

## Tantalizing Test of Your Knowledge

Many fast-food items are not good for you, but which foods are the worst?

Try to guess which of the listed fast foods have the most calories.

*Answers Appear On Page 2 Inside...*

1. Which menu item at McDonald's has the most calories?
  - Quarter pounder with cheese
  - Large French Fries
  - Crispy Chicken Sandwich
  - Big Mac
2. What about Taco Bell?
  - Beef Grilled Stuff Burrito
  - Steak Quesadilla
  - Mexican Pizza
  - Nachos BellGrande
3. Interestingly enough, breakfast menu items are some of the worst offenders—you could wreck your entire diet before 9am. Which of these has the most calories?
  - Burger King's Enormous Omelet Sandwich
  - McDonald's Hotcakes and Sausage
  - Hardee's Loaded Breakfast Burrito
  - Arby's Sausage and Egg Croissant
4. Now, it wouldn't be right to just have a burger—we should at least have fries, and something to wash it all down with. Which will cost us more calories at most places—a medium milkshake or a medium order of French fries?

## Adventure Boot Camp

### SUCCESS STORY!



### Our April Adventure Boot Camp award winners.

- ★ Angela Scroggins improved her mile by 1:50!
- ★ Courtney Gill won our most improved overall camper!
- ★ Chalene Corinaldi improved her push ups by 13 reps!

*Way to Go Ladies!!*



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## Inside This FUN Issue of Richly Rewarding Living...

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**Special Health Edition for Mothers Day—  
Children's Health ....**Special Insert

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

## Run For Someone Else's Life

Charity walk/runs and bike events play a major part in the fundraising efforts of charities around the world. Every year, thousands of Americans join in on these charity events. Besides being good for you, running, walking, and biking can now be good for others. Join in the fight against health issues, cancer, poverty, and abuse by participating in a run/walk or bike event near you.

"These events raise money for important causes, and they're fun," says Miriam Nelson, associate professor at the Friedman School of Nutrition at Tufts University.

How do the events work? Usually, you meet a fundraising goal in exchange for coaching and support. You'll get the most benefit if:

- **You're motivated.** For long-distance events, you'll need time every week to train.

- **You're fit.** Most charities work with all levels, but sedentary types run a higher risk of injury.

- **You like company.** It's lonely training by yourself. Fellow racers keep you on track.

Interested? There are hoards of options to choose from. Check out:

- The American Heart Association's Start! Heart Walk ([americanheart.org](http://americanheart.org))
- American Cancer Society's Relay For Life ([relayforlife.org](http://relayforlife.org))
- Avon Walk for Breast Cancer ([avonwalk.org](http://avonwalk.org))
- Leukemia & Lymphoma Society's Team in Training ([teamintraining.org](http://teamintraining.org))
- National Multiple Sclerosis Society's MS Walk ([nmss.org](http://nmss.org))



## BIG NEWS IN A SMALL BOX

- A New Adventure Book Camp starts on Monday, June 1st. Register at [www.PersonallyFitBootCamp.com](http://www.PersonallyFitBootCamp.com)
- Check out our new cookbook at [www.PersonallyFitBootCamp.com](http://www.PersonallyFitBootCamp.com)
- A new product is available to help make eating healthy easier. Visit [www.LongviewPersonalTrainer.com](http://www.LongviewPersonalTrainer.com) and look for the STAX link.
- Personally Fit will be closed on Monday, May 25th for Memorial Day

### *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!

# 8 Ways to Strengthen Your Immune System

At a time when people are exposed to more than 200 different cold viruses, several strains of flu—including the recent outbreak of ‘swine flu’—and hosts of allergens, **having a healthy immune system is more important than ever before**. Still, modern life constantly challenges immune function, which is why public health officials offer this important advice: **don’t take your immune system for granted**.

What can you do to ensure that your immune system is healthy and ready to shield your body from infection? **Here is what you need to know:**

1. **Find Ways to Relax** - Because stress produces many different effects on the endocrine systems, including the well-known “fight or flight” response, scientists believe that your immune system becomes weakened in the case of chronic stresses. *(My notes: Deep breathing, exercise and laughter are the most effective stress-busters.)*
2. **Sleep Matters** - Besides leaving you feeling sluggish, irritable and forgetful, not getting enough sleep can reduce the effectiveness of your immune system by up to 50%. This is because during sleep is when your body and immune system do most of its repairs and rejuvenation. 7-8 hours per night is highly recommended as the optimum amount for adults. *(My notes: You must make time to sleep at least 7 hours - period. That’s an order, okay! If you have trouble sleeping...exercise more. You will notice your best, most restful sleep occurs on days you exercise.)*
3. **Feed Your Immune System Well** - All the research indicates not getting enough nutrients in the diet can weaken the immune system. Of special importance are foods rich in antioxidants, omega-3 fatty acids and folate. *(My notes: The reality is that almost nobody gets all the nutrients they need from food alone. That is why we urge you to take vitamin/mineral supplements like Shaklee Vitalizer, OmegaGuard for your omega-3 needs, and NutriFeron to boost your body’s natural production of Interferon.)*
4. **Get Physical** - Exercise strengthens your immune system, cardiovascular system, heart, muscles and bones. Being active also stimulates the release of endorphins, improves mental functioning, concentration/attention and cognitive performance, and lowers cholesterol, blood pressure, cortisol and other stress hormones. *(My notes: You said it!)*
5. **Lose Weight in a Healthy Way** - Research proves that a rapid weight loss of more than 2 pounds a week can have negative immune system effects. According to the Federal Trade Commission (FTC), successful weight loss is typically losing about 10% of your body weight in six months. *(My notes: Not only does rapid weight loss with overly restrictive dieting weaken your immune system...the weight comes back over 90% of the time, but now in a higher percentage of fat. Yikes!)*

6. **Wash Your Hands** - One of the best ways to prevent the spread of micro-organisms that cause infections is good hand hygiene. *(My notes: Okay, this one is obvious, but frequently overlooked. Wash your hands a lot! Not paranoia, just smart prevention. Also, try to avoid touching your mouth, nose and eyes unless you’re absolutely certain your hands are clean.)*
7. **Don’t Get Too Much Sun** - Unprotected sun exposure is linked with immune suppression. That is why cold sores often appear following time spent in the sun. To protect your immune system, always wear SPF 15 or higher. *(My notes: Who knew?!? Not me.)*
8. **Take Immune-Supporting Supplements** - Most people have nutritionally deficient diets and require additional supplementation to enhance the body’s natural production of interferon. Interferon is activated by the immune system when a virus attacks a cell. Interferon serves two important functions. It signals neighboring cells and triggers their resistance mechanisms, and it activates other immune cells that kill invading pathogens. Interferon is essential to the immune system and helps protect us from the daily exposure to millions of germs that can lead to serious infection. **Dr. Kojima** discovered interferon and its crucial role in building the body’s immune response in 1954. He then dedicated 40 years to finding a way to boost interferon production NATURALLY. His patented botanical blend is found in Shaklee’s NutriFeron, the ONLY dietary supplement that naturally increases the production of interferon in the body. The formula for NutriFeron is proven by four published human clinical studies (at National Library of Medicine). *(My Notes: Contact me for more info on Shaklee’s NutriFeron and details on how to order.)*

## Answers To The Tantalizing Test of Knowledge

Don’t read this until you quiz yourself.  
The questions are on the back page.

**Question #1...**The Big Mac wins with 560 calories, but not by much. The fries have 520 calories, the Quarter Pounder with Cheese has 510, and the chicken sandwich 500.

**Question #2...**So, since McDonald’s didn’t fill us up, let’s cruise on in to Taco Bell. The Nachos BellGrande has an impressive 780 calories. The Grilled Stuff Burrito, a huge dinner option, packs 720, the Mexican pizza contains 550, and the steak quesadilla comes in highest at 540.

**Question #3...**Now for breakfast. Arby’s sausage and egg croissant is quite the meal, at 510 calories. However, Burger King’s Enormous Omelet Sandwich has an amazing 760 calories. The hotcakes and sausage meal, actually manages to top it by 10, registering 770. Not to be outdone, Hardee’s has managed to come up with a 780-calorie breakfast burrito, for those feeling a mite peckish in the morning.

**Question #4...**Believe it or not, most 16-oz. (medium) milkshakes average just above 700 calories. A medium order of fries typically ranges from 350-550 calories.

## SuperFood of the Month: Grapefruit

Packed with vitamin C and antioxidants, this sweet-tart citrus is great for breakfast and beyond.

Harvard researchers found that eating citrus fruit helps prevent oral cancer. When scientists tracked the diets of 42,000 men for 16 years, they found that consuming one orange or half a grapefruit—equivalent to 6 ounces of either juice—a day lowered the risk of developing the disease by up to 40 percent. "Vitamin C has many antioxidant properties that can help protect cells against malignant changes," says study author Nancy Masurejian, Sc.D. "However, it remains unclear whether the preventive actions we observed were due to vitamin C itself, or if other components of citrus fruits were at work."

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**GUINNESS BOOK  
OF WORLD RECORDS**



April 17, 2009 – Amelia Ann Ashton asked her mother 53,297,518 questions in 15 minutes.

## CLIENT OF THE MONTH

This month's client of the month is **Mark Puckett!**

*Mark has been working with us for 12 months and has gained 18 lbs. of muscle.*

**Congratulations!!**



### 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!

**Whitney Andrews & Amanda Pennington** - (Referred by **Michelle Gable!** Thanks!)

**Erica Howell** - (Referred by **Gary McWilliams!** Thanks!)

**Zach Carlile** - (Referred by **Will Adamson!** Thanks!)

**Jennifer Pugmire & Judith McWilliams** - (Referred by **Gary McWilliams!** Thanks!)

**Stephanie Wilson** - (Referred by **Donna Powell!** Thanks!)

**Donald Lemon** - (Referred by **Carolyn Baxter!** Thanks!)

We would also like to welcome **Halley Walters, Rachel Maxwell, Chris Turner, Ginia Northcutt** and **Michelle Gable!**

**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@personallyfitbychrishill.com](mailto:chris@personallyfitbychrishill.com)**

# Get The Facts Before Panicking: Educate Yourself

Dear Clients and Friends,

Remember a few months ago I had a cartoon here on the cover page with a woman screaming in panic “the sky is falling, the sky is falling”? Well, that’s what I feel is happening again, this time its regarding the ‘swine flu’ outbreak. I debated whether or not I should discuss this topic in this month’s issue, but after doing a little research of my own I found some interesting facts and tips I’d like to share with you.

The media really goes gang-busters with stories like these causing a big stir. While the media is a good source for timely information, we all know (or should know) that the media is bias and agenda driven. So it’s always a good idea to do a little research of your own to get past the hype and educate yourself on the topic. I want to share with you what I found on the ‘swine flu’ and what you can do to keep yourself and your family healthy—without panicking.

The CDC (or Centers for Disease Control and Prevention) has created a website dedicated to the ‘Swine Flu’ with key facts, prevention tips, questions and answers, advisories, etc, the link is—<http://www.cdc.gov/h1n1flu>. This is a good place to get some key facts.

**What is Swine Influenza?** Swine flu is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs. Swine influenza viruses may circulate among swine throughout the year, but most outbreaks occur during the late fall and winter months similar to outbreaks in humans. The classical swine flu virus (an influenza type A H1N1 virus) was first isolated from a pig in 1930.

**How many swine flu viruses are there?** Like all influenza viruses, swine flu viruses change constantly. At this time, there are four main influenza type A virus subtypes that have been isolated in pigs: H1N1, H1N2, H3N2, and H3N1. However, the most recently isolated influenza viruses from pigs have been the H1N1 virus.

**Can humans catch swine flu?** Swine flu viruses do not normally infect humans, however, sporadic human infections with swine flu have occurred. Most commonly, these cases occur in persons with direct exposure to pigs (i.e. workers in the swine industry).

**How common is swine flu infection in humans?** In the past, CDC received reports of approximately one human swine influenza virus infection every one to two years in the US, but from December 2005 through February 2009, 12 cases of human infection with swine influenza have been reported.

**What are the symptoms of swine flu in humans?** The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

**How does swine flu spread?** Influenza viruses can be directly transmitted from pigs to people and from people to pigs. Human infection with flu viruses from pigs are most likely to occur when people are in close proximity to infected pigs. Human-to-human transmission of swine flu can also occur. This is thought to occur in the same way a seasonal flu occurs in people, which is mainly person-to-person transmissions through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

**How can human infections with swine influenza be diagnosed?** To diagnose swine influenza A infection, a respiratory speci-

men would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be ‘shedding’ virus). However, some persons, especially children, may shed virus for 10 days or longer. Identification as a swine influenza A virus requires sending the specimen to CDC for laboratory testing.

**What medications are available to treat swine flu infections in humans?** There are four different antiviral drugs that are licensed for use in the US for the treatment of influenza: amantadine, rimantadine, oseltamivir, and zanamivir. While most swine influenza viruses have been susceptible to all four drugs, the most recent swine influenza viruses isolated from humans are resistant to amantadine and rimantadine. At this time, CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with swine influenza viruses.

Now, don’t get me wrong, I do think this is a serious topic and knowledge for prevention is key, but I think there is quite a bit of hype in the media on this subject. We are all very busy people, so want to get our news and information from short sound-bites as quickly as possible. And we don’t want to be bothered with the depressing and negative news stories that are spewing out everyday. But you are really doing yourself and your family a disservice if you don’t take the time to educate yourself on a health topic such as this. Don’t take the easy way out- be sure to get your information from multiple credible sources.

Below are some tips on how to stay healthy during this flu outbreak and read on inside for more tips on how to boost your immune system.

To Your Health,

*Chris Hill*

P.S. Read on in this month’s issue for 8 Ways to Strengthen Your Immune System, learn the worst fast-food calorie offenders, tips for raising healthy kids and much more! Still want to know more about improving your health and fitness, email me at [chris@personallyfitbychrishill.com](mailto:chris@personallyfitbychrishill.com)

## **What You Can Do to Stay Healthy**

- **Stay informed.** The CDC’s website will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
  - Avoid touching your eyes, nose or mouth. Germs spread that way.
  - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- **Develop a family emergency plan** as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- Call 1-800-CDC-INFO or visit <http://www.cdc.gov/h1n1flu> for more information.

# Children's Health: Raising Healthy Kids Today

## How's Your Child's Health?

- ◆ **Overweight Kids**—The number of overweight children and teens has DOUBLED in the past 10 years.
- ◆ **Type 2 Diabetes**—Incidence of type 2 diabetes is rising quickly among kids.
- ◆ **Asthma**—On average, 1 out of every 13 school-aged children has asthma.
- ◆ **Immune System**—Kids miss an average of eight school days per year because of health issues.
- ◆ **Physical Development**—Poor nutrition negatively impacts bone growth and overall physical development.

## What Kids Eat Today

- ◆ On a typical school day, most kids consume 25% of their calories in the form of junk food, according to a recent study.
- ◆ French Fries are the #1 vegetable source in children's diets.
- ◆ Soft-drink consumption among children has more than doubled since the late 1970s. Most 8-year-olds drink soft drinks every single day. They are drinking these soft drinks in place of more nutritious drinks such as milk and juice—in many cases leaving them with a nutrition gap. Each 12 oz serving contains 9 tsp. of sugar. Also, phosphorous in soft drinks can leach calcium out of bones.
- ◆ Candy—69% of 19- to 24- month-olds eat candy or dessert on any given day.
- ◆ Hot dogs, cookies, and rolls—All among the top 10 sources of food among infants and toddlers 4-24 months of age.

## Did You Know?

### Kids Need Vitamin D

- ◆ Fifty-five percent of children tested in a study reported in the *American Journal of Clinical Nutrition* had low levels of vitamin D. That number increased to 68% during the winter months because of lack of sun exposure and an increase in the amount of time spent indoors. Findings such as these have inspired the American Academy of Pediatrics to double for kids its recommended daily intake of this essential bone-building and immune-supporting nutrient.
- ◆ During childhood, vitamin D is essential for development of bones and teeth. Without it, dietary calcium and phosphorous—two key bone-building minerals—can't be properly assimilated. With vitamin D present, calcium and phosphorous absorption is increased by up to 40% 80%, respectively.

### Proper Brain Development Starts Early

- ◆ By age 5, a child's brain is 3.5 times larger than it was at birth.
- ◆ DHA supports brain health and normal cognitive function, including memory, focus, concentration, and attention.
- ◆ At birth, DHA makes up about 97% of all the omega-3 fatty acids in the brain—and 93% in the retina. To help maintain these levels, kids should consume DHA on a regular basis.

### Fish Is the Main Source of DHA, But...

- ◆ Eating large amounts of certain types of fish may be dangerous. According to the Food and Drug Administration and the Environmental Protection Agency, some fish contain mercury and other contaminants that may affect brain and neurological development in young children. Supplementation with an ultra-pure source is a safe way to increase DHA intake.

Introducing

**Shakleekids™**  
Supersmart. Supersafe. Supernutritious.



**Incredivites™**  
Multivitamin/Multimineral  
Dietary Supplement

### Supernutrition for Superkids

Shakleekids Incredivites is the first children's chewable multivitamin in the U.S. with lactoferrin, which helps kids' immune systems stay supercharged.\* Packed with 23 essential nutrients, it's the world's best kids' supplement—with 600 IU of vitamin D to support strong bones and teeth, and 100% of the Daily Value of all eight B vitamins and vitamin C. Just two a day and off they play. Now that's incredible!

**Mighty Smart™**  
DHA Dietary Supplement

### The Smart Choice

Supertasty and supersafe, Shakleekids Mighty Smart is scientifically formulated with a power-packed blast of 100% natural, ultra-pure DHA. Each great-tasting chew provides 100 mg of this essential brain nutrient. DHA has been shown to support a mighty memory, mad concentration, and fierce mind skills. In addition, it promotes healthy eyes and rad vision for your multi-talented, multi-tasking superhero.



## Incredivites™

Multivitamin/Multimineral Dietary Supplement

- ◆ Contains lactoferrin, a nutrient also found naturally in breast milk and research for its role in activating components of the immune system\*
- ◆ Packed with 600 IU of vitamin D per serving for strong bones and teeth
- ◆ Provides 100% of the Daily Value of vitamin C, as well as eight B vitamins, which are essential for a child's development and the function of major bodily processes
- ◆ No artificial flavors, sweeteners, or preservatives added
- ◆ All-natural tropical punch, grape, and berry flavors

## Mighty Smart™

DHA Dietary Supplement

- ◆ Supplies ultra-pure DHA to support early brain and eye development
- ◆ DHA is obtained from omega-3 oil that meets Shaklee's high standards for purity and potency
- ◆ Certified organic by Quality Assurance International—75% organic
- ◆ No artificial colors, sweeteners, or preservatives
- ◆ Natural orange flavor

### New ShakleeKids Now Available!



#### Incredivites™ 120 Chewable Tablets

A 60-120 Day Supply for  
Only **\$34.95 SRP**  
(Members save 10%)



#### Mighty Smart™ 30 DHA Chews

Only **\$35.25 SRP**  
(Members save 10%)

Behold the powers of ShakleeKids Mighty Smart and Incredivites! These dietary supplements are made with supersafe ingredients that bring out the best in kids, like rad vision, smart noggins, and a rockin immune system.

Call (903)663-0246 or email  
[chris@personallyfitbychrishill.com](mailto:chris@personallyfitbychrishill.com) to order!

## The Shaklee Difference

### Always Safe

Incredivites™ -

- ◆ No artificial flavors, sweeteners, or preservatives added
- ◆ Naturally sweetened with xylitol, which does not promote cavities
- ◆ Gluten Free

Mighty Smart™ -

- ◆ Certified organic by Quality Assurance International<sup>1</sup>
- ◆ 100% natural, ultra-pure DHA
- ◆ No artificial colors, sweeteners, or preservatives
- ◆ Star-K kosher certified dagim
- ◆ Gluten free

### Always Works

Incredivites™ -

- ◆ First children's chewable multivitamin in the US with immune-supporting lactoferrin\*
- ◆ Loaded with 23 essential nutrients needed for proper growth and development
- ◆ Packed with 600 IU of vitamin D per serving, along with calcium, vitamin K, and other nutrients to help build strong bones and teeth
- ◆ 100% of the Daily Value of vitamin C, as well as all eight B vitamins

Mighty Smart™ -

- ◆ Contains 100 mg of ultra-pure DHA
- ◆ DHA helps support concentration, memory, and vision

### Always Green

- ◆ Packaging is free of bisphenol-A, phthalates, and toxic inks
- ◆ Recyclable packaging



#### 100% Shaklee Guarantee

We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.