

Healthy Sugar Land Families



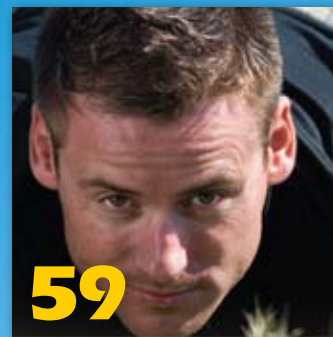
Stressed-Out Moms



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Stress and the **SUGAR LAND MOM**

How to Tell if You're Taking on Too Much

by Jana Ross



Hats! Sugar Land moms know hats. They wear the hats of mother, wife, worker, manager, chauffeur, healthcare provider, referee, cook, animal caregiver, finance analyst, teacher, entertainer, secretary and many more, often before they even finish breakfast. It's certainly no wonder that stress is the cornerstone of most moms' lives. "Mom stress" is unlike any other because it is fueled by guilt. If something doesn't get done, guilt inevitably comes knocking which causes more stress, and the cycle is off and running! Ending the cycle of stress and guilt is not easy by any means, but is necessary for a happier, healthier, and longer life.

Stress... A Pain in the Neck

Stress not only affects one psychologically but can also result in physical issues. Dr. Arnold Carothers of Family Practice Clinic of Crestwater explains that stress-related medical conditions such as ulcers are very common. Carothers warns that mothers can experience high levels of stress due to "carrying the weight of the family." He adds that "postpartum and menopausal conditions can also heighten the effects of stress." It is important to see a doctor if you become symptomatic of stress related conditions. Carothers explains that these symptoms could include neck pain, shoulder and back pain, and insomnia. "Taking time for yourself and lots of physical activity/exercise can help reduce stress," advises Dr. Carothers. So grab your shoes, go for a run, and enjoy some time to yourself... doctor's orders!

Get Into a Routine

Most moms are more than aware they are stressed out but many times don't know where to begin to start reducing stress in their lives. It is amazing how a few small changes in a daily routine can help to reduce stress and worry. One thing moms can do is to implement daily routines and stick with them. This allows the rest of the family to know what to expect and when. Let them begin working their schedules around you instead of you always making adjustments. It's easier for them to make one adjustment than for you to make several. Much like how the planets orbit the sun, it's time for your family to work around you! Delegating chores and errands is one of the best things a mother can do to reduce stress. Ask your husband to stop by the store and pick up a few items, or pick up dinner or the kids from soccer practice on his way home. Teach your children to help with household chores. Remember, it doesn't have to be perfect and they could use the practice! Erma Bombeck once said, "Housework, if you do it right, will kill you!" If someone offers to help with something, accept! You don't have to do it all yourself. Another idea is to keep some Play-doh in the kitchen or wherever you find yourself on the phone the majority of

"Stress not only affects one psychologically but can also result in physical issues."

the time. (This doesn't include your car!) While you are talking, squeeze and mold the Play-doh. You will be surprised how much calmer you will be when you hang up the receiver. Also, in between activities, take a moment to apply some wonderful scented lotion. Many scents can elicit a calm feeling, and the act of doing something nice for yourself is a treat in itself.

Let Go of the Guilt

Laura, from Sugar Land, is the mother of three and a full time dental assistant. She somehow finds time, in addition to her full time job, to be a volunteer at her children's school, attend all of her kids' gymnastics and baseball events and even teach Sunday school at church. She finally broke down in tears one day and confided to some of the other mothers at gymnastics that she was stressed out because her son's baseball game had been switched from 6:00 to 5:00 and she didn't know how she was going to get him there in time. She still had to get groceries and make dinner after a particularly awful day at work.

Expecting the worst kind of judgment and ridicule from the other mothers who always appeared to have it "all together," she was completely surprised by their responses. They all began to share, almost with a sense of urgency, their own stresses, concerns, and fears of not getting everything done. A few of them even confided to Laura that they were often baffled by how she always seemed to hold it all together while they were struggling. They all laughed and a few tears were even shed as they discussed how they had all been going through the same stress and worry unbeknownst to each other. On the bleachers in that little corner of the gym, five mothers had breakthroughs and realized no one can do it all.

Laura now carpools with the other mothers and has her husband help with dinner and household chores on her busy days. She has learned that saying "no" sometimes doesn't make her a bad mom...it makes her a real mom!

"One thing moms can do is to implement daily routines and stick with them."

“The key is reduce what you can and prioritize the rest.”

So What?

Okay, Sugar Land mothers, repeat these two words: “So what?” It’s safe to say that mothers will probably always be under a great deal of stress. The key is reduce what you can and prioritize the rest. “So what?” will help you do just that. As long as your children and husband feel loved, so what if they don’t have a gourmet dinner every night? As long as your house is warm and welcoming, so what if the beds go unmade for a day...or two? As long as your friends know you are there for them when they need you, so what if you don’t get their birthday card to them on time that one day a year? Bombeck summed it up best when she advised, “My theory on housework is, if the item doesn’t multiply, smell, catch fire, or block the refrigerator door, let it be. No one else cares. Why should you?” **SLM**

JANA ROSS owns a Sugar Land educational consulting firm, writes freelance, is happily married to Rex, and loves being a mother to Jake, 16, and Kyler, 5. She frequently has laundry to be done and things to be dusted...so what?

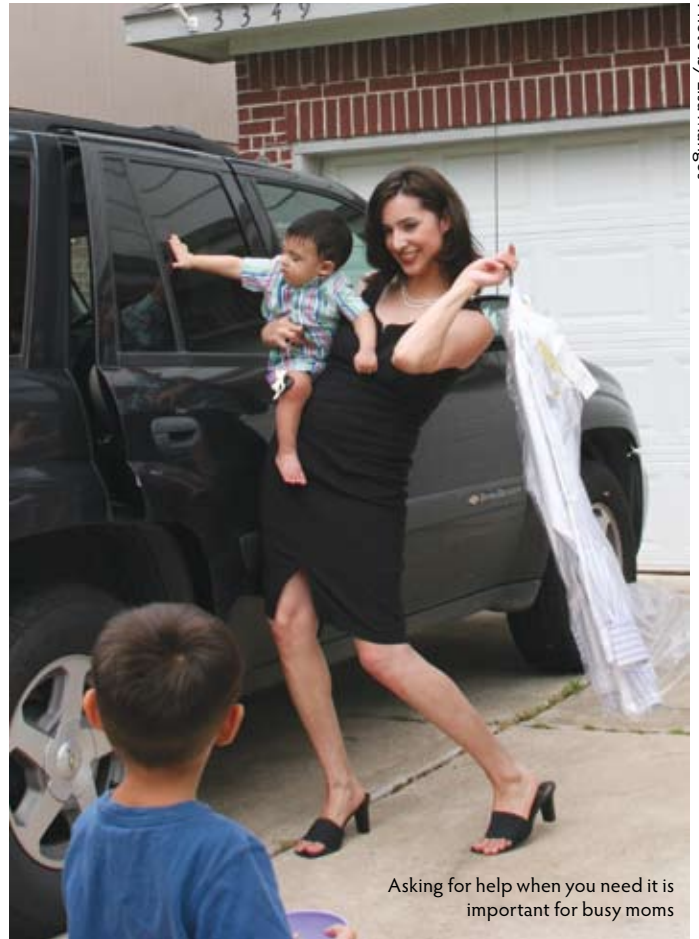


Photo by Lisa Mangos

Asking for help when you need it is important for busy moms

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STRESSED OR DEPRESSED?

If you have 3-5 or more of the following symptoms lasting more than two weeks, you may be depressed. Experts recommend seeking help from a physician and a mental health professional.

1. Persistent sad, anxious, or "empty" mood
2. Loss of interest or pleasure in activities, including sex
3. Restlessness, irritability, or excessive crying
4. Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism
5. Sleeping too much or too little, early morning awakening
6. Appetite and/or weight loss or overeating and weight gain
7. Decreased energy, fatigue, feeling "slowed down"
8. Thoughts of death or suicide, or suicide attempts
9. Difficulty concentrating, remembering, or making decisions
10. Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

NOTE: Not everyone with depression experiences each of these symptoms. The severity of the symptoms also varies from person to person.

Source: NIMH: National Institute of Mental Health



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HEALTHY EATING GUIDE

for Sugar Land Families

Practical Tips for Maintaining
Good Family Nutrition

By Julia Temlyn Prindle

Red Flag Foods

Sugar Land Families are reading labels and eating smart.

- **SATURATED AND TRANS FATS** may be responsible for long-term weight gain, clogged arteries and heart disease.
- **SUGARS** are absorbed quickly and stored as fat. Experts recommend limiting sugar to less than 5 grams per serving.
- **ENRICHED, BLEACHED, OR REFINED** is a nice way of saying all the nutrients have been stripped out.
- **HIGH FRUCTOSE CORN SYRUP** is a high calorie sweetener used in many processed foods. It has no nutritional value.
- **FRIED FOODS** should be an occasional, not a regular, part of a meal.
- **SWEETS** should be limited as much as possible or substituted with lower calorie and lower fat options.

Eating healthy isn't always easy, but with today's on-the-go families it can be a real challenge. One solution is to plan meals in advance, avoiding spur-of-the-moment bad food choices.

Be Prepared to Stock Your Fridge

"Keep a steady supply of fresh fruit, vegetables, yogurt, nuts and seeds, and low-fat cheese & crackers," recommends acupuncturist Karen Siegel. "Most of these can be pre-cut and bagged to keep things simple." She also recommends incorporating family movement time, including walking, roller-skating, and jumping rope. "This family exercise time builds togetherness and a sense of importance to kids because parents are taking the time to be with them, rather than dropping them off at the mall."

Think Green

"My overall recommendation to my clients is to include a variety of fresh and whole foods in their diet, and to limit foods such as simple sugars, refined carbohydrates, saturated fats and to avoid trans fats," says nutritionist and dietician Patty Martin Duhon, of Sugar Land Nutrition Therapy Center. She recommends an abundance of fruits and vegetables, including orange and dark green vegetables, which contain high amounts of vitamins A and C, as well as the aptly-named phytochemicals, which fight to protect by building the body's defenses and preventing diseases. "These water rich foods will decrease your appetite, lower cholesterol, and promote bowel health."

“The deep blues/purples [fruits & vegetables] have anti-carcinogens and antioxidants that help fight free radicals, which break down in the body and can cause disease...”



ON THE GO?

Try these healthier options!



SUBWAY

Subway has several sandwiches that are 8 grams of fat or less.

LENNY'S SUBS

Another healthy alternative, this sub shop offers lots of options. Plus, they slice the meat right there.

CHICK-FIL-A

A chicken breast sandwich on wheat bread with fresh fruit and cole slaw.



WENDY'S

There are numerous delicious and filling salads to choose from, a great value for a large salad. Choosing a low fat dressing could save you 20+ grams of fat.

QUIZNO'S

Lots of healthy soup, salad, and sandwich choices.

Duhon also recommends whole grains, which are rich in fiber, B vitamins, minerals, and phytochemicals. “Read food labels carefully. If a product label says ‘100% whole grain’ it must contain at least 16 grams of whole grain per serving.”

Did you know certain fats are good for you? They are called heart healthy fats, and include omega 3 fatty acids, which support mood, memory, dry skin, and heart and hormonal health. Omega 3's can be found in nuts, seeds, olive oil, avocados, salmon, and flax seeds.

Be sure to choose protein sources that contain fewer artery-clogging fats. A few safe choices include fish, legumes (beans), white meats like chicken turkey breasts, and soy protein products. “When selecting red meats, look for lean cuts of beef and pork that end in ‘loin,’ such as pork loin and sirloin,” recommends Duhon.

Milk and other calcium sources are helpful for weight management; a diet high in calcium helps the body burn calories and store fewer calories as fat. Drinking water can also help raise your metabolism.

Disease-Fighting Foods

Some foods we eat can pack a powerful disease-fighting punch. Duhon recommends eating low inflammatory foods, which are good for blood sugar control, heart disease, and cancer prevention. “Inflammation in the body, which causes disease, can be reduced by reducing sugar, refined carbohydrates, saturated fats,

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Foods with the Most Needed Vitamins

ALMONDS Vitamin E, an antioxidant that many of us fall short on.

BERRIES AND CRANBERRIES Phenols, antioxidants that fight diseases like cancer, heart disease, and diabetes.

SWEET POTATOES One serving supplies over 250 percent of the daily value for vitamin in the form of beta-carotene, the powerful antioxidant. They're also a good source of vitamin C, potassium, iron, and the two trace minerals manganese and copper.

SALMON An excellent source of high quality protein, and one of the best sources of omega 3 fats, which help balance the body's inflammation response.

BLACK BEANS One cup of canned black beans provides 30% of the daily value for protein, almost 60% of the daily value for fiber, and 60% of the daily value for folate, a B vitamin that plays key role in heart health circulation.

WHOLE GRAIN PRODUCTS These have 20% more iron, 5% more niacin, 75% more fiber, more magnesium, and Vitamin E. Whole grains give you a much more gradual release of energy or sugar into the blood stream and it will last with you a lot.



trans fats, and red meat, with an increase in fruits and vegetables, whole grain, legumes, nuts, seeds, lean proteins, heart healthy fats, and natural healthy spices and seasonings, such as turmeric and garlic instead of salt, and lots of water." "The deep blues/purples [fruits & vegetables] have anti-carcinogens and antioxidants that help fight free radicals, which break down in the body and can cause disease," says Siegel. The antioxidant vitamin C can be found in most fruits and vegetables, while nuts and seeds often contain vitamin E, another antioxidant. Omega 3 fatty acids have an abundance of benefits: they are anti-inflammatory and are good for the heart and cardiovascular systems. According to Siegel, Omega 3's have also been shown to be helpful in treating depression and are beneficial for reducing the formation of plaque in the brain, which has been shown to as part of the progression of Alzheimer's.

Top Vitamins For Growing Families

The top vitamins your family needs include vitamins A, C, D, E, Calcium, B vitamins, magnesium, zinc, and iron. Siegel recommends a mixed diet of low fat meat, low fat dairy, fruits, vegetables, and whole grains, which provide a steady mix of nutrients in the diet. "As long as a variety is provided, it is very rare that malnutrition will occur. Removal of any whole food group will lead to malnutrition of vitamins and minerals only found in the food group. Nutrient content is how foods are grouped in food groups."

By incorporating these simple nutrition tips your family will be on its way to optimal health in no time! **SLM**

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JULIA TEMLYN PRINDLE is a writer, editor, & proofreader. She enjoys the freedom of working from home, and is the owner of Temlyn Writing Services.

HEALTH BRIEFS

Methodist Sugar Land Hospital Names New CEO

The Methodist Hospital System named Chris Siebenaler Chief Executive Officer of Methodist Sugar Land Hospital. Siebenaler transferred from San Jacinto Methodist

Hospital last year and has been serving as interim CEO for several months. "Chris has done an outstanding job as the interim CEO for the past several months," said Ron Giroto, President and CEO of The Methodist Hospital System. "Under his



Methodist Hospital CEO, Chris Siebenaler

continuing leadership, our plans for the expansion and growth of Methodist Sugar Land Hospital will certainly be successful." Siebenaler has been with Methodist since 2001 and has 17 years of health care administration experience in both the for-profit and non-profit sectors.

Memorial Family Practice Center Consolidates Services

Three West Houston-area Memorial Family Practice Centers have joined together in one new and expanded practice that features an array of modern specialty medical services for the entire family. Physicians at Sugar Creek, located in Sugar Land, is a consolidation of Memorial Family Practice Center-Sugar Land and Memorial Family Practice Center-Fort Bend. The new practice, comprised of nearly 60 family practice physicians, is an affiliate of Memorial Hermann and home to the Memorial FamilMedicine Residency Program. Patients will enjoy an array of family medicine services including: obstetrics, newborn care, pediatrics, adult medicine, sports medicine and geriatrics. The new center also provides patients the convenience of extended office hours, from 7 a.m. to 7 p.m. each weekday; lunchtime appointments; online appointment scheduling; email communication with physicians and office staff; complimentary internet access via a wi-fi hot spot; and direct, electronic pharmacy communication. Physicians at Sugar Creek is open now and located at 14023 Southwest Freeway. For appointments, call 281-276-2000.

OakBend Medical Center Appoints Chief Medical Officer

Douglas A. Thibodeaux M.D., Obstetrician/Gynecologist, joined Oakbend Medical Center's executive team as the first Chief Medical Officer. Dr. Thibodeaux earned his M.D. from the University of Texas Medical Branch in Galveston and completed

his residency at Detroit Memorial Hospital before becoming board certified in obstetrics and gynecology. Since 1964, Dr. Thibodeaux has been practicing obstetrics and gynecology in the west Houston area. He joined the medical staff at OakBend five years ago and has been an active participant in the physician leadership since that time.



Dr. Douglas Thibodeaux

New Ultrasound Machine for PRC

Dr. Harris of Harris Neck and Back Clinic recently gave Dorris Irving, Executive Director, Pregnancy Resource Center (PRC) a check for \$1,660. The donation is a result of his two-day community partnership effort to increase PRC public awareness and raise funds to donate toward the purchase of an ultrasound



Dr. Harris, Harris Neck and Back Clinic and Dorris Irving, Pregnancy Resource Center (PRC)

machine. Focus on the Family has an Option Ultrasound program to help pregnancy centers acquire machines and set up an ultrasound program for as little as \$8,000. This donation from Dr. Harris, along with other donations will help PRC establish that ultrasound pro-

gram. "It was a great way for patients to relieve aches and pains and at the same time help PRC raise funds. Our goal is to offer ultrasound exams to our pregnant clients," says Ms. Irving. "We are grateful to all who participated in this worthwhile effort!" For more information about PRC contact the Rosenberg location at 281-252-2576 or in Sugar Land at 281-325-0203.

Proudly We Hail Award Recipient

Chayo Huff, President of The Exchange Club of Fort Bend attended OakBend Medical Center's monthly Board of Directors Meeting to present the hospital with her club's "Proudly We Hail Award." This award is given in recognition for flying the American Flat properly and regularly. The Proudly We Hail program encourages regular display of the flag by individuals, commercial establishments and other organizations. The program was developed to promote Americanism as well as community recognition by the Exchange Club.



OakBend's board members were delighted to receive the Proudly We Hail Award

Submit Health News

If you have health news pertaining to Sugar Land families, email it to editor@sugarlandmagazine.com



Sugar Land Smiles

What Parents Should Know About Keeping Kids' Teeth Healthy

Written by Christy Collins

There's a reason a whole month is dedicated to the distribution of dental information: good dental care is incredibly important for overall health. Dental care awareness starts early. Mothers and fathers have a responsibility to teach their children about dental hygiene. But it doesn't have to be a battle to get your child to love the brushing, flossing, and dental visits. Dr. Brian Machart, DDS, with the Fort Bend Dental Associates, shares some valuable dental information to help make dental care a healthy habit.



Ryan and Sean Conner brush their teeth

Photos by Dixie Ann Dalton

EARLY DENTAL CARE

Dental health has been linked to overall wellness. According to Machart, "studies have shown that periodontal disease has been linked to heart disease." Bacteria from periodontal disease enters the mouth and seeps into the bloodstream from the gums. Good dental health is extremely important in all stages of life, but particularly for pregnant women and children, as their bodies are going through extreme daily changes. The best time to take

your child for their first dental visit is age 3 because “many children still carry their mother’s immunities until that time,” according to Machart. Look for a family dentistry practice or contact a pediatric dentist. However, if you suspect that your child has a dental issue, take them to a pediatric dentist as early as possible, even by 18 months. Whenever the first visit, it is important to visit the dentist once every 6 months.

PREVENTING MOUTH INJURIES

To prevent sports injuries to teeth, Machart also insists that “mouth guards are a must.” Each sport regulates the type of mouth guard required, but some dentists can have custom guards made. If a tooth is dislocated, it is extremely important to not handle the root. Pick the tooth up by the enamel and put it in the socket if that is possible. If not, “place the tooth in a glass of milk, water, or your own saliva” to keep the tooth wet, says Machart.

Another way to prevent injury and disease is to have sealant put on your child’s molars at age 6 and age 12. These prevent food from getting stuck in the back teeth and causing cavities. One local mother, Virginia Schwanauer, took her child for a routine second visit and discovered her child had a large cavity. She learned there are risks associated with the treatment procedure. While pediatric dentists are licensed to deliver the treatments properly, a child will need to be given medicine to sedate them. Schwanauer’s daughter was fine, but the experience was “very traumatizing.” Sealants as soon as possible can prevent cavities in young children. If your child needs more extensive dental care, an orthodontist can help. Orthodontists deal with either the overcrowding or spacing of teeth or issues of bone

growth. Most braces are given to a child between ages 9 and 13. However, you do not always need a referral to see the orthodontist. If you have questions about your child’s dental development, feel free to make an appointment with an orthodontist.

FLOURIDE BASICS

“All growing teeth need fluoride” says Machart. This is why it is so important for children. He suggests starting your children on topical fluoride (baby toothpaste) as soon as possible. If your child is drinking only bottled water, make sure it has “between .7 and 1.5 parts per million of fluoride in it,” according to Machart. This will be listed on the bottle. Some faucet and refrigerator filters will take out necessary fluoride, so check with the manufacturer to be certain about your appliance.



Sean Conner

“All growing teeth need flouride.”

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Gum: Good or bad? The Sticky Sweet Truth

While it is true that some gums can clean bits and pieces of food from the mouth that would later turn into plaque, gum chewing is always a bad habit. Gum is primarily sugar, and too much sugar is not good for the teeth. Also, the sugar high only lasts a short while. Gum chewing is about as good for you as any other bad habit. Gum chewing, over time, can lead to TMJ-like symptoms. The treatment can be serious.

may allow new teeth to be grown to replace removed teeth. In a few years time, there is no telling what dentists will be able to do to make our smiles whiter and brighter.

DENTAL MISHAPS

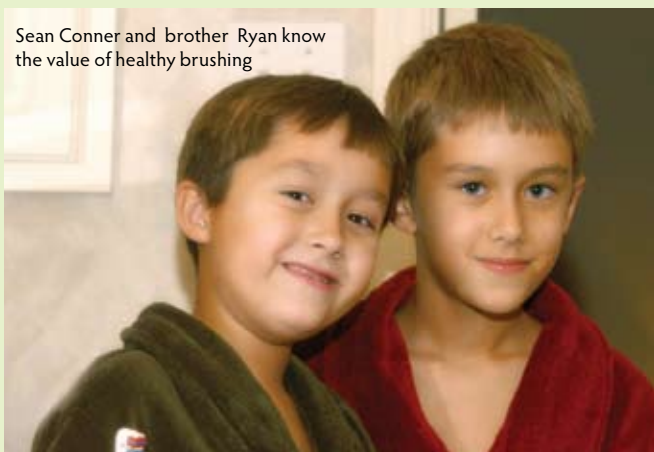
Occasionally, a tooth will be knocked out, and other treatment will be necessary. Dr. Machart insists that “the best option is to save the whole tooth if that is possible. We reattach and keep teeth all the time.” However, sometimes that is not possible. A crown is the next best option, not a bridge. If no part of the tooth can be saved, he suggests an implant. Implants replace the entire tooth and should be considered first. In the future, dental technology



HEALTHY SNACKS FOR TEETH

Apples, nuts, celery, carrots, Sugar-free drinks and sugar-free gum, oranges, milk. Chocolates like Reese's and M&Ms are okay in small amounts.

Try to limit juices and sodas. Diet soda is okay in small amounts, but water is best. Remember, it is better to eat a sweet snack with a meal than by itself. When eating, more saliva forms and that neutralizes tooth-attacking acid.



Sean Conner and brother Ryan know the value of healthy brushing

CHOOSING THE RIGHT DENTIST

Choosing the right dentist can make all the difference in the world to whether you leave the office with a smile or in tears. Dr. Machart suggests asking about the accessibility of your dentist. After-hour dental emergencies happen, so make sure your dentist can be there to help. Also, how well does the office follow-up with after care? Making sure the work completed on the tooth is not causing a problem is very important. Feel free to also check out the dentist's licensing. Contact the Greater Houston Dental Society to see if any complaints have been lodged. Finally, assess your comfort in the office. It is hard to explain, but if there is anything you don't feel right about, do not feel compelled to stay with that office. **SLM**

CHRISTY COLLINS is a busy mother of two. While she does have a baby toothbrush for her toddler, she sheepishly admits writing this article has encouraged her to become more diligent with flossing.

How to teach your child to brush correctly

The truth is that teaching good dental hygiene is similar to potty training. Here is a way to get good dental habits out of your child in 3 easy steps:

- 1 **Model.** Show your child how to brush and floss correctly. Brush for at least two minutes. Use small circles at 45 degree angle. Give them their own little brush and paste to practice. Try to encourage brushing teeth after each meal.
- 2 **Praise.** Make it a point to praise your child and encourage them when they go to copy mommy and daddy. Positive reinforcement is the best way to teach a new skill.
- 3 **Listen.** Listen to your child if they feel uncomfortable around the dentist. Even if you see nothing wrong, pay attention to your child's fears. If you don't, it could turn into a fear of dental visits, and that could carry with them into adulthood.

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Or check out our Resource Guide on Page 85 of this issue.

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FITNESS BOOT CAMP CRAZE

Those Who Work Out Together Lose Weight Together

By Ashley Miles

Photos by Dixie Ann Dalton

After a guilt-free season of eating mounds of Halloween candy, pounds of Thanksgiving Turkey and pumpkin pie, and handfuls of Christmas gingerbread cookies and fruit cake, it's time to think about the ritual New Year's Resolution - to lose those pesky pounds and tone-up any part of the body that seems to jiggle but not in the jolly way. Instead of dreading a humdrum workout at the gym, people are getting pumped to shed those excess pounds with group personal training, and Sugar Land area gyms and fitness clubs offer a variety of group personal training sessions to meet everyone's needs.

Boot Camp with Bally's

Twice a month, Bally's offers three types of group personal training sessions for its members. The first is a high intensity, military base workout consisting of squats, bicep curls, and lateral lunges. Another type is a Kwando base workout; it's a combination of martial arts and aerobics, similar to Tae Bo. It's an up-tempo training session with 136-150 bpm music. The third session offered is Powerflex, which focuses on resistance training. Each group training session contains 10-25 people.

Run a Marathon with Fort Bend Fit

If running or walking is your idea of a great workout, then Fort Bend Fit, whose motto is "train with us and change your lifestyle," is for you. The group trains for six months for either a half or a full marathon, with the Houston Marathon being their main focus. If you are worried you won't be able to keep up, have no fear because Fort Bend Fit has six different programs to meet everyone's needs. The groups are color coded, including orange for walkers and red for average runners.



Craig, an instructor at Lifetime Fitness, gets the class moving

THE RIGHT WAY TO HYDRATE



While specific fluid recommendations aren't possible due to individual variability, most athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

BEFORE EXERCISE

- Drink about 15-20 fl oz, 2-3 hours before exercise
- Drink 8-10 fl oz 10-15 minutes before exercise

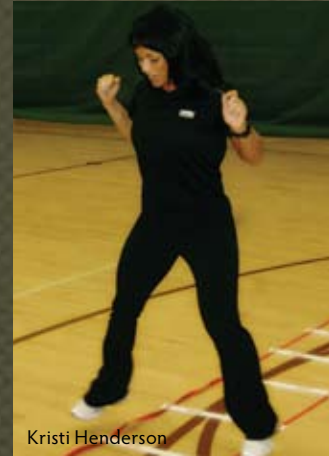
DURING EXERCISE

- Drink 8-10 fl oz every 10-15 minutes during exercise
- If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15-30 minutes.

AFTER EXERCISE

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20-24 fl oz water for every 1 lb lost.
- Consume a 4:1 ratio of carbohydrate to protein within the 2 hours after exercise to replenish glycogen stores.

Source: Adapted from About.com: sports medicine



Kristi Henderson

"People really enjoy this group because the people who are coaching you are doing the same thing as you. They will be running the marathon with you," says Terrie, a coach for Fort Bend Fit.

T.E.A.M. Weight Loss

Lifetime Fitness offers three, twelve-week group personal training programs. T.E.A.M. Weight Loss contains light upper-body strength training and heart rate based cardio training. Once you graduate from T.E.A.M. Weight Loss, you can move to T.E.A.M. Fitness, a program with a higher intensity. The main goal is to improve overall fitness and

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to have a shapelier and healthier body. The workouts take place on the fitness floor, focusing on a balance of cardio and strength training. The last program offered is General Fitness, a boot camp-style conditioning program. The class is split up into three fitness levels: Ground Zero, Basic Training, and Combat Ready. People in this program participate in strength training, cardio training, flexibility training, and stability training. "All of these are phenomenal programs because people feel special and motivated," says Kristi, a fitness level trainer.

Group Personal Training

So what do all these programs have in common? They all share the same benefits. Group personal training has the benefit of camaraderie, motivation, and accountability. When you sign up to do a group personal training session, you make new friends who have the same goal as you, and they are going to cheer you on while you workout. If you miss a class, people are going to notice. "It is important to me knowing at 4:30 and 5:30 in the morning that people are also up waiting for me to run. People are getting out of warm, comfortable beds to meet me for a very long run in the very dark trails of this city. We are doing it for each other. Someone is depending on me just as I am depending on them," says Alice Jenney, a member of Fort Bend Fit. Group personal training is a more economical route for those who cannot afford one-on-one personal training. Overall, group personal training is a great way to meet new people, shed those excess pounds, and fulfill your New Year's Resolution. **SLM**

ASHLEY MILES is a recent graduate from St. Edward's University with a degree in Communication. She hopes to share her love of writing through teaching.

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SPORTS DRINKS FAST FACTS

If your sports drink contains a small amount of carbohydrate, sodium, and potassium, it will effectively hydrate you. The following facts are important to consider when using a sports drink for sports nutrition:

- Sports drinks should contain between 14 and 19 grams of carbohydrate per eight-ounce serving (six to eight percent). A drink with more than ten percent carbohydrate may cause slow absorption, nausea, cramps, or diarrhea. A drink with five percent or less sugar solution may not provide enough additional sports nutrition energy to increase exercise length.
- Carbonation causes stomach bloating. Dilute carbonated drinks to half-strength.
- The correct sodium level for sports nutrition supplement drinks is 100-110 milligrams per eight ounces. Sodium content in sports drinks can range from eight to 116 milligrams.
- Fruit juices have 10-15 percent carbohydrate and need to be diluted. Mix one part juice to seven parts water.
- You do not sweat out vitamins; there is no need to buy sports nutrition drinks that include vitamins.
- Water is adequate for exercise under one hour. However, if the exercise is intense or lasts more than an hour, a sports drink will be beneficial.
- If you are participating in a sports event lasting four hours or more, you need a sports nutrition drink that contains from 110 to 120 milligrams of sodium.

Source: Adapted from lifetips. For more information visit lifetips.com



“Group personal training is a more economical route for those who cannot afford one-on-one personal training.”




Lifetime Fitness Instructors, Chris, Kristi and Craig demonstrate a team fitness move



Lifetime Instructors, Kristi and Craig test their own T.E.A.M. fitness skills

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