



STORM FITNESS, LLC
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Quarter 1: Issue 1
January 2005

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Training Tip of the Month

Set realistic training goals and track your workouts in a journal (try *The Complete Runner's Day by Day Log 2005* by Marty Jerome). If you ran a mile in June at 11 minutes and then ran a mile in October at 10 minutes, that's significant progress and you should be proud of yourself. When you can see where you have come from, you can really appreciate where you are now.

*"To attain knowledge, add things every day. To attain wisdom, remove things every day."
~Lao Tzu~*



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

Are You Getting the Most Out of Your Cardio Workout?

1. Increase Your Intensity To Lose Fat

Research has long been showing that performing intervals (alternating high intensity sprints with lower intensity recovery periods) is up to 3 times more effective than steady state cardio. Be very wary if a personal trainer or someone in the health field tells you to work at a steady 60% in order to burn more fat. This is a myth and for several years now, research has disproved this theory. While it is true that you burn a greater percentage of fat when working at 60% of your aerobic capacity, it is not true that you burn *more* fat for the overall workout. For example, if you did sprint intervals and worked at 80% aerobic capacity, by the end of your workout you would have burned hundreds more calories than just working at 60%; hence, you would have burned a greater percentage of calories and a greater percentage of fat overall. Moral of the story: Work hard when you are doing your workouts and make the time you put in count!

2. Train for a Personal Best in the Mile or 1/2 Mile

Instead of doing the same routine every time you get on the treadmill and doing the same boring old 40 minutes, try something different. Strive to improve your mile time or 1/2 mile time every time you get on the machine. Think of it this way, if you can get your mile time down enough or increase your mileage to the point where you can run 3 miles in say 30 minutes then you can be done with your exercise in 30 minutes instead of the regular 40-50 minutes that it may take you to get your 3 miles in now.

3. Switch Cardio Machines

If you like one particular machine, try mixing it up every now and then. If you like the treadmill, once or twice a week try using any machine except the treadmill. There are 4 benefits of doing this 1. You won't be stressing the body in the same way all the time 2. It gives minor aches and pains/injuries a chance to heal so that other muscles can work in different ways. 3. It prevents boredom. You can even try doing 15 minutes on 3 different machines for a workout which will give you a great cross training 45 minute workout. 4. You will improve your overall cardio fitness by working out different muscle groups and training them to adapt to different machines.

CONTINUE TO PAGE 4 TO FIND OUT HOW TO GET THE MOST OUT OF YOUR CARDIO WORKOUT!

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

Water Works for Weight Loss

Nothing quenches the appetite like water, lots and lots of water. Start out with two quart bottles in the morning and carry one with you to work or wherever you go. If you like, divvy up the 64 ounces of water into eight (8-ounce) bottles or four pint (16-ounce) bottles to carry around with you all day.

Yes. You will have to make more frequent bathroom trips, but it is worth it. Drink your 64 ounces of water before dinner, if possible, so you're not up half the night going to the bathroom. Water not only fills you up and lessens your appetite, it prevents those "hungry horrors" we all encounter when our blood sugar drops and we reach for cookies, candy, ice cream, fries or other high-calorie treats. Water also flushes out the system, rids the body of bloat and toxins and helps your complexion to glow. Now, start splashing.

Snow Shoe Basics

Burn major calories while playing in the snow! Snowshoeing is one of the biggest bang for your buck activities along with x-country skiing & running. You can burn up to 1,000 calories per hour: It's fun, easy to learn, inexpensive and easy on the joints!

It's a fast growing outdoor sport among women over the past five years and has had a 163% growth. To get started all you need is a pair of snowshoes, hiking or downhill ski poles and 4+ inches of snow. Go to wintertrails.org for a detailed snowshoeing guide.

In The News

Here's a surprising benefit to cutting calories—researchers say you could age more slowly and live a longer, healthier life. Even better, the effects can be felt at any age! While scientists are still trying to understand exactly why it works, they say rodents fed the amount of calories needed to survive—no less, no more—live up to 40 percent longer than those fed more calories than they needed.

Some speculate that because extra weight strains the body's systems in many ways, cells become damaged more quickly, and the aging process is accelerated. While you're really doing it for your health, looking younger sure is a nice bonus! Better than Botox, wouldn't you say?

Your Fitness Questions Answered!

Q: What is cross training and does it offer any significant benefits? ~Robyn Mills~

A: Cross training is typically defined as an exercise regimen that uses several modes of training to develop a specific component of fitness; in this instance, aerobic fitness.

A long held argument can be expanded to support the idea that using two or more types of aerobic exercise in your training regimen is in your best interest.

While no evidence exists to support the often-stated claim that cross training somehow induces a better aerobic conditioning response, research indicates that using several modes of training can provide an exerciser with a very positive orthopedic benefit. By combining different exercise modes, you prevent the same bones, muscle groups and joints from being stressed over and over. As a consequence, cross training tends to reduce the likelihood of your being injured as the result of exercising "too much."

In addition, cross training has also been shown to have a very positive effect on an individual's long-term adherence to a specific type of activity.

Q: The Worse I feel about my body, the worse I seem to look – is it all in my head? ~Jamie Gawl~

A: It's very important to keep the self criticism to a minimum. When you chronically focus on what you hate about your body, you flood it with stress hormones, which have a number of negative effects. For instance, they inhibit protein synthesis, which weakens hair and nails. They also slow down fat metabolism, which is why you gain weight, even with a good diet and regular exercise. So, stay positive, even when you don't feel at your best. Just continue to work out and eat right – don't let your mind and negative self talk get the best of you.

Client Of The Month

Every month I choose a very special *Client Of The Month*. 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 month's *Client Of The Month* is Ms. Lisa Brendes from Sterling, VA.

Lisa has set some big goals and made huge accomplishments in the few months which we have been training together. Having never been a runner before, Lisa decided to give it a try. She started out with a walk/run combo doing much more walking than running, but over the course of a few months Lisa is now running for a full 40+ minutes at a time. She worked through the aches associated with a higher intensity workout and is now feeling great. She uses the running as a daily outlet of stress release from a busy life and hectic job. Lisa has a glow in her cheeks and her body is toning up like that of a true athlete. Lisa has found her inner spirit and inner athlete in running. Way to Go Lisa!

You might be my next *Client Of The Month*. Wait for your name here!

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 month! 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!!

**Stephanie Fox
Anne Troy
Jennifer Weller**

Healthy & Tasty Treats

CHICKEN AND VEGETABLE SOUP

1 whole chicken (3 pounds), skinned and cut up
1 large onion, chopped
2-3 cloves garlic, minced
2 quarts water
1 stalk celery, sliced
1 medium turnip, peeled and cut into 1/2 inch cubes
2 medium carrots, sliced
2 medium zucchini, sliced
1 15-ounce can (1/2 pound) kidney beans or hominy, drained
1 small head cabbage, chopped
2 teaspoons salt
1/4 teaspoon black pepper

Place chicken, onion, and garlic in a large saucepan or Dutch oven. Cover with water, bring to boil. Reduce heat; simmer for 50-60 minutes or until chicken is tender. At this point, chicken may be removed from broth and cooled. Take meat from bones. Skim any fat from broth; return meat to pan. Add remaining ingredients; simmer for 20-30 minutes or until vegetables are tender.

14 servings Cal 108 Fat 3 (gm) Na 353 (mg) Fiber 4 (gm) Pro 12 (gm) Cho 10 (gm) K 321 (mg) Chol 27 (mg)

GREEK GARBANZO BEAN SALAD

2 - 15 ounce cans garbanzo beans, drained
2 cucumbers, halved lengthwise and sliced
12 cherry tomatoes, halved
1/2 sweet red onion, chopped
2 cloves garlic, minced
1 - 15 ounce can black olives, drained and chopped
1 ounce crumbled low-fat feta cheese
1/2 cup fat-free Italian-style salad dressing
1/2 lemon, juiced
1/2 teaspoon garlic salt
1/2 teaspoon ground black pepper

Combine the beans, cucumbers, tomatoes, red onion, garlic, olives, cheese, salad dressing, lemon juice, garlic salt and pepper. Toss together and refrigerate 2 hours before serving. Serve chilled.

8 Servings: Per Serving 224 Calories; 8g Fat; 1g Saturated Fat; 7g Protein; 4g Carb; 8g Dietary Fiber; 3mg Cholesterol; 1163mg Sodium.

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

Take my Fitness Trivia Quiz and you could win too!

Each month 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 month's Trivia Question...

- 1. Vascular, muscle contraction, traction and inflammatory are all diagnostic names for types of: ?**

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

Top Tips for Surviving the Holidays

The holidays can be a joyous time of year shared with family and friends, but they can also bring stress and anxiety as we struggle to keep up with often-unrealistic demands and expectations. That's why it is so important for all of us to relax and take good care of ourselves. These top tips for surviving the holidays are great for increasing your energy and reducing your stress, this season and all year long.

1. Take time for yourself. Although spending time with friends and family is essential, it's also important to have at least five minutes to yourself to relax. Try practicing deep breathing exercises when you feel stressed out.
2. Don't set unrealistic exercise goals. Aim to exercise 20 minutes a day instead of an hour. You'll be sure to get at least 20 minutes of exercise per day without feeling disappointed if you do not complete an hour.
3. Enlist a friend or family member to exercise with you. Walking and talking with a friend can be a great way to burn extra calories and reduce your stress level.
4. Create new, more active traditions. Instead of throwing a dessert or cocktail party, try snowshoeing or ice-skating as an alternate holiday event.
5. Don't try to lose weight or stick to a restrictive diet this holiday season. If you enjoy your favorite foods in small portions, you'll feel more satisfied. Trying to stay away from certain foods may leave you feeling deprived, which may cause you to eat more than you intended to.
6. Drink plenty of water. Although the cold weather may make you less inclined to grab a glass of water, it is just as important in the winter as it is during the summer. Water helps counter the dehydrating effects of travel or drinking alcoholic beverages, and it may also help satiate your appetite since thirst is often mistaken for hunger.
7. Don't overdo it with alcohol or caffeine. These stimulants will only cause you more grief by adding to your feelings of stress. Try drinking hot herbal tea instead of coffee, and keep the number of alcoholic drinks to a minimum.
8. Laugh. Laughing is a great tension reliever. It burns calories, reduces stress and usually means that you're enjoying yourself.

If you would not be forgotten as soon as you are gone, either write things worth reading or do things worth writing. ~Benjamin Franklin~

Top 6 Exercise You Can't do Without!

1. Squats
2. Running
3. Abdominal exercises
4. Lunges
5. Walking
6. Pushups

Does the Mirror on the Wall Play Tricks on You?

Going to the gym can be intimidating enough, but for women who workout in gyms lined with mirrors it may be even more intimidating. A recent study that was published in *Health Psychology* reported that women who work out in front of mirrors tend to feel worse about themselves afterward while those who work out in non-mirrored rooms feel calmer and more revitalized. The study suggests that gyms provide separate rooms without mirrors as an option for women. If exercising in a gym – mirrored or not- is intimidating, feel free to call me and we can talk about exercises you can do in your living room or your own backyard!

Top 4 Reasons to Stretch

Stretching is a must when exercising. If you're still skipping it, here are some good reasons to take the time to stretch after your exercise.

1. Flexible muscles are less prone to injury
2. Stretching after a workout keeps muscles loose and may lessen post-workout aches and pains.
3. Regularly stretched muscles hold less tension and may leave you feeling more relaxed
4. Stretching increases blood supply to the muscles, which allows for greater circulation throughout the body.

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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
Phone: 703-869-8376; email: Jessica@stormfitness.com

“GET THE MOST OUT OF YOUR CARDIO WORKOUT” (CONTINUED FROM PAGE 1)

4. Don't lean on the bars

Okay, we've all fallen victim to this once or twice and you see people doing this all the time at gyms....that's right, holding onto the sides of the bars of a cardio machine. Did you know that when you do this you are cutting the amount of energy expenditure (hence calories and fat burned) by nearly a quarter. Instead, try loosely resting your hands on the bars only when you need to maintain balance.

5. Drink UP

Being even slightly dehydrated can cost you endurance and strength – muscles need fluid in order to perform. Make sure you drink plenty of water both before and after your workouts to give your muscles what they need

6. Stretch

Don't leave the gym without stretching – even a quick 5 minute cool down and stretch can save you later grief down the road. The last thing one wants is to end up with an injury and be off the saddle for weeks to a month. Don't underestimate the importance of a proper cool down and stretch. Make sure to spend plenty of time on any problem areas you have such as tight hamstrings or hip flexors and hold each stretch for 20 seconds. Always make sure to exhale as you lower into the stretch and then take a few deep breaths while you are in the stretch and try to relax. Following a cardio workout is your single best opportunity to improve your flexibility since your muscles are warm and more pliant you will be able to stretch them through a greater range of motion.

"The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof." ~Barbara Kingsolver~

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