



Kansas City, Kansas Public Library

Want to lose weight? Get a healthy appetite!

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You've been very good. You've stuck faithfully to your strict (fill in the blank) diet, and you've lost an amazing 30 pounds!

But, guess what? Now, you're going to need to give up another 500 calories a day just to maintain your new weight.

No, it's not fair. However, the sad fact is that, if you lost weight by cutting calories, your 30 pound weight loss was probably only 20 pounds of fat.

The other 10 pounds was more than likely composed of calorie-burning muscle. Muscle that burns more calories than

any other body tissue, up to 50 calories per pound per day. So, without that 10 pounds of muscle, you can kiss another 500 calories a day goodbye.

Or, you can stop dieting and start revving up your metabolism.

How?

According to ACE Certified Personal Trainer Renee Cloe, you can boost your metabolism through "strength training and a healthy appetite."

To learn more, check out these books:



It must be my metabolism! : a doctor's proven program for losing weight by reversing metabolic syndrome

Make over your metabolism: 4 weeks to a faster metabolism and a fitter, firmer body

Maximize your metabolism : double your metabolism in 30 days or less!

Fire up your metabolism : 9 proven principles for burning fat and losing weight forever



Health Notes is produced by Terri Cline, Community Services Librarian Main Library

Fitness from 9 to 5

Desk jockeys beware!

If your job involves sitting in an office or cubicle all day, here's some bad news: you're probably only burning about one calorie per minute.

No wonder the weight piles on when we take in an average of 2,000 calories a day, and only

burn one calorie per minute at work.

The Surgeon General recommends 30 minutes of physical activity a day. The good news is that it doesn't have to be all at once.

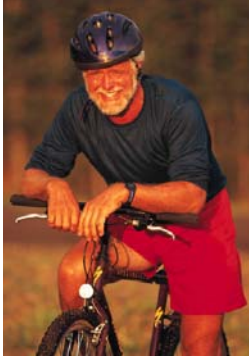


The even better news is that it is possible to get 30 minutes of physical activity at work.

How?

Check out the book, *Fitness 9 to 5: easy exercises for the working week.*

How old is old?



Staying active can add years to your life.

In Puerto Rico, Emiliano Mercado del Toro marches in a parade.

In China, Ruan Ruide gets up in the morning and goes to work in the fields.

In Chechnya, Zabani Khakimova works around the house and looks after her great- and great-great-grandchildren.

None of this would be particularly remarkable, except for the fact that Emiliano Mercado del

Toro is 115 years old, Ruan Ruide is 120, and Zabani Khakimova is 124!

What's the secret to a long, active life? Check out the following books and find out:

50 secrets of the world's longest living people

Can we live 150 years?: your body maintenance handbook

Fantastic voyage: live long enough to live forever

Life beyond 100: secrets of the fountain of youth

The life extension revolution: the new science of growing older without aging

The longevity bible: 8 essential strategies for keeping your mind sharp and your body young

Secrets of longevity: hundreds of ways to live to be 100

Younger next year: a guide to living like 50 until you're 80 and beyond

Feed your brain

How important is your brain?

Although it makes up just 2 percent of your total body weight, it uses 20 percent of the calories that you consume.

While your brain may seem like an energy hog, keep in mind that it has a lot on its "to do" list.

Your brain directs your conscious thoughts and actions, plus a lot of things you don't think about...like breathing, digesting your food and keeping your heart beating.

Yet, when people talk about improving their bodies, it's always the abs or the thighs or the biceps that get all of the attention.

What about your brain? What should you be doing to keep those 100 billion nerve cells healthy?

Check out *The Brain Diet* by Alan Logan and find out how to keep your brain as healthy as the rest of your body.

The human brain is the most complicated organization of matter that we know.

— Isaac Asimov

The white coat effect

It's called "white coat hypertension," and it refers to the fact that just being face to face with a doctor is enough to raise your blood pressure.

Many people find it hard to talk to someone who can make them so nervous, even though their health may depend on it.

What can you do to improve communication with your doctor and get the best care possible? Check out these books for some suggestions:

American Medical Association guide to talking to your doctor

Doctor office visits that work: how

to get what you need from your doctor

The Essential patient handbook: getting the health care you need - from doctors who know

You, the smart patient: an insider's handbook for getting the best treatment



One out of every 10 patients suffers from white coat hypertension.

Super foods

You know that some foods are good for you.

You know that some foods are bad for you.

But, did you know that some foods may be super good for you?

For instance, as Thanksgiving approaches, you can tackle that pumpkin pie with glee knowing that pumpkin is loaded with phytonutrients that can keep your skin young and help prevent damage from sunlight.

What other super foods are out there? Here's a list of some of the best:

- Beans
- Blueberries
- Broccoli
- Oats
- Oranges
- Wild salmon
- Soy
- Spinach
- Tea
- Tomatoes
- Skinless turkey breast
- Walnuts
- Yogurt

Check out these books to learn more about what super foods can do:

Dr. Gillian McKeith's living food for health : 12 natural superfoods to transform your health

Miracle foods : 25 super-nutritious foods a healthy lifestyle

Super foods : the essential guide to boosting energy, fighting disease, and losing weight

Superfoods Rx : fourteen foods that will change your life



Nutrient-rich super foods can help keep you healthy.

Stamina to spare

What does tennis great Martina Navratilova know about staying in shape? As she approaches 50, she tells this story:

There I was, running sprints on the track at a local high school to improve my speed on the tennis court. Nearby, a group of 14-year-old boys watched me go through drill after drill.

One of the boys spoke up, "Whose mom is that? She's really cool."

Well, I don't know how "cool" I looked...but I do know that I can outrun many women who are half my age, still play tennis competitively, and do all the other sports I love.

Navratilova dominated women's tennis for years, and was the first female athlete to

earn a million dollars in one year. She retired from tennis at 37, but returned six years later.

How did she manage to compete in a sport as demanding as professional tennis well into her forties?

Find out in her new book, *Shape Your Self : my 6-step diet and fitness plan to achieve the best shape of your life.*

Why am I still playing?

Because I can.

— Martina Navratilova

Celebrity health secrets

How do they do it?

Celebrities live the good life, yet somehow manage to stay super fit. Their days are stress-filled, yet they keep smiling for the cameras.

Of course, there's the personal trainers, chefs, and therapists who are at their beck and call. But, when it comes to actually

doing the sit-ups or handling the stress, they're all alone.

What works for the stars?

Check out these books and find out:

5-Factor fitness : the diet and fitness secrets of Hollywood's A-list

6 weeks to a Hollywood body : look fit and feel fabulous with the secrets of the stars

The Body Noble : 20 minutes to a hot body with Hollywood's coolest trainer

The Gurus' guide to serenity : a me-time menu of celebrity stress reducers

Kathy Kaehler's celebrity workouts : how to get a Hollywood body in just 30 minutes a day



Julia Roberts is one of the stars trained by Kathy Kaehler.

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New Health Books

The 7 step diabetes fitness plan : living well and being fit with diabetes, no matter your weight

10 habits that mess up a woman's diet : simple strategies to eat right, lose weight & reclaim your health

The 10-minute energy solution : a 30-day plan to increase your energy, reduce your stress, and transform your life

Action plan for high cholesterol : your guide to preventing plaque and maintaining a healthier heart

The Breast cancer prevention plan : 20 proven steps for reducing your breast cancer risk

Eating, drinking, overthinking : the toxic triangle of food, alcohol, and depression--and how women can break free

The Extraordinary healing power of ordinary things : fourteen natural steps to health and happiness

The Healthy guide to unhealthy living : how to survive your bad habits

Heart smart : a cardiologist's 5-step plan for detecting, preventing, and even reversing heart disease

Strength training for seniors : how to rewind your biological clock

Health Notes is produced by Terri Cline, Community Services Librarian at the Main Library, (913) 279-2064.

When you can't focus



Attention Deficit Hyperactivity Disorder (AD/HD) affects up to 5% of American children. But, did you know that it also affects as many as 8 million adults in this country?

In fact, AD/HD is the second most common psychiatric disorder. Only depression claims more victims.

The symptoms of AD/HD in adults are the same as in children: difficulty in staying focused, paying attention and getting things done.

Consider the following questions to see if you might have adult AD/HD:

- How often do you have trouble wrapping up a project?
- How often do you have difficulty getting things in order?
- How often do you avoid or delay getting started on a project?
- How often do you forget appointments or obligations?
- How often do you fidget or squirm?
- How often do you feel overly active and compelled to do things?
- How often do you make careless mistakes?
- How often do you have difficulty focusing on boring tasks?
- How often do you have difficulty concentrating on what people say?
- How often do you misplace or have difficulty finding things?
- How often are you distracted by activity or noise around you?
- How often do you leave your seat in meetings or other situations?
- How often do you feel restless or fidgety?
- How often do you have difficulty unwinding?
- How often do you find yourself talking too much?
- How often do you finish other people's sentences?
- How often do you have difficulty waiting your turn?
- How often do you interrupt others?

For more information on adult AD/HD, check out *Scattered Minds: Hope and Help for Adults with Attention Deficit Hyperactivity Disorder*.