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**Don't wear jewelry.**

Avoid risky situations by making wise choices about when and where you run.

**GAS: ANNOYING BUT NOT BAD**

Intestinal gas is one of those things that must be endured. It comes when bacteria in the colon partially break down undigested carbohydrates, producing hydrogen, carbon dioxide, and in some cases, methane. Eventually, these gases must exit the body.

While proteins and fats don't usually cause gas, most carbohydrate-containing foods do. Sugars that commonly cause gas are: (1) raffinose, found in beans; (2) lactose, found in milk; (3) fructose, a common sweetener in soft drinks and fruit drinks; and (4) sorbitol, found naturally in fruits and used as an artificial sweetener. Most starches, including potatoes, corn, pasta, and wheat produce gas. Rice does not.

Soluble fiber, found in oat bran, beans, peas and most fruits, also causes gas. Insoluble fiber, found in wheat bran and some vegetables, produces little gas.

*Source: Healthline*

**NIGHT RUNNING SAFETY**

If you run at night, make sure you take certain safety precautions offered by Running & FitNews:

**Carry mace.** Mace and/or pepper spray are effective deterrents to attackers. Check with your local police department on restrictions.

**Make eye contact.** When a man or woman approaches, the common thing to do is look away or down. This suggests weakness and may mark you as a good victim. But don't let eye contact linger; it can be provocative.

**Don't wear headphones.** An attacker will know that you can't hear him coming. Be aware of everything around you.

**Don't run alone at night.** Run with a buddy, or even better, in a pack.

**Trust your instincts.** If something feels creepy or dangerous, listen to that inner voice and change direction.

## WALKING TO PREVENT HEART DISEASE

Every 38 seconds another American dies from heart disease. An ongoing study, involving women ages 40 to 65, underscores the importance of walking to prevent heart disease. The study shows that three hours per week of walking at 20 minutes per mile or faster reduces the risk of heart disease by up to 40 percent. Those who walked five hours per week cut their risk by 50 percent.

*Source: The Fitness Bulletin*

## 1-MINUTE-SIT-UP-TEST

How many sit-ups can you do in one minute? The Cooper Institute for Aerobics Research has devised this test of your abdominal muscles.

To perform the test:

- Lie on your back with your knees bent, heels flat on the floor. Either have someone hold your feet down or secure them under a piece of furniture.
- Lace your fingers behind your head. (Do not pull on your neck as you do the sit-ups.)
- Contract your abdominal muscles and raise your upper body off the floor until your elbows touch your knees. Then go back down until your shoulder blades touch the floor. This is one sit-up.
- Perform as many correct sit-ups as you can in one minute. Breathe normally.

<b>Men Age</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>Superior</b>	55	51	47	43	39
<b>Excellent</b>	47	43	39	35	30
<b>Good</b>	42	39	34	28	22
<b>Fair</b>	38	35	29	24	19
<b>Poor</b>	33	30	24	19	15
<b>Very poor</b>	27	23	17	12	7

<b>Women Age</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>Superior</b>	51	42	38	30	28
<b>Excellent</b>	44	35	29	24	17
<b>Good</b>	38	29	24	20	11
<b>Fair</b>	32	25	20	14	6
<b>Poor</b>	24	20	14	10	3
<b>Very Poor</b>	18	11	7	5	0

If your score is lower than you want it to be, you can develop your abdominal muscles by doing crunches. Crunches are the preferred way of strengthening your abdominals. They are different from sit-ups in that you do not have your ankles held down, and you only curl up enough to lift your shoulder blades off the floor.

*Source: Hope Health Letter*

## ANTI-AGING THERAPY

“Exercise is the single most important anti-aging measure anyone can follow, regardless of age. It helps prevent coronary heart disease, high blood pressure, stroke, diabetes, osteoporosis, senility and possibly certain cancers. It can also ease stress, depression, insomnia and arthritic pain. Simply put, exercise is the closest thing to an anti-aging therapy that exists.”

*Source: Mayo Clinic*

## VITAMIN C TO PREVENT HEART DISEASE

If you have heart disease or risk factors for it, experts recommend taking 500 mg of vitamin C daily to help tiny blood vessels dilate. Studies show that long-term supplementation with Vitamin C enables these small vessels to expand 25 percent more.

*Source: Circulation*

## FITNESS BREAKDOWN

After two weeks without exercise, aerobic fitness declines by 15 percent. The first thing that happens when you stop exercising, says Bob Cantu, M.D., a sports medicine physician in Concord, Massachusetts, is that the level of feel-good hormones that come from exercise (adrenaline and beta-endorphins) drops, and crankiness sets in. Within a week, your ability to sleep and concentration suffers.

Within a few more days, physical strength and aerobic conditioning begin to decrease. And, within 2 weeks, your aerobic fitness has declined by 15 percent.

The precise rate of decline is determined by genetics, but, it is a downhill plunge. Within a month, muscle strength is down by 20 percent as atrophy begins to take place. In 8 months of inactivity, muscle strength is down by 40 percent. ***And interestingly, the more fit you are, the faster you lose the benefits of working out.***

**His advice:** keep on exercising to stay in shape.

*Source: Self*

## DWD

Driving while drowsy causes at least 100,000 car crashes every year in the U.S. In a national poll, 27 percent of those questioned said they had dozed off in the past year while driving.

*Source: National Highway Traffic Safety Administration*

## ENOUGH SLEEP, BUT...

If you think you're getting enough sleep, but you are still tired, it may be that you're not getting the rest that should be the by-product of that sleep.

It could be, says Ed. Stepanski, Ph.D., a sleep expert at Rush-Presbyterian St. Luke's Medical Center in Chicago, that even while you are sleeping, your mind is wide awake and unable to relax. Stress, he says, may be keeping you from attaining your most restful state during sleep.

**What does he suggest?** "A hot shower or bath before bed to raise your body temperature. Your temperature will then fall faster when you crawl into bed, and you'll sleep deeper," he says. He says soaking in a tub for 30 minutes works best. Then don't eat anything afterward, so your body won't have to digest the food.

*Source: Men's Health*

## RULES FOR CONQUERING THE GYM

This is the time of year when even people who hate the gym think about going to the gym. If you're going to join a gym—or returning to the gym after a long hibernation—consider the following:

- A gym is not designed to make you feel instantly better about yourself. If a gym wanted to make you feel instantly better about yourself, it would be a bar.
- Give yourself a goal. Maybe you want to lose 10 pounds. Maybe you want to quarterback the New York Jets into the playoffs. But be warned: Losing 10 pounds is hard.
- Develop a gym routine. Try to go at least three times a week. Do a mix of strength training and cardiovascular conditioning. After the third week, stop carrying around that satchel of fresh-baked chocolate chip cookies.
- Don't fall for gimmicks. The only tried-and-true method to lose 10 pounds in 48 hours is food poisoning.
- Yes, every gym has an overenthusiastic spinning instructor who hasn't bought a record since "Walking on Sunshine."
- "Great job!" is trainer-speak for "It's not polite for me to laugh at you."
- Gyms have two types of members: Members who wipe down the machines after using them, and the worst people in

the universe.

- Nope, that's not a "recovery energy bar with antioxidant dark chocolate." That's a chocolate bar.
- Avoid Unsolicited Advice Guy, who, for the small fee of boring you to death, will explain the proper method for any exercise in 45 minutes or longer.
- You can take 10 Minute Abs, 20 Minute Abs, and 30 Minute Abs. There is also Stop Eating Pizza and Eating Sheet Cake Abs—but that's super tough!
- If you're motivated to buy an expensive home exercise machine, consider a "wooden coat rack." It costs \$40, uses no electricity and does the exact same thing.
- There's the yoga instructor everyone loves, and the yoga instructor everyone hates. Memorize who they are.
- If a gym class is going to be effective, it's hard. If you're relaxed and enjoying yourself, you're at brunch.
- Don't buy \$150 sneakers, \$100 yoga pants, and \$4 water. Muscle shirts are for people with muscles, and rhythm guitarists.
- Fancy gyms can be seductive, but once you get past the modern couches and fresh flowers and the water with lemon slices, you're basically paying for a boutique hotel with B.O.
- Everyone sees you secretly racing the old people in the pool.
- If you're at the point where you've bought biking shoes for the spinning class, you may as well go ahead and buy an actual bike. It's way more fun, and it doesn't make you listen to C+C Music Factory.
- Fact: Thinking about going to the gym burns between 0 and 0 calories.
- A successful gym membership is like a marriage: If it's good, you show up committed and ready for hard work. If it's not good, you show up in sweatpants and watch a lot of bad TV.
- There is no secret. Exercise and lay off the fries.

*Source: Wall Street Journal*

## BEST DIETS FOR SHEDDING POUNDS

It's that time of year again. Weight-loss resolutions are made to offset heavy holiday eating. Many people are looking for simple solutions for shedding pounds, but dieting takes effort and commitment. So which diets are best for shedding pounds effectively? Here's the list:

**#12 (tie): TLC Diet** Created by the National Institutes of Health's National Cholesterol Education Program, the Therapeutic Lifestyle Changes Diet (TLC) is endorsed by the American Heart Association as a heart-healthy regimen that can reduce the risk of cardiovascular disease.

**What the experts say:** It isn't designed for weight loss. But if sensibly followed, it can produce it, experts say, because it's a fundamentally sound approach to eating. One plus: no extreme measures such as shunning carbs or meat.

**#12 (tie): South Beach Diet** The South Beach Diet suggests there are good carbs and fats, and there are bad carbs and fats. The key to weight loss is choosing the best of each.

**What the experts say:** The plan helps dieters drop pounds—fast. But our experts felt it's less likely that they'll actually keep the weight off long-term. We found little research indicating that the diet is sustainable or that it helps dieters maintain weight loss over the long haul.

**#12 (tie): Ornish Diet** Through his 2007 book *The Spectrum*, Dean Ornish—a professor of medicine at the University of California, San Francisco, and founder of the Preventive Medicine Research Institute in nearby Sausalito—lays out your nutrition, exercise, stress management, and emotional support options as a guide toward achieving any goal, from weight loss to preventing or reversing chronic diseases.

**What the experts say:** Experts deemed the Ornish plan to be OK, but not great, for people searching specifically for a weight-loss diet. Its greatest strengths lie elsewhere, especially in heart health.

**#12 (tie): Mediterranean Diet** It's generally accepted that the folks in the countries bordering the Mediterranean Sea live longer and suffer less than most Americans from cancer and cardiovascular ailments. The not-so-surprising secret is an active lifestyle, weight control, and a diet low in red meat, sugar, and saturated fat and high in produce, nuts, and other healthful foods.

**What the experts say:** As a weight-loss plan, the Mediterranean diet didn't overwhelm the experts, but it's not built to be one. It is up to the individual to keep watch over the scale.

**#9 (tie): Mayo Clinic Diet** With the *Mayo Clinic Diet* book as your guide, you'll work your way through two parts: "Lose it!" and "Live it!" Part 1 focuses on 15 key habits—ones to add and ones to ditch. You don't count calories, and you can snack all you want on fruits and veggies. After two weeks, you begin part 2, learning how many calories you should eat to either lose or maintain weight and where those calories should come from.

**What the experts say:** While evidence is lacking that the diet works, the experts' ratings reflect their view that if followed, the Mayo diet can deliver at least modest weight loss, both short- and long-term.

**#9 (tie): Eco-Atkins Diet** Nutritional scientist David Jenkins at Canada's University of Toronto popularized this twist on Atkins a couple of years ago. The diet posits that low carbs can lower the risk of death from heart disease and almost all other medical causes when the diet substitutes high-protein plants for fatty, cholesterol-loaded meat, and piles on fruits and vegetables.

**What the experts say:** Experts regarded Eco-Atkins as much more effective for short-term than for long-term weight loss. It "may be difficult to consistently adhere to," one expert says, because it is largely a "do-it-yourself diet."

**#9 (tie): Dash Diet** The Dietary Approaches to Stop Hypertension (DASH) suggests nutrients like potassium, calcium, protein, and fiber are crucial to fending off or fighting high blood pressure. You don't have to track each one, though. Just emphasize the foods you've always been told to eat (fruits, veggies, whole grains, lean protein, and low-fat dairy), while shunning those we've grown to love (calorie- and fat-laden sweets and red meat). Top it all off by cutting back on salt, and voilà!

**What the experts say:** With an emphasis on healthful, filling foods that don't pack lots of calories, the DASH diet drew reasonably good ratings from experts although it wasn't designed as a weight-loss diet. They judged it to be about as good for short-term weight loss as for long-term weight loss.

**#6 (tie): Vegan Diet** While vegetarians eliminate meat, fish, and poultry, vegans take it a step further, excluding all animal products—even dairy and eggs. So say goodbye to refried beans with lard, margarine made with whey, and anything with gelatin, which comes from animal bones and hooves, too. Fruits, vegetables, leafy greens, whole grains, nuts, seeds, and legumes will be your staples.

**What the experts say:** Going vegan gives you good odds of losing weight and keeping it off, according to experts. Veganism is also an effective weight-control method. But vegans must be "very committed," as one expert put it, because forgoing all animal products can be challenging.

**#6 (tie): Slim Fast Diet** During the Slim-Fast Diet, your 1,200 calories a day will come from three snacks (half a banana, a pear, or a Slim-Fast Snack Bar, for example), two Slim-Fast meal replacements (a bar or a shake), and one 500-calorie meal you prepare. Slim-Fast is best for people who need to lose about 20 pounds, which should take 8 to 10 weeks.

**What the experts say:** Experts awarded the program relatively high scores both for short-term and long-term weight loss, indicating optimism that the pounds will indeed come off and stay off.

**#6 (tie): Atkins Diet** The Atkins Diet suggests that the body is an engine and carbs are the gas that makes it go. Limiting carbs makes the body turn to an alternative fuel—stored fat. So sugars and "simple starches" like potatoes, white bread, and rice are all but squeezed out; protein and fat like chicken, meat, and eggs are embraced.

**What the experts say:** In keeping with its emphasis on helping dieters shed pounds fast, the Atkins program rated well for short-term weight loss but was judged by experts as less impressive over the long haul. On balance, it came out slightly ahead of the middle of the pack.

**#5: Volumetrics Diet** Pioneered by Penn State University nutrition professor Barbara Rolls, Volumetrics is more of an approach to eating than it is a structured diet. With The Volumetrics Eating Plan and The Volumetrics Weight-Control Plan as your guides, you'll learn to decipher a food's energy density, cut the energy density of your meals, and make choices that fight hunger.

**What the experts say:** Volumetrics helps dieters drop pounds—and keep them off. It scored well in both the short- and long-term weight loss categories, comparable to or better than many other diets. Because it focuses on satiety, or the satisfied feeling that you've had enough, it's more likely than other diets are to succeed.

**#2 (tie): Raw Food Diet** Raw foodism traces back to the late 1800s, when Maximilian Bircher-Benner, a doctor, discovered he could cure his own jaundice by eating raw apples. Thus began a series of experiments testing the effects of raw food on human health, and the diet has continued to evolve. Most who follow the plan consume only half the calories they would eat on a cooked diet.

**What the experts say:** The diet can deliver both short- and long-term weight loss, experts concluded, since raw foodists typically eat fewer calories than most other people. But such a restrictive, labor-intensive diet certainly isn't for everyone.

**#2 (tie): Jenny Craig Diet** Losing weight is as simple as restricting calories, fat, and portions. The Jenny Craig plan proposes its prepackaged meals and recipes do all three. You'll learn how much you should be eating, what a balanced meal looks like, and how to use that knowledge once you graduate from the program.

**What the experts say:** As a weight-loss diet, Jenny Craig outranked nearly all of its competitors. Experts appreciated, among other aspects of the program, the value of the emotional support provided by its weekly one-on-one counseling sessions. A few experts, however, questioned whether dieters can expect to keep the weight off once they're weaned from the diet's prepackaged, portion-controlled foods. Though not factored into its ranking, Jenny Craig's cost is relatively high.

**#2 (tie): Biggest Loser Diet** To begin this plan, dieters choose from a series of books that are heavy on success stories from past contestants of the *Biggest Loser* reality TV show, tips for developing your menu based on a special food pyramid, and suggestions for sweating out some calories. The diet is built around healthy food and regular exercise.

**What the experts say:** The experts agreed that calorie restriction and physical activity should work for dieters. They rated Biggest Loser a very effective way to keep weight off for the short-term, and concluded that it works moderately well over the long term.

**#1: Weight Watchers Diet** This popular points-counting diet helps dieters drop pounds and keep them off. In experts' ratings, Weight Watchers bested all other ranked diets for both short-term and long-term weight loss. That doesn't guarantee it will work for everyone, of course. Its average rating of "moderately effective" for long-term weight loss reflects the difficulty dieters have in staying on the wagon, even when using the best weight-loss diet available.

*Source: US News and World Report*

## TAKE YOUR GENES TO THE GYM

Delving deeper into the potential anti-aging effects of exercise, another recent study suggested that vigorous exercise may partially reverse aging inside the cells, at the genetic level. In middle-aged long-time runners, there was less shortening of the telomeres (protective caps on the ends of DNA stands), compared to their sedentary counterparts. Such telomere shortening is a sign of aging in cells—sort of a biological clock. In fact, the telomeres of these runners appeared nearly as "young" as those of runners in their twenties. These were elite runners, but scientists speculate that any vigorous—maybe even moderate—exercise done over the long term may help keep genes young.

*Source: Circulation*

## SAFE TRAVELS

The radiation dose from the new full-body scanners at some airports is negligible. Flying for two minutes in a commercial jet at 30,000 feet exposes you to as much background radiation as being screened by one of these devices, according to the American College of Radiology. You would have to have 1,000 such scans to get the same radiation dose as a standard chest X-ray.

*Source: U. C. Berkeley Wellness Letter*

## CAREFUL WHAT YOU SAY

On the 8500-8 FAA Physical Exam form, Questions #18 a - x all relate to medical conditions a pilot has *ever* had since he/she took their first breath, not just what they are currently experiencing. If a pilot checked "Yes" for any of these questions before (i.e. "Previously reported"), they will need to check "Yes" for these same questions on each FAA Exam for the rest of their flying careers.

The FAA is pushing pilots for more information on previously reported conditions, especially when the Airman is being seen by a new Aviation Medical Examiner (AME). "Previously reported, no change" should also mention current clinical status.

An example might be for a broken arm repaired years ago:

*"18 (u) (x) "Broken right wrist fixed surgically in 2003. Previously reported with no change in function."*

If an AME is seeing the Airman for the first time, he/she needs to document each "Yes" answer and comment on the medical history and physical findings. Example:

*"18 (u) (x) Right Radial fracture in 2003 requiring surgical repair. Previously reported to FAA by Airman. No current symptoms or functional limitations identified."*

### Medication questions: 17 (a)

If a pilot is currently taking any medications, including Over the Counter (OTCs), they should document the name, dosage, and frequency and report that on the exam form. Examples:

*"Aspirin 81mg, once a day"*

*"Lipitor 40mg at bedtime"*

*"Clarinet 5mg once a day"*

*"Lunesta 10mg at bedtime"*

If the medications used do not jibe with what conditions have been marked "Yes" in the Question 18 section, the Airman should expand in the "Explanations" section below the Question 18 section and use this opportunity to indicate that they have no side-effects with the medication. Examples:

17(a)

*"Aspirin daily for preventive care. Well tolerated."*

*"Lipitor for cholesterol control. No side-effects from medication."*

*"Clarinet currently being used for allergy while we watch my mother-in-law's cats. No side-effects."*

*"Lunesta taken for occasional sleep problem. Prescribed and used in accordance with FAA regulations of no more than two times over a seven day period and not within 30 hours of operating aircraft. No side-effects or after-effects experienced."*

*Source: Thomas B. Faulkner, MD, MHA*

### ALLEGRA WITH WATER

If you take allegra for allergy relief, down it with water, not fruit juice. Researchers at the American Society for Clinical Pharmacology found that when taken with juice, only one-third of the medicine was absorbed.

*Source: Runner's World*

### DOES TATTOO REMOVAL CREAM WORK?

Tattoo removal creams are widely available online. But there's no evidence that they work. At best, tattoo removal cream may fade or lighten a tattoo. The tattoo will remain visible, however, and skin irritation and other reactions are possible. Remember, tattoos are meant to be permanent. Because the ink is placed beneath the top layer of skin, complete removal of a tattoo is difficult. If you're interested in tattoo removal, don't attempt it on your own. Ask your dermatologist about laser surgery or other options for tattoo removal.

*Source: Tufts Health & Nutrition Letter*

### CAN ANTIHISTAMINES HELP ME SLEEP?

With all the concerns about addiction and side effects associated with prescription sleep aids, is there anything wrong with just using over-the-counter antihistamines to treat insomnia?

#### Answer

For occasional insomnia, over-the-counter (OTC) antihistamines, such as diphenhydramine, are somewhat effective as sleep aids but must be taken only as directed on the packaging. Antihistamines induce drowsiness by working against the central nervous system chemical histamine.

Just because a drug is available "over-the-counter" doesn't mean it is safe, especially if taken incorrectly. Talk to your doctor before taking any OTC sleep aids if you're currently taking any drugs for depression, psychiatric or emotional conditions, or Parkinson's disease. Also, antihistamines may not be safe if you have a history of glaucoma, heart problems or enlarged prostate.

Most over-the-counter products marketed as sleep aids contain antihistamines alone or in combination with pain relievers. Although these medications have some sedating effects, they also have other side effects that are undesirable and can be deadly at high doses.

Persistent insomnia should be evaluated to identify underlying causes. Cognitive behavioral therapy is as effective, if not more effective, than sleep aids in the treatment of insomnia — with no side effects. Occasionally, sleep experts will use a combination of cognitive behavioral therapy and prescription sleeping medications to treat insomnia. When used appropriately, prescription sleep medications generally are safe.

*Source: Mayo Clinic HealthLetter*

### ARE ENERGY DRINKS OK FOR ATHLETES?

Do you like to kick-start your workouts with energy drinks, such as Red Bull?

Occasional energy drinks are safe for most people. Caution is important, however, especially if you have underlying heart problems. Energy drinks — which are often loaded with caffeine, sugar and herbal stimulants — may pose various health risks, including:

- ❖ **Restlessness and irritability.** The caffeine in energy drinks can make you irritable, restless and nervous. Excessive caffeine is also associated with headaches, tremors, nausea and insomnia.
- ❖ **Increased blood pressure.** The caffeine in energy drinks can increase your blood pressure and make your heart beat faster. In some cases, this can trigger potentially dangerous changes in heart rhythm. Mixing energy drinks and alcohol compounds the effect, since alcohol also makes your heart beat faster.
- ❖ **Possible dehydration.** Some studies suggest that the caffeine in energy drinks may increase the risk of dehydration during exercise, but results are mixed. Other studies don't associate caffeine with dehydration.

- ❖ **Weight gain.** The sugar in most energy drinks can contribute to weight gain, especially for people who don't exercise regularly and those who struggle with their weight.

In addition, excessive amounts of energy drinks have been associated with manic episodes, seizures, chest pain, heart attacks and sudden cardiac death.

Before and during exercise, plain water is usually best. During workouts that last 60 minutes or longer, you might sip sports drinks — typically made of water and carbohydrates — to boost your endurance. If you choose to drink energy drinks, do so only in moderation.

*Source: Prevention*

## MAKE YOUR NEW YEAR'S RESOLUTIONS STICK

It's a new year; are you making headway on your resolutions? Losing weight and getting fit are at the top of most people's lists. Achieving these goals requires commitment beyond the first month of the year. **How can you maintain your motivation?**

Start by putting your goal in writing. If you need a daily reminder, slap it on the mirror or the refrigerator — some place you'll see every day. Now plot your course. What specific steps will you take to meet this goal? And, just as important, how will you handle lapses in motivation or deviations from your goal?

Consider this example. Your knees hurt. You know you should drop a few pounds to lessen the stress on your joints, but it hurts to exercise. You've tried dieting but always regain the weight. What can you do?

1. **Talk with your doctor.** He or she may be able to help you, especially when you make it clear you're ready to make permanent changes.
2. **See a physical therapist or certified athletic trainer.** Look for someone who has the credentials to get you on the road to better mobility while preventing further injury.
3. **Take a serious look at your eating habits.** Do you eat three meals a day? Snacks? Do you eat because you're hungry? What do you drink? Sip on soda all day? Consider meeting with a dietitian for help.
4. **Don't go it alone.** Join a support group — personal or web-based. Reach out to supportive family and friends. Having company on this journey improves your chances of success and keeps it fun.

*Source: Mayo Clinic HealthLetter*

## YAWNING

“Yawning is an instinctive reaction that checks the working order of the alveoli—the tiny air sacs in the lungs that pluck oxygen from the bloodstream,” says Michael Katzogg, MD, a lung disease specialist at St. Luke’s Medical Center in Milwaukee. When you’re tired, your breathing becomes shallow and erratic, he says, causing a slight collapse of the alveoli. A yawn reopens the air sacs.

*Source: Men’s Health*

## WHAT IS FITNESS?

There are now six key components to fitness as recognized by fitness professionals:

1. Aerobic capacity
2. Muscle strength
3. Agility
4. Speed
5. Flexibility
6. Balance

*Source: Prevention*

### **BUTT OFF!**

Looking for the best exercises for the gluteal muscles? Here are the top choices from a survey of 36,000 trainers and coaches by the American Council on Exercise:

1. Squats
2. Lunges
3. Walking uphill
4. Jogging
5. Stair-climbing

### **COUNTING STEPS**

More and more people are using pedometers in their fitness regimens. The trend began in Japan, where exercisers see pedometers as an essential piece of exercise equipment.

Pedometer users are counting steps taken rather than distance covered. Studies show that a good target is 10,000 steps a day (about the equivalent of 5 miles).

*Source: Rocky Mountain News*

### **WHAT MAKES FOR A GOOD GOLFER?**

What's the relationship between golf skills and scoring performance? Researchers in South Carolina recently examined the connection between four golf skills (driving distance, driving accuracy, reaching greens in regulation, and putting) and the scoring outcomes (scoring averages, top ten finishes, and money won) of PGA players.

Here are some of the findings:

- ✓ Driving accuracy was a better performance predictor than driving distance.
- ✓ Putting performance and reaching greens in regulation were significantly correlated with all scoring outcomes.
- ✓ Hitting approach shots was the shot-making skill most highly correlated with scoring average.

*Source: Georgia Tech Sports Medicine & Performance Newsletter*

### **ENERGY BARS: SNACKS NOT**

Energy bars are a good source of energy for endurance athletes, but they are not a good snack for others, particularly for those trying to lose weight.

According to Rebecca Reeves, professor of medicine and a nutritionist at Baylor College of Medicine, the typical energy bar contains between 200 and 300 calories. "That is not a low-calorie snack," she says. "Energy bars are ideal for athletes who exercise for long periods of time, such as distance runners and cyclists. The average weekend athlete who exercises for two hours or less at a time does not need the extra calories to keep going," she adds.

"We get so wrapped up in what athletes need or don't need that we sometimes overcompensate. If you exercise for an hour or two, eating energy bars and drinking sports beverages, you may be taking in too many calories and hampering any weight-loss efforts."

*Source: Real Simple Magazine*

### **BREAKFAST, THEN EXERCISE? OR VICE VERSA?**

Is it better to exercise before breakfast or after? It doesn't make a lot of difference. You will burn slightly more fat if you exercise before breakfast. After an overnight fast, your sugars stores in your liver are at a low point and your body will use more fat in order to conserve its dwindling sugar supply.

But the difference in fat burned is minimal. If you like to eat first, there's no reason not to.

*Source: Tufts University Health & Nutrition Letter*

# WE HELP KEEP you flying!

**Our AeroMedical Staff can get pilots back to work faster, while taking the risky guesswork out of aviation medical concerns.**



Harvey Watt, the company's founder, invented Pilot Loss of Medical License Disability Insurance in 1951. As a Captain for Eastern Airlines, Harvey saw firsthand the devastation a minor medical deficiency and the subsequent disability it caused could wreak on the families of his fellow airmen. Traditional disability policies only cover a pilot's disability while the medical condition is such that the doctors will not release a pilot to work. However, pilots have to be certified by the FAA to return to work. The FAA certification process can take months, years, or simply not be possible for many conditions while non-airmen would be able to continue working with. A head injury, for example, will often require a 3 year "wait and see" grounding period. Because disability products wouldn't pay while Harvey's friends were dealing with certification issues and disabled, he invented the Loss of Medical License Disability Plans. Soon thereafter, his best friend, a Delta pilot, developed a heart condition that the FAA deemed a permanent disability. Thanks to his new policy, Harvey Watt was able to give his friend a tax free lump sum payment, which Harvey considered the most rewarding day of his career.

For more information on our line of pilot insurances available, please visit [harveywatt.com](http://harveywatt.com) to see products designed specifically for your airline/union.

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