

STORM FITNESS HEALTH & FITNESS NEWSLETTER: 4/07; Q2

"A Health & Fitness Newsletter filled with Insider Tips On How to Stay Looking and Feeling Your Best at Any Age"

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IN A HURRY? DON'T HAVE TIME TO READ THE NEWSLETTER RIGHT NOW? JUST PRINT THE NEWSLETTER OUT, TAKE IT HOME WITH YOU AND READ IT BEFORE BEDTIME THIS EVENING!

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Greetings Clients and Friends,

Happy Spring! It's so nice now that the warmer weather has arrived! I love all the fun outdoor activities that come along with the warmer weather. You can dust off your bike, roller blades and hiking boots and get ready to enjoy the great outdoors.

There is some Spring News on the Storm fitness front to share with you all. On May 6th my husband and I will be running in the Potomac River Run Marathon in Alexandria, VA. There is also a half marathon taking place as well so if any of you have been keeping up with your running through the winter you might want to think about signing up at: <http://www.pvtc.org/marathon.html>

I am running this marathon in support of my very dear Friend Deb who lost her mother, Mary Jo Morrison to a non-smoking related lung cancer in August 2006. Deb and I are aiming to raise over \$7,000 in funds to support Joan's Legacy. I will be sure to keep you all updated on my fundraising efforts as well as the outcome of the marathon in May.

I was able to participate in the National Half Marathon this past weekend in preparation for the marathon. It was a fun race although the weather was a bit gloomy and misty. I finished 7th overall for the women and 1st in my age group with a time of 1:28:31. This race is growing each year and it's lots of fun taking you all throughout DC and major historical sights. Think about signing up for the half or marathon next year: <http://www.nationalmarathon.com/>

Other exciting news regarding Storm Fitness...recently I was featured on the March Cover of Personal Fitness Professional - a popular industry magazine for personal trainers and club/studio owners. Extra copies are located at my studio and the article can be viewed on my website: www.stormfitness.com

On another note of interest, Bodies The Exhibition is coming to Arlington, VA in April. This is very exciting and should be an excellent exhibition. I encourage all of you to go and take your loved ones for a truly eye opening experience. I guarantee it will make you appreciate your body more and will make you want to take better care of it! You can purchase tickets at: <http://www.bodiestheexhibition.com/>

Now get on out there and enjoy this beautiful time of year!

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

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"Storm Fitness in the News":

Jessica Storm was recently featured on the Cover of the March issue of "Personal Fitness Professional".

To view the magazine cover image please go to:

<http://www.fit-pro.com/ME2/Splash.asp>

A copy of the article and magazine cover can be found at the Storm Fitness website: www.stormfitness.com.

National Half Marathon and Marathon Results:

Time: 1:28:31

Pace: 6:46

Place: 7th for Women; 1st in Age Group

<http://www.nationalmarathon.com/Results/2007.asp#wh>

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"Training with Muscle Mindfulness":

Do you ever feel like you are just going through the motions of your workout routine? You know, performing your bicep curls while catching up on the news or thinking about all the errands you still need to run? If you've never learned how to focus on a working muscle then you're missing out on perhaps the biggest secret in weight training - the "mind muscle connection".

You see, building muscle is not simply about moving weight from point A to point B. It's about squeezing the intended muscle and exerting complete control over every inch of the movement. Feel the body part you're working by deliberately contracting it while you lift. For example, if your bench pressing visualize your pecs contracting as you raise the bar. So many weight lifters fall short in their potential gains because they use whatever means necessary to lift a weight instead of concentrating on making the intended muscle do the work.

You don't need to be a professional body builder to master this technique, you just need to understand the main function of each muscle during any given exercise. Once you are able to focus on the body part you're training and make it feel what you want it to feel, each rep becomes so much more productive.

Here are some tips that will re-train your body to have "muscle mindfulness" in the gym and get you those results your after with much less time in the gym.

1. Slow Your Reps Down

The last thing you should do is rush through your exercises in the gym. Slow down and take your time. The goal for each rep should be to slowly lower the weight and feel yourself working the muscle instead of just getting your set over with. Try lowering the weight in five seconds and take another 5 seconds to bring it back up. By not using any momentum and not relaxing during the lowering phase all your contraction will be focused on the muscle you're working and not the object you're moving.

2. Flex Your Muscle

Challenge yourself by trying to flex a variety of different muscles throughout your body. The trick is to contract only one muscle at a time. For example, try flexing just your right triceps - where you able to do it? If not, keep practicing! This will lead you to a more mindful connection with your body. Once you are able to flex one particular muscle without contracting the surrounding muscle groups you have mastered the mind-muscle connection and from this point forward you will always be able to feel every muscle you're working.

3. Lift Less

To maintain the best possible form and really concentrate on the targeted muscle it's best to start out using less weight than you normally do. With less weight you will be much more likely to perform all your reps using perfect form. Once you become familiar with the feeling of working a particular muscle you can gradually up the weight - but make sure you have perfect form at all times.

4. Isolate

This principal incorporates all the techniques previously mentioned and is the most crucial to understanding the mind muscle connection. To really feel the muscle being worked its imperative to isolate it. Squeeze the muscle and exert complete control over every inch of the movement. For example, start out by slowly contracting the biceps as hard as you can in both the concentric and eccentric portions of the exercise. You will be shocked by the feeling of the biceps pump that you get. Best of all, you don't need any weight to do this. This isolation technique can be applied to almost every muscle in the body. Try using no

resistance in the beginning and squeezing your muscle as hard as you can for 20 repetitions.

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"Fitness Q&A":

Q: Does the ratio of fat to muscle necessarily increase as a person ages?

A: It often does - but it doesn't have to. Unless doing strengthening exercises, the average male and female between ages 20 and 50 lose 5 to 7 pounds of muscle per decade and add three times as much fat per decade.

Do the math and you can see why people tend to become fatter and flabbier with age. As the obesity epidemic grows, the problem is only getting worse. If we eat more and exercise less throughout the decades, the fat will pack on, especially since metabolism can slow down some with age.

Our bodies will look even more out of shape if we don't work our muscles to keep them strong and firm. And in today's world, there are few opportunities to strengthen our muscles aside from lifting weights. But you can fight back against fat and flab as you age. Start by losing weight or maintaining a healthy weight through diet and exercise.

Q: I've been lifting weights for a while now, and my question is this: If I were to stop lifting completely, will my muscles turn into fat?

A: No, muscle is muscle and fat is fat. You can't change muscle into fat or vice versa. People might get the impression that once-firm muscles have turned to fat if they quit strength-training and see flab where there used to be visible muscle. What's actually happening is that the muscles have atrophied - shrunk - so the tissue isn't as firm as before. In addition, a person could gain more fat in that area, making it seem even flabbier.

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Motivational Quote:

"A mind troubled by doubt cannot focus on the course to victory."

-- *Arthur Golden*

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"Whey Vs. Casein Protein - Which Is Better For You?":

Proteins provide the body with critical amino acids that serve as building blocks for the formation of new muscle. However, it is important to note that not all dietary proteins are equal. The major proteins in milk are whey and casein. They are both excellent sources of all the essential amino acids, but they differ in one very important aspect: Whey is a fast digesting protein and casein is a slow digesting protein. How you choose to use these two proteins to supplement your diet can have an enormous effect on post workout recovery and overall changes in your physique.

Whey stimulates protein synthesis: Fast digesting whey means that it is emptied from the stomach quickly - resulting in a rapid and large increase in plasma amino acids. This translates into a quick increase in protein synthesis while protein breakdown is not affected. Although whey protein is superior at augmenting protein synthesis rapidly, this positive effect is short lived.

Casein offers a positive nitrogen balance: Casein is the most abundant protein in milk. It's relatively insoluble and tends to form structures called micelles that increase solubility in water. Due to the processing of milk which usually involves heat or acid, casein has a slower rate of digestion and results in a slow but steady release of amino acids into circulation.

Whey and casein are better together: Since whey rapidly increases protein synthesis and casein blocks protein breakdown, a combination of both would be ideal. Science clearly shows that the digesting rate of protein is an important regulator of protein balance. Whey provides a quick burst of protein synthesis while casein makes an ideal protein supplement to sustain long periods of an anabolic environment for muscle growth. Based on these different characteristics, whey and casein can be used alone and in combination to exploit their unique effects.

Practical uses of whey and casein: As an example, whey protein can be very effective before and after a workout and first thing in the morning. Since the benefits of whey after exercise are short lived you should consume a meal containing protein 20-60 minutes after drinking a post workout whey protein shake. Alternatively, a combination of whey and casein could be consumed one hour before and immediately after exercise for a sustained benefit of protein balance. Casein is a perfect protein for a shake before bed because it promotes a sustained anti-catabolic environment while you sleep.

Because whey and casein have different but complementary effects, many people keep both types on hand and use them differently throughout the day - whey in the morning and after workouts and casein before bed. Or you can mix whey protein into a large glass of milk (about 80% casein) to combine the benefits of both. Research shows that these proteins support greater increases in lean body mass and decreases in body fat as part of a resistance training program.

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Healthy and Tasty Treats:

"Jamaican Jerk Chicken Wraps"

Serves: 4

Preparation time: 20 minutes

cooking time: 15 minutes

Ingredients for the Jerk Chicken:

2 teaspoons olive oil

4 small skinless, boneless chicken breasts, about 3-4 ounces each.

salt to taste

freshly ground black pepper

1/4 cup jerk sauce

Ingredients for the wraps:

1/2 cup fat-free, whipped cream cheese

2 tablespoons minced, sweet onion

4 large flour tortillas

4 large lettuce leaves (green leaf, bibb or romaine),

shredded

4 large slices of ripe tomato, sliced thin

Cooking Instructions for the jerk chicken:

1. Preheat the grill to medium-high.
2. Brush the chicken breasts with olive oil and then season with salt and pepper. Cook them on the grill, about 4-5 minutes per side, depending on the thickness of the breast. During the last 2 minutes of cooking, brush the chicken breasts with jerk sauce. Transfer the chicken to a cutting board and cut into small pieces.

Cooking Instructions for the wraps:

3. In a small mixing bowl, combine the cream cheese and onions. Add salt and pepper to taste.
4. Lay out the tortillas on a work surface in front of you. Divide the cream cheese mixture among the tortillas, spreading it out in the middle of each tortilla. Divide the lettuce among the tortillas, top with a few slices of chicken and a slice of tomato. Tightly roll the tortilla in a cylinder ending with the seam side down.
5. Slice the wraps on the diagonal and serve.

Nutrition Facts:

Serving Size: 1 wrap

Calories 563

Total Fat 11 g

Saturated Fat 3 g

Protein 66 g

Total Carbohydrate 47 g

Dietary Fiber 3 g

Sodium 893 mg

Percent Calories from Fat 18%

Percent Calories from Protein 48%

Percent Calories from Carbohydrate 34%

"Take Our Trivia Quiz and Win"

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:

Q: What is the difference between an incline chest press, regular/flat chest press and a decline chest press?

Call me right now with your answer; if I'm not in, my answering machine will date and time stamp your message. If you are the lucky winner I will contact you that day. Good luck!

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"Balancing to Stay Injury Free:"

Balance is often an afterthought, not a priority, in our fitness regimens. Most of us would much rather spend time working on cardio, endurance, strength, speed, even hand-to-eye coordination before considering balance.

In fact, we usually don't think about balance until after we've lost some of it, say after an injury to a knee or hip. But what we don't realize is that by not thinking much about balance, we actually increase the risk of injury.

Here's why: When we favor one side, or when injuries leave one side of our body weaker, the other side compensates, working harder to keep the body properly aligned. That extra work leads to physical stress and overuse.

Working on balance doesn't have to be a big project. There are some exercise formats that have built-in balance routines. Think of the tree pose in yoga, in which you balance on one leg with the opposite foot resting against the leg. All kicks in cardio kickboxing class require balancing on one foot. Sports conditioning classes sometimes incorporate balance devices such as the Bosu ("both sides up") or Reebok Coreboard. Tai chi's small and controlled movements are perfect for tweaking balance.

Here's what you can do to improve your balance skills:

1) **Cross-train**

As much as you might love to ride your bicycle or play basketball every day, mixing up your activities prevents overuse injuries. Don't do the same thing over and over each day. Some elite athletes participate in other activities when their sport's season is over.

Cross-training will help increase coordination and challenge the body in a variety of ways. When your exercise program is well-rounded, you improve coordination, strength and flexibility and this leads to better balance.

Try walking or jogging backwards (for a short distance and in a space where you're not going to run into anything, please) or standing on one leg in the sand.

2) **Spend more time on one leg**

This is so simple, yet so useful. Standing on one leg is the easiest way to find out just how good your balance is and to improve it. You might find that you favor your stronger or more dominant leg. And if you've injured a leg or ankle, you might find that it's less stable than the other. Try this routine which you can do during a TV commercial break: Set a timer for five to six minutes. Do the following sequence of steps twice, devoting 20 to 30 seconds for each side. If the activity is easy, move on to the next. If it's more challenging, spend more time on it.

1. Stand on one leg. (Stand next to a countertop for safety and touch only if you need to regain balance.)
2. Stand with feet close together and eyes closed.
3. Stand on one leg with eyes closed.
4. Stand on one leg and look to the right and left, up and down.
5. Stand on a piece of foam/pillow/balance disc with both legs.
6. Stand on a piece of foam/pillow/balance disc with one leg.

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"What is *Functional Training*?"

Functional training is a classification of exercise which involves training the body for the activities performed in daily life. Functional training has its origins in rehabilitation. Physical therapists developed exercises that mimicked what patients did at home or work in order to return to their lives or jobs after an injury or surgery. Thus if a patient's job required repeatedly heavy lifting, rehabilitation would be targeted towards heavy lifting, if the patient were a parent of young children, it would be targeted towards moderate lifting and endurance, and if the patient were a marathon runner, training would be targeted towards re-building endurance.

Functional training involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back). Most fitness facilities have a variety of weight training which target and isolate specific muscles. As a result the movements do not necessarily bear any relationship to the movements people make in their regular activities or sports. Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries.

Both research and anecdotal evidence suggest that functional training leads to better muscular balance and joint stability, which in turn results in fewer injuries and increased performance.

"Real world *Functional Training*"

Functional training is more "real world" in terms of your training actually mimicking a broader spectrum of your daily movements. Functional Training is useful whether you are an athlete or recreational exerciser wanting to improve general health. Functional Training gives you better balance and muscular control during everyday movements. For example, teaching yourself to balance in a neutral or static position with both feet on the ground is a great beginning; however, in the real world you need the ability to balance and maintain control during movement. The human body must be able to achieve and maintain balance in a variety of different positions, planes/angles, and conditions to be totally functional. "Functional balance" is dynamic just like real life.

Functional Strength is "dynamic strength" you can use!

Developing biceps strength on a curl machine while in a fixed plane of motion is not very functional. You can increase biceps strength on a machine, but this type of general strength does not mean you will greatly increase your performance in functional movements outside of the gym. The body needs to be trained in multiple planes and angles as with real life movements—not just in a fixed plane like the machine. Because functional training more directly mimics the actual activity you wish to perform in real life, strength conditioning should also involve dynamic movements that teach the body how to actually use available strength in everyday functional movements. Dynamic, or "functional" strength training, will also improve your balance. Functional balance means you will have better control of your daily movements and activities.

Functional Training is very "core" oriented. All balance and movement starts in your core or midsection; therefore, *Functional Training starts with "core training."*

Core is more than just front abdominals—core is the whole midsection of your body that goes from groin to upper back and chest—including sides. Without good core development, you will not be able to move and react efficiently whether casually walking on a trail or playing professional football. Good core development from Functional Training will enhance all human movement for all populations and activities of daily living. ***Functional Training is not just for athletes—it's for everyone!***

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"In The News"

Check out the March 26th 2007 Issue of Newsweek!

It Features Exercise and the Brain - Exercise making us Stronger, Faster and Smarter!

Here are a few excerpts:

"Exercise does more than build muscles and help prevent heart disease. New science shows that it also boosts brainpower - and may offer hope in the battle against Alzheimer's."

"For the first time, scientists have coaxed the human brain into growing new nerve cells - simply by putting subjects on a three month aerobic workout regimen."

"Regular exercise builds up the body's levels of BDNF - a 'Miracle - Gro for the brain' that is critical for learning, memory and many other processes of higher thought."

"Researchers are learning more about how physical activity affects our moods - is sweat the hot new antidepressant?"

"A sound mind in a sound body is a short, but full description of a happy state in this world," wrote the British philosopher John Locke. Three hundred years later, research shows that we should begin thinking of the body and mind health as conceptually identical. The two are linked at the deepest levels"

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Motivational Quote:

"Greatness lies not in being strong, but in the right use of strength."

- *Henry Ward Beecher*

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Well, that's all for this quarter! 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 happy and successful spring 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 might have.

Yours in health and fitness,

Jessica Storm & the Storm Fitness Team

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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

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