

## Boyer City mom tells her *Tale of the tape*

**Melissa Frugé**  
 Special to the News-Review

**Frugé facts**  
**Melissa Frugé is a 30-year-old Boyne City woman. She has a son, Dylan, 16 months and is married to Dave Falting, 32, who is currently in Iraq. She will document her fitness quest weekly on the Petoskey News-Review health page and blog about her experience at [www.northernmoms.com](http://www.northernmoms.com). To provide feedback or words of encouragement, e-mail Frugé at [frugemel@msn.com](mailto:frugemel@msn.com) or visit [www.northernmoms.com](http://www.northernmoms.com).**

Finding out where you stand medically and physically is kind of depressing.

Before starting my personal journey to fitness I decided my first ever physical was in order.

I was expecting a clean bill of health. I've never been really sick, I have no major health issues (other than insomnia which can easily be blamed on my son), never had any surgeries and basically have a pretty healthy family history. That's why when my cholesterol results came back I was a little shocked — they aren't that good! The doctor said everything was OK, but actually the numbers are a little high.

According to the American Heart Association, an optimal number for your cholesterol level should be below 200. Mine is 210. By no means is 210 cause for panic, but levels of 200-239 are considered borderline risky. Luckily my HDL (high density lipoprotein) or 'good' cholesterol levels are where they should be.

HDL carries cholesterol away from your arteries and a number of 50 or above (40 for men) will lower your risk for heart disease and many experts believe 60 may help protect you against heart disease.

It's the artery clogging LDL (low density lipoprotein) number that has me really concerned. Again, the American Heart Association recommends keeping your 'bad' cholesterol levels under 100, mine is at 119! I can almost feel my arteries hardening as I type. Although, in all fairness, my number is considered optimal, I'm being over dramatic and shouldn't start to worry until I hit 130.

ing being poked and prodded by medical professionals I decided to inflict more torture upon myself and schedule a visit with a personal trainer. I needed to know my starting weight, measurements and ... gulp ... body fat percentage.

The other day I was sitting at the table munching on some graham crackers and flipping through the mail when my son, Dylan, toddled up to me, grabbed a handful of belly fat and started giggling hysterically. In other words, I was really dreading this.

I belong to Petoskey Health and Fitness, it's one of the only health clubs around that offers child care and the facility is top notch. Baby-sitting services are offered three days a week (\$4/hour), there is a nice playroom downstairs and Miss Michelle is great with kids. As a stay-at-home mom, Dylan doesn't get to experience very many new places or people, so for the first month he cried every time I left to workout. Michelle was very patient and eventually Dylan didn't even whimper when I left. He now barely acknowledges me when I come down to get him.

But I digress. When I initially joined the gym, a personal train-

ing session was included in the membership fee. I had worked with certified personal trainer, Josh Luck, before. So, when I needed to find out what my measurements and body fat were I asked if he could help.

What I found out wasn't nearly as bad as I was expecting. After the whole graham cracker incident I figured my body fat was hovering somewhere near 40 percent, I was pleasantly surprised to find out I'm made up of only 27 percent fat. Weighing in at 163 means I am carrying around about 45 pounds of pure fat.

Gross. Now the body needs a certain amount of fat to function properly, but I could stand to lose about 20 pounds and not look emaciated.

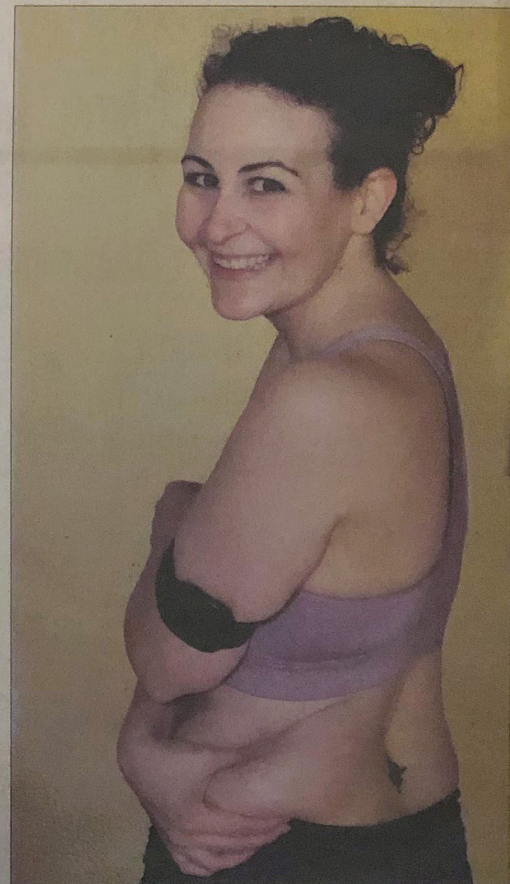
For females, body fat can range from 21-32 percent depending on age. Since I'm only 30, my percentage should fall at the lower end of the scale. Men will find their percentage range is much lower, about 8-23 percent.

The Body Mass Index (BMI) is another helpful health indicator and is based on height and weight. It's an easy, inexpensive way to gauge your body fat. I am near the top of the "normal" category for someone



COURTESY PHOTO

**ABOVE:** Melissa Frugé shows off her belly when she was 9-months pregnant with her now 16-month-old son Dylan. **RIGHT:** Frugé pinches some of the extra weight she hopes to shed in the coming months.



COURTESY PHOTO

my height (5-foot-9). If you are classified as overweight or obese you could be at risk for a host of health risks including heart disease, sleep apnea and type II diabetes.

There are lots of Web sites and literature dedicated to calculating your BMI. I used the National Heart, Lung and Blood Institute's Web site, [www.nhlbi support.com/bmi](http://www.nhlbi support.com/bmi).

So in a nutshell, I'm not quite overweight and have questionably risky cholesterol. Not quite the news I was hoping to hear.

What's the best way to fix these problems? Diet and exercise, not my two favorite words in the English language.

I always thought my eating

habits were pretty healthy. I wasn't going to win any awards for choosing fruits over french fries, but still, in my opinion I usually made pretty good choices.

Activity-wise I know I don't move much, especially in the winter. That's why I'm really looking forward to using the armband from Bodybugg. Not only does it track how many calories you burn in a day, it counts how many steps you take and it measures how active you are, then displays it in

easy-to-read graphs online. The program also allows you to enter everything you eat during the day, calculates the calories you consume and breaks it down into information you can use, such as the percentage of calories that come from fat.

What I found out in just a few days of using the Bodybugg was astounding. After a week I don't know if I'll be able to stomach knowing just how unhealthy and lazy I really am.