



It happens every year

By Dave Schreck

I pulled into the YMCA parking lot this morning, and every parking space was taken. I thought there was a free breakfast buffet in the lobby. Then I realized the new members were trying to make good on their New Year's resolutions. It reminded me of Easter when everyone goes to church for just one Sunday.

When I went upstairs, most of the equipment was occupied, but I knew that in a few weeks everything would be back to normal. The ambitious new members would be overwhelmed with excuses to stop their new routines. Interestingly, I've noticed the same overweight members at the club for years and realized they haven't lost any weight even though they were huffing, puffing and sweating. How could that be? Perhaps it's the 80/20 rule. Eighty percent of your weight loss comes from what you put in your mouth and 20 percent may come from exercise. But now research has shown that exercise actually increases appetite and does not promote weight loss. It has other benefits but not weight loss.

If about 90 percent of us fail to keep our resolutions and going to the gym doesn't help with weight loss, what should you do? Keep it simple:

1. Pay attention to your macronu-

trients: Proteins, carbs and fats. Most believe they eat a healthy diet with organic whole grain breads, pasta, beans, potatoes, wild rice, squashes, organic cane sugars and free trade dates from Turkey. Experts have informed us that these foods are good for us. Unfortunately, these high-density carbohydrates may not be so good for us after all. Research shows they rapidly increase blood sugars and insulin levels leading to weight gain, elevated silent inflammation and the increased risk for all chronic diseases. Focus on lean proteins with lots of colorful, non-starchy vegetables. Consume the high-density foods — breads, cereals, pasta, rice, potatoes etc. — in very small amounts.

2. Become aware of how stress is affecting you every day, including your health, productivity, relationships, and behavior. Learning to respond in the moment may take some effort; however, learning a simple relaxation technique performed two or three times daily can be effective. A simple process is offered at the end of this article.

3. Succeed by making small changes. Try the new Zone baked foods and supplement with the Daily Essentials. You'll notice a difference within weeks.

Here's a simple and easy relaxation technique

Find a quiet place where you will not be disturbed. Assume a comfortable position sitting on the edge of a chair with your back straight, chin slightly down, eyes closed. Now simply focus on those things that are going on in your body and your environment. Begin to notice the sensation of your clothes as they touch your body, or the pressure of the surface beneath you. Now focus your attention on your breath, the gentle inhalation and exhalation. Do not try to alter your breath; just breathe naturally and comfortably. Now notice the sounds in your environment and just let go and relax.

Become aware of how it feels to do nothing for a few minutes while focusing on your breath and the sounds in your environment. Open your eyes, knowing that you can easily make this simple and powerful technique a daily habit.



To speak with a Zone Professional, call **1-800-404-8171**

Zone Labs introduces personal coaches

By Linda Carey

Director of Customer Service

If there is one thing we've learned over the years about weight loss and wellness, sooner or later we all need information and maybe even help. That's why Zone Labs developed the Zone Coach program.

Zone Coaches are personally trained by Dr. Sears himself so they learn first-hand about our products and, equally important, about our body's hormonal responses to food and diet. This is key to reducing inflammation, losing fat and maintaining weight loss.

Any new customer of Zone Labs will automatically be contacted by a Zone Coach to answer any preliminary questions you might have. Your coach will contact you again a week later.

Then, it will be up to you to decide how often you'd like to hear from your coach and what method of communication works best for you. We've found that some of our customers like to go it alone for a while and only call when they're stuck and need an answer.

Still, others prefer a more interactive relationship to step them through their program until they gain the confidence to go solo!

Either way, you're never alone in the Zone! We're here to help and be there for you every step of your wellness way. Call 800-404-8171 for more information.

Zone coaches are ready to help

Eileen Trebbin is one of Zone Labs' coaches. She's ready and willing to give personal assistance to Zoners who have questions.

"I graduated from Boston University School of Nursing with a Bachelor of Science degree and then shortly after acquired an R.N. I worked in hospital nursing for many years and loved both caring for people who were ill and the camaraderie with my colleagues.

I am so excited to focus on well-ness and health maintenance at Zone Labs. The Zone coaches have been so privileged to hear Dr. Sears speak about the role of diet and supplements in wellness and share his passion about these topics with us. He is incredibly generous with his time and his ideas. All of the coaches have passed a comprehensive exam that Dr. Sears designed covering his research and ideas about health. We are very lucky to continue to learn from him.

I hope to get to know many of you and help you navigate the world of diet and health maintenance."



Check out Dr. Sears' new blogs

Dr. Sears' blogs are quite popular on Zone Labs' newly redesigned Web sites.

Every Monday Dr. Sears writes a new weight-loss blog on Zonediet.com. Popular topics have included the new USDA food recommendations and why the Atkins' diet doesn't work.

On Wednesdays Dr. Sears writes a more scientific blog on zonehealth.com. Recent blogs have been about the importance of polyphenols, the dangers of statins and the coffee/diabetes connection.

Join in the conversation, and Dr. Sears will respond to your comments.

For more information, go to Zonediet.com.

VISIT www.ZoneLiving.com



Practicing fitness from the ground up

By Lisa Zeigel

Previously I wrote about the trend in "Shape-up" shoes — that is, shoes with odd-looking soles that claim to help the wearer burn more calories by forcing the leg muscles to work harder. Since then, these have become even more popular, with nearly every major fitness shoe manufacturer creating their take on the concept. Sadly for them, the next trend in running involves no shoe at all, since all you need are your own two feet!

Wearing shoes is a relatively new thing to humankind (we're talking in terms of epochal time here, in which material evidence comprises just a small segment of human history). The first archeological findings of human footwear were discovered in the United States, carbon-dated at more than 10,000 years old!

Today we wear shoes for many reasons: To protect our feet (probably the number-one reason our ancestors wore them), to aid us in work or in sporting activities, to correct foot abnormalities, and for vanity reasons (simply because they look "cool")! It seems, however, that for all the high-tech design that goes into sport and fitness shoes, orthopedic doctors are still seeing a very high incidence of runners and athletes complaining of knee pain, hip and low back problems, and foot pain (I know because I recently had to visit one for my own recent knee pain). Enter the idea that running barefoot may be the answer to prevent all this! Barefoot running has been popular for a long time among beach runners who find that the sand has a pleasant texture and feeling on the soles, as well as adding a resistance challenge. Popular running books have extolled the virtues of shoeless running, with one author proclaiming that the foot pain that almost ended his running career disappeared after he ditched his shoes. Is this a radical idea, or does it make good foot-sense?

A simple overview of the foot and how it functions may reveal a bit about the rationale for switching to bare-foot training. The foot is a very complex structure made up of many bones (more than 26) and surrounded by many muscles that affect its movement, along with tendons and ligaments to hold all of these together. Its curved arch, with toes and heel fixed on the ground surface, form an intricate work of architecture to support our body height and weight as we stand upright. At the ankle joint are several small bones that can move side to side and up and down, and this joint can pivot all around if necessary. The mid-foot is what gives the foot power leading to the push-off when we walk, the toes finish off this movement, and then the heel of the opposite leg moving forward strikes the ground surface and starts the entire sequence again.

You may have noticed that when a toddler learns to walk, he or she spends a lot of time on their tip-toes. This may seem counter-intuitive to our normal way of walking or running, which starts with a heel strike to the ground. Most athletic



shoes are designed with a very thick, cushioned heel bed to help protect us from the stress of hitting the ground. Other shoes are designed to correct stride abnormalities, such as over-pronation, in which the foot turns out as too much of the arch hits the ground and flattens the foot, which is not only an inefficient way to

run, but may lead to ankle/knee/hip/low back injuries. However, from my personal observation and from expert sources, it is also known that the shoes themselves may be worsening or even causing more problems, as they hold the foot in an un-natural rigidity, in addition to taking away some of the sensory input that the feet provide to the rest of the body.

With all of this footwear on, it is easy to forget that the feet are a huge source of sensation — even the tiniest pebble in your shoe can cause enough pain and discomfort to make you stop whatever you are doing and remove a sneaker to shake it out. We can also gain a great deal of pleasure from simple acts like walking or running barefoot in the sand (as mentioned above with the beach-runners) or my personal favorite, walking in cool, soft grass on a hot day! Not only do these activities feel good, they are also very good for the muscles in your feet, which in turn can "wake up" under-used lower leg muscles, specifically the tibialis (front of the shins) and the glutes. Aficionados of barefoot running claim that aches and pains normally felt when running in shoes virtually disappear, perhaps because of this improved strengthening and total-body communication coming from the feet. They also claim they feel like they are "light on their feet" and gain more running efficiency from running on their bare toes, much like the toddlers I mentioned (this came from a barefoot runner I know).

Even if you feel that barefoot running is not for you, you can do exercises and stretches to strengthen your feet that will improve your workouts or your daily activities. Consider starting your day by rolling a golf ball under the bottom of each foot. Conversely, you can end your day by stretching the bottom of your feet by pulling back on the toes as they point toward you. Then gently pull and stretch your toes apart, especially your big toe.

Whether you have aches and pains or just want to improve your running or walking gait, starting with short bouts of barefoot running on reliably smooth, soft surfaces (the inside of running tracks are good because they are not as well-traversed as the grass in parks). Augment your regular fitness program with 1-2 days of running/walking with no shoes, and then do the rest with shoes. If you still feel good after that, you can add more time or frequency. Maybe you don't have to aim for an all-barefoot ultra-marathon (yes, that does exist), but you might find you enjoy and will benefit from using the high-tech equipment you were born with — your feet!

New ZoneFast Recipe!



Shrimp Scampi with Green Onions and Orzo

This dish is like risotto (only quicker and easier) and features cooked orzo topped with garlicky shrimp.

Yield: 1 serving
Preparation time: 15 minutes
Total time: 25 minutes

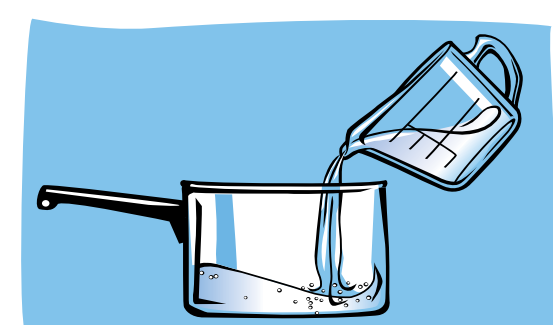
Ingredients:

- 1 package Zone Orzo
- 2 teaspoons butter - divided
- 1 teaspoon olive oil
- 1 clove garlic - minced
- 3 ounces medium shrimp - uncooked, deveined and peeled (about 10)
- 1 green onion, thinly sliced
- 1 1/2 tablespoons dry white wine

Directions:

1. Prepare orzo according to cooking instructions (right). Drain, transfer to large bowl.
2. Meanwhile, melt one-half the butter with oil in heavy, large skillet over medium high heat. Using garlic press, squeeze in garlic; stir 10 seconds. Add shrimp and sauté two minutes. Add green onions and toss until shrimp are just opaque in center, about one minute longer. Add wine and toss until wine boils, about one minute. Mix in remaining butter and season to taste with salt and pepper.
3. Top orzo with shrimp and onion-garlic butter.

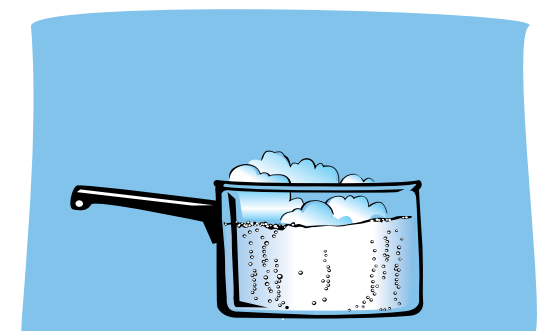
Zone Fusilli and Orzo Cooking Instructions



Bring 3-4 cups of water to a boil. Add salt to taste (optional).



Add contents to boiling water, stir gently.



Return to boil for 7-9 minutes or to your preference.



Remove from heat and drain well. Serve immediately.