

ASHBY ADVISOR

Tenth edition
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- Interesting reading for the past several months. Hope this insight helps.
- A four-year program in Middletown, Ohio significantly improved school academic performance. This program was called “Making the Grade with Diet and Exercise” (MGDE). A significantly higher percentage of students earned higher scores on each academic test compared with pre-MGDE levels.
 - o It consisted of:
 - 15 minutes of physical activity at beginning of school day
 - A sound breakfast
 - Recess before lunch instead of after lunch

Back to what we grew up with!!

- Watch that excessive weight -> overweight males and females lose 3 years of life on average while obese persons lose 6-7 years. If a person is obese and also smokes – knock off 13 years.
- A new diet tackles weight and seems to help a lot of chronic illness such as asthma and arthritis among others. Doctors and scientists tested the diet on themselves for 3 years. It consisted of eating normal amounts of food one day, then cutting food intake 20-50% the next. This alternating days promotes health by apparently helping the immune system. The mechanism is not understood yet.
- At a meeting of the American Diabetic Association it was reported that a person with normal weight at age 18 has a 1 in 5 or 1 in 6 chance of developing diabetes later in life. If a child was obese at 18 the odds changed to 3 in 4 of developing diabetes. Watch those extra pounds.

Remember: Don't be sad because it's over, be glad because it happened.