



STORM FITNESS, LLC
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Health Tip: Reduce Your Neck Pain

Holding the phone between your ear and shoulder is a common cause of neck pain. Use a clipboard to hold your papers down so that your hands are free. Special phone adapters also are available. After sitting for a prolonged period, it is helpful to straighten your back to an upright position and, if possible, stand and walk for a while.

Did you miss last quarter's newsletter? Now you can catch up! Read past newsletters in PDF format at the Storm Fitness website!
www.stormfitness.com

Storm FITNESS

*“A Health & Fitness Newsletter filled with Insider Tips
On How To Stay Looking Great and Feeling Young”*

FITNESS BUSTERS

Lots of things can stand in the way of your desire to get fit and turn regular workouts into something permanent in your life. Luckily for each of these problems there are some simple solutions. Here are 10 ways to break down the most common mental barriers to a consistent and successful workout regimen. Become the kind of Woman or Man who gets fit and stays fit for life!

Choose TODAY to develop a passion for movement - make a connection with the experience you have with moving your body and discover a daily commit to exercise for life!

1. **Decide what you're Aiming for:** Do you want to lose body fat, gain muscle, look better, feel better, be healthier, and live longer or any combination of these goals? Regular exercise is the only clear solution to all of these – unless you plan on waiting around for that magic exercise pill to occur (it's not going to happen – so get moving today).
2. **Learn to Enjoy the Feeling of Exercise:** Learn to take satisfaction and joy from the movement and work your muscles are doing – be aware of the effort you are giving and progress you are making not only on the outside but on the inside – until you learn to take satisfaction in this it's going to be a long and hard road. Don't fight it!
3. **Focus on the Challenge Factor:** Working out lets you learn new skills and gain mystery over your body. After each exercise congratulate yourself on having achieved getting closer to your goal.
4. **Feel the Confidence:** When you workout regularly you end up boosting your self image. You start to look and feel better and you're accomplishing something every week.
5. **Hire a Personal Trainer to work with you, at Least Occasionally:** Personal trainers can help you work harder without injury, and having to pay for the privilege will help spur you to keep working out between sessions. You'll learn new ways to approach your training which can help prevent staleness that accompanies doing the same routine each week.

**CONTINUE TO PAGE 4 TO DISCOVER THE
REMAINING 5 FITNESS BUSTERS!**

TRAIN TO BURN FAT

You're not going to burn much fat without exercising. Cardio and weights are the best way to go about it. When you lift weights you build muscle which is highly metabolic active tissue. The higher your metabolism the more fat you'll burn.

As for cardio you can hop on the treadmill or bike and stay at the same slow comfortable pace or you can leave your comfort zone and use high intensity interval training. Try out these training tips to maximize your fat burning:

1. **Split cardio and Lifting:** Instead of cramming weights and cardio into the same workout, do them separately. For example, cardio in the morning and weights in the afternoon will boost your metabolism in response to exercising twice.

2. **Add Volume:** Increase the total number of sets and reps you do in any given workout. If you normally do 8 sets per body part, bump it up to 10 or 11. If you're doing 8-10 reps per set do 12-15.

3. **Decrease Rest Periods:** One major key to losing body fat is keeping your heart rate up during exercise. Taking 3 minutes between each set isn't doing the job. Try 30 second rest periods.

4. **Do Full Body Workouts:** When you perform full-body workouts you increase the fat burning potential in most of your body's muscles, drawing fat into those muscles for use as energy.

***In The News ***

Skinniness isn't the key to happiness. Researchers at the University of British Columbia recently found that constant dieting may lower your satisfaction with your body, regardless of your success or failure at losing weight. A study of 1,064 chronic dieters found the 70 % had a negative body image, compared with 48 % in 1994 survey. There's nothing wrong with wanting to lose weight, but study author Dr. Gingras suggests putting health before weight. Your activity level, she says, is a better indicator of your overall health than weight alone. Source: *Feb/March 2005; Women's Health*.

"Pride is tasteless, colorless and sizeless. Yet it is the hardest thing to swallow." ~August B. Black~

Your Fitness Questions Answered!

Q: I just found out that my blood pressure is 150/95 mm Hg. I don't want to start using drugs. Can I control my blood pressure through exercise and other changes in my lifestyle? ~Colleen Whitmore~

A: If you are motivated to change your lifestyle and stay with it, there is a good chance that you can achieve normal blood pressure without using drugs. High blood pressure or hypertension is a condition in which the blood pressure is chronically elevated above normal levels. High blood pressure increases the risk for coronary heart disease and other forms of heart disease such as stroke and kidney failure. Normal blood pressure range is now considered <120 for systolic and <80 for diastolic. Pre-hypertension is 120-139 for systolic and 80-90 for diastolic. Stage 1 hypertension is 14-159 for systolic and 90-99 for diastolic.

Good lifestyle habits lie at the core of both prevention and treatment of high blood pressure. Lifestyle modifications shown to lower blood pressure include weight reduction for those that are overweight, adoption of the Dietary Approaches to Stop Hypertension (DASH) eating plan which is rich in potassium and calcium, dietary sodium reduction, physical activity and moderation of alcohol consumption.

Engaging in physical activity alone such as brisk walking at least 30 minutes per day 5-7 times a week can lower SBP by 4-9 mm Hg. During aerobic activity, the systolic blood pressure rises strongly. After the aerobic session is over, both the systolic and diastolic blood pressure fall below pre-exercise levels as the blood vessels relax – an effect that can last for an entire day. Over time, as the exercise is repeated, a long-lasting reduction in resting BP is experienced. Changes in body weight and/or diet can result in even greater reductions. Resistance training can also reduce BP, but is best when coupled with aerobic exercise.

Client Of The Quarter

Every quarter I choose a very special *Client Of The Quarter*. It's my way of acknowledging good friends, fitness progress and saying "thanks" to those who support my business with referrals and repeat business.

This quarter's *Client Of The Quarter* is Danielle Franco from Sterling, VA. Danielle will be walking for the Breast Cancer 3-day event in Boston on July 8-10. She will be walking 60 miles over the course of 3 days – a HUGE feat. Danielle has been training for over 5 months now and her training will take her to a peak of 40 miles a week!!! Now that is something to brag about! Not only that, Danielle has discovered a new fitness level and the results are showing inside and out. Way to go Danielle, you are an inspiration to us all! If you are interested in learning more about the event or if you would like to donate to the breast cancer 3-day you can visit: <http://www.the3day.org>

Thank You! Thank You! Thank You!

Thanks to all of my clients and friends who graciously referred me to your family, friends and neighbors last quarter! You see, rather than pester people with unwanted calls and pushy sales techniques (that's definitely not me), I build my business based on the positive comments and referrals from people just like you. I just couldn't do it without you! Thank YOU!!

Mary and Tom Malone

Pat Bray

Kathy Blum

Joanne Fleeter

Leigh Schilling

Healthy & Tasty Treats

Oatmeal Protein Pancakes with Apples & Blueberries!

Ingredients needed for pancakes:

1 cup peeled, sliced and cooked Granny Smith apples
1 cup blueberries
2 egg whites
3/4 cup Quaker Oats Instant Oatmeal
1/2 cup multi-grain pancake mix
2 scoops Vanilla Whey Protein Mix
2 Tablespoons vanilla or plain non-fat yogurt
1 Tablespoon cinnamon
1 Tablespoon vanilla extract
1/4 cup cold water
Nonstick cooking spray

Ingredients needed for topping:

Strawberries, Blueberries, Bananas, Kiwis, Pineapple, Non-fat Vanilla or Plain Yogurt, Cinnamon.

Preparation:

Prepare the filling; wash, peel, decor and slice apples into small pieces. Place apples in a small bowl and microwave on high for two minutes. Rinse blueberries well and set aside. Beat egg whites and set aside.

Prepare the batter; in a large bowl combine oatmeal, pancake mix, vanilla whey protein mix, yogurt, cinnamon and vanilla extract. Gradually stir in egg whites, apples and water, mixing until a thick consistency, (spatula should stand upright in batter.) If batter is too thick, add a little more H₂O; if too thin, add a little more oatmeal. Gently fold in blueberries.

Preheat non-stick sprayed large skillet on stovetop over medium heat; place two to four large spoonfuls of batter in heated skillet. Pancakes should be approximately three to four inches in diameter. Check pancakes in a few minutes by sliding spatula under and looking for desired brownness. Flip and repeat to other side.

To Serve:

Top pancakes with your favorite fruit and sprinkle with cinnamon. These pancakes are excellent served with honey or maple syrup or even with peanut butter or your favorite yogurt. Makes 4-6 pancakes.
Enjoy and stay healthy!

“Who Else Wants To Win A \$75 Transferable Gift Certificate?”

Take my Fitness Trivia Quiz and you could win too!

Each quarter I'll give you a new health or fitness related trivia question. The first person who calls my office with the correct answer will win a free \$75 reduction on any personal training service I provide (one certificate per person, please). And best yet, your certificate is *transferable*. Use it yourself, or give it to a family member, friend or neighbor and help them reach their fitness goals (a truly priceless gift). Take your best guess, and then call me at 703-869-8376.

Here's this quarter's Trivia Question...

- 1. Water makes up ___ ? % of muscle tissue and ___ ? % of fat tissue:**

Call me right now with your answer; if I'm not in, my answering machine will date and time stamp your message. Good luck!

Do French Women Get Fat?

In case you haven't watched TV or read the papers lately there is a new monthly diet craze book out on the market again and it's called *French Women Don't Get Fat: The Secret of Eating for Pleasure*. Here is the short version on what the book is about for those of you that would like to save \$22.00.

The author of the book is Mireille Guiliano and she was born in France but went to Massachusetts as an exchange student in the 1960's. In America she ended up gaining 20 lbs on brownies and cookies. When she returned home her family was shocked at the weight gain but with the help of a physician she shed the weight. She is now married and spends her time between Paris and New York.

The best things about Guiliano's book are the personal dieting tips such as soup for dinner five times a week, monitoring weight by the feel of your clothes and not the depressing readings of a scale and the French family recipes she shares.

Besides these tips her book is not much worth the \$22 it costs to purchase. The truth is that achieving weight balance is also a question of income, education and class. In America and France those with resources can afford a variety of weight maintenance options such as health clubs, diet programs and books. All the while, obesity brought on by junk food and soda as well as an increasingly sedentary lifestyle is reaching alarming epidemic proportions in the developing world.

Guiliano's book has nothing to offer the vast majority of overweight people who don't have the time or money to follow her advice. Telling people that they can lose weight by shopping daily for fresh foods (which most books tell you), cooking at home and eating meals slowly is just not realistic in today's complicated and busy world.

A few sure fire ways to losing weight which everyone can implement: make sure you drink plenty of water, get 7-8 hours of sleep every night, stop eating at least 3 hours before bedtime, get outside and go for daily brisk walks at minimum 30 minutes per day, eat small meals, limit your intake of nutritionally empty foods "junk food", limit carbohydrate intake as well as soda & juice, add green tea to your diet and make sure to eat breakfast every day.

Success seems to be largely a matter of hanging on after others have let go. ~William Feather~

Beauty Inside and Out

Spending a dollar or two at the vitamin store may do more for your skin than any expensive miracle cream. According to a study recently published in *Free Radical Biology and Medicine*, beta carotene and antioxidant found in carrots, fruits, and green leafy veggies, helps counter fine lines and wrinkles. In tests with human skin cells, beta carotene suppressed the proteins that digest skin collagen and cause premature aging from ultraviolet radiation. Study author Regina Goralczyk recommends consuming 4 to 6 mg a day. If you're taking a supplement, be sure to take it with food. Beta-carotene is a fat-soluble vitamin; without fat to help your body digest it, there's no beauty benefit. *Source: Women's Health; Feb/March 2005.*

Vibrating Insoles for Balance

Vibrating shoe insoles could be the next fashion accessory for seniors. According to the medical journal *The Lancet*, insoles that vibrate just below the level of detection may help improve balance. Research has shown that such vibrations can enhance sensory and motor functions in the body and reduce postural sway. This tendency is common in seniors and in people with diabetic neuropathy and those recovering from a stroke.

The insoles can also improve balance during activities such as walking, turning and climbing stairs. The devices which slide into the bottom of a shoe are undergoing further testing. If introduced to the public they could dramatically reduce the number of painful and fatal falls among the elderly each year. *Source: Health Beat; July 2004.*

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I'D LOVE TO HEAR FROM YOU!

Whether your goal is to lose weight, get in the best shape of your life, or anything in between, I can help you.

I'd love to hear from you – even if you just want to say “Hi!”

I'm full of energy, and people tell me I'm a pretty fun person to talk to. So please don't hesitate to call me up with any questions you have about health and fitness related issues. There's never any pressure and no obligation. I'm a resource...and a friend!

Jessica Storm – owner of Storm Fitness, LLC
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“FITNESS BUSTERS” (CONTINUED FROM PAGE 1)

6. **Hold Yourself to a Time Commitment:** When you start a new program promise yourself that you aren't going to quit for at least 3 months. This is the usual length of time it takes to turn your wish into a commitment. By then, you will have started experiencing some physical and psychological benefits.
7. **Don't Get Down on Yourself:** The first time you have an impulse to quite or miss a workout don't beat yourself up over it. Try instead to reconnect with the feeling of accomplishment you had when you started working out.
8. **Don't Let a Missed Workout Spell the End:** When you miss a session immediately plan the next one. It's easier to get back on a mental track by making up one lost workout than making up 4 of them.
9. **Go Back Over the Goals You Made When you First Started:** Don't let yourself forget why you started working out in the first place!
10. **Don't get Discouraged by What Seems Like Slow Progress:** Despite what TV shows and infomercials allow you to believe, no one goes from schlep to hard body in just a few months. But, you'll never get there if you give up now. Plan your goals in increments and congratulate yourself for the progress you're making at each step.

Get Physical All the Time! What's the point of becoming fit if you're still going to hang out on the couch all day? Start discovering the physical benefits of being in good condition, from sports to hiking. Once you've learned how much more fun and energetic your life can be you'll never want to go back!

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