

## Recipe Makeover

Start the year off with some of these easy and healthy suggestions for enhancing flavor and reducing saturated fat and cholesterol when you are cooking or baking.

### Cooking Tips

- Use yogurt as the base for your dips. If only sour cream will do, switch to the non-fat kind, which has zero saturated fat and cholesterol
- Use evaporated skim milk in place of heavy cream. It has about a quarter of the calories and virtually no fat
- Substitute egg whites for egg yolks. One egg yolk contains just over two-thirds of the recommended daily limit for cholesterol. In most recipes, you can use two egg whites or egg substitutes in place of one egg
- Baste pork, chicken or turkey with stock, wine or juice—such as fresh apple cider - instead of fatty pan juices
- Use potatoes or rice to thicken your soups instead of heavy cream
- Use garlic (which some believe lowers cholesterol) and vegetable or chicken stock in mashed potatoes instead of milk and butter

### Baking Tips

- Substitute three-quarters of a cup of applesauce, drained crushed pineapple, mashed ripe bananas or apple or pear fruit butter in place of a cup of oil or butter
- Mix a little confectioner's sugar with water to make a glaze for your cake instead of frosting. (A dash of lemon or rum will heighten the flavor.)
- Use a nonstick spray like PAM on your skillet, your roasting pan, your grill - you name it. You can save on fat and cleaning time

Source: [www.foodfit.com/centers/cholesterol/cholesterol\\_tips.asp](http://www.foodfit.com/centers/cholesterol/cholesterol_tips.asp)

## Toast With This For The New Year...

Do the dairy. If you are currently trying to lose or maintain your body weight, make milk your go-to drink. In a recent study of 169 post-dieters who had 1-3 servings of dairy daily, (even if it put them beyond their allotted caloric intake) none of the participants gained weight. The researchers suspect high levels of dairy may increase the body's ability to burn fat.



Whether the water. Don't let the cooler weather trick you into thinking you aren't thirsty. Recent studies found dehydration leads to more than just poor athletic performance. In one particular article, published in *Perceptual and Motor Skills*, half of the participants were given water during exercise while the other half were not. After exercise, both groups were given tests that focused on short term memory and mood. Researchers found that dehydration was connected with fatigue, confusion, and a negative mind set. That's reason enough to drink up if you ask me!

Time out for tea. If you are more of one for a warm drink, steer toward herbal tea. To qualify as an "herbal" tea, it will consist mostly of botanicals. Some of the many benefits of herbal tea are better relaxation, digestion, heart health, and energy levels. Researchers suggest if you have a particular symptom you are trying to relieve, such as blood pressure, insomnia, or diabetes, there are particular herbal teas that can aid you.

## How To Burn The Calories Away

Have you ever wondered how many calories you burn while participating in your favorite type of exercise or activity? The following chart gives an approximate number of calories burned per hour on a variety of activities.

Activity (One-Hour Duration)	Weight of Person & Calories Burned			
	130 lbs.	160 lbs.	200 lbs.	240 lbs.
Aerobics – General	354	422	518	–
Aerobics – High Impact	493	511	637	763
Aerobics – Low Impact	352	365	455	545
Aerobics – Water	236	292	364	436
Bicycling – Stationary	295	352	431	–
Circuit Training	472	563	690	–
Jogging	–	584	728	872
Running	472	563	690	–
Stair Treadmill	354	657	819	981
Swimming – Treading Water (Moderate Effort)	236	281	345	–
Walking – 3 mph Moderate Pace (Walking a Dog)	207	246	302	414
Weight Lifting – Light or Moderate Effort	–	219	273	327

Source: Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien, WL, Bassett DR Jr, Schmitz KH, Emplincourt PO, Jacobs DR Jr, Leon AS. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc.* 2000 Sep;32(9 Suppl):S498-504.

# Train 2 Shape

YOUR SOURCE FOR ACHIEVING YOUR FITNESS GOALS AND IMPROVING YOUR QUALITY OF LIFE. • JAN/FEB 2010



## Get Ready To Race!

Last spring we participated in the local "Race on the Base" as a clinic. More than 20 employees took the 5K walk course as a group. We had on our team shirts and were walking stride in stride for the length of the race. In addition to walking the course, we decided to put our efforts to good use by raising money for the Casa Youth Shelter. We had such a good time and raised over \$1,000, that we have hands down decided to participate in the Race on the Base again. We plan to do the 5K walk on Saturday, February 27. We invite you to get involved with this community event with us as we improve our health and fitness and have a great time all the while.

**For more information visit**  
[www.ci.los-alamitos.ca.us](http://www.ci.los-alamitos.ca.us)



The Train 2 Shape  
Newsletter is produced by

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& Sports Physical Therapy  
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## Runners Corner

A running program may be part of your New Years resolution. Perhaps this could lead to a 5K, 10K, half marathon, or even a full marathon? Running is an excellent form of exercise to help control weight, improve overall fitness, and reduce daily stress. However, many people often mistakenly believe that running alone will make their legs strong enough to handle the sport of running. Unfortunately, this misunderstanding often leads to variety of injuries. To minimize the risk of injury, additional resistance exercises for your legs is recommended. Today, we would like to discuss two exercises to help prevent one of the most common running injuries, patellofemoral pain or commonly called runners knee. Symptoms include an achy pain around or behind knee cap.

### **Typical causes of this type of knee pain include:**

- Weakness of hip abductors, hip extensors, calf muscles and quadriceps femoris muscle
- Tightness of IT band, quadriceps femoris muscle and hamstrings
- Collapsed arches in the foot
- Improper shoes
- Running too many down hills too soon

The following exercises will improve the strength of muscles listed above, and prepare you for the down hills (every course has ascent and descent to some degree). If you are still resisting the idea of strengthening exercises, please at least do these two.

### **Double Leg Squats (Strengthening For Hip Extensors and Quadriceps Femoris Muscle)**

1. Stand straight, with more weight bearing on ball of feet than heels
2. Do shallow squats by hinging at hip joints. Lower slowly in a controlled fashion. Keep your knee caps over your first and second toes.
3. Now push into the ground and straighten your knees as your body rises.
4. Begin with 10 reps and progress to 50.
5. As you get stronger, carry a pair of relatively light dumbbells (5-20 lbs each) over your shoulders during this exercise.



6. Although our pictures above show the exercise conducted without shoes, we would encourage the use of supportive running shoes during the exercise.

Once you can do double leg squats with light weights with relative ease, you are now ready for a more advanced exercise.

### **Single Leg Squats (Strengthening For Hip Extensors and Calves)**

1. Same as double-leg squats, except one leg at a time
2. Keep it shallower than double-leg version
3. Do 20-30 reps each legs in a slow and controlled movement pattern.
4. This exercise will require considerably more muscle strength and balance vs. the double leg squat. I do not recommend adding extra weight to this exercise.

Of course, there are other exercises that you can do to prevent other running injuries. Our Train2Shape Trainers will be happy to help you with additional exercises. In addition, congratulations are in order for you, for beginning your new running program! We wish you many miles of happy running!

SEE THE REVERSE SIDE FOR EVEN MORE GREAT INFORMATION AND HEALTHY LIFESTYLE TIPS!