

## Get fit through skiing

By Lisa Zeigel

*Skiing is a great winter outdoor activity that can enhance your agility, balance and cardiovascular endurance, burns lots of calories, and you get that exhilarating rush of excitement as you speed down the slopes with the wind whistling by...*

At least that's how I imagine it feels, since I have never set foot in a pair of bindings. I am pretty sure that skiing is not the sport for me, as I am afraid of heights, and I dislike snow and cold weather! But I can appreciate the physical aspects of skiing and the fitness benefits that can be gained from its regular practice.

Skiing has evolved quite a bit since it first came about. Historians estimate that it dates back as far as 5,000 B.C. Competitive skiing started around the 17th century when the Norwegian Army, which used skis as a means of transportation, turned to it as a form of recreation, and it has continued to grow as a popular sport and recreational activity ever since.

Today, skiing is safer than ever, although there is still potential for injury. Of course, chance of injuries can be minimized with a bit of pre-ski conditioning, as well as lessons (especially if you are a beginner). Pre-ski conditioning should focus not only on cardiovascular endurance conditioning, which would seem obvious since the sport involves the entire body's major muscle groups, but also it helps with any problems that might arise from being active at higher altitudes. At elevations of 8,000 feet or more, altitude sickness may be an issue, as well as a decrease in ability to perform activities that require a higher oxygen demand, so a good base of aerobic fitness would help alleviate that. Along with aerobic endurance training, strength training will greatly improve your stamina and result in more enjoyment for you.

According to Michael John, ski instructor at Snow Summit, CA, and an

ACE-certified personal trainer, the most important things you can do to get in shape for skiing are:

1. Get a strong core! Work your abs with crunches, oblique twists, and "pillar" exercises like the "plank" and side bridge.
2. Do cardio intervals (biking is the favorite among skiers, but running and the elliptical will work).
3. Strengthen your quads and ham strings (do lunges, ball squats, and leg machines).
4. Stay flexible! Stretch and use foam rollers.

In addition to basic cardio, core, and strength work, agility training would be very a useful way to train for the twists and turns you may be employing on the skis, as well as help your navigation skills to avoid accidents and collisions with objects or fellow skiers. There are many fun ways to do this, including:

- \* Setting up an obstacle course using cones in a zigzag pattern. Run from cone to cone and touch each one before moving on to the next.
- \* Lay out one or two agility ladders on the floor or ground (usually made of nylon straps with nylon or plastic rungs), which can be used for an endless variety of agility drills (hopping backwards or forwards, side to side, shuffling back and forth).
- \* Perform side-to-side hops over a "BOSU" (a half-domed ball with a flat platform on the bottom).
- \* Perform medicine ball drills with a



partner that involve throwing and catching to enhance reaction skills.

- \* Use a slide board or sliding discs to strengthen the hip stabilizers.
- \* Use elastic tubing around the ankles or thighs for squats, lunges and lateral movements.

A great way to get a good variety of training all at once that draws from all of the above-mentioned modes is to use them in circuit-training sessions. A workout like this would consist of a set of a mix of 4 to 6 strength, core, and agility exercises performed one right after the other until the entire set is completed; then complete a set of cardio intervals for 3-5 minutes followed by another round of the exercises until 3 or 4 circuits are completed.

Once you get to the actual ski resort, prepare for your day of skiing by hydrating beforehand, getting enough sleep and eating a well-balanced breakfast. Make sure there will be drinking water on-hand while you're out there (staying hydrated can help lessen the effects of altitude problems) and keep snacks handy to keep your energy levels up. Don't forget your sunscreen and goggles and wear moisture-wicking clothing as well as layers that you can remove in case the sun heats you up over the course of the day.

Of course, if you never intend to hit the slopes (like me), you can still do all of the above exercises and get in shape for ski season without having to brave the cold. I'm sure you can apply the strength and stamina you will gain to many other activities and have fun while you're doing it.

## What's Your Zone IQ?

By Dave Schreck

Understanding and applying the basic Zone concepts will allow you to look and feel better while reducing cellular inflammation associated with chronic disease, i.e., heart disease, cancer, arthritis, dementia, diabetes and obesity.

The following questions will provide you with an insight about what the Zone Diet is and how it can improve your life.

1. The Zone Diet is an untested fad diet that's difficult to follow.  
 True  False
2. Whole grains, breads, rice, pasta and cereal are necessary for a healthy diet.  
 True  False
3. At least 50 percent of people who experienced a heart attack had normal levels of cholesterol.  
 True  False
4. The American Heart Association (AHA) says reducing omega-6s from their current levels would most likely increase rather than decrease cardiovascular disease. Dr. Sears suggests limiting omega-6s.  
 True  False
5. Obesity has similarities to cancer.  
 True  False
6. Consuming 1 cup of whole grains is similar to drinking a Coke Classic.  
 True  False
7. Research has demonstrated that cellular inflammation is the underlying cause of heart disease, obesity, arthritis, cancer, diabetes and dementia.  
 True  False
8. Organic expeller-pressed vegetable oils are good fats.  
 True  False
9. The Zone Diet is better than the USDA diet at controlling cellular inflammation.  
 True  False
10. If you're fat, it may not be your fault.  
 True  False

(Answers on page 3)

## Zone Coach Profile - Bill Devine

Bill Devine is one of Zone Labs' four new Zone Coaches. Here are some of his thoughts about what led him to this job.

"I was an English major with education and history minors. After college I became interested in video and television production. I took courses at the Boston Film and Video Foundation and worked for a time in commercial and local television production. This steered me toward a marketing career with a major national media company.

*Zone coach Bill Devine*

After leaving the marketing world, I found myself looking for a new challenge that would be personally fulfilling through helping people and utilizing the education minor that I had neglected for many years. Due to a medical condition, I had been doing some investigation of various diets. I read some of Dr. Sears' books, which excited and intrigued me. I was lucky enough to live near the Zone Labs headquarters building and also found that I knew a person who worked there. I discovered that coaching positions were available, and after several interviews I was accepted into the Coaching Training Program.

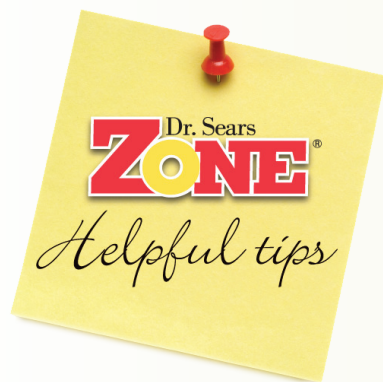
Once I heard Dr. Sears discuss his ideas and mission statement, I wanted to become a part of the grand vision that he proposed and to try to help people live happier, healthier lives.

Dr. Sears teaches much of the training program. At times I became somewhat lost in the biochemical explanations, but with his explanations, I started to grasp the reasons why the Zone worked so well. The preliminary training was more than six weeks, and it continues every day in our daily meetings with Dr. Sears as well as consulting with Zone Labs' staff dietician.

When we receive a call, we carefully listen to what people have to say. Our customers are all unique, and you can't try to help people reach their goals unless you know what their goals are. We let people know that their goal is not only possible but within their reach. As coaches, we like to talk our customers about challenges they face in attempting any diet, and how they can surmount those challenges on the Zone Diet.

Many callers want us to describe the Zone Diet and explain how is it different from all the other diets that they've tried and were unsuccessful at."

A Zone Coach will contact all new customers of Zone Labs. For more information, call 1-800-404-8171.



## Use helpful tips to keep you in the Zone

Over the years, Zoners have sent in hints that help them stay in the Zone. More to come in upcoming editions of Zone Living.

### Grind up a pancake

I grind a block of dry oatmeal and a block of almonds in a coffee grinder, add a little baking powder, cinnamon and salt, fold it in four egg whites I have beaten. This makes a great pancake with fruit on top.

### Tip on an easy snack

An easy snack is plain yogurt mixed with peanut butter or almond butter and some vanilla extract.

### Plan lunch ahead of time

I pre-make all of my meals because I am a new father who has a full-time job and is a full-time student. It is tough. A good, fast meal that is easy to prepare is black beans, packaged tuna, an apple and almonds. Scale to your blocks, and you are good to go! Since I have been on the Zone, zip-loc bags are my best friends!

### Have a Zone hors d'oeuvre

I put ricotta cheese and herbs in artichoke bottoms. It was a great Zone appetizer.

### Put some steam into your meals

I like to steam my meals in bags. I get the majority of mine at Trader Joe's, but you can find them everywhere now! I can

make dozens of Zone meals by steaming salmon, chicken, broccoli, snow peas, zucchini, green beans and so many more items in minutes. Everything comes out moist and delicious. I add different vinegars like balsamic with lemon pepper. This is a great way to spend an hour on a Sunday preparing meals for a week! My fridge is full of Tupperware with perfectly measured meals, and when you're hungry, you don't have to wait. I leave out one carb block so I can have a fresh piece of fruit for dessert. Try it!

### Tip for roasting red pepper

Roasting peppers intensifies their flavor, making them a delicious addition to otherwise raw salads. The best part is that roasting them at home is easy to do.

Here's how:

Remove stem and cut pepper in half, lengthwise.

With a small knife, cut away the white pith and remove all the seeds.

With the palm of your hand, smash each half so it lies as flat as possible. Place halves, cut-side down, on a cookie sheet, then put sheet under the broiler on high. Stand by while peppers broil to black.

When black, remove from oven and throw peppers in a paper bag to cool. Once cool, the uncharred flesh will shrink away from the charred exterior. Cut away remaining black bits with the knife.

### Put zip in your meals with chives

Onions are a great flavor booster. The fastest way to add them without the chopping and tears is to use chives, the mildest member of the onion family. A bunch will keep on your windowsill in a glass for a week. Using kitchen scissors, simply snip some onto salads or into an omelet pan.

### Buy in season

I buy the berries when they are on sale and freeze them. That way, they add thickness and coldness to the yogurt

drinks ... and they don't go bad on me!! Cottage cheese, applesauce, and sliced almonds are also an easy and quick meal. I like it for breakfast and or lunch.

### Creating Zone ice cream

I've got a good recipe for a zone "ice cream," a Zoner wrote.

- 3/4-cup cottage cheese
- 3 blocks of frozen fruit
- 3 blocks of nut butter

You put this in a blender and blend it until it's smooth. The fruit has to be frozen, or it won't turn out like ice cream. You can try it with any kind of frozen fruit. When I did it, I used raspberries, strawberries, and blueberries, but lately, I've seen all kinds of different fruit in the freezer section. Even peaches!!

### Spice it up

Delicious cooking in the Zone means adding spices for flavor, rather than relying on fat and sugar. Spices are "free" in the Zone, cost very little and can turn a basic meal of grilled fish and steamed vegetables into something much more exciting. For instance, a fillet of sole steamed with garlic and ginger will take on the flavor of Chinese cuisine. But if you use curry and cumin instead, you'll bring an Indian dish to the table. Here are spices to try (grouped according to cuisine) when experimenting with an otherwise plain cut of chicken or fish.

#### Chinese:

Anise, garlic, ginger

#### French:

Bay leaves, garlic, rosemary, tarragon, and thyme

#### Greek:

Cinnamon, garlic, mint, oregano

#### Indian:

Coriander seeds, cumin, curry, fenugreek, ginger, mustard seeds, turmeric

#### Italian:

Basil, bay leaves, fennel seeds, garlic, marjoram, oregano, rosemary, sage

#### Mexican:

Chile, cilantro, cinnamon, cumin, coriander, oregano

## What's Your Zone IQ?

Continued from page 1

### #1 False

The Zone has been scientifically validated by many studies. Go to: (<http://drsears.com/AntiInflammatoryNutrition/tabid/380/Default.aspx>). The Joslin Diabetic Clinic's (affiliated with Harvard Medical School) 2007 clinical nutrition guidelines for overweight/obese adults are identical to the Zone Diet's dietary guidelines of 1995.

### #2 False

Colorful, non-starchy vegetables have higher polyphenol, vitamin and mineral content than grains. Grains raise blood sugar and insulin levels, rapidly causing hormonal havoc that induces weight gain.

### #3 True

The drug companies have convinced us that elevated cholesterol is the culprit. Cholesterol levels can be a poor predictor of a future heart attack. Cellular inflammation causes unstable plaque to break off and block blood flow in the arteries causing a heart attack.

### #4 True

The AHA Advisory on omega-6 fatty acids (Jan. 28, 2009,) made a case that it's OK to consume a lot of omega-6s. Excess omega-6 in the presence of a high-carbohydrate diet, like the AHA diet, is your worst hormonal nightmare. This results in toxic fat (arachidonic acid, AA), the fuel for cellular inflammation that promotes chronic disease. Interestingly, the association neglected to point out in its article that a comparison of its dietary recommendations to a much lower omega-6 fatty-acid diet in patients who already had suffered a heart attack had already been published in the same journal 10 years earlier. The results? A 70-percent reduction in cardiovascular death and heart attacks in the low omega-6 fatty acid group.

### # 5 True

The spread of toxic fat (AA) throughout the body resembles the growth of a tumor. Stage 1: benign tumor, you're fat, and your blood is not inflamed. Stage 2: slowly spreading cancer, and your blood is inflamed. Stage 3: malignant tumor, you're fat and your blood is inflamed.

### #6 True

According a Harvard Health Publication the glycemic load (GL) of one cup of

## New ZoneFast Recipe!

### Vegetable Chili Served with Zone Orzo

Whether they like to curl up with a bowl by the fire or take it along to a summer barbecue, no one turns down a bowl of chili. Our Vegetable Chili with Orzo proves that you don't need meat to make a delicious and hearty meal. With fresh flavors and savory aromas (not to mention a full belly), this chili is sure to please year-round.

#### Ingredients:

|                        |   |
|------------------------|---|
| <b>1 package</b>       | <b>Zone Orzo</b>                        |
| <b>1 cup</b>           | <b>chicken broth</b>                    |
| <b>½ tablespoon</b>    | <b>olive oil</b>                        |
| <b>¼ medium</b>        | <b>onion, chopped</b>                   |
| <b>1 clove</b>         | <b>garlic, sliced</b>                   |
| <b>1 tablespoon</b>    | <b>green pepper, chopped</b>            |
| <b>½ cup</b>           | <b>diced tomatoes, canned</b>           |
| <b>1 tablespoon</b>    | <b>chili seasoning (from a package)</b> |
| <b>1/8 cup</b>         | <b>red kidney beans, rinsed</b>         |
| <b>Salt and pepper</b> |   |

#### Directions:

1. Cook Zone Orzo as directed, replacing water with chicken broth.
2. While orzo is cooking, in a medium saucepan heat olive oil and sauté onion for 2 minutes.
3. Add garlic and green pepper and sauté another minute.
4. Add remaining ingredients through beans. Let simmer for 5 minutes.
5. Salt and pepper to taste.
6. Serve chili over hot Zone Orzo.

grain is equal to drinking a Coke Classic. A high-GL diet, like the SAD (standard American diet), induces a sequence of hormonal and metabolic changes that promote excessive food intake.

### # 7 True

Decades of research demonstrates that cellular inflammation is an underlying cause for many of the most feared diseases of middle and old age, i.e. heart disease, cancer, arthritis, diabetes and dementia (Alzheimer's).

### # 8 False

All vegetable oils have high concentrations of omega 6s. Excess insulin combined with high levels of these fats results in the production of increased arachidonic acid (toxic fat). This is the underlying cause of chronic disease. The Zone Diet has been clinically proven to reduce the levels of toxic fat within 30 days.

### # 9 True

The high-carbohydrate diet as recommended by the USDA has been proven to increase cellular inflammation. The Zone

Diet has been shown to be nine times more effective in reducing cellular inflammation compared to the USDA Food Pyramid.

### #10 True

The growing epidemic of obesity is caused by increasing levels of cellular inflammation caused by a pro-inflammatory diet. Too many refined carbohydrates, vegetable oils high in omega-6s and low levels of omega-3s disrupt the hormonal signaling patterns that control appetite and how fat is released for energy. Genetically, we were designed to eat from two food groups, lean proteins and fruits and vegetables, not whole grains.

#### SCORING:

7-10 correct

You are probably healthier, thinner and smarter than your non-Zone friends

4-6 correct

Your levels of toxic fat may be rising

0-3 correct

Time for a dietary change to a healthier and longer life.