

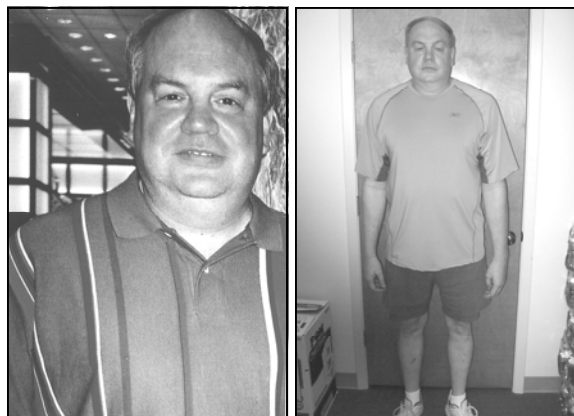
Fun Facts on Dad

Celebrate Father's Day on June 21th

- **66.3 million** - Estimated number of dads in the United States in 2004.
- **98,000** - approximate number of "stay-at-home" dads.
- **63%** Percentage of those "stay-at-home" dads with two or more children.
- **2.3 million** Number of single fathers, up from 393,000 in 1970.
- **Neckties** - the top gift for Father's Day - and there are 10,416 men's clothing stores in the U.S.
- **14,755** Hardware stores or **5,280** home centers in the U.S. where you can find Dad's other top gift choices - tools.
- **79%** of Men's Health Magazine readers thought of themselves 'handy' and **59%** of them considered being 'handy/good with tools' a benchmark of manliness.
- **23,018** sporting goods stores where you can find traditional gifts for dad such as fishing rods or golf clubs.

Client of the Month SUCCESS STORY!

This month's Client of the Month is Mike Graham. Mike lost 20lbs. in 3 months and decreased his body fat by 2%. Since rededicating himself to his fitness earlier this year, Mike has greatly improved his aerobic capacity by consistently walking on the treadmill on level 8 at 3.5 mph..



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Health Bulletin—Joint Health: Put the spring back in your stepSpecial Insert

*Here's Your Newest Issue of Richly Rewarding Living.
Open and Read Now to See if You Are The Client of the Month*

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

Fathers Take Heed: Osteoporosis & Men

Stronger Bones For Men

Many people associate osteoporosis only with women, but men also are vulnerable to brittle bones. Two million men in this country have the disease, and 12 million more are at risk. Yet, despite the large number of men affected, osteoporosis in men remains under-diagnosed and underreported.

Causes include:

- Prolonged exposure to certain medications, such as steroids taken to treat asthma or arthritis
- Long-term use of antacids containing aluminum
- Age: Bone loss increases with age
- Undiagnosed low levels of the sex hormone testosterone
- Lifestyle Habits: Smoking, Too much alcohol, Lack of exercise
- Inadequate dietary calcium
- Heredity

In addition to correcting any of the lifestyle factors above, men 50 and over should take 1200mg of calcium and at least 800 I.U. of vitamin D₃ every day. You should suspect osteoporosis if you suddenly develop back pain, find you are shorter than you used to be, or if your bones fracture easily.

Some but not all of the medications prescribed for osteoporosis in women also are effective in men. These include two of the pills that combat bone loss and a daily injection that builds bone density. If you think you may be at risk, ask your physician to evaluate you and discuss the best course of action.

BIG NEWS

In a small box



- **The next Adventure Boot Camp will begin on July 6th. Visit www.PersonallyFitBootCamp.com to register.**
- **Our new Personally Fit Performance athlete training facility will open on June 15th. See the attached flyer for more details.**
- **Our challenge board is a little different this month. Check it out and give it a try at your next training session.**

What's The Deal With The Title?

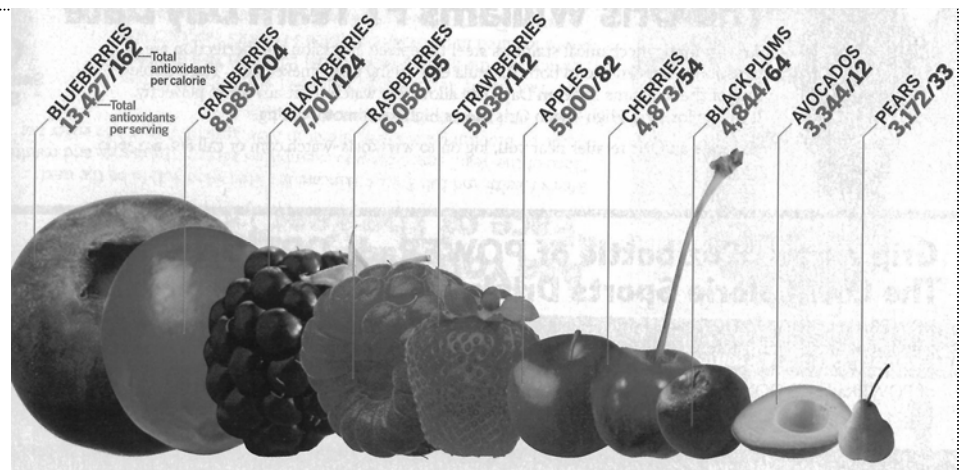
When I was trying to come up with a name for this newsletter, lots of stuff went through my head onto this page. But nothing grabbed me until I hit on the title/subtitle you see now. Because I think it sort of encompasses what I view as my role in your life: *helping you really get the most bang for 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 and subtitle/slogan for my newsletter. *I hope you like it!*

10 Reasons To Eat More Fruit

1. Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
2. Fruit consists for the largest part of water. Just like the human body does.
3. Fruit is the most natural food.
4. Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. (Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.)
5. Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
6. Eating a diet rich in fruits (and vegetables) as part of an overall healthy diet may protect certain cancers such as mouth, stomach, and colon-rectum cancer.
7. Fruits are important sources of many nutrients, including potassium, dietary fiber, vitamin C, and folate (folic acid).
8. Diets rich in potassium may help maintain healthy blood pressure, and also may help to decrease bone loss. Fruit sources of potassium include bananas, prunes and prune juice, peaches and apricots, cantaloupe, honeydew melon, and oranges.
9. Fruit is not as expensive as you may think. Take a good look at how much money you spend on other processed foods (per serving), it could be worth something to replace some of those with fruit.
10. Fruit stimulates our memories. Fruit is the ultimate brain food, having a positive effect on our brains and making recall of information easier and faster...

The Top 10 Fruits

Ever wonder which fruit is healthiest? Blueberries rank the highest, according to USDA scientists. They contain more disease-fighting antioxidants per 1-cup serving than any other fruit. Check out the rest of the top 10, and note one additional measurement: total antioxidants per calorie. Cranberries have the highest score in this category, containing the most antioxidants for fewer calories.



Pineapple

This delightful tropical fruit is high in the enzyme bromelain and the antioxidant vitamin C, both of which play a major role in the body's healing process.

Bromelain, a natural anti-inflammatory with analgesic properties, encourages healing especially with bruises, sprains, and strains by reducing swelling, tenderness, and pain. Bromelain's anti-inflammatory properties can also help relieve osteo- and rheumatoid arthritis symptoms.

Pineapples also provide an ample supply of vitamin C. Vitamin C protects the body from free radical damage, boosts the immune system, helps build and repair bodily tissue, and can reduce your risk of gingivitis and periodontal disease.

The best option—fresh pineapple. (Unfortunately, most of the bromelain in canned pineapple is destroyed due to the heat used in the canning process.) When choosing a fresh pineapple, do not judge ripeness solely based upon color. The most important factor in determining ripeness is smell. Ripe pineapples give off a sweet, fresh tropical smell.



Watermelon

Sure, it's 92% water, but that other 8 percent is loaded with lycopene, a phytochemical that may protect your heart, prostate, and skin. A 1-inch slice of watermelon contains as much lycopene as four medium-size tomatoes. The nutrient can reduce the risk of prostate cancer by up to 34 percent, while boosting your skin's natural SPF. And middle-aged guys with low lycopene levels are three times more likely to have a heart attack or stroke; lycopene helps prevent LDL cholesterol from oxidizing into artery-blocking plaque.

Support Your Local Farms

For the freshest, tastiest fruits and vegetables, skip the grocery store and hit a farmers' market. Thanks to rising demand (75% of consumers in a survey said they preferred to buy food from nearby growers), the number of farmers' markets has increased 111% over the past decade.

Call it back-to-basics backlash. With all the processed and soulless foods in stores, cooks long for food with roots. "People want stories about their food—where and how it's produced, and how it tastes," says Rick Pirog at the Leopold Center for Sustainable Agriculture at Iowa State University. "Local farmers know that."

To find a market near you, visit local.harvest.org, or follow the farmers' market links from the USDA (www.ams.usda.gov).

CLIENT OF THE MONTH

Client of the month is **Mike Graham**
Congratulations!



DO YOU KNOW THESE PEOPLE?

Welcome New Clients!

Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!

Clay Powell - (Referred by **Brittany Brown** ! Thanks!)

Priscilla Farr - (Referred by **Mary Murdoch** ! Thanks!)

David Barker - (Referred by **Lisa Barker** ! Thanks!)

David Gable - (Referred by **Michele Gable**! Thanks!)

We would also like to welcome **Mary Suits**.

THANK YOU! THANK YOU! THANK YOU!

And don't forget, if you have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I'll do my best to address it in an upcoming issue (or with you personally).

I'd love to hear from you. My email address for comments is chris@personallyfitbychrisill.com

Sunsational Summer Tea

Add pizzazz to your summer drinks.

Pomegranate Punch -

- 3 cups pomegranate juice
- 2 quarts brewed tea
- 1 cup honey
- 1/2 cup lemon juice

Mix all ingredients and chill. Garnish with fresh mint leaves.

Iced Ginger Tea -

- 3" piece of ginger, peeled, sliced thin
- 1 cup mint leaves
- 6 green tea bags
- 1/2 cup honey
- Juice from two lemons

Add ginger to 6 cups water; bring to boil. Remove from heat; add mint and tea bags; cover. Steep half an hour. Strain in pitcher; add honey and lemon; chill.

A Better Burger

Chipotle Turkey Burgers

Tired of the same old burger? Here's a quick easy recipe for a spicier burger this grilling season!



Ingredients:

- 8 oz lean ground turkey
- 2 wheat or whole-grain buns, toasted
- 1/2 avocado, sliced
- 2 tbsp chipotle salsa
- 1/4 tsp salt
- 1/4 tsp pepper
- Pinch of cumin
- 1 tomato, sliced
- 1/2 red onion, thinly sliced
- 2 tbsp low-fat sour cream

Directions:

Mix the turkey, salt, pepper, and cumin, and form it into two equal patties.

Preheat a skillet or frying pan over medium-high heat. Coat with a bit of olive oil and add the burgers, cooking them for 4 to 5 minutes a side, until slight firm to the touch.

Dress each bun with avocado slices, tomato, and red onion. Top with the burger, sour cream, and salsa.

Makes 2 servings.

Nutrition Facts per serving: 419 calories; 27g protein; 37g carbohydrate; 21g fat (5 saturated); 685mg sodium; 7g fiber.

Washing Your Hands With Antibacterial Soap Can Be Toxic

Dear Clients and Friends,

What is dangerous about antibacterial soap? Aren't soaps that kill bacteria good for us?

"That is a common misconception," says Peggy Edwards, chair of the department of clinical laboratory science at St. Louis University's Doisy School of Allied Health Professions, "There is little supportive evidence that antibacterial products are effective in preventing illnesses."

But all the TV commercials for the antibacterial cleansers would have you believe otherwise—those cheery soccer moms want you to be so afraid of the bacteria living in your kitchen that you make sure to buy their product—the one that "kills 99.9% of bacteria." Now, it's true that bacteria can cause illness, but we just can't kill them all—and we certainly shouldn't live in a completely 'sanitary' place as our immune system would never have a reason to build up our defenses.

Despite the studies on the hazards of antibacterial soaps that have been highlighted in the media recently, people are still crazy about them. If you are still using antibacterial soap, buyer beware—before you purchase antibacterial soap, you should know your soap may do more harm than good.

Many antibacterial soaps and cleansers use a chemical compound called triclosan as the antibacterial agent. Triclosan can be found in 75% of liquid soaps, as well as 30% of bar soaps, deodorants, and lotions, all in an attempt to kill bacteria. Unfortunately, researches have discovered that exposure to triclosan can cause significant disruption to the endocrine system among other findings that have countless and serious health implications.

Triclosan can create more potent strains of bacteria, increasing antibacterial and antibiotic resistance. So its use in household products may actually contribute to more illnesses. That's because triclosan kills most—but not all—of the bacteria it encounters. The germs that survive a triclosan onslaught emerge stronger and harder to kill in the future.

Antibacterial resistance is not the only health concern associated with triclosan. The increased use of antibacterials in general has been linked to increased allergies in children. Further studies specific to triclosan have shown that it affects reproduction in lab animals, produces toxic chemicals such as dioxin and chloroform when it reacts with other chemicals like the chlorine in water, irritates skin in humans and might even cause cancer. New laboratory studies on rats and frogs show that triclosan can disrupt thyroid hormone, alter development and impair important functions at the cellular level. And a study by British researchers found that triclosan has estrogenic and androgenic hormone properties and exposure could potentially contribute to the development of breast cancer.

Triclosan also poses a threat to the environment. It is toxic to algae, phytoplankton and other aquatic life. This is a major problem, as many products that contain triclosan are now washing down our drains and into our water systems, making triclosan a common contaminant of streams and rivers. Because it is a contaminant in sewage sludge that is often spread on land, the chemical is now showing up in earthworms.

Bottom line: washing your hands with regular soap and water does just as good as a job, without the possible side effects to you, your family, and the environment. (I strongly recommend the environmentally friendly soaps and cleaning product in Shaklee's Get Clean line.) (Also see last month's article on 8 Ways to Strengthen Your Immune System.)

Sincerely,

Chris Hill

P.S. Read on in this month's issue for 10 Reasons To Eat More Fruit, special Father's Day alert, how to put the spring back into your step and much more! Still want to know more about improving your health and fitness, email me at chris@personallyfitbychrishill.com.

Joint Health: Put The Spring Back In Your Step

Slick as polished marble, tough as vulcanized rubber, cartilage is the wonder material that protects bones at the joints. No other substance is more resilient, a better shock absorber, or lower in friction than cartilage.

And while scientists have yet to figure out why this joint cushioner breaks down, they are learning how to support its natural renewal process.

Challenge

When your joints are healthy, they operate like a well-oiled machine. Cartilage and joint fluids cushion your bones, allowing muscles and tendons to slide smoothly and limbs to move easily. Normally, that cartilage is constantly broken down and rebuilt. However, problems such as age-related slowdown of cartilage production, overuse of joints, and individual physical difference can hinder this process and cause cartilage to break down faster than it is rebuilt. Proper supplementation, along with adequate rest, a balanced diet, exercise, reducing stress, and maintaining normal weight are essential to supporting and maintaining healthy joints. Shaklee Joint Health Complex can also help.

Joint Health Complex*

Joint Health Complex improves joint function in as little as one week of use

- Helps the body build cartilage for joints to promote comfortable movement
- Supports joint function and facilitates range of motion
- Combines clinically proven natural ingredients glucosamine and cat's claw

Scientific Evidence In Support of The Ingredients In Joint Health Complex*

- Glucosamine helps maintain cartilage and is a key building block for proteoglycans—an important component of joint cartilage construction
 - In long-term clinical trials, people taking glucosamine experienced better mobility
 - Glucosamine hydrochloride is a more concentrated source of glucosamine and is bioavailable and sodium free
- Cat's Claw has been clinically demonstrated to lessen joint discomfort
- Joint Health Complex* also provides zinc, copper and manganese, important trace metals for enzymes that build collagen and other matrix proteins

Who will benefit from Joint Health Complex?

- 87 million Americans over age 45 who face age-related slowdown of cartilage rebuilding
- People who participate in strenuous recreational activity
- Those with job-related repetitive stress to joints—an increasingly common problem given the incidence of repetitive joint stress has tripled in recent years
- Those well above ideal weight, creating additional pressure on joints.



One Month's Supply of Joint Health Complex Only \$37.25

Call 903-663-0246 or email chris@personallyfitbychrisill to order now!

Shaklee's Joint Health Complex improves cushioning in joints for more comfortable movement, flexibility, and range of motion. Plus, the complementary blend of glucosamine, cat's claw, and specific trace minerals supports overall joint function, enhances mobility by supporting joint lubrication, and helps your body build cartilage.*

New Faster Acting Formula!

* 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.