



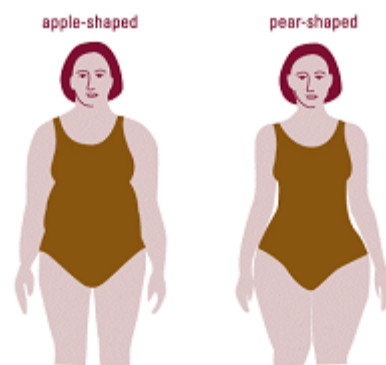
March 2008

ARE YOU AN APPLE OR A PEAR?

Determining your risk with Waist to Hip Ratio (WHR)

Here is your challenge for this month... take a measuring tape and measure your waist at the smallest part and your hips at the largest part. To determine your ratio, divide your waist measurement by your hip measurement. For example, if you have a 30 inch waist and 42 inch hips, the calculation would be as follows:

$$30/42 = 0.71$$



Research shows that people with "apple-shaped" bodies (with more weight around the waist) face more health risks than those with "pear-shaped" bodies, who carry more weight around the hips. Drum Roll Please::::::

Waist to Hip Ratio Chart		
Male	Female	Health Risk Based Solely on WHR
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0+	0.85+	High Risk

WHR is becoming the industry standard for predicting health problems. Body Mass index is normally what is used to determine if you are overweight or obese. The BMI measure can give a skewed indication of risk as it doesn't take body composition into consideration. For example, a body builder whose mass is primarily made up of lean muscle, may have a higher BMI due to the fact that muscle tissue is heavier than fatty tissue. On the flip side, an individual may have a "normal" BMI however might have very little lean muscle mass and more fatty tissue and therefore an increased risk for various health problems. WHR is about where the excess fat is hanging on to your body. If you have an apple shaped body, where most of it is stored in your mid section, you are at a greater risk than a person who is pear shaped where their weight is primarily around their hips. People with apple shaped bodies have an increased risk of health problems associated with obesity, such as diabetes, coronary heart disease and high blood pressure. Being prone to one shape or the other is something that's inherited, so although you can't really change your genetics, you can take special care to keep your weight at a healthy level, eat nutritiously, exercise as appropriate, and maintain other healthy lifestyle habits. Pear shaped bodies have a lower risk of developing the same conditions as their Apple shaped friends but they have different concerns...excessive weight in your hips can lead to knee and ankle joint dysfunction.

If you are an Apple shape or a Pear shape, you know that you cannot just spot reduce to get rid of excess fat in one place, so what is the secret?? It's not rocket science but, it's what all Train by Trina Trainers believe and practice on a day to day basis. That is, that through regular exercise (20 min of cardio 3-4 days a week) and effective weight training

(minimum twice a week) along with a healthy diet, you will fight off health problems associated with obesity.

FEATURED TRAINER



The Train by Trina team would like to extend a warm welcome to Cynthia Sager...

Cynthia is a passionate long distance runner and cyclist who will motivate, and help you achieve your goals while having fun and staying "injury-free". Cynthia completed her first marathon in Vegas at the end of 2005 and two duathalons in the summer of 2007. From personal experience as an athlete and as a mother of three boys, she knows that training equals results and believes that good health is one of the keys to success. "Taking control of your body is as important as taking control of your life."

Well qualified to help you be successful in reaching your fitness goals, Cynthia is certified through Can-Fit Pro as a Personal Training Specialist and has completed Resist-A-Ball Level I and II and BOSU. In addition she has her Instructor Certification and her Boot Camp Instructor Certification in Fitness Kickboxing.

Cynthia's message: "Train with me and you'll see 'working out' with a whole different perspective. Challenge yourself and enjoy the rewards."

EXERCISE OF THE MONTH - STRAIGHT LEG SIDE LIFT

Level I 1 repetition each side for 15 sec. plus
Level II 1 repetition each for 30 sec. plus

Target area: Sides of Torso (quadratus lumborum and abdominal obliques)

Equipment used: Mat

Set up: Lie on your side with hips, shoulders and legs stacked on top of each other - your whole body is in one straight line. Place your top arm on your hip and place your elbow of your bottom arm under your shoulders.



Movement: Engage your abs and lift your hip up off of the mat. There are now two contact points with the ground. The outside edge of your bottom foot should be on the ground supporting you along with the palm of your bottom arm. From here lift the top leg off the bottom leg and hold it about 18-24 inches off the ground. Hold for 10-15 seconds. If this is too easy gradually increase the time. Repeat on the other side. Continue breathing and lifting once per side, holding as long as you can.

Tip: You want both of your legs to be straight and stacked on top of each other.

Take Advantage of This Great Evening



Networking, Prizes, complimentary appetizers and a specialty martini all while enjoying the breathtaking views of the city from the Park Hyatt's Roof Salon!

Sponsored by **HYATT**
Thursday, March 27, 2008
7:00 pm - 9:00 pm
Park Hyatt
4 Avenue Road, Toronto
Members \$60 (plus GST)
Affiliates \$65 (plus GST)
Non-Members \$75 (plus GST)
Group Rate \$600 (plus GST)
for 10 tickets
Note: Members can bring one

International Women's Day

**CELEBRATING WOMEN IN BUSINESS
EVENT THURSDAY, MARCH 27TH, 2008**

Join your CAWEE colleagues and friends in celebrating extraordinary women (like yourself!) while enjoying extraordinary views of the city from the Park Hyatt Hotel's roof salon on the 18th floor! Enjoy appetizers, cocktails, and of course excellent company at this trade-show style event.

- Fabulous prizes to be won!
- Tap into the knowledge of CAWEE's highly skilled members!
- Enjoy complimentary appetizers and a specialty martini
- An event you don't want to miss!

****IWD Exclusive****

Join us on March 27, 2008 in welcoming Dr. Alvin Pettle, M.D. F.R.C.S (c) Fellowship in Obstetrics and Gynecology (Canada) as he brings us his extraordinary presentation on how a healthy body makes a productive business woman! This is an exclusive, first time EVER presentation exclusively for you!



Dr. Alvin Pettle is an icon in the practice of integrative medicine and regarded as a pioneer in Canadian gynecology and obstetrics. For 26 years he practiced at the Etobicoke General Hospital in Toronto, completing his tenure there as Chief of Obstetrics and Gynecology. Twelve years ago Dr. Pettle became convinced that traditional medical doctors needed to work closely with other "alternative" health care providers. Since then, his practice has centered on the treatment of menopause, PMS and other women's health issues using a natural approach - Bio Identical Hormone Replacement Therapy, herbs, vitamins and minerals. He believes that women can treat their symptoms, as well as maintain optimum breast health, naturally and effectively, and his clinical experience has proven this.

Dr. Pettle is in demand for radio, TV and print media interviews as an authority on natural hormone and integrative medical therapies for women. He has appeared on several radio shows across the country, and television talk shows including Women's Television Network, Michael Coren Live, Diagnosis MD, TV Ontario, Erin Davis Live and Canada AM.

Dr. Pettle has published numerous papers on the subject of women's health and natural treatments, and has written articles for such distinguished publications as the Canadian Family Physician Journal, MacLeans Magazine, and the Medical Post.

He is also a contributor to the Women's Wellness Network on the internet. In addition, Dr. Pettle is the author of "My Prescription for Life" and the co-author of "Natural Remedies & Supplements" and the newly released "Sexy Hormones".

A Special thank you to our Sponsor, Fem Med

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