

Dr. Art Ulene's

Feeling Fine

YOUR FITNESS AND WELLNESS NEWSLETTER

VOLUME 1

NUMBER 1



Welcome!

I'm happy to see so many of you making the commitment toward total fitness and wellness.

I'm often asked, "What is fitness?" Is it a great body?

Being able to eat anything without gaining weight? The ability to run a five-minute mile?

I hope you'll discover that fitness is not just "physical fitness," but also includes nutritional, emotional, spiritual and medical fitness, too.

In this newsletter, we'll explore how certain vitamins may actually be lowering some health risks, give you some ideas on handling the "emotional side" of eating, offer tips for choosing an exercise plan that's right for you and share some health-smart strategies for keeping weight off.

Remember, too, that this is *your* newsletter. So, send me your favorite low-fat recipes, share your fitness strategies and your success secrets. Write to: Dr. Art Ulene, P.O. Box 7775, Burbank, CA 91510. Together, we can inspire others to adopt healthier lifestyles.

Best wishes for good health always.

Sincerely,

Art Ulene, MD

Walk on the Healthy Side

Boston, January 7 (AP) - A major study, published in the January 8 issue of the *New England Journal of Medicine*, concludes that a daily stroll will add years to your life.

The 12-year study showed that walking just two miles a day cut the risk of death almost in half for people in their 60's, 70's and 80's.

The research was based on the Honolulu Heart Program, which has followed the health of 8,008 men of Japanese ancestry, 61 to 81 years old, living on Oahu since 1965.

Researchers looked at 707 non-smokers from the group who were fit enough to walk. In all, 208 of the men died over the next 12 years, but the amount of walking appeared to make a big difference. The researchers found that 41 percent of the participants who died had walked less than a mile a day compared with 24 percent who walked more than two miles a day.

Walking and other kinds of exercise may help protect the heart and circulatory system by raising HDL (good cholesterol) and keeping weight down. Experts suspect it may also prevent cancer by boosting the immune system and regulating hormone levels, among other things.

And what if walking is difficult or not possible? Don't be discouraged;

any exercise is better than none. According to the Surgeon General's report last year, Americans should try to get enough physical activity to burn 150 calories a day. This amounts to a half-hour of walking or 20 minutes of swimming per day, for example.

It is believed that the results of the study apply to other groups of elderly - including women and non-Asian men - with a message that is simple: become active and remain active.

Estimating Distances

How do you know how far 500, 1,000 or 2,000 feet is? Well, first off, don't worry about being precise; start walking and the distance will take care of itself!

If you still want more guidance, an easy way to estimate distances is to get in your car and use your odometer to measure your usual walking route. Identify a landmark every quarter-mile (1,320 feet) that you can easily recognize when you're covering the route on foot. Write down landmarks and their distances from wherever your route starts and carry the "route map" with you on your walks.