

Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™

"The more you put into it, the more you get out of it"

For Clients and Friends of Personally Fit

Don't "Pass the Salt, Please"

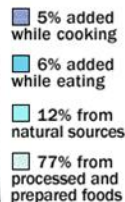
90% of us are eating too much salt. Unfortunately, much of it comes from the processed foods we eat, not from our salt shakers.

In a recent report published in the Centers for Disease Control *Morbidity and Mortality Weekly Report*, stated that "nine in 10 American adults consume more salt than is recommended," and "the foods we eat most, grains and meats, contain the most sodium."

"The American food supply is, in a word, salty," said Dr. David Katz, director of the Prevention Research Center at Yale University School of Medicine. "Roughly 80% of the sodium we consume comes not from our own salt shakers, but from additions made by the food industry. The result is an average excess of daily sodium intake measured in hundreds and hundreds of milligrams, and an annual excess of deaths from heart disease and stroke exceeding 100,000."

Where is all this salt coming from?

- ◆ Processed and prepared foods.
- ◆ Natural sources. Some foods naturally contain sodium, while they don't have an abundance of sodium, it adds up.
- ◆ In the kitchen and at the table. Many recipes call for salt, and many people also salt their food at the table.



How much do you need?

According to the 2005 Dietary Guidelines for Americans: Healthy adults shouldn't exceed 2,300 milligrams (mg) of sodium a day. If you have high blood pressure, kidney disease or diabetes, or are middle-aged or older, you shouldn't exceed 1,500 mg a day.

Keep in mind that these are upper limits, and less is usually best, especially if you are sensitive to the effects of sodium.

Your body does need some sodium to function properly because it:

- ◆ Helps maintain the right balance of fluids in your body
- ◆ Helps transmit nerve impulses
- ◆ Influences the contraction and relaxation of muscle

Your kidneys naturally balance the amount of sodium stored in your body for optimal health. When your sodium levels are too low, your kidneys essentially hold on to the sodium.

BIG NEWS IN A SMALL BOX

Congratulations to Chris Hillhouse for completing the course work and passing the test to become a certified Weight Management Specialist with Lifestyle Technologies!

Introducing Meal Balance, where your food is delivered to your door! Please visit www.LongviewPersonalTrainer.com and click on Meal Balance to download your meal plan, order your food and be on your way to better eating within 24 hours.

What's The Deal With The Title?

When I was trying to come up with a name for this newsletter, lots of stuff went through my head onto this page. But nothing grabbed me until I hit on the title/subtitle you see now. Because I think it sort of encompasses what I view as my role in your life: **helping you really get the most bang for your buck.** Helping you grab this bull by the horns and take it for a good, long, fun and rewarding ride. My hope is that, just like any friend, I can positively impact your life, and not just through exercise and nutrition, but also with stimulating and entertaining information. I'm certainly far from perfect, and have my moments of doubt and frustration like everyone, but I look at it as a privilege and an honor to have the opportunity to make my life, and to help make the lives of those around me, as good as they can be - as rewarding as they can be. But ultimately, **it all comes down to what we put into it, right?** The more we put into life, the more we get out of it. Return On Investment (ROI). The more we exercise, eat right, love, laugh, strive to accomplish goals, have fun and really LIVE...the better we feel, the better we are! **It is the immutable law of life: you get out of it what you put into it.** So that's why I chose this title.