



### Featured Article:

## Sarcopenia, the term for age-related muscle loss, is largely avoidable

By SANDI DOUGHTON Scripps Howard News Service

If you're over the age of 30, there's something you ought to know about your muscles: They're probably shrinking.

Once most adults pass the physical prime of their teens and 20s, they lose an average of 10 ounces of lean body mass a year, mostly in the form of muscle tissue.

It's a process more insidious and crippling than osteoporosis, but few people notice until they realize it's getting difficult to climb the stairs or heft themselves off the sofa. Unchecked, the gradual erosion of muscle strength is the major reason elderly Americans are forced to move into nursing homes. It wasn't until a few years ago that medical experts put a name to the phenomenon: sarcopenia, derived from the Greek words for vanishing flesh. In the mid-1990s, several labs across the country launched the first major studies of the subject. Today, a new understanding of age related muscle loss is beginning to emerge, along with some hopeful indications. Far from being as unavoidable as gray hair and wrinkles, sarcopenia can be reversed or slowed significantly by strength-training exercise. While it's best to start exercising early, several studies show it's never too late to regain some muscle strength. "It's not an inevitable consequence of aging," said exercise physiologist Michael Hewitt. "It's an inevitable consequence of disuse."

Hewitt is director of health and healing for Canyon Ranch, an exclusive health spa in the Tucson foothills where guests pay upward of \$5,000 a week to be pampered and coached in healthy living. But it doesn't take a trust fund or even a health club membership

to learn four simple exercises that can stave off the ravages of sarcopenia, Hewitt said during a recent Seattle conference on aging.

"It only takes five to eight minutes, twice a week," Hewitt said. "No one can say: I don't have time for that."

These strength-training exercise, or others like them, should be a part of any fitness regimen, said Hewitt and other exercise experts. While many people focus their workouts on jogging, stair climbing or other aerobic activities, that doesn't help counter the gradual deterioration of muscle strength, said Larry Woodward, occupational therapist for a YMCA. "Since we don't work in the fields like we used to, we don't go hunting, we're more sedentary; we need to exercise those muscles," he said.

At the same time muscle begins vanishing from our bodies, fat begins accumulating. Few people actually lose 10 ounces of weight every year. Most adults gain about a pound a year - nearly all in the form of fat, which masks the loss of lean tissue.

"It's such a slight loss yearly that we just don't notice it until 10 or 12 years have gone by," Woodward said. "If you don't do something, it really sneaks up on you." (Continued pg. 3)

## RPFitness Staff Spotlight!



**Jeanne Berry**  
Zumba, Pilates, SilverSneakers

Jeanne doesn't exactly appear like what you're accustomed to seeing when you look at photos of fitness instructors. But don't let the gray hair and less-than-perfect skin fool you because, this old gal's got game! She is a nationally certified group fitness instructor, specializing in Pilates Mat & Reformer and Aerobic Dance.

Jeanne's Pilates certification is through Balanced Body University, recognized worldwide for excellence in Pilates education. For the mat certification alone, extensive study in anatomy, plus over 100 hours of course work, and written and practical testing is required before BBU certification is granted.

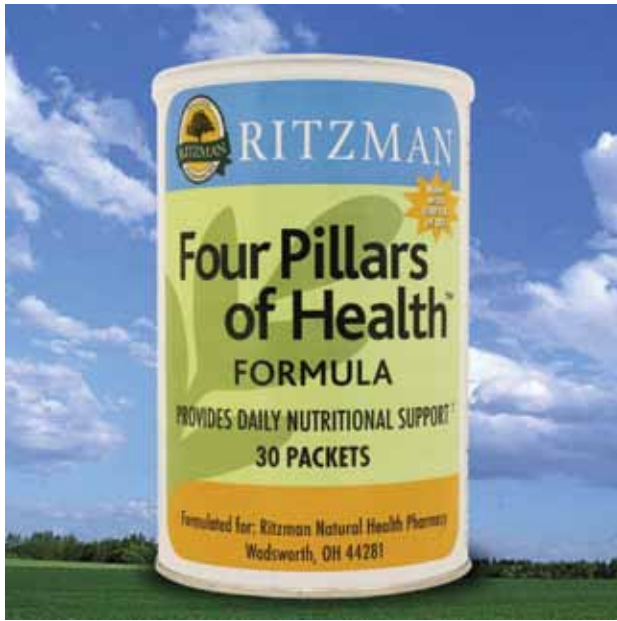
Jeanne combines Latin dance steps with fitness moves. We call it Zumba; she calls it "exercise in disguise" because you're having so much fun you may forget that you're working out.



# RPFitness Product Spotlight



## Ritzman's Four Pillars of Health™



*The higher the proportion of fat in your body, the lower your metabolism, which exacerbates the problem of muscle loss by making it more difficult to be active and shed fat, Hewitt said.*



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*†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*



# Best Broccoli Lasagna ...

## Ingredient List :

Vegetable cooking spray  
1/4 cup chopped green pepper  
1/4 cup chopped red pepper  
2 Tbsp. chopped onion  
1 clove garlic, minced  
1 (4-oz.) can mushroom stems and pieces, drained  
2 Tbsp. flour  
1 tsp. dried parsley flakes  
1 tsp. dried whole oregano  
1/4 tsp. pepper  
1/8 tsp. salt  
3/4 cup fat free milk  
2 (10-oz.) packages frozen chopped broccoli, thawed  
1 1/2 cups 1% low-fat cottage cheese  
1 egg  
1 Tbsp. fat free milk  
4 lasagna noodles, uncooked  
1 cup shredded mozzarella cheese  
2 Tbsp. grated Parmesan cheese

## Directions :

Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add green and red peppers, onion, garlic and mushrooms; saute until tender. Add flour and next 4 ingredients. Cook over medium heat 1 min., stirring constantly. Gradually add 3/4 cup milk, stirring constantly. Cook 10 min. or until mixture is thickened and bubbly. Stir in broccoli; set aside. Combine cottage cheese, egg, and 1 Tbsp. milk in blender container; cover, and process until smooth. Set aside. Coat an 8-in. square baking dish with cooking spray. Spoon 1/3 reserved broccoli mixture into dish. Break noodles in half crosswise. Place 4 noodle halves over broccoli mixture. Spread half of cottage cheese mixture over noodles; top with half of mozzarella cheese. Repeat layers, ending with broccoli mixture. Cover and refrigerate at least 8 hours. Sprinkle with Parmesan cheese. Bake, uncovered, at 375 degrees for 40 min. or until bubbly. Remove from oven, and let stand 10 min. before serving.

Servings : 6  
Nutrition Facts  
Calories 205  
Protein grams 18

Carb grams 25  
Fat grams 5  
Fiber grams NA

## Sarcopenia, the term for age-related muscle loss, is largely avoidable *(continued pg.1)*

The higher the proportion of fat in your body, the lower your metabolism, which exacerbates the problem of muscle loss by making it more difficult to be active and shed fat, Hewitt said. Irwin Rosenberg coined the term "sarcopenia" and leads the Human Nutrition Research Center on aging at Tufts University in Boston, where many of the ongoing studies are centered. In 1997, the National Institutes of Health began a broad-based research program on the phenomenon, which can be devastating to the elderly. Not only does loss of muscle mass lead to frailty and helplessness, it also contributes significantly to life threatening bone breaks.

"The weakness that results in imbalance that results in falling is a very important element, along with low bone mass, in the high incidence of hip fractures," Rosenberg said. So far, studies show that even people in their 90s can improve their muscle function through strength training exercise, he said. And for people who begin exercising earlier, the news is even better.

"If you take people that have maintained physical activity from early on, and you compare them to ones that haven't, at the age of 70 or 75 there's a striking difference," Rosenberg said.

"Not only do the ones who have been physically active and have done resistance training have more muscles, but they also have less fat in their muscles."

Blend Often, people in their 30s and 40s are so busy with their careers and families that they neglect their bodies, Woodward said. It's not until they have an injury or get a warning from their physician that they're jolted back into activity. By then, their muscle loss can be significant. And while they can make up some of the difference, it's harder. "If you don't get started and stick with it, it only gets tougher on your body," Woodward said.

Age does bring some inevitable, physical losses, Hewitt pointed out. It's entirely possible for a fit 70-year-old to have more muscle mass than she had at the age of 30. But it's not possible for her to develop more muscle in old age than she could have had in her 30s, had she been in tip-top shape.

Still, even a slight increase in muscle strength at any age can significantly improve quality of life-- and stave off the frailty that used to be considered a normal part of getting old.

# Diet Mistakes: 6 Reasons You're Not Losing Weight

These common dieting pitfalls can sabotage weight loss. By Kathleen M. Zelman, MPH, RD, LD

Check out our list of common diet mistakes people make, and see if any sound familiar to you.

## Diet Mistake No. 1: Racing to the Finish

There's no reward for finishing your meal in record time -- unless you're a contestant in a hot dog eating contest! Our hectic schedules have led many of us to adopt the unhealthy habit of rapid eating. "We need to adopt more of the leisurely, European-style eating so that we can savor our food, taste every bite, and get the signal of fullness before overeating," says Tara Gidus, MS, RD, a spokeswoman for the American Dietetic Association.

## Diet Mistake No. 2: Skipping Meals

Research shows that breakfast skippers weigh more than breakfast eaters. There is a misconception that skipping breakfast -- or any meal -- saves calories. The truth is that most people who eat fewer than three meals usually end up eating more calories during the course of the day. Strive for three meals a day. Always start your day with a healthy breakfast, but be careful to choose wisely. "Even a low-fat muffin can have as many as 400 calories and 5 grams fat," says Joanne Lichten, PhD, RD, a nutrition consultant and the author of *Dining Lean*. A healthy breakfast should contain both protein and fiber. An egg, a piece of whole-wheat toast, and half a grapefruit has only 250 calories and will keep you feeling full until lunch.

## Diet Mistake No. 3: Too Many Liquid Calories

Liquid calories from alcohol, smoothies, coffee with cream and sugar, sweetened juices, teas, and sodas can really contribute to weight gain. One recent study found that Americans get approximately 21% of their calories from beverages. "When you drink beverages, you don't tend to compensate by eating less because most beverages satisfy thirst and don't impact hunger," says Gidus. Switch from calorie-laden beverages to water, club soda, skim milk, vegetable juices, and small portions of 100% fruit juice. If you drink alcohol, do so in moderation, and choose lighter drink options.

### *Here are some calorie counts for common beverages:*

12-ounce light beer: 110 calories  
12-ounce regular beer: 160 calories  
8-ounce coffee with cream and sugar: 30 calories  
5 ounces of wine: 120-130 calories  
6-ounce wine spritzer: 80 calories  
16-ounce sweetened tea: 160 calories  
12-ounce diet soda: 0 calories  
12-ounce soda: 150 calories  
20-ounce smoothie: 410 calories

## Diet Mistake No. 4: Oversized Portions

"We have gotten used to huge portions at restaurants so when we are at home, we serve up the same size and think it is normal," says Lichten.

### *Experts suggest a few tricks to help you trim your portions:*

Leave a few bites on your plate.  
Use smaller plates and bowls.  
Periodically check your portions with measuring cups.

## Diet Mistake No. 5: Choosing Unhealthy Add-Ons

Not only have portions crept up in size, we also have a tendency to top off our "diet" salads and other favorite foods with high-fat toppings, like bacon, cheese, croutons, and creamy dressings. And, at fast-food restaurants, "grilled chicken and salads are not always better than a burger," notes Lichten. "It all depends on the size and the toppings." For example, the Burger King Tendergrill sandwich with honey mustard dressing has 450 calories while their Whopper Jr., with mustard instead of mayo, has only 290 calories. At McDonald's, the Caesar salad with crispy chicken and creamy dressing totals 490 calories, while a Quarter Pounder weighs in at 410 calories.

## Diet Mistake No. 6: Mindless Eating

"Eating amnesia" is the act of unknowingly putting hand to mouth, usually from a bag or box in front of the television, while reading a book. It can also happen at happy hour, or when you finish the last few bites on your child's plate. "Resist the temptation to clean yours or anyone else's plate," says Gidus. "Think about your waistline instead of the food waste."

### *Consider the calories in small portions of some of our favorite snacks, and see how quickly they can add up when portions are multiplied:*

1 Twinkie: 150 calories  
12 peanut M&Ms: 125 calories  
1 ounce of French fries: 88 calories  
1.5 donut holes: 100 calories  
3 Hershey kisses: 75 calories  
3 Oreo cookies: 160 calories  
15 tortilla chips: 142 calories  
20 potato chips: 162 calories

And how can you kick the mindless eating habit? "First, try to get out of the habit of always eating something while you are sitting and relaxing," says Gidus. "Try a cup of tea, glass of water, or chew a piece of sugarless gum. If you want a snack, portion it out of the bag or container."