

# HEALTH

## & FITNESS



Graphic courtesy of the USDA

### Makeover winner sheds 9-plus pounds

*Editor's note: The Berthoud Athletic Club selected Raegan Morgan earlier this year as winner of a makeover contest. She is receiving free training and a club membership. Club owner Caroline Creager is tracking her progress in a series of monthly columns.*

Six weeks into Raegan Morgan's makeover challenge, I can see she is making great strides to becoming fit and healthy. Raegan's face is slimming, her muscles are firming up, and last year's summer clothes, she reports, are easier to wear — if not loose.

Although these changes are apparent to those of us who do not see her everyday, she has been discouraged that she has not seen a huge change in her appearance. Her feeling of frustration, however, was replaced with joy Saturday after her personal trainer, Tracey Olson, re-

**In Shape**



Surveyor Columnist  
**Caroline Creager**

assessed her fitness level and body measurements. Raegan found out she had lost nine pounds, 9.5 total inches and 3 percent body fat, and her heart was able to recover much quicker after a three-minute step test. She also gained an inch of hamstring flexibility and increased her modified push-ups from 8 to 14 in a row. A round of applause for Raegan. Raegan's measurements and stats:

Date	4-4-05	5-21-05
Resting heart rate	66	63
Weight	182	173
Height	65 1/2"	
BMI	29	28
Circumferences		
Biceps	13 1/8"	13"
Forearm	11 1/8"	10 7/8"
Chest	41"	39 1/8"
Waist	34"	32 3/4"
Navel	36 1/2"	35 1/4"
Hips	43 1/4"	42 7/8"
Thigh	25 1/2"	24 5/8"
Calf	16"	15 5/8"
Body Fat	32.5%	29.5%
Three-minute step		
Test Recovery	106 bpm*	89 bpm
Hamstring Flex.	16 3/4"	17 1/2"
Pushups-modified	8	14

\*bpm = beats per minute

Tracey Olson has designed the following regimen for Raegan to follow:

- Nutrition Strategy:**
- 1,600-1,800 calories per day
  - 3 low- or no-fat dairy foods per day
  - 1 serving of fruit per day; previously she often went without eating any fruit
  - sweets in moderation, 1 per day (limiting simple sugars)

- Workout Plan:**
- 30 to 45 minutes of cardio exercise most days of the week
  - Intensity level is moderate or "choppy talk"
  - Modality is typically the gym-elliptical trainer or treadmill, neighborhood walking, yard work on her small acreage, working at the bird refuge, and performing household work.
  - Strength training two to three times per week at the Berthoud Athletic Club
  - On days she doesn't have time or doesn't feel like exercising, she is to try and perform a minimum of 10 minutes of exercise.
  - Balance and stability training, such as with a BOSU

- Behavior Modification:**
- Journal food intake every day in order to be accountable for calories and better nutrition.
  - Write an affirmative statement daily in her food journal to help "keep her head in the program and empower herself."
  - Journal workout type and intensity, and check her weight once a week at the club.



Morgan

# Mystery of the Pyramid

By Maryjo Faith Morgan  
For the Surveyor

Here we go again — now they have us climbing a new pyramid. Well, that's the first thing you notice when you look at the newly published U.S. Department of Agriculture's "My Pyramid," right?

Nearly a third of the pyramid depicts a figure moving up stairs. The figure, neither woman nor man, child nor adult, could be any one of us. In the first 36 hours after publication on April 19, the USDA Web site ([mypyramid.gov](http://mypyramid.gov)) experienced almost 48 million hits, and by May 15th that number topped 368 million.

There were inquiries from all over the globe, with everyone wanting to be in the know. Countries from Antarctica to Somalia — even tiny Liechtenstein — checked in. Within the United States, Coloradans were the 15th most curious. It seems the figure truly does represent any and all of us worldwide and our need to include exercise as part of a healthy lifestyle.

As a person who knows exercise, Margaret Richard says, "Muscles will always respond to the workload; you may have saggy skin, but the muscles beneath can be strong."

As someone who believes it is never too late to start, Richard has been producing videos that include weight training since the 80's with a focus on making our bones stronger by working the muscles attached to them.

She also made a video/DVD targeting folks 50 or older for the National Institute on Aging. The ac-

## Combining USDA guidelines, Berthoud resources will lead to choices for healthy lifestyle

companying guide, with a forward written by John Glenn, is available for free. We don't have to be perfect or look perfect to be healthy.

Richard is certain that everyone can find encouragement in a Japanese value called "wabi sabi," which sees beauty in the imperfect. If we take to heart that all things are impermanent, all things are imperfect, and all things are incomplete, we see that if we currently lack fitness, we can be a work in progress toward a better state of health and strength.

It seems that an adjustment in our attitude is the first step we can take toward a healthier lifestyle.

Confused as to where to start? If you like to read, the Berthoud Public Library has a wide selection of fitness titles, including those of local author Caroline Creager, owner/operator of Berthoud Athletic Club ([bacinfo.com](http://bacinfo.com)).

At the Berthoud Athletic Club, you can find a class that suits your level of fitness or contact the personal trainer, Tracey Olson.

If you prefer to exercise at home, check out one of almost a dozen exercise videos from the Berthoud Public Library or check local TV schedules; you'll find yoga, stretching, aerobic, and strength-training at an assortment of times.

There is no need to leave

Berthoud to find what you need to start implementing a healthier you.

In case you still need convincing, here's what some nutrition experts have to say about MyPyramid. Berthoud resident Cecilia Jamieson, MS, a registered dietitian at Poudre Valley Hospital, says that the pyramid may be a bit vague at first glance.

But, "MyPyramid is fun to play with online; you just click on the link for your daily amounts. It comes out by week, rather than something like two to three cups a week vs. daily amounts, which makes it easier for grocery shopping."

Cindy Dallow, PhD, a registered dietitian with Partners in Nutrition, has extensive experience helping people reduce barriers to be physically active since she believes in people enjoying normal eating and active lifestyles.

The activity program she developed specifically for large women was featured in Shape magazine and Reuter's Health.

Dallow encourages people of all sizes and shapes to set health and fitness goals: "Little things do add up, little changes do make a difference and extremes are not necessary."

She maintains that you get a huge payoff if you go from being

sedentary to adding a small amount of activity several times a week, like walking around the block.

"Although I prefer using a non-dieting approach for weight loss, the new USDA food pyramid online instantly gives you the calorie level and exact amount (of food) you personally need to maintain good health, not necessarily to lose weight. However, people often do not know how many calories they should be consuming in either case, so calorie guidelines are not as useful and sometimes harmful, especially for those who diet frequently and choose calorie levels below recommended intake. Limiting their calories by using a guide like this can bring about binges because they have not eaten enough."

Jackie Nielsen, MS, a registered dietitian and certified diabetic educator at Partners in Nutrition, adds that if someone has received (calorie) guidelines from a professional (they know their calorie needs), the food pyramid guidelines are helpful.

Although the USDA needed to update the food pyramid to reflect new information gained through research and study, it can be confusing.

Good nutrition, as we shall see in future installments of this series, entails paying attention, deciphering package labels and doing what we've always known we should do — eat fresh, whole foods and cut down on snacks.

What the new MyPyramid tells us is also what we have always known — that in order to live healthy lifestyles, we need to be physically active.