

Inside Fitness Rx Info-Bits

Brought to you by FitnessRx Magazine for Women

Meet the newest member of our "FitnessRx for Women" team—Fitness Expert **Bonnie Kaye!**

Emmy award-winning producer and reporter Bonnie Kaye brings the pages of FitnessRx for Women to life in her wildly popular "Inside Fitness with Bonnie Kaye" television and radio series, airing on CBS stations across America.

"Inside Fitness with Bonnie Kaye," sponsored by FitnessRx for Women, takes a get real, fun and informative look at the hot topics you'll see right in this issue, such as how to get a hot bod like Jessica Simpson, how to indulge in sinfully delicious chocolate desserts and holiday weight gain solutions to help you get in the best shape of your life!

But hold on. Not only will Ms. Kaye feature cutting-edge topics from FitnessRx for Women on her fitness program, but she'll also be contributing an "Inside Fitness" column to the magazine. That's like getting two dynamic opportunities to learn about fitness instead of one!

Ms. Kaye's credits include being a personal trainer, competitive duathlete, two-time Olympic reporter for CBS Sports, health and fitness reporter for CBS News and sports and fitness reporter for the CBS Radio Network, so you can see why Bonnie is such a welcome addition to our FitnessRx for Women family!

For more information log onto www.insidefitness.com



Bonnie Kaye

Holiday Weight Gain Solutions

The good news is you probably won't get fat over the holidays, no matter how badly you blow your diet and exercise program. A landmark study done by researchers at the National Institutes of Health (NIH) and published in the *New England Journal of Medicine* (May 23, 2000) showed that the average American is more likely to gain only about a pound between Thanksgiving and New Year's Day, rather than five to 10 pounds, as previously believed.

The bad news is that this good news is misleading and doesn't give you free license to binge on brownies in the break room, drink excessively at parties and skip workouts for holiday shopping—why? Because while one pound doesn't sound like a big deal, the fact is, if you don't take it off (and according to the NIH study, most people don't), and this pattern continues, the extra weight accumulates throughout the years until one day you wake up wondering what happened to your waistline and worse— you're at a greater risk of becoming obese and developing high blood pressure, diabetes and heart disease.

The solution is simple— don't put on that one extra pound to begin with. Since it's only 3,500 calories over six weeks, which breaks down to about 600 calories a week or roughly 100 calories a day, it isn't rocket science to break it down to a simple calories in versus calories out equation. You need to take charge of the situation by burning off more calories than you take in through some combination of your diet and exercise program.

It's the Little Things

That being said, it really is the little things you do each day that add up, such as an extra slice of bread per day that can

do you in if you abandon your exercise program, but it's perfectly fine if you're willing to do the time— as in, put in an extra 10 minutes on the treadmill during your next regularly scheduled workout to burn off those extra calories.

One way to control your hunger so you don't overeat and splurge at holiday buffet tables, says Robin Colton, registered dietician at Beth Israel Medical Center, New York, is to include more fiber in your diet such as fruits and veggies, whole grains, bread and brown rice. "Fiber keeps you fuller longer, so you'll have less of a tendency to binge on fattening treats at the office or at parties later on," says Colton. "And just because you blow your diet for a day or two doesn't mean you have to throw in the towel. You can always start over."

The same is true for your exercise program. Don't give up just because you missed a few workouts. Calories are cumulative so don't make a bad situation worse, just turn it around. Or better yet, try this approach— it will completely change your attitude and your body this holiday season and start your New Year off right. Imagine you're an elite athlete in training for an important event, such as the Olympics and that everything you put in your body matters and every workout you do counts. Put post-its on your fridge that read, "I am a champion!" and keep your gym bag by the front door. Instead of going to the gym less, go to the gym more, increasing the intensity or duration of your workouts by a few minutes each day. Eat like an athlete! Start each day with a protein shake and eat healthier meals than you normally would all day long. In other words, start your New Year's Resolution to get fit now and by the New Year you'll have lost weight, even if those around have gained it— now that's a real holiday weight gain solution!