



Unexpected Results

"A little Foghorn Leghorn now," Chris Mattice said, with me on my back on the floor as he bent my right leg. The shape felt more natural of a chicken than a human, and was the first time in my life that I lost my breath during a simple stretch.

Mattice has got a million of these maneuvers, and in three months of three-times-a-week workouts, we rarely do the same one twice. It's incredible how many ways the human body can bend.

Results so far: Face is thinner, arms are stronger and more defined, and the disused calf muscles are inflating like bladders.

But there's a problem—a serious one. It's something we could not have anticipated without a sophisticated blood test, and a situation that may have dire consequences not just for my goal, but my long-term health.

Visit www.northernvirginiamagazine.com/bodyblog for an update on Buzz's progress in the "New You for a New Year" project.



[FOOD COURT]

The Whole Truth

Lay wonders about white bread to rest



For lots of us, September is back-to-sandwiches month. With the new wave of portion-controlled snacks, lower-calorie spreads and leaner meat options, it is easier than ever to pack a healthier brown bag.

Are you choosing the most nutritious bread for your lunches? After comparing varieties of white bread to wheat bread, we have determined choosing the healthiest bread is not as simple as we thought. To our surprise, Pep-

peridge Farm 100-percent whole-wheat bread has more calories than the Pepperidge Farm original white bread. However, we weren't surprised to see Pepperidge Farm 100-percent whole-wheat bread has more fiber than the Pepperidge Farm white bread, though we were a bit confused to see this bread also has more fiber than other breads with "wheat" on the front package. Can you guess which bread we determined to be the most heart-friendly?

Verdict

With 100 calories per slice, 2 grams of fat, 180 milligrams of sodium and 3 grams of fiber, we determined the Pepperidge Farm 100-percent whole-wheat bread is more nutritious than the Pepperidge Farm original white bread, which has 70 calories per slice, 100 milligrams of sodium, 1 gram of fat and 1 gram of fiber. The 100-percent whole-wheat option has more fiber, which can help

decrease the risk of heart disease. There are also more nutrients, such as calcium and iron, in the 100-percent whole-wheat bread. So how can you apply this to your bread search? Not all breads that claim to be "whole wheat" are equal in fiber and nutrients. Read your nutrition labels. The most heart-healthy choice will have whole grain or whole wheat as the first ingredient on the label.

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. Visit her website at www.nuweights.com.

SHUTTERSTOCK (BREAD); JONTATHAN TIMMES (BUZZ)