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Spring has sprung and the specialists at the Rittenhouse Women's Wellness Center have some great advice on wellness, nutrition, beauty and fitness.

## Special Event: Got MILF?

*The Modern Mom's Guide To Feeling Fabulous, Looking Great, and Rocking a Minivan*

*A special event featuring author and comedian, Sarah Maizes.*

### When

Wednesday, April 20, 2011  
5:30 PM to 7:00 PM

### Where

Rittenhouse Women's Wellness Center  
1632 Pine Street  
Philadelphia, PA 19103

Comedian and author Sarah Maizes is out to change the way MILF is used, and is ready to back it up not with sugar and cream, but with an empowering, confident, and assertive call to mothers everywhere. GOT MILF?:

We are delighted to have partnered with Center City Proprietors Association to bring you this special event.

And therefore, we are thrilled to invite our patients at the member rate of \$10. This includes wine, cheese, and lots of laughs. Space is VERY limited. Reservations are required.

RSVP to CCPA at 215-545-7766 or visit

<http://www.centercityproprietors.org/event/view/204/835/1303297200> and enter the Partner Price.



## Portion Control for Weight Loss

By: Amalia Krantz, R.D.

Portion sizes are the key to losing and maintaining your weight. Nowadays portion sizes have increased significantly, especially in restaurants and with processed, pre-packaged foods which aim to give you more food for your dollar. Learning about what an actual portion size looks like, as well as learning to read a food label, can be helpful in discerning the amount of food you should be eating throughout your day. You may consider starting a food diary to keep track of the amount and types of foods you eat each day.



In the beginning, it may be helpful to actually measure out your portions for each meal using measuring

cups and spoons, and a small kitchen scale, but there are also common household items that you could use to get an idea of a proper portion (see list below). The "plate model" can also be a useful guide, with the idea that you fill half of your plate with fresh or cooked vegetables or fruit while limiting your proteins and starches to one quarter each. You can even purchase plates that mark off sections for each portion.

For times when you are in a hurry or on the go, pre-portioning foods ahead of time can be helpful. For example, at the beginning of each week, you could make plastic baggies of the appropriate portions of nuts, baby carrots and celery, cheese cubes and crackers, or cereal to use as snacks throughout the week.

Remember to be aware of the amount of condiments and dressings you are using as well, as the calories in these can really add up. Portion sizes for alcohol and other caloric beverages should also be taken into account. The recommended serving of alcohol is 1 drink per day for women and 2 drinks per day for men. One drink is equal to 5 oz. of wine, 12 oz. of beer or 1.5 oz. of distilled alcohol. Each of these provides about 100 calories or more so watch your intake when watching your weight. Mixed drinks typically provide even more calories per serving.

Once you have a good idea of what an appropriate portion size is for different types of foods, you will find it easier to estimate your portions when eating out. Generally restaurants serve at least double the amount of an appropriate portion, so divide your entrée in half and take home the rest, share with a friend, or go with an appetizer portion instead. When purchasing food or drinks with a food label, it is always important to first look at the serving size. More often than not, there is more than one serving in the product.

At first you may be surprised by how small a portion really is. But do not worry; you can eat multiple portions of each food group throughout the day. Focus on eating slowly and enjoying each bite of food. When having dinner, make your plate and put the rest away immediately so you won't be tempted to have seconds. Serving your meals on smaller plates is a visual trick that will help you get used to the appropriate portion sizes.

The Food Guide Pyramid (<http://www.mypyramid.gov/>) can help you figure out the daily number of servings of each food group you should be eating for a balanced diet. Here are examples of appropriate portion sizes for each group:

**Grains (try to make half of this group whole grain choices)**

- 1 mini bagel (Starbucks bagels, for example, are more like 4 servings of grain)
- ½ cup cooked pasta, rice or oatmeal (the size of a cupped palm)
- 1 slice of bread, ½ English muffin, 6" inch tortilla
- 1 cup of cereal

**Vegetables**

- 1 cup of cooked vegetables
- 2 cups of raw leafy greens
- 1 small baked potato (the size of a computer mouse)

**Fruits**

- 1/2 cup of fresh fruit or 1/4 cup of dried fruit
- 1 small apple or orange (the size of a tennis ball)
- 4 ounces of 100% fruit juice

**Dairy**

- 1 cup of milk (always choose low fat or skim versions)
- 6 oz. of yogurt
- 1 oz. of hard cheese (the size of a domino)
- ½ cup ice cream (the size of a tennis ball)

**Protein**

- 1 oz. of steak, chicken, or fish (typically at a meal, you would have about 3 oz., the size of a deck of cards or woman's palm)
- 1 oz. of nuts or seeds or 1 tbs. of peanut butter (the size of half a walnut shell)
- 1 cup of bean soup
- 1 egg
- 2 tbs. of hummus (the size of a walnut shell)

**Fats/Oils**

- 1 tsp. of mayonnaise or 1 tbs. of Italian dressing
- ¼ medium avocado

*Amalia Krantz is a registered dietician for the Rittenhouse Women's Wellness Center. She studied at the University of Delaware's College of Health Sciences, Ms. Krantz graduated cum laude with a degree in Nutritional Sciences and Dietetics, completed her dietetic internship, and received her Masters of Science in Human Nutrition.*

## Are You Drinking Too Much Alcohol?

By: Dr. Leslie Saltzman, Board Certified Internist

I am often concerned that patients are drinking too much, yet find the conversation about alcohol difficult. Many women are unaware that the maximum per day that a woman should drink is one drink a day (one beer, glass of wine or one shot) The safe amount for men is two drinks per day. The reasons for this gender differences include women's lower body size, percentage of body weight composed of water, and differences in metabolism.



I often get the impression that when women think of alcohol abuse or alcoholism they think of the homeless person on the street who is drinking at 10 am. They don't think of women who drink a half bottle of wine each night or a few martinis as having a problem.

Women suffer from the health consequences of excess alcohol at much lower levels of alcohol consumption. We all know that excess alcohol affects the liver and can lead to permanent liver damage. Alcohol is also associated with a linear increase in breast cancer incidence, so the more you drink the higher your risk. Alcohol is also associated with cardiomyopathy (a degenerative disease of the heart muscle), brain shrinkage, pancreatitis, colon cancer and other gastrointestinal cancers.

If you think you may be drinking too much, start with this survey  
<http://www.alcoholscreening.org/Home.aspx>

If you want to cut back on your drinking, the first thing is to remove alcohol from your home. If you are having problems cutting back, there are many programs and private counselors that we can recommend.

*Dr. Leslie Saltzman is a board certified internist who earned her medical degree from Philadelphia College of Osteopathic Medicine and completed her residency at University of Pennsylvania's Pennsylvania Hospital. Her professional interests include women's health, evidence-based preventative medicine and endocrinology.*

## Training with Intervals

By: Erica Umosella, Certified Personal Trainer



Spring is here and summer is just around the corner. You know what that means.... Bathing suit season is approaching! I am going to tell you how you can achieve the body you want by summer.

Interval Training is the best way to burn fat in the shortest amount of time, which is only one of many advantages achieved through interval training.

Running at a higher intensity for shorter periods of time results in a metabolism boost for several hours after. This means more calories are burned even at rest, which aids in weight loss. Now who does not want to burn calories after your done working out?

### Some other Benefits of Interval Training:

- Strengthens both the heart and lungs
- Reduces blood pressure
- Creates a general feeling of well-being and decreases the chance of depression and anxiety
- Breaks up the boredom of long, steady runs
- Your body becomes more efficient at dealing with lactic acid build up
- Cuts your workout time in half
- 

The calorie bursting plan takes just 20-30 minutes but outperforms workouts that last twice as long. The secret is alternating high intensity intervals with easier recovery periods. Women who have switched up their cardio routines to intervals have lost three times more body fat during a 15-week period than those who worked out for 40 minutes at a steady pace. Studies have shown that bursts of high intensity activity increases levels of fat burning compounds in the body.

### What to Do

Pick a cardio machine and warm-up at a steady pace that is at moderate intensity. After a 5 minute warm-up, increase the pace or resistance to a level that is a bit more challenging. This is the recovery period that will be done in 90-second increments. After the 90 seconds, increase the intensity or incline to a challenging 30-second burst. Once you have figured out the two speeds or resistance levels that are best for you then continue the workout changing the speeds or resistance levels in 90- and 30-second increments. Be sure to give yourself about 5 minutes at the end of your workout for a cool-down.

Whether you are a beginner or a seasoned runner, or anywhere in-between, if you are looking to get fit faster, lose weight, look/feel good, then interval training is the quickest most efficient way to go.

### Example

- 5- minute warm-up
- 90 seconds (slower speed)
- 30 seconds (very fast speed)

*(Repeat the 90/30 intervals up to 10 times, but start with less. Once you reach 10 and it becomes easier, increase the speed to make it more challenging)*

- 5-minute cool-down

*Erica Umosella is a certified personal trainer for the Rittenhouse Women's Wellness Center. She received her Bachelor of Arts in Health and Exercise Science with emphasis in Physical Education from Rowan University. Ms. Umosella also earned a degree as a certified personal trainer and nutritional consultant from the National Personal Training Institute of Philadelphia.*

## Spring Fever

By: Dr. Joanne Perilstein, Ph.D.

We are approaching that time of year when many of us experience spring fever...a time when we feel energized and want to do many things from outdoor activities to spring cleaning within the home. At the Rittenhouse Women's Wellness Center, I work with two groups of people: those wanting to pursue weight management and those wanting psychotherapy.



From the weight management point of view, spring is a time when many of us prefer to exercise through outdoor activities which can nicely complement a healthy diet in pursuit of weight loss. Physical exercise is very helpful in maintaining a positive mood and outlook on life, so much so that the American Psychiatric Association is now recommending exercise as a strong treatment for the reduction of depression.

An increase in social activities, which also may occur in the spring, is also useful in combating depression, or simply emerging from the winter blues! However, individuals who suffer from depression or bipolar illness are best advised to avoid excessive activity which might interfere with regular sleep patterns. Both individuals troubled by depression or bipolar illness are best served when they respect their need for regular sleep patterns.

So the solution is simple: enjoy the springtime and the expanded activities that it often offers. If you want to begin an exercise program, this is the right time to start. Just remember to pursue your activities in moderation to avoid physical or emotional strain.

*Joanne Perilstein, Ph.D. is a licensed psychologist with a background in helping individuals with physical and emotional disabilities. Following a period of working in a group practice, she opened a solo psychology practice and has a particular interest in helping people find satisfaction in their work and careers.*

## Spa Month at DermaCenter!



DermaCenter is extending Philadelphia's Spa Week and offering special promotions to our clients throughout the entire month of April! See below for our amazing deals.

### \$50 Specials!

\$50 Microdermabrasion Treatment - full face  
\$50 Chemical Peel Treatment - full face  
\$50 MicroPlaning™ - full face  
\$50 Signature Facial Treatment - full face

Microdermabrasion helps to remove the dead outer layer of the face's skin. At DermaCenter we use microdermabrasion machines which are only available to physicians, providing you with faster, better results.

Chemical Peels typically use acid in a formula specially tailored to each client's skin care needs. Chemical peels can help soften acne facial scars and control acne.

MicroPlaning™ is a process that helps remove dead skin cells on the face. It includes cleansing, exfoliating, massaging and hydrating of the skin. This treatment will leave your skin feeling soft, smooth and supple.

Facials can help reduce stress and anxiety in your daily life. Facials at DermaCenter are customized to your specific skin type and tone.

**Call (215) 735-7990 to schedule an appointment. Please mention this promotion when you call.**

# About Us

The Rittenhouse Women's Wellness Center provides Internal Medicine, Nutrition, Fitness, Emotional Well-Being and Skin Care Services for women. Our goal is to provide our patients with an integrated approach to health and well-being.

