



Custom Fit News

Oct 2008

Custom fit of Brevard personal training services

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Join us the first 3 *Sunday mornings* of the month @ *7am at Oars and Paddles Park in Indian Harbour Beach*. Come to walk, run, or something in between. It is a great way to get a workout in and enjoy the company and the motivation of others at your ability level.

8 Week Yoga Journey
Tue: 10/21 – 12/9 9am

And/Or

Fri: 10/24 – 12/12 8:15am

Week 1 begins with a breakdown of the fundamental yoga postures we will use in class – In the following weeks, we will gain the strength, flexibility, and relaxation that come from a Vinyasa style yoga practice.

Call 749-3715 or visit customfitofbrevard.com

For information or to register for one or both days.

Food Borne Illness

It's in your hands.....

Sept. was National Food Borne Illness Month. "Back in the day", I actually used to test food and identify food borne pathogens for an independent lab. What I learned from that experience is that food that is tainted smells good, looks good and often times tastes good. By the time a suspect food reached my lab bench, it meant there was an entire dinner party of people who were quite sick and looking for answers. And as uncomfortable as it may be to talk about these microscopic menaces, it can not only save you a trip to the commode, but it could potentially save your life!

There are more than 200 known diseases that are transmitted through food. The causes of these food borne illnesses include bacteria, viruses, parasites, toxins, metals, pesticides and medicines.

According to the CDC about 76 million people a year are stricken with a food borne illness in the United States. About 325,000 of those people are hospitalized and approximately 5,000 people die.

The Four most common pathogens responsible for food borne illness are Salmonella, E-Coli (0157:H7), Listeria, and Campylobacter. Of these, only salmonella was recognized as a cause of food borne illness 25 years ago – the rest have emerged within this short period of time.

Experts say that microorganisms adapt and evolve. Today's pathogens have a higher degree of virulence and therefore require a higher degree of vigilance than that which was required in previous generations. Additionally, our food supply is global. What we consume is being transported not only nationally, but internationally as well.

In many cases, sickness occurs because those who are handling the food don't properly wash their food, their hands, or the utensils and surfaces they use to cook. Add to that the fact that these days, more food is prepared and consumed away from home. According to the USDA, Americans spend \$0.46 of every food dollar eating out, creating more room for mishandling. But fortunately, by taking some basic steps to ensure our food is handled properly, we can avert many potential problems.

The CDC recommends these 4 simple steps to keep your food and your family safe.

- **Clean: Wash hands and surfaces often.**
 - Wash in warm water for 20 seconds after handling food, using the bathroom, changing diapers, and handling pets.
 - Wash cutting boards, utensils, and counter tops with hot soapy water before moving on to a new food
 - Use paper towels to clean kitchen surfaces
 - Scrub fruits under tap water
 - Use clean vegetable brush
- **Separate: To prevent cross contamination**
 - Separate raw meat, poultry, seafood, and eggs from other foods in shopping carts and grocery bags as well as in the refrigerator and on the counter.
 - Use 1 cutting board for handling raw meat, seafood and poultry and another for fruits and vegetables
 - Never place cooked food on a surface or plate that held raw foods
(go to pg3)

Blame is one of the surest ways to stay in a problem ~ Louise Hay

Common Critters to Watch For:

Salmonella – 1.4 million cases yearly, 500 deaths (42% of all food borne illness cases)

Onset: 8-72 hours

Symptoms: Chills, headache, nausea, vomiting

Sources: Lives in the intestinal tract of humans and animals including birds - poultry, eggs, yeast, raw milk and dairy products. Also contracted from handling lizards – cross contamination is common.

Listeria – 2500 cases, 500 deaths

Onset: 48-72 hours

Symptoms: Fever, muscle ache, nausea, vomiting, headache, stiff neck,

Sources: Found in soil and water. Veggies and fruits can be contaminated by manure (fertilizer). Also found in meat and dairy, deli meats, soft cheeses, raw milk, and seafood

E-coli 0157:H7 – 73,000, 61 deaths

Onset: 1- 10 days, but usually 2-4 hours

Symptoms: Damages the intestinal lining and causes severe cramping, diarrhea, vomiting and fever

Sources: It is found in the feces of healthy cattle, contamination of meat usually occurs as slaughter. Veggies and fruits may be tainted through fertilizer or cross contamination. Sewage dirtied water is also a source.

Campylobacter – Most common form of food borne related diarrhea – 42 deaths yearly.

Onset: 2-10 days

Symptoms: Fever, cramps, bloody diarrhea, (severe cases may cause – meningitis, UTI, reactive arthritis)

Sources: In the intestinal tract of many animals including humans. From un-pasteurized milk, raw or undercooked meat, sheep.

Botulism: 145 cases yearly (15% foodborne, 85% other sources)

Onset: 4-36 hours

Symptoms: double vision, slurred speech, difficulty swallowing, muscle weakness

Sources: Botulism thrive and are dangerous in a low oxygen environment – this makes home-canned foods a common source. Home-canned foods with a low acid content are more likely to be contaminated – therefore you should boil any h-c foods for 10 minutes before eating. Garlic in oil, chile peppers, improperly handled potatoes stored in aluminum foil (be sure to keep them hot or refrigerate properly). Honey may contain botulism spores that are not dangerous to adults, but extremely dangerous to infants under 1.

Staphylococcus Aureus

Onset: Usually rapid and serious

Symptoms: Nausea, vomiting, abdominal and muscle cramping, severe headache

Sources: Foods that aren't kept hot enough or cold enough – they grow and reproduce between 50-120 degrees. Meat, poultry, eggs, bakery products, milk and dairy, cream filled pastries and tuna- potato- and macaroni- salads.

Clostridium Perfigens

Onset: Shortly after consumption

Symptoms: Many people confuse its onset with the “24 hour flu” – Intense abdominal pain, diarrhea, dehydration (is possible).

Sources: Spread through poor temperature control of food - meat, meat products, and gravies. It thrives at temps between 70 degrees and 140 degrees.

~ Go Nuts ~ for cholesterol

It is important to know your numbers and have your cholesterol ratios checked annually. It is ideal to have a total serum cholesterol level that is less than 200mg/dl with HDL levels (“good” cholesterol – responsible for carrying cholesterol away from the body) higher than 60mg/dl and LDL levels (“bad” cholesterol – which builds up and sticks to arterial walls creating blockages) under 100 mg/dl.

From a nutritional stand point, it is more important to monitor our total fat intake – more specifically our saturated fat intake - rather than our dietary cholesterol when being mindful of our serum cholesterol levels.

Saturated fats (from animal sources, i.e. chicken, beef, and dairy & tropical oils, i.e. coconut and palm kernel oil - used in many packaged snacks) promote cholesterol production in our liver and interfere with our ability to remove cholesterol from our blood. On the contrary, polyunsaturated and monounsaturated fats (generally those from plant sources) actually tend to actually lower our LDL levels.

So why Go Nuts?

In spite of the fact that nuts are relatively high in fat, they contain a number of compounds that help keep arteries open and blood flowing smoothly. With a few exceptions, most nuts are very high in monounsaturated and polyunsaturated fats. As noted above, when these kinds of fats replace the saturated fats in our diet, they will serve to lower our total blood cholesterol as well as our LDL levels (low density lipoproteins or “bad” cholesterol). Nuts are also high in the amino acid arginine. Our bodies convert some arginine to nitric oxide. Much like the drug nitroglycerine, nitric oxide helps to expand blood our vessels thereby hastening the flow (see pg 3) of blood to the heart. It may also keep platelets in our blood from clumping together which can further reduce heart disease risk.

Nuts are also high in Vitamin E. In fact, they are higher in Vitamin E than any other food with the exception of oils. Vitamin E is a very powerful antioxidant which, among its other important functions, may make cholesterol less likely to stick to artery walls and block blood flow.

Nuts also contain a generous amount of copper and magnesium. Magnesium appears to regulate cholesterol and lower blood pressure, while Copper may also have some effect on lowering cholesterol. Many nuts play an important role in cancer prevention, are high in fiber, and are a great source of protein. So throw some almonds in yogurt or some walnuts in your salad. But as with all things, watch your portion sizes and moderate your intake ately.

Cook: To the proper temperature

- Roast/Steak – 145 degrees
- Poultry – 165 degrees
- Ground Meat – 160 degrees (don't rely on color)
- Eggs – White and yolk should be firm not runny
- Fish – 145 degrees (it should be opaque and separate easily)
- Sauces, Soups, Gravies and Leftovers – 165 degrees

● **Chill: Refrigerate promptly**

- The cold slows the growth of bacteria.
- Don't overfill – the entire fridge needs to stay at a constant temp of 40 degrees – Freezer temp should be 0 degrees
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or veggies sit at room temp more than 2 hours before putting them in the fridge or freezer (1 hour when the temp is 90 degrees)
- Never thaw food at room temp. There are 3 safe ways to defrost food;
 - Refrigerator
 - Cold Water
 - Microwave
- Always marinate in the refrigerator
- Divide large amounts of leftovers into shallow containers so food cools at a quicker (and therefore), safer rate
- Discard refrigerated food on a regular basis

* This is only some basic info about food borne illness. For more information on other pathogens, health concerns and safety tips check out www.foodsafety.gov, www.cdc.gov and www.fightbac.org

Congratulations to everyone who traveled to Virginia Beach over the Labor Day weekend to compete in the **Virginia Beach Rock & Roll Half Marathon!**

It was a beautiful day for a 13.1 mile run.

A special note of congrats to Wendy Handy and Diana Burton who have almost completed their quest to be **“Rock Stars”**; A special designation for those who travel the country to run in 5 of the Rock and Roll series half or full marathons - all in one year.

Congrats to all, YOU ROCK!!!!

Wendy Handy: 2:04:56

Crystal McMurray: 2:20:18

Diana Burton: 2:28:19

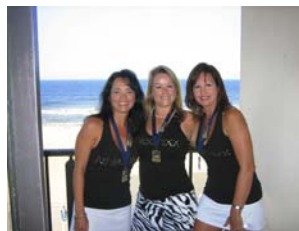
Donna McWilliams: 2:50:12

Marla Rhodes: 2:57:16

Donna Soyk: 3:12:17

Cheri Marks: 3:12:17

And special thank you to everyone who supported my run with **Team in Training**. **TnT** participants at the Virginia Beach Half Marathon collectively raised \$750,000 for the Leukemia and Lymphoma society. I ran with all of you and your honorees in my heart and mind! Thanks again! Be sure to check the website for a full montage of pics!



Donna, Donna, & Crystal sporting their medals



Melissa, Cheri and Marla enjoying post race on the board walk

R.I.C.E

Usually when we discuss rice in this newsletter we are referring to the brown kind that is high in fiber and nutrition. This time R.I.C.E is actually an acronym to remind us what to do when we suffer some kind of acute injury as a result of exercise or when we experience pain from a chronic overuse injury in the name of health and fitness ☺.

An acute injury has a sudden onset of symptoms usually due to a specific trauma – i.e. twisting your ankle. Other more chronic injuries, such as shin splints (a generic term for any pain occurring in the lower front leg), or plantar fasciitis (pain caused by inflammation of the connective tissue on the bottom of the foot) can also be treated with R.I.C.E. Many acute injuries have the potential to become a chronic or overuse injury if not attended to properly.

REST is necessary for proper healing to occur. Rest can be anything from modifications to your regular routine or can mean complete non-use. How much rest depends on the type and severity of the injury.

ICE is used to decrease swelling and lessen pain. Icing should be done for 10-20 minutes every 2-3 hours. Depending on the injury ice therapy can last 2-3 days or more. Icing can be done with everything from a bag of ice, a package of peas (my personal preference as the bag will conform to the shape of whatever you are icing) to an ice bath (that's hard core!). It is important to take care of your skin when you ice. You should place something (like a towel, paper towel, cloth) in between your skin and the ice source to protect yourself from skin frost burn.

COMPRESSION also helps bring down the swelling. Use an ACE bandage or elastic wrap in conjunction with ice to compress the ice into the area you are working to heal.

ELEVATION of the injured area above the heart is another way to help decrease the swelling.

Anytime you suffer any injury it is important to consult a physician. Tending to an injured body part is the best way to ensure your speedy recovery. Nagging injuries don't go away, they only get worse.

It is important to remember the R.I.C.E. is your first course of action. The second should always be to consult a physician or a professional when you have any kind of pain from exercise. Respecting pain is as important to your good health as exercising daily. When our bodies speak to us we need to listen and take the steps necessary to heal properly so that we can continue to exercise for years to come!



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