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## Tasty TidBits

### Energy Bar Exam

Energy bars are a great way to get occasional, nutrient-dense shots of energy and vitamins while on the run. But these meal replacements can be too much of a good thing when it comes to unwanted calories, sugar and fat. Put your favorite bar to the test with these recommendations from the editors of health magazine:

- Choose an energy bar with no more than 100% of the recommended daily allowance for vitamins and minerals
- Find a bar that is high in fiber (at least 3 grams [g]).
- Avoid products that are high in sugar (no more than 18g).
- Pick a bar with no trans fats or hydrogenated oils.
- Select a product that is low in saturated fat (less than 3 g).

Source: March 2006 Health Magazine.



# CHAUNCEY'S "FIT" COLUMN

**First, Robin and I would like to thank** our family, friends and clients for being patient as we work out the kinks in our newsletter. It has taken us the past few months to redesign the layout and add more content. We have extended an invitation to two contributors for this bi-monthly issue: Mr. Julian Moore and Ms. Sheila Ceasar in addition to introducing a new feature below where Robin has agreed to participate in an interview detailing her personal struggle with living a healthy lifestyle in today's society.



**CDW:** Robin I'd like to thank you for sharing your story this issue.

**RC:** It's my pleasure. I know a lot of people do not realize other folks struggle just like them to live a balanced life and I thought maybe my story might connect with someone to examine their current lifestyle choices.

**CDW:** Why were you interested in sharing your struggle with living a healthy lifestyle in this issue?

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**In 1997, I was diagnosed with Type 2 Diabetes.** Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy. Diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. Insulin is necessary for the body to be able to use sugar. Type 2 Diabetes is a result of insulin resistance or insulin deficiency, thereby, unable to convert sugar into energy.

When the doctor delivered this news, I was not fully aware of the ramifications of having diabetes. All I've ever heard about it is that you have to give up sugar and starches. My thoughts went immediately to all the stuff I had to give up (cake, pie, ice cream, pasta, hot buttered rolls, etc.). I was somewhat resistant to the many changes the disease had in store for me. I have since learned that failure to manage the disease can cause blindness, amputation and over time, high blood glucose (sugar) levels may hurt your eyes, kidneys, nerves or heart.

There are several parts to managing the disease. First, take all medication as prescribed. Medication will help the insulin to do its job (control blood glucose levels). Second, follow a low carbohydrate meal plan. As a matter-of-fact, I scheduled an appointment to see a nutritionist and the visit was somewhat combative. She wanted me to maintain 1800 calories per day (eventually 1200 calories) as opposed to my generally 2200 – 3000 calorie day. I fought her tooth and nail about her suggested eating plan. When I left the doctor/nutritionist's office that day, I was feeling truly depressed. What did I do when I went home? Ate all the wrong foods! Third, test blood sugar as

directed by the doctor, to ensure things don't get out of control.

The fourth part of managing diabetes is exercise. I weighed 253, at the time. Actually, I was shocked because to myself I didn't look as if I had gained that much weight. I should've had a clue when I tried shopping for the size I had bought in the past and the size no longer fit. I could still wear the old size in my closet. What I didn't realize was that I had stretched them to fit my extra weight and yes they were tight...and yes I had lots of large safety pins available for waist bands on my skirts and slacks. For the sake of full disclosure, I sometimes had to use two safety pins (like a chain of pins) - but still in denial. I began exercising three days per week for 30 minutes each session. I thought this was sufficient. My doctor did not agree. She wanted me to increase the number of days to 5 days per week for 1 hour each session. I was not happy to hear this.

**While on a visit to the doctor's office, I** read some articles in a magazine named Diabetes Management. I took the subscription insert and began to get my own copy. Getting a subscription to this magazine is probably one of the best investments I've made. I learned that I didn't have to starve myself and learned that if I manage my eating plan with care and forethought I could have a small dessert as long as I allowed for it in my daily meal planning...and the best part is that I didn't have to give up, entirely, foods containing sugar. Don't get me wrong - I don't have a dessert every day nor do I have dessert every week. I've learned that, if I want one, I can manage my day to include a special treat. I have also learned which carbohydrates (starches) are best to eat and which ones should be eaten sparingly.

Somewhere along the way, as I've experienced the importance of tight control, I decided to get serious. I learned that exercise could play a large role in losing weight and maintaining a safe blood sugar level. My goal is not to take medication in order to control my blood glucose level. My exercise program has been ratcheted up to 6 days per week averaging 1.5 hours per session. Nine years later, I now weigh 215 (still a long way to go). I am down two dress sizes. Needless to say, I no longer have to "accessories" with safety pins. The average exercise week consists of: walking, aerobic classes, yoga, elliptical machines, abdominal and weight training classes. Along the way I think I still resisted all the changes I had to make (once again still in denial), however, I am truly convinced that exercise is "additional medicine"- without it I don't think I would have come this far.

"Nothing important can be accomplished without learning and practice". Stay tuned!

*Article submitted by Sheila K. Ceasar, a 50 something African-American woman dealing with Type II diabetes, June 2006*

**Reference:**

Some information obtained from the American Diabetes Association and "Live Well with Diabetes" a multimedia diabetes self-management guide.

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## CHAUNCEY'S "FIT" COLUMN continued

**RC:** Typically, I have been in the background organizing the content and layout of the previous issues but this month I felt compelled to share my daily struggle as a 30 year old African-American woman trying to live a healthy lifestyle. As the summer approaches, TV bombards you with the "get a 6 six pack in 2 weeks" infomercial, Hollywood starlets are losing ¼ of their body weight in one month and string bikini ads to be worn regardless of size. This time of year drives people to do the unthinkable: "cabbage diets," "no to low carb diets," "lean to no meat diets", etc...anything and everything but good old fashion exercise and eating in moderation. The level of desperation to be "fit" quick has generated a billion dollar industry in a society with nearly 2/3 of the population being diagnosed as overweight or obese. Go figure?

**CDW:** What are some of the activities you are currently doing to maintain a level of fitness? Have you set any fitness goals for yourself?

**RC:** Yes, for the past few weekends, we've been enjoying the beautiful spring weather by walking around Baltimore's revitalized areas (Mt. Vernon, City Center, Locust Point, and Federal Hill). By taking these walks, I began to appreciate the vast culture and history this city has to offer. A side benefit to these excursions is getting fit, again. To give you the back story for these walks, a few years ago I set some pretty lofty goals for myself (obtain black belt in Karate and become an entrepreneur). I'm a 3rd degree brown belt I've been studying American Kenpo for the past 4 years and I have 2 more belts before I can test for black and well CDW is both our creations. But by my 30th birthday, which has come and gone, I wanted to put myself through THE ultimate challenge of competing in

*Quote: "I workout really hard, but I don't starve myself. I eat what I want, but I cut back on sugar and carbs." -Mary J. Blige*

*Source: Real Health Magazine, Winter 2005, p. 13, Alicia Villarosa.*

*Quote: "Obesity is the terror within. Unless we do something about it, the magnitude of the dilemma will dwarf September 11 or any other terrorist attack." - Surgeon General Richard Carmona, MD, MPH*

a Triathlon. Needless to say that has not happened. These walks are becoming pre-preparation for my training. I could list all of the excuses I used to avoid the training from too busy with grad school, business classes, or work but that would take up the allotted space for this interview. Whatever, the excuse, it is not good enough to have back peddle as far as I did.

**CDW:** So now you know what you need to do to meet your goals?

**RC:** Yes, I already knew. I guess it's been about 3 years ago when we trained four days-a-week no less than 1-1/2hour a session (I'd never been as fit in my life and I had been exercising since high school). It was truly a conscious effort not to exercise or eat right. I had to finally admit that subconsciously I had chosen to put good health on the proverbial "back burner." The key to living a healthy lifestyle is not what you do when life is going according to plan, it's what you

do when life seems to be spiraling out of control. Maintaining that initial "90 day" workout high all year long is tough and often discouraging. Like many things in life, anything worthwhile takes time.

**CDW:** What have you learned about yourself in the process struggling to live a healthy lifestyle?

**RC:** I know from experience and education that I will not melt off the pounds as I did at the age of nineteen... This time around, working out is for my health - not for the "2 pack" I tried to maintain in my early twenties. I have also learned that I cannot consume the same meals at 30 as I did at 20 without paying the price. Lastly, I learned the 30 minute workouts that I did once or twice a week at 19 do absolutely nothing for me, except, create more space to stuff my fat.

**CDW:** Is there any message that you want people to get from this interview?

**RC:** Yes. The message here at CDW is

*continued on page 5*



**Exfoliation:** the process of removing dead skin cells from the body by peeling or sloughing of the epidermis (outer layer of the skin). As a result the skin loses that dull appearance, regains luster, feels smoother and lighter, allows for better product penetration, and stimulates blood flow.

While exfoliation products are plentiful and may be purchased at cosmetic counters and retail stores, the Professional Estheticians (Skincare Therapists) of Pure Skin Day Spa recommend a skin analysis and consultation before purchasing any product because exfoliants can cause irritation and damage to the skin if overused or used incorrectly. They can

also irritate dry, sensitive, skin and aggravate blemished skin conditions.

Pure Skin Day Spa's estheticians are available for consultations and skin treatments. They will gladly recommend products appropriate for your skin type. *Article submitted by Kim Bryant-Washington Registered Nurse, Esthetician.*

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**June 4, 2006** I started my marathon training season. I'll run in nine organized races, over the next few months, in preparation for the 2006 Baltimore Marathon. The ultimate goal is to run the Boston Marathon, April 16, 2007. My qualifying time, for running in Boston, is 3 hrs and 20 minutes.

**The first race was held in Bel Air, Maryland** – start time 8am. It was the 26th annual Bel Air Town Run 5k. This was my first time running this race and I was definitely surprised to see the number

at 8am. In all the races I've participated, I had never seen this before. Luckily, I was able to bypass that and head over to the chip pick-up line which looked to be another 20 minute wait.

**7:50A.M.:** After waiting in line for 30 minutes, I picked up my race chip to log my run time. While in line, I talked to a few of the locals and apparently there are a few hundred more runners this year than last year and this is having an effect on the start of the race.

**8:00A.M.:** I head to the start line while people are still in line picking up pack-

with folks that have never participated or attended a race. It's a culture unto itself to have almost 1,000 people wake up early on the weekend to run 3.2 miles.

I checked my results the next day; my time was fairly good for my first run finishing at 20:12 with a pace of 6:30 a mile that landed me in 88th place out of 900 runners not to bad and 10th out of 63 in my age group [40-44]. So my running season seems to be taking shape and I look forward to more early mornings and runner conversations. Until the next

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of runners for a local race. There were more than 900 runners that morning. I started the day at:

**5:30 A.M.:** I wake up to prepare for the race. Selecting the appropriate attire is an essential part of race preparation so usually the morning of a race I take my time to select my attire in addition to the running shoes.

**6:30 A.M.:** Left for the race. Since I had registered in advance I felt there was no need to get there too far in advance. As soon as I arrive, I pick up my race packet and head to the start line.

**7:20 A.M.:** Arrive in Bel Air now trying to locate parking. The packet pick-up line is easily a 40 minute wait and the race starts  
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ets, chips, and registering for the race. In the meantime, I prepare for the run with a stretch and light jog.

**8:25A.M.:** Horn blows and the race begins. For the next 20 minutes I'm concentrating on form and mechanics. This race is not for speed or time. I'll have enough running sessions to focus on those aspects other races as I continue my preparation for the Boston Marathon..

**8:45 A.M.:** I cross the finish line. One down eight more races to go. I waited around for awhile talked to a couple of the runners. We talked about our times, the level of energy at certain miles and where and how we train. This is the part of the running experience I try to share

time, hope to see you at my next race.

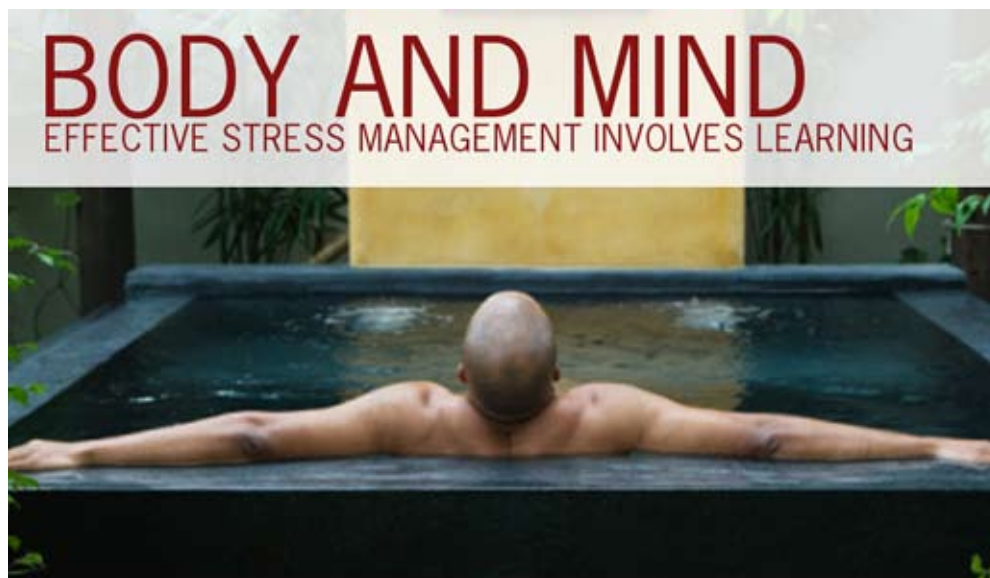
**Following are some scheduled races:**

1. 18th Annual GBMC Father's Day 5K and 1.5 mile Fun Run on 6/18/06
2. Pikesville 5K Run/Walk 3.1 Mile on 7/9/06
3. Orioles Advocates 18th Annual 5K Home Run/ Fun Walk on 7/23/06
4. Annapolis 31st 10 Mile Run 8/72/06

*All feedback can be sent to  
[info@cdwhealthandwellness.com](mailto:info@cdwhealthandwellness.com).*

# Top 5 fitness Myths

Myth:	Fact:
1. Exercise makes me sweat my hair out.	Not all exercises will ruin your 'do. Try minimal-sweat workouts like yoga to improve balance and flexibility or Pilates to improve posture and core strength.
2. Exercise is painful.	Exercise doesn't have to hurt to help. Brisk walking is a great low-impact workout. It's gentle on the joints, and regular strolls keep weight and blood pressure under control.
3. It takes too much time.	As little as 30 minutes of exercise a day has been proved to have significant health benefits. If you can't do it all at once, break it up into three ten-minute intervals.
4. Lifting weights will make me bulky.	For most women to bulk up, they would have to lift extremely heavy weights with greater frequency. Doing more reps with lighter weights builds long lean muscles and helps protect against bone loss.
5. I can lose weight in my "problem area."	Spot reduction does not work. However, by engaging in cardiovascular exercise and eating a healthy balanced diet you will loose pounds and inches overall. Then, choose toning exercise that focus on specific body parts.



The world today throws all kinds of challenges at us everyday some days can leave us overwhelmed. Stress can directly and indirectly contribute to general or specific disorders of body and mind. Stress can have a major impact on the physical functioning of the human body. Such stress raises the level of adrenaline and corticosterone in the body, which in turn increases the heart-rate, respiration, blood-pressure and puts more physical stress on bodily organs. Long-term stress can be a contributing factor in heart disease, high blood pressure, stroke and other illnesses. Effective stress management involves learning to set limits and

to say "No" to some demands that others make. That's not the only action that you can take. Here are some more tips:

1. Turn off your Cellphone for 1 hour a day
2. Create rituals for yourself
3. Call a friend and let off steam
4. Get your priorities straight
5. Reconnect with nature
6. Improve your lifestyle habits
7. Breathe deeply
8. Smile have a good belly laugh
9. Do one thing at a time

Article submitted by Mr. Julian Moore Personal Trainer, Communication Artist

# Female Financial Facts

Women make up 2.5 million of the top wealth holders in the U.S., with a combined net worth of over \$4.2 trillion. The average net worth for women under 50 was almost \$1.5 million, slightly higher than for male wealth holders.

Source: National Foundation for Women Business Owners, 2005

70 percent of women business owners volunteer at least once per month; 31 percent contribute \$5000 or more to charity annually; 15 percent give \$10,000 or more per year.

Source: National Foundation for Women Business Owners, 2005

Statistically, women out live men by an average of 7 years.

Source: Kelly Bolton, Merrill Lynch, 1999

And, because of this, women will end up in charge of much of the \$41 to \$136 trillion dollars that are expected to pass from generation to generation over the next fifty years.

Source: Paul Schervish and John Havens, Boston College Social Welfare Research Institute, 2003

## CHAUNCEY'S "FIT" COLUMN *continued*

"it's a learning process and will continue to be a learning process" to living a healthier lifestyle. Do not neglect your health until it's too far gone. BE PRO-ACTIVE. Do the small things that could add years to your life with that famous credit card commercial in mind, medical prescription = \$200.00, fitness sneakers = \$ 100.00, your health = PRICELESS.

**CDW: Thank you, Robin for sharing your story with us. As always we encourage people to share their good and not so good stories about living a healthier lifestyle. Your story may resonate with someone to make a positive change in their life.**

As always, Robin and I would like to thank all who have and will continue to support us in our endeavors to make Baltimore a healthier city in which to live.

**"Remember exercise for your life, start today!!!! Walk, Run, Bike, Jump and have fun."**

*Chauncey D. Whitehead*