

All Natural, Non-caloric Sweetener? Truvia™: The new Stevia

BY ERIN DAVIS, RD, CNSD, LD

What is Stevia?

Stevia is an herb that grows in South America that has a bitter, licorice taste. It has been used as a non-caloric sweetener for hundreds of years in Paraguay. Until recently, it has only been sold as a dietary supplement because the components that come from the Stevia leaf are difficult to research for safety.

What is Truvia™?

Truvia™ is the trade name for rebiana, the best tasting part of the non-caloric stevia leaf. The claim is it is a natural, pure ingredient that has been well studied for safety. The FDA recently passed Truvia™ as a Generally Recognized as Safe Food Additive.

How do you use it?

Truvia™ is a “natural” non-caloric sweetener. One packet of Truvia™ is equivalent to two teaspoons of sugar (equivalent to splenda or equal).

Where do you find Truvia™?

Local Grocery Stores: Safeway, Harris Teeter, and Whole Foods Market

Products that contain Truvia™: Dr. Pepper, Odowalla juice drinks, Sprite Green, Trop50 and SoBe Lifewater

Disclaimer: The FDA recently approved this product. Controversy surrounding Truvia™ stems from conflicting research on its safety and critics who say there is not currently adequate research for this product to be in common consumer products. Remember: Everything in moderation. Follow the Dietary Guidelines that state eating a variety of foods each day and keep empty calories like artificial or natural non-caloric sweeteners to a minimum.

Resources:

Truvia™: www.truvia.com
 Stevia: www.stevia.com
 FDA and Truvia™: <http://www.cfsan.fda.gov/~rdb/opa-g252.html>



Focus On FITNESS

FEBRUARY / MARCH 2009

NEW YEAR'S GOALS: MAKE THEM S.M.A.R.T.

RUN for your LIFE

3 KILLER EXERCISE TECHNIQUES

plus TRAINER PROFILES



&
TRUVIA:™
The new Stevia

2009

Goal Setting in the New Year: Make it S.M.A.R.T.

BY JOHANNA O'CONNELL

It's a fact that 4 out of 5 people will eventually break their New Years Resolutions—and one third won't even make it to the end of January. Are you in this boat? Don't despair, just review that goal, and make it SMART this time around!

- S Specific:** What exactly do you want to accomplish? Don't "run a race" but "run the Army 10 miler".
- M Measurable:** Speak in terms of numbers. Don't "lose weight," but "lose 5 lbs".
- A Attainable:** Most any goal can be reached if you plan correctly. If you're not training yet, a marathon next month is not a smart goal. But next year, definitely!
- R Realistic:** Consider barriers or conditions—for example, genetics play a huge factor in body shape. Set fitness goals that are healthy for YOU—consult a trainer for help.
- T Time-bound:** Set short-term goals (30 days) as well as long term (a year). Reward yourself when you reach those goals!



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Personal Trainer Profiles



Name

Paul Riordan

Qualifications

- USAW Sports Performance Certification
- NASM Certified Personal Trainer
- CrossFit Level 1 Certified
- Pursuing MS Exercise Science, GW

Paul's Words of Wisdom

“Physical activity is what you make of it. From the competitive body builder to the recreational golfer, find an activity that you are passionate about and do it as much as possible. Being fit will only last as long as your motivation to pursue it does. I believe that your enthusiasm and your level of enjoyment are just as important as the types of activities you do.”



Name

Rachel Abair

Qualifications

- ACE Lifestyle/Weight Management Consultant
- ACSM Health/Fitness Instructor
- Pursuing MS Exercise Science, GW

Rachel's Words of Wisdom

“Balance! Physical, Mental, Nutritional, and Time Balance. Learn to compromise between challenge and enjoyment in all of these aspects. Balance mental challenge with something you enjoy - like a movie. If there's too much food enjoyment, balance with a challenge - like vegetables! Try new activities - maybe yoga or football, but also participate in activities you enjoy - like yoga or football!”

Q What is the benefit of including plyometric training into a workout routine?

A Plyometric activity can be used to improve quickness, agility, and vertical jump, increasing your potential for greater sports performance. Explosive training can also be a great way to increase the intensity of a workout or just switch up your routine. Though beneficial for a variety of goals I would be cautious if you are inexperienced. Try them out this spring in the Extreme Training Class: it's free!!!

Q I have bad knees, should I avoid cardio in order to not make them worse?

A No! Avoiding cardio may make them worse. Instead, try sticking to cardio that puts less stress or weight on the knees: walking, elliptical, bike, or swimming. Additionally, combining cardio with knee strengthening exercises (try squats or leg press) is best to getting your knees back to business.

RUN FOR YOUR LIFE...IF YOU WANT TO LIVE A LONG AND HEALTHY ONE!

BY JOHN SHACKLETON

A recently released study shows that runners are half as likely to die over a twenty-year period as people who do not run. Beginning in 1984, researchers from Stanford University conducted annual surveys on groups of runners and non-runners. The group of runners consisted of members of a national running club, all of who exercised up to 200 minutes per week. The group of non-runners engaged in only twenty minutes of weekly exercise. All participants were fifty or older, healthy and of similar social and economic backgrounds.

After two decades, there were about twice as many deaths in non-runners than runners. (Interestingly, runners even had fewer musculoskeletal injuries specifically at the knee joint) Runners also experienced a reduced risk of heart disease, cancer, and neurological diseases compared with non-runners. Bottom line: run for your life (or regularly engage in other vigorous physical exercise) if you want to live a long and healthy one.

<http://www.msnbc.msn.com/id/26143460/>



3 Killer Exercises To Make Your Whole Body Stronger

BY PAUL RIORDAN

WORKOUT CORNER

1

The Squat: Body weight, single leg, back, front, or overhead Squat, there is a variation for every person and every workout. The squat is an easy way to hit every muscle in the body, but certainly not an easy activity.

The Squat Technique:

- Feet just past hip width, toes straight ahead or turned slightly out
- Back is flat, retracted, "tight"
- Get thighs parallel to the ground--hips at least level with knees

2

Push-ups: From the knees, feet, one-handed, weighted, or even upside down, the push-up is a great upper body press activity, and also works your entire core.

Push-up Technique:

- Hands just past shoulder width
- Back flat, hips down—straight line from head to heels
- Drop as low as you can go

3

Pull-ups: Assisted, close-grip, wide-grip, kipping, or single arm, the pull-up is a great upper body pull activity.

Pull-up Technique:

- Start with your arms fully extended, essentially just hanging from the bar
- Pull as high as you can, or at least till chin is above bar

1. The Squat



2. Push-ups

3. Pull-ups

