

On December 11, 2007 the New York Times published an article titled "Mental Reserves Keep Brains Agile". The article touched on different ways to keep your brain sharp to ward off dementia and stated that "perhaps the most direct route to a fit mind is through the body." Siting the work of Sam Wang, neuroscientist at Princeton University, Wang stated that physical exercise "improves what scientist call 'executive function', the set of abilities that allows you to select behavior that's appropriate to the situation, inhibit inappropriate behavior and focus on the job at hand in spite of distractions. Executive function includes basic functions like processing speed, response speed and working memory." Just another reason to exercise. Not only does it help your body stay lean and strong, but it also helps your brain stay sharp.

Here's my recommended Book List for 2008.

John Wooden "A Lifetime of Observations and Reflections On and Off the Court"

Phil Jackson "Sacred Hoops"

Lance Armstrong "It's Not About the Bike"

Kevin Carroll "Rules of the Red Rubber Ball"

Michael Jordan "I Can't Accept Not Trying"

Elizabeth Gilbert "Eat, Pray, Love."

Dave McCullough "John Adams"

Tony Dungy "Quiet Strength"

Sidney Poitier "The Measure of a Man"

These are great books that touch on living life, filling the spirit of a person, and become the best you can be. Books can give you a different perspective and inspire you to new and better ends. Take a read.

How is that vision board coming? Thought I would forget about it huh?

For all your health and fitness needs check out seeresultsfitness.com. This innovative and motivational trainer will help you improve you health and fitness. From sports specific training, rehabilitation, group and partner training, or fitness training, Results Fitness Training can help you achieve your goals and See Results

[Refer a Friend - Click Here](#)

Ian McGriff

Results Fitness Training

[Email Me](#)

[My Site](#)

812-342-4495

Results Testimonials

I love working out with Ian! I have never felt so strong, athletic or graceful. I love that when I started with Ian I could barely do 2 dips or 1 push up and now I can do nearly 20 of each! Unbelievable! I love working out with Ian!! Amy Mueller, Columbus, IN

Ian has done a great job of helping me achieve my fitness goals. I used to think that working with a personal trainer wouldn't make much of a difference, but I was wrong! Working with Ian enhances my motivation and I look forward to our training sessions as an opportunity for me to learn from an expert. Judith Spector, Columbus, IN

Ian is encouraging, enthusiastic, and eager to bring out the best in my health and fitness potential. As a physician, I have found there are multiple roles to play including "shrink". I give you credit for keeping my sanity and giving me that 3 P.M. rush of energy after completing an early 6:15 A.M session. I never

The Ultimate Prescription - Exercise lowers blood pressure and improves cholesterol levels

These days it takes more than an apple a day to keep the doctor off your back.

The good doc is going to pester you about your blood pressure and cholesterol levels - apple or not. And who can blame him?

According to the American Heart Association, 105.2 million adults have borderline to high risk blood cholesterol levels. In addition, nearly one in three adults suffers from high blood pressure. And these numbers grow every year.

So what do you do? Pop a pill and try not to think about it? Or maybe you don't even bother to have your blood pressure and cholesterol checked – what you don't know can't hurt you, right?

Whether you've had your blood pressure and cholesterol levels checked lately or not, these conditions are deadly and sneaky - many people are unaware of the danger lurking in their own arteries.

What's so bad about high blood pressure and cholesterol levels? In a nutshell, these conditions raise your chances for having a stroke, kidney failure, heart disease or heart attack. Here's the lowdown:

Blood Pressure is recorded in two numbers. The first describes your systolic blood pressure. This is the pressure when your heart is squeezing blood out. The second is your diastolic blood pressure. This is the pressure between heartbeats, when your heart is filling with blood.

The ideal blood pressure to have is 120/80 or lower. Blood pressure that falls between 120/80 and 140/90 is considered to be prehypertension - meaning that your blood pressure is higher than normal. If your blood pressure is 140/90 or higher then you officially have high blood pressure.

Cholesterol is also recorded in two numbers - high - density lipoproteins (HDL) and low - density lipoproteins (LDL). The distinction between HDL and LDL is actually quite important - LDL delivers cholesterol to your body while HDL removes cholesterol from your bloodstream. In other words, HDL cholesterol is good and LDL cholesterol is bad.

When there is extra cholesterol in your bloodstream it lines your arteries, causing them to narrow. These deposits can block an artery that flows to your heart - resulting in a heart attack, or they can block an artery that flows to your brain - resulting in a stroke.

thought cross training could be so "fun". Jennifer Szyphak , Asheville, NC

Results Training with Ian McGriff

Get access to the best workouts of your life. See RESULTS and sculpt your best body ever! Train with me, Ian McGriff, and I GUARANTEE that together, we can achieve your fitness goals. Online training available and limited one on one training sessions available today! Don't miss out on the opportunity to have the body you want! Contact me today!

See Results Quotes

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. Thomas Jefferson

Create for yourself a great day today and tomorrow you will have created an opportunity.

See Results Training

See Results Links

[Runner's World](#)

[Yahoo Health News](#)

[Discovery Health Page](#)

[Food Network Healthy Eating Page](#)

The ideal cholesterol level to have is a number less than 200. Between 200 and 239 you are considered to have borderline high cholesterol, and 240 or higher puts you in a danger zone.

Will exercise really help lower your high blood pressure and improve my cholesterol levels? It sure will - and here's how:

Weak Heart Muscles pump little blood with lots of effort. By exercising you strengthen your heart muscles and train them to pump more blood with less effort. The stronger your heart is the less pressure will be exerted on your arteries.

Exercise Increases HDL levels in some people - this means a decrease in your risk for heart disease. Other heart disease risk factors such as weight, diabetes and high blood pressure all show improvement with regular exercise.

Let's be totally honest for a moment. Sure, you may be taking medication, but you need to fix the problem rather than simply hold it off.

If exercise isn't currently part of your lifestyle you will be amazed at how it will improve your health once you start. I'm sure your doctor could share a myriad of success stories involving people just like you who dramatically improved their blood pressure and cholesterol through exercise.

Health. Isn't that what we all ask for in the New Year?

Exercise is the answer.

The benefits of a consistent and challenging exercise program are numerous - did you know that exercise will even improve your sleep?

I am in a unique position to assist you in grabbing onto the good health that you deserve. Call or email me today to schedule your fitness assessment and get started on an exercise program that will change your life.

Guilt Free Flavor

Looking to add flavor to your meal without adding extra calories? Try fresh herbs and spices. You will enjoy more flavor AND a smaller you! Remember to avoid creamy or oily dressings-while these are flavorful, they are also filled with fat and calories.

Chocolate-Berry Parfaits

Everyone is entitled to have a sweet tooth-this recipe will fulfill your craving while maintaining your waistline.

Servings: 2

Here's what you need...

- 1.4oz package fat-free, sugar-free chocolate flavored pudding mix
- 1 cup nonfat milk
- 3/4 cup nonfat cottage cheese
- 1/2 cup nonfat plain yogurt
- 4 fresh strawberries, sliced
- 1 packet Sweet 'n Low

- Whisk together the chocolate pudding mix and nonfat milk until smooth. In another bowl, whisk together the cottage cheese, yogurt and sugar substitute.
- Layer pudding, cottage cheese mixture and sliced strawberries to create 3 layers in 2 glasses.

Nutritional Analysis: One serving equals: 156 calories, 0g fat, 18g carbohydrate, and 23g protein.

Help me spread the fitness truth... Forward a copy of this newsletter to your friends, family or co-workers who would benefit from my exercise articles, tips, and healthy recipes. Just use the '*Refer a Friend*' link below!

[Forward This Newsletter - Refer a Friend](#)

Email: mcgriffi@gmail.com

Phone: 812-342-4495

Web: www.seeresultsfitness.com