

W.O.W

Point Board

Average
Individual
Points:

Week 01: 11.2

Week 02: 24.8

Week 03: 24.3

Team Points

Team Aqua:
424.3

Team Emerald:
393

Team Ruby: 373

Team Violet: 314

Team Marigold:
245.8

Team Indigo:
97.5

Points are based on
individuals who
came to weigh-in's
last week.

They do not include
e-mailed
reports.

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Weekly

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Eat a Rainbow

Eating a range of fruits and vegetables not only adds color and variety to our diet, it ensures that our bodies get the nutrients it needs to thrive: *naturally*.

Fruits and vegetables contain vitamins and minerals and other naturally occurring substances that may help protect us from chronic diseases. Studies show that people who eat generous amounts of fruits and vegetables are likely to have reduced risk of chronic diseases, including strokes, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Doctors recommend that we eat each color of the rainbow daily, but that can certainly be a challenge for adults, and especially for children.

Eating the Rainbow - Here's how the colors, and their corresponding nutrients, stack up:

RED

Red fruits and vegetables are packed with disease-fighting lycopene. Some health benefits of lycopene include protecting our skin from harmful sun damage, reducing the risk of certain cancers and heart disease, and decreasing asthma-type symptoms when you exercise. The redder the fruit or vegetable, the more lycopene it has. Easy ways to get your reds: pasta sauce, red bell pepper strips dipped in hummus, dried cranberries in trail mix or oatmeal, or dessert of strawberries drizzled with chocolate sauce.

ORANGE

Fun fact: while beta-carotene is

in many vegetables like kale, spinach and broccoli, this nutrient is in such a high dose in "oranges" that it's what gives it the orange color. Beta-carotene is a powerful antioxidant that can help keep your immune system strong, among other benefits like supporting vision. Easy ways to get your orange: carrot sticks for snacks, dried apricots with nuts, pasta tossed with pureed squash and parmesan cheese, or shredded carrots in meatloaf.

YELLOW

Similar to the oranges, yellows contain carotenoids which decreases your risk of lung cancer, heart disease and arthritis, and supports your respiratory system so our kids can run, skip and play all day. Easy ways to get the yellows: yellow tomatoes or bell peppers sautéed for a fresh pasta toss, yellow squash on grilled kabobs, or chilled pineapple on a popsicle stick.

GREEN

A few kid-friendly greens packed with nutrients include: Broccoli - just one serving provides 2 days worth of vitamins C and K. Try pesto with broccoli instead of basil or spinach, toss small bites into macaroni and cheese, or use as a pizza topping. Avocado - not just full of vitamins, but a great source of healthy fats.

Spinach - Popeye was smarter than we thought. Full of iron and folate, spinach does wonders for growing bodies. Try

tossing it into a stir fry with other vegetables, use in a pesto sauce with pasta, or layer into lasagna or enchiladas.

BLUE and PURPLE

Blue and purple vegetables get their color from healthy flavonoids - the key to maintaining healthy bodies and aging well. This color group is also believed to help reduce the risk of cancer, stroke and heart disease. Blueberries are often a favorite antioxidant. These disease-fighting balls of goodness can easily be a year-round treat by freezing some over the summer. Try them in smoothies, dried in trail mix, cereal, and use them to sweeten just about anything, including unflavored yogurt.

WHITE

Foods from this color group may help lower cholesterol and blood pressure, and could reduce the risk of stomach cancer and heart disease. Some members of the white group, such as bananas and potatoes, are good sources of the mineral potassium, too. Remember, those benefits are only the minimum, because nutritional value varies from plant to plant. For example, red apples and kiwi also contain a good dose of Vitamin C. All plant foods, regardless of color, contain fiber to help clean the digestive system and keep you feeling full. Many also have antioxidants to help reduce the risk of some cancers. With so many benefits from eating a rainbow of colors, don't settle for a dull and boring plate. Add color to your diet and your body will thank you!

The link between Good Nutrition and Skin Tone

Many people wonder can carrots make your skin turn orange. The truth is if you eat too many you can develop a orange tint to your skin none as carotenodermia. This can only happen if you eat dozens of carrots in a small amount of time. Reducing your intake of beta-carotene should cause the condition to reverse. However, carrots are not the only vegetable that can have an impact on your skin tone. While most of us already know that eating several servings of fruits and vegetables is good for our overall health, did you also know it's good for your skin? And, if you eat enough, you may even develop a healthy glow not unlike that suntan you'd normally pick up at the beach.

Researchers at the University of Bristol found that carotenoids, or yellow and red antioxidants thought to impact the immune system and fertility, play a role in healthier skin. The study, published in the journal *Evolution and Human Behavior*, revealed that those with more glowing skin had higher levels of carotenoids.

Carotenoids are commonly found in fruits and vegetables such as yellow and red peppers, spinach, apricots and melons.

The deep colored ones, such as tomatoes, carrots, peppers and melons contain potent antioxidants such as the carotenoids that are known to give the skin a healthy glow and have been shown to help protect the skin from the damaging effects of sun exposure.

Most nutrition and health associations recommend a minimum of five serv-

ings of a variety of fruits and vegetables per day.

"Most people in the West think that the best way to improve your skin color is to get a suntan," said Dr. Ian Stephen, the study's lead researcher from the University of Bristol, in a press release Monday. "But our research shows that eating lots of fruits and vegetables is actually more effective."

Fruits and veggies are nutrient packed foods and contain a "synergy of nutrients, enzymes and antioxidants that are the building blocks to the production of healthy new skin cells," says Simpson. "New skin cells are produced every three to five weeks [slower as we age], and if you are eating the right nutrients, these cells will be healthier."

The same is true for animals. For example, female birds often gravitate to the males who exhibit brighter and healthier color. This bright coloration of the male's feathers is caused by the same antioxidant carotenoids that affect human skin tone.

During the second part of the study, scientists set up a computer program that allowed participants to alter the images of 51 faces by increasing or decreasing their skin tone based on suntan or carotenoids. The participants were told to make the faces look as healthy as possible. In the end, individuals preferred the carotenoid skin color over the look of a suntan.

"Our study shows that not only do people use color cues to judge how healthy other individuals are, but they are accurate when they make those

judgments," says Professor Dave Perrett who heads Perception Labs at the University of St. Andrews in Scotland where the study was held.

Scientists and doctors have long known that what we eat has a direct effect on how we look, so it is no coincidence that a healthy body and healthy skin go together. In addition to the basics of health like regular exercise and hydration, there are a number of fruits and vegetables that are packed with nutrients that can help your skin stay healthy.

Avocados are brimming with vitamin E and antioxidants. Vitamin E is essential to skin health and regeneration, while antioxidants slow cell aging.

Berries have some of the highest antioxidant levels of any food, and thus are great for skin health. Raspberries, blueberries, strawberries and cranberries are all great choices.

The beta-carotene in carrots helps the body form collagen and regenerate cells. Eating carrots even gives the body a natural (if very mild) sunscreen.

Spinach boasts an incredibly long list of important vitamins, many of which help the body's systems function properly, repair cell damage and deliver nutrients where they are needed, including your skin.

The vitamin C in oranges and other citrus fruit is a powerful antioxidant that helps rejuvenate skin and support overall health.

EASY MOVE: HAMSTRING ROLLS

Using the ball to work your hamstrings is a great way to target the lower body as well as the abs and back to help you stabilize the body.

1. Lie down on the floor and place both heels on the exercise ball.
2. Lift the hips up so that your body is in a straight line from head to toes.
3. Press the heels into the ball to roll the ball in, contracting the hamstrings. Keep the feet flexed.
4. Roll the ball back out, keeping the hips lifted.
5. Repeat for 1-3 sets of 8-16 reps. For a modification, lower the hips to the floor after rolling the ball out to decrease the intensity.

