogen. Determined to put a stop to a life threatening illness, Jonah's parents spearheaded the funding to produce a new product called Superstarch.

This complex carbohydrate provides a steady release of glucose, keeping blood-sugar levels (energy) steady for several hours. This discovery has proven to be like gold for our athletes. Generation UCAN is powered by Superstarch, a unique and healthy carbohydrate that provides steady energy levels without blocking the body's ability to burn fat. Sugar and maltodextrin-bases sports nutrition products will block an athlete's ability to access a large reservoir of energy - their own fat - by spiking glucose and insulin.

UCAN uniquely stabilizes blood sugar and does not cause a rise in insulin, allowing athletes to burn more fat for fuel during exercise. Superstarch is a healthy and natural carbohydrate derived from a unique non-GMO grain. It is a large molecule that exits the stomach quickly, causing no GI distress for athletes.

UCAN sports drinks powered by SuperStarch provide consistent energy, without spikes, crashes and gastric distress. By utilizing both carbs and fat for dual fuel, these products put your body in its ideal performance state so that UCAN start strong AND finish strong. Get yours today at [generationucan.com](http://generationucan.com). <sup>TM</sup>

## Rudy Project

Throughout the past few decades, Rudy Project has focused its creative efforts on the quest for optical performance suitable for the world of performance athletes – and Rudy hasdone it again with the Stratofly. This sunglass is ideal for cycling and mountain bike enthusiasts, as well as otherrathletes who like to look great while doing what they love. "We're thrilled to unveil this sunglass because it combines allof the extraordinary aspects that make Rudy Project the best sunglass company in the world," remarked Paul Craig, President and Co-Founder of Rudy Project North America. "The Stratofly incorporates cutting-edge technology with Italian design, all the while keeping the demands of the athlete in mind." Get yours today at [e-rudy.com](http://e-rudy.com) for \$159.00.