

# COMMUNIQUÉ



**“The real workout starts when you want to stop.”  
-Ronnie Coleman**



[What's Normal Aging?](#)

[What's Behind the Rise in Heart Failure Deaths?](#)

[How to be Happier.](#)

See [What's Happening at the Bay Club](#) for fitness and other Club activities.

Heart-healthy recipe:  
[Avocados are super food.](#)

The Health and Fitness Committee meets on the first Thursdays at 9:30 a.m. Health and Fitness enthusiasts are welcome.

## “It’s Time to Treat Sugar Like Cigarettes.”

That is according to Dr. Mark Hyman, a practicing family physician, and Ron Gutman, a health care and technology entrepreneur.

According to their writing “the FDA recommends that adults consume no more than 50 grams of added sugar per day (based on a 2,000-calorie diet), but the average American consumes closer to one-third of a pound of sugar daily, more than three times the recommended amount.” That is more than 100 lb. of sugar per year per person on average. Sugar consumption contributes to 49% of American adults being diabetic or prediabetic. Also, much of the sugar we consume occurs without our knowing it in packaged food and other sweeteners.

This amount of intake makes many of us addicted to sugar without knowing it. And addictions are hard to break.

According to the Oral Health Foundation “...one of the most significant contributors to the global obesity epidemic is sugar.” Obesity is directly tied to heart disease, diabetes, and certain cancers.

Hyman and Gutman advocate for a mandatory package labeling like what occurred with tobacco in 1969. After the mandatory warning label was put in place for tobacco the percentage of Americans who smoke has been reduced to 11% compared to 50% in 1969. Life expectancy increased by almost 11 years in that time. The decrease in smoking had a big part in that.

### Five Pillars of Wellness

According to Dr. George J. Ceremuga

1. Drink eight 8-ounce glasses of water every day.
2. Fruits and vegetables should be the mainstay of our diets.
3. Exercising for 20-30 minutes each day or on most days.
4. Getting adequate, restful sleep and keep a regular sleep routine.
5. Love and forgiveness of self and others. Always lead with love.