

One-on-One with Christine Scales



Sticking to a healthy lifestyle while balancing work and family can be a struggle for anyone these days. Fitting in time for healthy eating and regular exercise can be tricky with all the demands that come with being a working mom. But for Christine Scales, this is a way of life.

A Materials Planner at Cam-Slide West, a division of Magna Seating, Christine is an avid fitness fanatic and promoter of healthy living. Her passion for fitness began in her late teens when she received her first gym membership. "I was lucky to have parents that thought health was important for us" she says.

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Christine's knowledge and drive for fitness took off in University, where she took a job as an aerobics instructor at the YMCA. Here she met her husband, a personal trainer also working for the same organization. Their first date was a run through the park, a perfect foretell of what was to come of their future together.

Over the last ten years, Christine has completed a full marathon, ten half marathons and a triathlon. "It's our lifestyle. It's what we do, what we're known for. It's in us to do it." In addition to the running, biking and swimming workouts, Christine incorporates strength training into her weekly routine to build strong muscles and core for her endurance events. This past year she has also taken up yoga. "Man do my muscles need this," she laughs.

Christine's healthy habits are not limited to exercise. She recognizes "eating as healthy and natural as we can" and "eliminating as much bad sugar as possible" as the recipe to success. Don't get her wrong though; there are times when she enjoys her ice cream too!

All of this with a little boy and a brand new baby. How does she do it? Christine says quite simply, "This is what we have made important in our life. We make time for all of it." It is easy to see why when she describes her biggest reward as just feeling good about herself. For both of her pregnancies, doctors' appointments were in and out – nothing to worry about. Not wanting to deal with the weight after the baby was born Christine kept running 7 months into her first pregnancy. This second pregnancy only allowed her to run until one month in, but this hasn't stopped her from moving. Walking everyday keeps her in shape and will allow her to focus on her baby.

Christine's describes her first triathlon experience as her proudest achievement to date. A triathlon is a grueling multi-sport event involving swimming, biking and running, in that order. Participants must complete these 3 endurance events before they race to the finish line. For Christine, the most challenging part of the race was the freezing cold water they had to swim in! Even with wet suits on there were women who backed out of the race immediately or after the first lap (of two) because the water was so cold. "It was taking my breath it was so cold" Christine said. "I couldn't even put my face in the water."

Despite this icy obstacle, her strength of mind prevailed and Christine finished the race 2nd in her age category. Not bad for her first triathlon!

Christine envisions staying young as her greatest motivation for staying healthy. She pictures herself being older and still able to play with her children and grandchildren. "You have to think long term and think about what your body needs."

The best advice Christine has to offer for anyone looking to making healthy changes in their life is to make a goal. "You have to be passionate about something or it's not going to stick...It starts small, grabbing an apple instead of a cookie". She stresses it's all about baby steps – "just pick something and start with it. Conquer one goal and move on to the next one. Stay positive, positive things happen."

-Christine Scales



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Is it a Cold or Seasonal Allergies?

Your nose starts to run, your eyes begin to water and you seem to sneeze a hundred times a day. Are you coming down with a cold or are you allergic to something in the air?

Answer the following questions to find out the source of your congestion. ➡

Questionnaire

1. How do your symptoms usually come on?

- a. One at a time (first sneezing, than a runny nose, then congestion)
- b. All at once

2. How long do your symptoms typically last?

- a. 7-10 days
- b. As long as the season lasts

3. What does your mucus usually look like?

- a. Yellowish nasal discharge
- b. Clear, thin, water discharge

4. How often do you sneeze?

- a. Not very much
- b. A lot (often 2-3 times in a row)

5. What time of year is it?

- a. Winter
- b. Spring, summer, fall

6. Do you have a fever?

- a. Yes
- b. No

If you answered mostly A's:

You most likely have a cold. Try drinking hot tea with lemon and honey to soothe your throat and loosen the mucus in your nose.

If you answered mostly B's:

You probably have seasonal allergies. An antihistamine may help in preventing congestion, sneezing and an itchy, runny nose by blocking the release of histamine, a substance released by your body after you are exposed to an allergen.

Consider taking Quercetin, a natural supplement loaded with antioxidant, anti-inflammatory and antihistamine properties.

Source: medicinenet.com

What to Eat Before & After a Workout

What you put into your body before and after a workout can have major influence on how you perform and how you feel. It is important to fuel your muscles beforehand and then shift focus to recovery once the exercise is over. Which foods are best for fitness activities and which should you avoid? *We have the answers for you.*



BEFORE A WORKOUT

A pre-exercise meal should include foods that are high in carbohydrates and are easy to digest. Foods such as breads, cereals, pasta, rice, fruits and vegetables are great as a quick energy source for your muscles.

It is best to allow a meal to fully digest before you begin your workout. Exercising on a full stomach may cause stomach upset, nausea or cramping. It generally takes 1-4 hours to fully digest a meal, depending on the person and how much they have eaten.

Suggested foods before exercise:

1 hour or less before exercise:

- Fresh fruit such as apples, watermelon, peaches, grapes, or oranges
- Up to 1 ½ cups of a sports drink

2-3 hours before exercise:

- Fresh fruits
- Bread, bagels, pasta
- Yogurt
- Water

3-4 hours before exercise:

- Fresh fruit
- Bread, bagels
- Pasta with tomato sauce
- Baked potatoes
- Energy bar
- Cereal with milk
- Yogurt
- Toast/bread with peanut butter, lean meat or cheese
- Water

Foods to avoid before exercise:

Foods with a lot of fat or fiber can be very difficult and slow to digest. These types of foods will also pull blood into the stomach to help in digestion, which can cause cramping.

Avoid these foods:

- Meats
- Donuts
- Fries
- Potato chips
- Candy bars



AFTER A WORKOUT

The number one priority after a workout is to replace any fluids that have been lost during exercise. In general, it is recommended to weigh yourself before and after exercise and drink 2 ½ cups of water for every pound that has been lost.

A combination of protein and carbohydrates within 30 minutes of finishing a workout is recommended for optimal recovery. The ideal carbohydrate to protein ratio is 4:1 (meaning you should consume 4 grams of carbohydrate for every 1 gram of protein).

Consider these foods after you finish your next workout:

- Fruit smoothie
- Protein shake
- Breakfast cereal with milk
- Hard-boiled egg with slice of toast
- Low-fat cheese and whole grain crackers
- ½ cup of cottage cheese and a peanut butter sandwich
- A handful of nuts

Foods to avoid after exercise:

There's nothing worse than eating the wrong foods after a workout and undoing all that time and energy you put in to get fit. Avoid these foods after exercise to stay on track with your health goals:

- High-sugar energy bars, fruit drinks and soda
- Low calorie veggies (i.e. carrots and celery...you need something more substantial!)
- French fries, oily pizza, or fast food subs and burgers
- Salty snacks

Sources: sportsmedicine.about.com
fitday.com



ROOKIE RUNNER TRAINING TIPS

1 Beginning runners often develop shin splits or sore knees.

Treating these pains immediately after your workout with ice should help ease them quickly. If the pain persists, take a few days off from your training program.

2 Hold your arms comfortably at your sides while running.

Bend them at 90 degrees at the elbows and move them forward and back at your waist. Let your fingers relax into a loose grasp, and don't let your hands sway back and forth across the middle of your torso.

3 Try to avoid busy streets or rush-hour traffic to keep your lungs clean and healthy.

Run in greenbelts as often as possible – in parks, on bike trails, around reservoirs, etc.

4 Schedule your workouts.

Add them into your computer, daily appointment planner, on your refrigerator, or wherever else you keep your schedule. You won't find time for them unless you make time for them.

5 Keeping a running log.

It can be very useful in helping you achieve your goals and monitor your training.

6 Running off-road can help your speed.

The uneven surface will strengthen many different muscles and will likely make you faster.

7 On hot, sticky days substitute your usual run with a pool-running session of the same duration.

Use a flotation device and move your legs as if you were running on land.

8 When running up a hill, shorten your stride and keep your feet low to the ground.

Keep your head and chest up, don't slouch. On your way down, take short, quick, light steps and keep your center of gravity over your legs.

Source: runnersworld.com

Non-Toxic Ways to Clean Your Home

Household cleaning products are a major source of toxins in your home. Try these in-expensive, easy-to-use, natural alternatives to keep your home sparkling clean.

All-purpose cleaner

- Mix ½ cup vinegar and ¼ cup baking soda into ½ gallon (2 liters) of water
- Use for removal of water deposit stains in the shower, on bathroom chrome fixtures, windows, mirrors, etc.



Bathroom mold

- Mix 1 part hydrogen peroxide with 2 parts water in a spray bottle
- Spray on areas with mold
- Wait at least an hour before rinsing



Carpet stains

- Mix equal parts vinegar and water in a spray bottle
 - Spray directly on stain and let it sit for several minutes (spot test first)
 - Clean with a brush or sponge using warm soapy water
- For fresh grease spots: sprinkle corn starch onto stain and wait 15-30 minutes before vacuuming



Furniture polish

- For varnished wood, add a few drops of lemon oil into ½ cup warm water
 - Mix well and spray onto a soft cotton cloth
 - With cloth slightly damp, wipe furniture
 - Finish by wiping once with a dry, soft cotton cloth
- For unvarnished wood, mix 2 tsps each of olive oil and lemon juice and add a small amount to a soft cotton cloth
 - Apply cloth to furniture using wide strokes



Chopping block cleaner

- Rub a slice of lemon across the chopping block to disinfect the surface
- For tough stains, squeeze lemon juice onto the spot and let sit for 10 minutes



Rust remover

- Sprinkle salt on the rust and squeeze a lime over the salt until it is soaked
- Leave for 2-3 hours
- Scrub



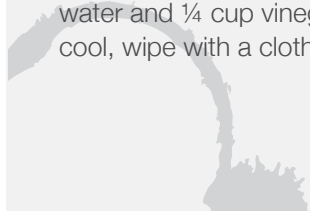
Deodorize

- **Plastic food storage containers:** soak overnight in warm water and baking soda
- **In-sink garbage disposal units:** grind up lemon or orange peel in the unit
- **Carpets:** sprinkle baking soda several hours before vacuuming
- **Garage, basements:** set a sliced onion on a plate in the center of the room for 12-24 hours



Coffee and tea stains

- Stains in the cup can be removed by applying vinegar to a sponge and wiping. Or try a dash of salt or baking soda to scour away tough stains.
- To clean the coffee or tea maker, add 2 cups water and ¼ cup vinegar, bring to a boil. Let cool, wipe with a cloth, and rinse with water



Marks on walls and painted surfaces

- Clean ink spots, pencil, crayon or markers spots using baking soda applied to a damp sponge
- Rub gently, wipe, and rinse



Shoe polish

- Apply olive oil with a few drops of lemon juice to shoes with a thick cotton or terry rag
- Leave for a few minutes
- Wipe and buff with a clean, dry rag



For more natural ways to clean your home, visit http://eartheasy.com/live_nontoxic_solutions.htm

Source: eartheasy.com



MANAGING MOLD

It has happened to all of us at least once – you forget about the laundry that has finished or you leave a damp towel bunched up in a ball. By the time you remember to take care of it you find a musty smelling fungi taking over your once clean clothes. What is this fungus and how do you deal with it?

This fungus is called mold and it can have serious consequences on our health.

Some people are more sensitive to molds than others. For these people, mold can cause nasal stuffiness, eye irritation, wheezing or skin irritation. Those with serious allergies to mold may have more severe reactions including fever and shortness of breath. Some people with chronic lung illnesses, such as obstructive lung disease, may develop mold infections in their lungs.

Mold growth is encouraged by damp and humid conditions. Indoors, that could mean in your basement or showers. To combat mold in your home, consider the following recommendations:

- Keep humidity levels as low as you can – no higher than 50%. An air conditioner or dehumidifier can help you with this.
- Be sure your home has adequate ventilation, including exhaust fans
- Add mold inhibitors to paints before application
- Clean bathrooms with mold killing products, such as a bleach solution (1 cup of bleach in 1 gallon of water)
- Do not carpet bathrooms or basements
- Remove or replace previously soaked carpets and upholstery

Source: www.cdc.gov

Green Tea, Blueberry, and Banana Smoothie

The combination of green tea, blueberries and banana make this antioxidant-rich smoothie a nutritional powerhouse. Great post-workout energy drink!



Total time: 5 minutes
Makes: 1 Serving

Ingredients

- 3 tbsp. water
- 1 green tea bag
- 1 ½ cups frozen blueberries
- ½ medium banana
- ¾ cup fortified light vanilla soy milk

Directions

1. In small glass measuring cup or bowl, microwave water on high until steaming hot. Add tea bag and allow to brew for 3 minutes. Remove tea bag.
2. In blender with ice crushing ability, combine berries, banana, and milk.
3. Add tea to blender. Blend ingredients on ice crush or highest setting until smooth. (Some blenders may require additional water to process the mixture.) Pour smoothie into tall glass and serve

Nutritional information

Calories:	225
Fat:	2.7 g
Saturated fat:	0.2 g
Sodium:	52.3 mg
Carbohydrates:	51.5 g
Total sugars:	26.6 g
Dietary fiber:	7.8 g
Protein:	3.7 g

Source: prevention.com



CAFFEINE

Caffeine for Asthma

Here is some good news for asthmatics who love their morning coffee!

The chemical structure of caffeine is very similar to theophylline, the drug used to treat asthma. It has been shown even small amounts of caffeine can improve lung function and reduce asthma symptoms for up to 4 hours.

Caffeine, which should be consumed in moderation, is found in coffee, tea, and cocoa. It is important for people with asthma to know the effects of caffeine as they will need to avoid it for at least 4 hours prior to any type of lung function testing.

Source: [The Cochrane Library onlinelibrary.wiley.com](http://TheCochraneLibrary.onlinelibrary.wiley.com)

How Does Caffeine Keep You Alert?

Caffeine acts on our nervous system to temporarily ward off drowsiness and increase alertness. It does this by blocking the action of a natural brain chemical that is associated with sleep, known as adenosine.

To a nerve cell in the body, caffeine looks identical to adenosine. It steals its receptors and leaves no room for the sleep-inducing chemical to take its effects. Instead, the cells speed up and increase neuron firing in the brain, therefore increasing alertness.

In response to the increased activity levels in the brain, the body releases adrenaline, the “fight-or-flight” hormone. The effects this hormone has on your body include:

- Pupil dilation
- Opening up your airways
- Faster heart beat
- Increased blood pressure
- The liver releases sugar into the bloodstream for extra energy
- Your muscles tighten up, ready for action

The way caffeine acts in your body explains the initial feelings of increased alertness as well as the tense muscles, increased heart rate, and sleeplessness when you consume too much.

Source: tlc.howstuffworks.com

We would love to hear from you!
Send your suggestions / comments to:

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Magna Health Centre
375 Magna Drive, Aurora, Ontario L4G 7L6
e: wellness@magna.com

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