



KETTLEBELL NEWS



**YOU NEED TO TRY
KETTLEBELL !!!!**

**Curious about Kettlebell?
Want to give it a try?
ChrisFit is offering all
newcomers one FREE trial
class. Contact Chris @
818-0078 for more info.**

Client Recognition

Wendy Swearingen

**11 Pounds
7.5 Inches
4.1% Bodyfat**

**Wow!!
Great Job Wendy!!**

Checkout ChrisFit.net for new articles relating to health and fitness.

ChrisFit is pleased to announce the availability of the following products: EFA Gold (an essential fatty acid blend) and Joint Care, a supplement to promote healthy joints. Go to ChrisFit.net and visit the "Store" section for these and other products.

Announcements



Featured Article

The Lowdown on Essential Fatty Acids BY : Mike Hajaway

I think people are beginning to realize that not all fat is bad, especially essential fatty acids (EFA's), yet approximately 80% of Americans lack sufficient amounts of EFA's in their daily diet.

Fats In General

The main components of all fats are fatty acids, which consist of either saturated, monounsaturated or polyunsaturated fats. Fats that contain a high proportion of saturated fatty acids are generally solid at room temperature and are commonly known as saturated fats. They are usually derived from animal sources such as lard, suet, and butter. Most plant fats are high in either polyunsaturated or monounsaturated fats except palm and coconut fat, which are highly saturated. Saturated and monounsaturated fats are not necessary in the diet as they can be made in the human body.

Essential Fatty Acids

Essential fatty acids (EFA) cannot be made by the body, thus must be supplied through the diet. They are essential for rebuilding and producing new cells.

Two basic categories of EFAs are Omega-3 and Omega-6. Omega-6 EFAs include linoleic and gamma-linolenic acids, which are found in raw nuts, seeds, legumes and sesame and soybean oil. Omega-3 EFA's include alpha-linolenic and eicosapentaenoic acid, which is found in fresh deepwater fish, fish oil, certain vegetable oils such as canola and flaxseed oils.

These essential fatty acids are needed for the production of compounds known as eicosanoids, which help regulate blood-clotting, blood pressure, heart rate, immune response, and a wide variety of other biological processes.

What Is Function of EFA's?

- Transport oxygen from red blood cells to the tissues
- Promote brain development
- Keep saturated fats mobile in the blood stream
- Are an anti-inflammatory (rheumatoid arthritis, ulcerative colitis, Crohn's disease)
- Regulate pressure in the eye, joints, and blood vessels, and mediating immune response
- Regulate bodily secretions and their viscosity
- Dilate or constricting blood vessels
- Regulate collateral circulation
- Reduces blood pressure / Dilates blood vessels
- Regulate cell division rate
- Maintain the fluidity and rigidity of cellular membranes
- Regulate the inflow and outflow of substances to and from cells
- Direct endocrine hormones to their target cells
- Maintain proper kidney function and fluid balance
- Prevent blood cells from clumping together (blood clots that can be a cause of heart attack and stroke)
- Regulate smooth muscles and autonomic reflexes
- Regulate nerve transmission and communication
- Support cardiovascular health

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Quote:

Never lose sight of your passion. If you do, look for it and look for it hard. When you find your passion again, never let it go..... no matter what... for our passions are what fuel our happiness in life.

Omega 3 Fatty Acids

Omega-3, is the name given to a family of polyunsaturated fatty acids. The parent omega-3, alpha-linolenic acid (ALA), is described as essential because, similar to vitamins, it must be obtained from diet.

Omega-3 fatty acids play an important role as structural membrane lipids, particularly in nerve tissue and the retina and act locally to influence a wide range of functions in cells and tissues.

Both omega 3 and omega 6 cannot be inter-converted and both must be present in the diet in a proper balance for good health. The difference between omega 3 and omega 6 fatty acids lie in their chemical structure and their roles in the body. Basically, the omega-3s have anti-inflammatory benefits and help prevent heart disease, whereas omega-6s lower blood cholesterol and support the skin.

Food Sources For Omega 3 Fatty Acids (Alpha-Linolenic Acid):

Flaxseeds (linseeds)
Mustard seeds Pumpkin seeds Soya bean Walnut oil
Green leafy vegetables Grains

Oils Made From:
Linseed (flaxseeds)
Grapeseed (canola)
Soya beans

Fish is not the only source of omega 3 acids. Flaxseed oil contains twice as much as is found in fish oil.

Omega 6 Fatty Acids

Omega 6 is linoleic acid. It is a polyunsaturated fatty acid.

Deficiencies in EFAs can lead to reduced growth, a scaly rash called dermatitis, infertility, and lack of ability to fight infection and heal wounds. Lack of omega-6 fatty acids, however, is extremely rare in diets of those living in certain Western countries, particularly the United States. In fact, North American diets tend to have too much omega-6, particularly in relation to omega-3 fatty acids. This imbalance contributes to long-term diseases such as heart disease, cancer, asthma, arthritis, and depression. For optimum health and disease prevention, the balance should consist of one to four times more omega-6 fatty acids than omega-3 fatty acids.

Good Sources For Omega 6 Fatty Acids (Linoleic Acid):

Vegetables Fruits Nuts Grains Seeds
Oils Made From:
Safflower Sunflower Corn Soya Evening primrose Pumpkin Wheat germ

Why Supplement With Essential Fatty Acids?

If one does not eat enough EFAs, there is a greater risk of hardening of the arteries, abnormal blood clot formation, coronary heart disease, high cholesterol, and high blood pressure. Essential fatty acids are polyunsaturated fat and super polyunsaturated fat so your body utilizes them as building materials for cell membranes throughout the body. Without them, the body has to use other harder fats such as saturated fat, which produces harder arteries and many other heart problems. Essential fatty acids also produce prostaglandins, which are similar to hormone elements required for energy metabolism, cardiovascular and immune system health.

Note: Now available at ChrisFit.net – EFA Gold, a blend of Essential Fatty Acids for your overall health and wellness.