



## Storm Fitness Newsletter - Fall 2008

**A health and fitness newsletter on how to stay looking and feeling your best at any age**

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Greetings Clients and Friends;

I hope that your fall season is off to a healthy start! The fall is my favorite time of year with the cooler weather and fun outdoor activities. However, there are also certainly lots of eating challenges that lie ahead of us over these next few months with Halloween, Thanksgiving and Christmas right around the corner. Now is the time to start ramping up your exercise routine (if you haven't already), so that you can enjoy a few extra holiday treats without feeling deprived.

Make sure you take the time to figure out what your goals are these next few months so that you don't wake up in 2009 wondering how all these extra pounds got on you. To help you get started with setting an exercise program and eating right, there are lots of articles on cardiovascular fitness and healthy eating in this season's newsletter. If you need additional help or advice we are just a phone call away.

Yours in Health and Fitness,

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### STORM FITNESS NEWS

#### **You're Never Too Old to Rock n' Roll!**

I hope you all got a chance to watch the Olympics in August. They were awe inspiring! The most exciting part for me was all the talk of "older" Olympians on a come back – winning medals and doing things only the "youngsters" were once thought capable of achieving.

Did you know that 38 year old Romanian Constantina Tomescu Dita claimed a dominating victory in the women's marathon and was the oldest woman ever to do so? 41 year old Mom Dara Torres walked away with 2 Silver medals beating out competitors half her age. The point being is **YOU ARE NEVER TOO OLD TO ROCK AND**

**ROLL!** And as Dara Torres would say “don’t put an age limit on your dreams”.

So, now that the kids have started back up with school and summer vacations have come to an end, it’s time you start thinking about yourself and what your dreams and aspirations are. Sure, maybe they aren’t as extreme as winning a gold medal in the Olympics, but that doesn’t matter...your dreams and goals are you unique to you! Get out there and achieve them!

Of course most of us need some kind of mentor along the way to help us reach our goals. Not one of these Olympians did it alone...in fact; Dara Torres had more than 8 trainers helping her reach her goals. We want to help you achieve your dreams and it couldn’t be a better time of year. September has always felt like the start of a new year for me and it should be for you too! This is when schedules get firmed up for the remainder of the year and the kids are in school beginning their new year.

I can promise you this, achieving your goals will feel more amazing than you can even imagine!

*To help get you started we are offering a Special Fall Package to get you jumpstarted with your health and fitness goals – call us at 703-869-8376 so that we can devise your optimal health plan. Just mention the Special Fall Package for details.*

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### ***Did you know?***

Aerobic training significantly decreases the chemical imbalances that can lead to heart disease and stroke in post menopausal women. – *Journal of Women and Aging; Spring 2008*

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### **In the News!**

#### **Breast Cancer More Aggressive Among Obese**

Women with breast cancer can have a more aggressive form of the disease and lower survival rates if they are overweight or obese, according to findings published in the March 15 issue of *Clinical Cancer Research*. “The more obese a patient is, the more aggressive the disease,” says the study’s lead author Massimo Cristofanilli. “We are learning that the fat tissue may increase inflammation that leads to more aggressive disease.”

Cristofanilli and colleagues observed 606 women with locally advanced breast cancer. These women were classified by body mass index into the following three groups: normal/underweight (24.9 BMI or below), overweight (at least 25 but less than 30) or obese (more than 30).

At five years, overall survival rate was 42.7 percent among obese women, 56.3 percent among overweight women and 67.4 percent among normal weight women. The 10 year survival rate was 42.7 percent among obese women, 41.8 percent among overweight women and 56.5 percent among normal weight women.

Risk of breast cancer recurrence was also higher in obese and overweight women. By five years, 50.8 percent of obese women reported recurrence, compared with 38.5% of normal weight women. By 10 years, the rate of recurrence was 58% among obese women and 45.4% among normal weight women.

“Obesity goes far beyond just how a person looks or any physical strain from carrying around extra weight,” Cristofanilli says.

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## Aerobic Exercise Keeps People Young

A person who maintains aerobic fitness may delay biological aging by up to 12 years, a new analysis shows. Running and other types of aerobic exercise improve the body’s oxygen consumption and its use in generating energy (metabolism), according to a study published online in April in the *British Journal of Sports Medicine*.

A steady decline of maximal aerobic power begins in middle age. When maximal aerobic power falls below a certain level, it becomes difficult to perform activities without experiencing fatigue. A typical 60 year old sedentary man has a maximal aerobic power of about 25 milliliters, nearly half of what it was at age 20. But research shows that a long period of relatively high-intensity aerobic exercise can increase maximal aerobic power by 25 percent (about 6 milliliters), which equals 10 to 12 biological years.

“There seems to be good evidence that the conservation of maximal oxygen intake increases the likelihood that the healthy elderly person will retain functional independence,” says the study’s author Dr. Roy Shephard from the University of Toronto, Canada. Aerobic exercise also reduces the risk of serious disease, and promotes faster recovery after injury or illness. Additionally, it helps maintain muscle power, balance and coordination, which reduces the risk of falls.

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## Healthy Recipes

### Lemon Pepper Grilled Chicken

This lemony marinade is great for grilled chicken!

**Preparation time:** 15 minutes

**Cooking time:** 15 minutes

**Ready In:** 1 Hr 30 Min

#### Ingredients:

- 1/4 cup lemon pepper
- 1 tablespoon dry mustard
- 1 tablespoon dried rosemary
- 5 skinless, boneless chicken breast halves
- 4 cloves garlic, crushed
- 4 tablespoons fresh lemon juice

- 3 cups dry white wine

### **Cooking Instructions:**

1. In a small bowl, mix lemon pepper, dry mustard and crushed dried rosemary.
  2. Place chicken breast halves in a medium bowl. Rub with garlic. Introduce the lemon pepper mixture and rub it into the chicken. Pour in lemon juice and dry white wine. Cover and refrigerate at least 3 hours before grilling.
  3. Preheat an outdoor grill for high heat and lightly oil grate.
  4. Cook marinated chicken breasts on the prepared grill until meat is no longer pink and juices run clear, or to desired doneness.
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## **7 Secrets To a New Body**

### **Secret #4 Cardio Training**

The 4th Secret in our 7 part series – “7 Secrets To A New Body” is the secret of cardio training. Before you begin your cardio training it’s important to build a foundation. If you have been doing nothing at all for the past several months then you will want to start gradually and build up by establishing goal points to reach before moving onto the next stage.

As an example, someone just starting out would do well to begin by walking for *20 minutes* a day 3 times a week. Once you complete this goal for 3 weeks straight, you will move to your next goal of walking for *30 minutes* a day 3 times a week. Your next goal might be adding in a 4<sup>th</sup> day of the week. So on and so forth until maybe your ultimate goal was to walk for 45 minutes 4 days a week. Once you reach that goal you can continue to challenge yourself by increasing speed, increasing the incline or changing the distance.

Once you have established a solid base of cardio for a consistent 8-12 weeks (meaning that you are doing cardio at least 30 minutes a day 4-5 times a week) it’s time to start varying your program by adding in a variety of workouts to keep boredom from setting in and to keep your body burning an efficient amount of calories. This is accomplished through a *varied weekly program* and performing *interval training* at least 1 day a week.

**1. Varied Weekly Program:** If you are doing cardio 4 days a week you will want to make sure that one of those days is a long day. Meaning that you go longer than you are used to. Instead of 40 minutes you might go for 50 or 60 minutes but at a slower pace than you are used to. This one extra long day in your program can make a huge difference and take you out of a plateau or hump. Another day will be interval training. Interval training will push your cardiovascular system and help to get you moving faster. It should be your hardest day in the sense that you will feel you are working at your hardest level but it is also a shorter day so you might only go for 30 minutes. The remaining 2 days will be a moderate pace similar to what you had been performing previously such as 40 minutes of steady state walking. This program will give your body the variety it needs to improve in it’s fitness level and keep calorie burning to a maximum level.

**2. Interval training:** Here's how to perform your interval training. Start by warming up for a 1/2 mile to a mile. Next you will increase your pace from the usual pace you perform on steady state days. For example, you might do a light jog instead of walk. You would hold this for 2-3 minutes and then recover by walking for 2-3 minutes. You would perform this sequence about 4 or 5 more times and then cool down for a 1/2 mile to a mile. This is just one example, there are many ways that interval training can be performed depending on how technical one wants to get, their goals and fitness level. But the name of the game is to push your comfort zone and challenge yourself by picking up the pace a little and sweating a little more than you might be used to.

### **Some Notes On Cardio Training:**

- **Don't Set Conflicting Goals:** It's important to set short term and long term goals. For example, your short term goal might be to walk 4 days a week for 30 minutes and your long term goal might be to run a 5k. Those 2 goals make sense and one is just a bigger version of the other. Whatever goal you choose is fine but just make sure that they aren't conflicting. You wouldn't want to set a goal to run a marathon and a goal to compete in a fitness competition within the same time frame. Training for a marathon and training for a fitness competition are completely different things and you will be working against yourself. Training for a fitness competition would require building lots of muscle mass but training for a marathon tends to break down muscle mass – just look at the two different body types and you can see right away that this would be a conflicting goal.
  - **Tennis is not cardio:** In tennis you run and stop, run and stop. That is not to say that tennis is not a good exercise or that it's not good for you but it shouldn't count as your daily dose of cardio. Cardio training by definition is 20 or more *continuous* minutes of exercise.
  - **Machines that Burn the Most Calories:** I always recommend getting outside and using the natural terrain to get a great workout in. Plus, the added benefits you get from being outdoors in the fresh air and sunlight (vitamin d3) are unbeatable. However, when you need to use machines, the treadmill wins hands down. Another good machine particularly if you have knee problems is the elliptical. Excellent calorie burners are the versa climber and mill stepper – you don't see these machines as abundantly in gyms but they give a fantastic workout. The bike tends to be least effective in terms of calorie burning because it is non weight bearing.
  - **Heart Rate:** If you don't have a heart rate monitor and you want to get a general idea of your heart rate zone here is what to do: Take 220 and subtract it from your age. Then multiply that number by .70. The number you get is a general number for 70% of your maximum heart rate. If you want to know 60% of your maximum heart rate then just multiply by .60. You should aim to stay at about 70% of your maximum heart rate but this also depends on how long/far you are going.
  - **Eat Enough Protein:** Make sure that you are eating a moderate amount of calories, a nutrient dense diet and enough Branched Chained Amino Acids (BCAA's) to repair any damage from cardio training.
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"He who has achieved success has worked well, laughed often and loved much." ~*Elbert Hubbard*~

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*We hope you enjoyed this edition of the Storm Fitness Newsletter. Thank you again for coming along for the journey with us and we wish you a very successful Fall season with all of your health and fitness goals! Again, if you need anything at all we are always here to answer any questions you have.*

*Yours in Health and Fitness,  
Jessica Storm & the Storm Fitness Team*

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