

The RAMB Wellness Challenge



June 2008

What Happened to Tim Russert?

If you read nothing else in this newsletter, take the time to watch the video clip of ABC's Diane Sawyer interviewing Dr. Oz about the mechanics of the heart attack that killed Tim Russert, warning signs and how it might have been avoided. [Watch Video](#)

Body-Mass Index, Waist-to-Height Ratio & More

Use this calculator to give you an idea if your waist to height ratio and BMI numbers. Knowing your numbers will help evaluate your health risks. [Click Here](#)

When minutes count, it pays to know the signs.

[Click here](#) to learn more about the warning signs of a heart attack, stroke or cardiac arrest, and how you should respond to potentially save someone's life.

8 Ways to Blast Belly Fat

Exercise and diet tips for a slimmer stomach from CanadianLiving.com.

Discover how to whittle your waistline and shrink ab fat cells, from reducing trans fats to lowering your stress levels. [Full Story](#)

Belly Fat Blaster Workout Video

[Watch Video](#)

This 20-minute intermediate "belly fat blaster" workout video



From Kim Kirschner

RAMB Chairman of the Board

Dear RAMB Members,

Change. As human beings we seem to be hard wired to resist change. I'm not talking about the standard stage of life changes-those that occur naturally.

Rather, change that requires tremendous effort or produces stress. Like starting and maintaining a diet and fitness routine, a lifestyle change that produces weight loss and better health. For many that type of change requires significant motivation. The most common motivator is catastrophic illness that hits pretty close to home.

Sad but true Tim Russert's death has, for many, been that catastrophe. He may not have been our family but those of us who welcomed him in to our homes every week with "Meet the Press" felt a kinship. Doctors have reported a large increase in calls from patients and families eager to avoid a similar tragic outcome. What scares us is the immediacy and finality of Russert's death. He was seemingly healthy, under a physicians' care (he had just had a stress test in April), he did not have diabetes and his cholesterol was within normal ranges. But he carried too much belly fat for way too long and there is no question that it was fatal.

The catastrophic medical event that killed Russert is called sudden cardiac death, a change to the heart that can come on with or without a heart attack. Russert's physician, Michael Newman, told NBC News that plaque from a clogged artery ruptured, traveled to his heart and blocked it. The result is a quickly cascading chain of events that Russert may not have even felt coming.

Dr. Samuel I. Belkin, Surgeon in Chief at the Montefiore Medical Center in New York, N.Y. adds that the ruptured plaque which killed Russert can occur in patients who only have moderately blocked blood vessels. "The truth is that this story is a recurring daily event, striking people in their prime and without warning,"

I am often amazed by how often people who are overweight tell me that they are comfortable with their weight because their blood pressure and cholesterol (whether naturally or because of medication) are in "normal range". Russert's tragic death puts the lie to this belief.

Besides the link to heart disease, several studies have found a link between abdominal fat and markers of chronic inflammation. A new study finds that belly fat could be making you hungrier by producing a hormone called Neuropeptide Y, which not only makes you eat more but stimulates the production of new fat cells! Then there's a study by the University of Southern California (USC) that suggests the release of lipids from abdominal fat, which drains directly to the liver, increases overnight, providing additional insight as to how abdominal fat is associated with type 2 diabetes risk.

To make the best of a bad situation, there has been a tremendous amount of press focused on the issue of belly fat, and this issue of our newsletter shares a number of relevant articles with you.

We will also highlight upcoming races and fitness events which might give you just the goal you

from Dr.s Oz and Roizen of "You on a Diet" targets belly fat. No gym membership necessary -- add this to your 30 minute daily walk and watch your fitness quotient rise!

Join RAMB 2009 Team & Save! ING Miami Marathon and Half Marathon



Register by July 9 for Additional Savings

[Click Here](#) to Register. Enter **RAMB2009** in the "Referral Code" box and get \$10 off the Full Marathon and \$5 off the Half Marathon. Register by July 9 and receive an additional discount. Pricing to participate will increase throughout the year. The earlier you register, the more you'll save! Join the RAMB Team for the 5K, Half Marathon, Marathon in January 2009!

Starting a Walking Program?

So you can't or don't want to run, but I'll bet you can walk! Mayo Clinic offers wonderful information on starting a walking program. [Full Story](#)

Fitness & Health

[Click Here for the Latest Issue of Active Insider](#)

[Click Here for Top Fitness & Health Websites](#)

[Click Here for Dr. Alan Miller's Chi Walking or Running](#)

[Click Here for Synergize Weight Loss](#)

Thank You to Our Health Partners!

We would like to thank our

need to get going with a workout routine.

Don't miss this month's testimonials from colleagues in your community or around the state: Renate Smith, a Realtor and our Region IV District Vice President tells us how eliminating sugar and wheat from her diet has eliminated chronic arthritis pain, with the added weight loss bonus that has dramatically improved her quality of life; Dean Asher, a Realtor in Orlando, used exercise to avoid back surgery and get rid of cholesterol medication and is in the best shape of his life; and Steven David a Realtor and motivational speaker and trainer in Ft. Lauderdale, holds the world record for the fastest lap speed and fastest overall race average in unlimited hydroplane racing and for all forms of powerboat racing worldwide. He also holds two recent world titles, racing against many competitors half his age, a feat he attributes to discipline and healthy lifestyle.

Change may be difficult, but can be overwhelmingly positive when it is a lifestyle change that will lead to overall improved health and fitness. No family member or friend wants to grieve the sudden death of a loved one, particularly when it can be prevented.

Be well,
Kimberly Kirschner, CIPS
Chairman of the Board, RAMB
kim@kronline.com

Testimonials

Renate Smith, MBA, Immediate Past RAMB Chair and current FAR DVP District IV, most recently GM of First Services GMAC and now conducts workshops and seminars, has freed herself from arthritis pain by eliminating sugar and wheat (gluten) from her diet. [Click Here](#) to read Renate's story.

Dean Asher, GRI, LCAM, Don Asher & Associates, Inc., avoided surgery for a herniated disk with an exercise program - and lost 50 pounds and gained 30 percent muscle mass. [Read his story.](#)

Steven David, CRB, CRS, GRI, MBA, Florida Professional Real Estate, Inc. at 54 holds the world record for the fastest lap speed and fastest overall race average in his sport and for all forms of powerboat racing worldwide. He's also won the 2005 and 2006 world driving titles competing against twenty-somethings. A proper diet and strict workout program have helped decelerate aging. [Read his story.](#)

Walk Off Belly Fat

You know walking workouts are great for your heart, legs, butt, and energy level. Here's a happy but little-known fact: It's also a great way to flatten your belly. Women who walked briskly for about an hour a day for 14 weeks shrunk their belly fat by 20%--without changing their eating habits, reports a Canadian study. [Full Story](#)

The Flat Belly Diet Incorporate Good Fat & Lose Bad Fat!

Researchers have discovered that eating fat-a very specific kind-is actually one of the best ways to fight both subcutaneous and visceral belly fat. A new, cutting-edge study published in Diabetes Care in July 2007 and conducted by scientists at Reina Sofia University Hospital in Córdoba, Spain, placed a group of overweight people on 4-week diets containing the same number of calories but with different ratios of carbohydrate and fat. The plan rich in monounsaturated fats prevented the accumulation of both types of belly fat-without additional exercise. [Full Story](#)

Inflamation & Heart Disease

Health Partners who supported us at the 12th Annual International Real Estate Congress and Expo.

Baptist Health South Florida provided cholesterol, blood pressure, blood glucose and osteoporosis screenings. Baptist Health South Florida is world-renowned for medical excellence and an exceptional International Services Program. For more information about Baptist's International program, call 786-596-2373 or e-mail international@baptisthealth.net.

Thanks also to **Jackson Health Systems** for supplying blood glucose screenings.

Free 1-Yr Subscription to Life Extension Magazine for RAMB Members

Life Extension is pleased to offer RAMB members a complimentary 1-year subscription to *Life Extension Magazine*, the ultimate source for new health and medical findings from around the world. Each month, Life Extension fills 110 pages with fully referenced articles on the very latest topics and nutritional supplements that affect our health and wellness, as well as the many steps you can take to help gain better control of your health.

To receive your 1-year complimentary subscription to Life Extension Magazine, [click here](#), or call 1-800-593-9215 to order your complimentary subscription over the phone. Life Extension website: <http://www.lef.org/ramb>



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Age-old Defense Mechanism

As scientists delve deeper into the fundamental causes of heart disease and other illnesses, they are starting to see links to an age-old defense mechanism called inflammation. This is the same biological process that causes the redness, swelling and pain if you cut a finger.

Inflammation is a vital process in the first line of defense against disease. But problems begin when, for one reason or another, the inflammatory process persists.

If you want to learn more, the BBC Radio 4 program *Frontiers* has devoted an entire episode to the topic of inflammation. [You can listen to it on the Internet.](#)

One way to test for inflammation is to measure levels of C-reactive protein in the blood. Elevated levels of C-reactive protein are linked with a higher than average risk of heart disease.

Belly Fat Consequences

Belly Fat may Affect Liver Function

This article from Science Daily discusses the link between belly fat and liver function with Type 2 Diabetes as the end result.

[Full Story](#)

From BBC Daily - Belly fat 'makes more fat cells

Abdominal fat makes a hormone which stimulates the production of more fat cells, researchers find. [Full Story](#)

RAMB Dental Plans

RAMB proudly offers its members access to 30+ discount dental plans, an alternative to dental insurance. Save 10% to 60% on most dental procedures, including checkups, cleanings, braces, and even cosmetic dentistry on select plans.

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