



Message from Frank Santana:

There is great reading in our newsletter this month that provides terrific motivation for everyone to get healthy and stay healthy. Of course we are biased in our opinion that the best place to do that is 7Flags Health & Fitness! Enjoy!!

Message from Kid's Gym:

To help promote a safe and healthy Halloween, the 7Flag's Kid's Gym is having a Halloween Party! Friday October 29th, from 6:30 to 8:00 pm!

Come show off your costumes and play, then take home some HEALTHY Halloween treats! Be sure to bring a friend, bring two friends! The party is FREE to members and nonmembers alike. I can't wait to see you there!

Kid's Gym Manager
Maggie

Message from Aerobic:

COMING INTO FOCUS
by Kate Shafer

In 2006, I was 240 pounds, and a size 24. I went to a doctor and begged him to give me a prescription for an appetite suppressant, which he wouldn't do, instead saying that he would refer me for gastric bypass surgery. That hit me really hard because I didn't realize that I was THAT big – big enough that a doctor would think that I needed to go to such drastic measures as gastric bypass surgery.

I decided I didn't want to have to undergo surgery, yet I was so depressed about myself. Here I was, 32 years old, on medication for blood pressure so high that my doctor said I was headed towards a stroke, on cholesterol medication as well, and I had no energy in which to keep up with our two sons - who were 5 and 2 at the time. I decided that I had to do SOMETHING differently or I was going to die.

I was too scared to consider the option of gastric bypass surgery, so I went to check out a weight loss clinic that was new to Ankeny. I made what I thought at the time a very expensive investment – I put a lot of money into signing up for a program. However, I will tell everyone it was the best investment I could have ever made. That experience was just the springboard to helping me realize how important it was to take better care of myself and that I WAS WORTH WHATEVER AMOUNT OF MONEY IT TOOK to do so.



During the first 80 pounds of my 110-pound weight loss, I didn't really exercise much because I was too self-conscious to be in front of others in a gym. I walked occasionally and took a jazz/ballet adult dance class one night a week. Even at dance class, the teacher would admonish me for never looking at myself in the mirror - I just *couldn't*, it wasn't in me to do that yet.

Eventually I got to a point where I felt I could give the gym a try. In March 2007, my sons' pediatrician told me about a cardio kickboxing class at a karate studio in Ankeny. With some hesitation I started taking the class – positioning myself safely in the back row. For the first few weeks I would cross my eyes a little while looking in the mirror – trying to stay a bit out of focus since I still didn't want to look at myself too closely in the mirror. I had to stop doing that, though, because exercising while cross-eyed is not very safe...ha! Admittedly, I was so amazed I could even be *standing* on my own when we were finished with the class - it was that challenging for me. But I kept going because I saw that it was really helping me tone up, my clothes were fitting even better, and I felt GREAT. I came to really depend on going to class every morning - getting my butt out of bed for that 5:30 a.m. class became easier, and it really started my day off right! On top of the weight loss and better overall health, it was wonderful for stress relief, anxiety, and much more. The instructors were amazing. They were so motivating and took a genuine interest in supporting me to challenge myself to be the best I can be.

In July of that year, the owners of the karate studio (my instructors) approached me saying that they had noticed my determination and dedication to improving my life and overall health. They asked me if I would want to train to become an instructor for their kickboxing classes. I was completely floored by their suggestion. Just a few months before I had never thought I could even DO their kickboxing class, much less teach it! I decided to take them up on their challenge for me to “take it a step further”.

During the next few months I trained with my instructors in order to learn to teach their classes. I ended up teaching there for three years and had a wonderful time helping the students find what a great workout kickboxing is. I showed them it was possible to work hard yet have FUN while doing it. This past spring, the studio needed to suspend their kickboxing program for a while in order to accommodate their growing karate school – they needed the floor time to add more karate classes. Since then I have begun teaching elsewhere and I will always be grateful to them for believing that I could share my talents and my struggles with others. I feel strongly that everyone needs at least one person in their life to show them that they are so capable of doing MORE than they ever thought they could. I would love to be that person for a lot of people in my future in the fitness industry.

I am having a blast sharing my story with others and my new enthusiasm for life is evident. On a daily basis, I have people at work or in other areas of my life call me their inspiration. If I can share my story and inspire even more people to “*do something differently*” with their lives, I will jump at the opportunity. If people could feel only HALF as wonderful as I do, that would be great.

With much pleasure I am happy to announce that I have been off of the cholesterol and blood pressure medications since 2007, and the doctor says I am doing fine without them. With a healthy diet AND exercise together, I have gone from a size 24 to a size 4, from 240 pounds to 130 pounds, and from being a person who hid from others in the back row to one who stands proudly up front and motivates others to “be their best.” I've also stopped crossing my eyes when looking into the mirror.

The absolute *best* part of this whole journey: I am going to live longer for my family!



Message From Lori Graff, RD LD:

OCTOBER ARTICLE

Resistant Starch

Resistant starch is a form of carbohydrate found in fruits, vegetables, grains, legumes and some milk products. Most of the carbohydrate that humans ingest is broken down into glucose in the body's small intestine. This glucose is the main source of energy for the entire body.

Fiber, on the other hand, is not broken down in the small intestine and moves intact into the large intestine. Fiber is proven to reduce the risk of many serious health conditions, including heart disease and diabetes. It also keeps the gastrointestinal tract moving smoothly. Resistant starch is like a carbohydrate on a molecular level, but is digested like a fiber by passing into the large intestine intact. This is why many researchers have begun to group fiber into three main groups—soluble fiber, insoluble fiber and resistant starch.

Actually, four main subtypes of resistant starch exist:

- RS1—found in whole or partially milled grains and seeds, and therefore in all whole-grain foods; physically inaccessible to digestive enzymes
- RS2—found in raw potatoes, unripe bananas, and some legumes; nature of these starch granules is resistant to digestion
- RS3—found in cooked and cooled foods, such as bananas, bread and cornflakes; these starches become resistant to digestion during processing
- RS4—produced via chemical modification by food manufacturers

Benefits of resistant starch

Studies show that resistant starch helps to prevent constipation, makes the colon less likely to harbor unhealthy bacteria and more likely to hold onto the healthy bacteria by creating a more acidic environment. Resistant starch also makes the



colon healthier by increasing tone and reversing the atrophy caused by ingesting a low-fiber diet.

Several studies have shown that resistant starch helps to control blood glucose levels and may help to improve insulin resistance in people with type 2 diabetes. Combining foods containing soluble fiber with those containing resistant starch appears to significantly reduce the glycemic response in people with diabetes. Resistant starch also increases uptake of important minerals, such as calcium. Compounds with potentially toxic or carcinogenic properties are blocked from absorption by resistant starches.

Weight loss

Unfortunately, no conclusive evidence exists to prove a link between resistant starch and weight loss. Several small studies have shown a possible increase in “fat burning” in people who consume more resistant starch. However, experts are not sure why such a benefit might exist. One hypothesis is that because resistant starch is not fully digested in the body, a person could eat more and yet absorb fewer calories.

Foods containing resistant starch

Resistant starch is found in many foods, but some of the most highly concentrated amounts are found in:

- Unrolled, uncooked oats: 11.3 grams (g)/100 g
- Pumpernickel bread: 4.5 g/100 g
- Rice square cereals: 4.2 g/100 g
- Legumes, especially:
 - Canned white beans, cooked: 4.2 g/100 g
 - Chickpeas: 2.6 g/100 g
 - Canned kidney beans, cooked: 2.0 g/100 g
- Italian bread, toasted: 3.8 g/100 g
- Cooked plantains: 3.5 g/100 g
- Potato chips: 3.5 g/100 g
- Muesli: 3.3 g/100 g
- Rye bread: 3.2 g/100 g
- Cornflake cereals: 3.2 g/100 g



- Corn tortillas: 3.0 g/100 g
- Pearl barley: 2.4 g/100 g
- Canned peas, cooked: 1.9 g/100 g
- Brown rice: 1.7 g/100 g
- Cooked yams: 1.5 g/100 g
- Wheat pasta: 1.4 g/100 g
- Potatoes, cooked and cooled: 1.3 g/one medium potato
- Wheat pita: 1.3 g/100 g

Daily intake

It appears that intake of 6-12 g of resistant starch/day is enough to have positive effects on glucose and insulin levels after eating. However, it appears that 20 g/day is necessary to promote a healthy digestive system. Most Americans eat between 3-8 g/day. Research on resistant starch is ongoing, and new information will certainly come to light in the near future.

If you have more questions about resistant starch you may contact me at 515-223-8151 or email me at lgraff@hy-vee.com. Have a healthy day!

Lori Graff, RD LD
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making lives easier, healthier, happier
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***** Lori Graff R.D., L.D. will be offering nutritional seminars at 7Flags Monday October 18th and Thursday October 21st at 930 a.m. and 530 p.m. The first scheduled topic is "Nutritional Basics for Weight Loss". The Seminars are free and are open to all members. There will be a sign-up sheet posted at the front desk to register for the Seminar to give Lori some approximate attendance numbers. Registration is not required.**