

STORM FITNESS HEALTH & FITNESS NEWSLETTER: 1/07; Q1

"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 New Year! I hope you all had a wonderful holiday season with your friends and family and a fun time ringing in 2007! It's hard to believe that it's already the beginning of a new year - I just don't know where the time went! With the New Year comes the talk of New Years Resolutions! Personally, I enjoy writing and keeping goals throughout the year but I always find the beginning of a new year a great time to reflect upon my accomplishments during the year and make additions or re-evaluate my goals.

If you haven't done so already I suggest taking some quiet time to sit down and write out a few goals for yourself for 2007 - hopefully a few of them will be health and fitness related! I just finished a few of mine this evening. It often seems like a daunting task...when you finish and look at the list it's easy to think how will I ever accomplish all of this?

You will be surprised though - more often than not you will succeed with everything you write down. By writing it down you set the ball rolling into action. In addition to a goal list for 2007, I enjoy keeping a life's list. One of the items on my life's list is to compete in an Ironman competition. I may change my mind along the way, but for now I am putting it on there as something to strive for.

What's on your life list? I would love to hear! If you need assistance setting any health or fitness goals for this coming year feel free to send me an email or call - I would be happy to get you going in the right direction and hold you accountable! Wishing you nothing but health and happiness in 2007!

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

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"Short on time in the weight room? Try these 3 Must Do Moves":

It's often said that the best fitness program is one you'll stick with. True enough. If you don't like what you are doing, you'll look for a reason to quit. But if you're going to invest time and energy into getting fit, you also want the biggest bang for the buck. So here are three of the best exercises you can do.

Exercise No. 1: Bicycle for the Abs

How to Do It:

Lie on your back on a mat or padded carpet with your knees bent and feet flat on the floor. Press your lower back into the floor, engaging your abdominal muscles, as you put both hands behind your head (don't pull on your head). Bring your right elbow over to your left knee, and then bring your left elbow over to your right knee in a twisting, bicycle pedal motion. Continue to breathe naturally. Alternate opposite elbow to opposite knee with hands interlaced behind your head in a slow and controlled manner and with full extension of each leg on every repetition.

Breathe naturally, extend your legs fully to increase intensity and perform the motion very slowly. Keep your knees bent throughout the movement, while you tap your feet to the floor (instead of extending your leg straight out), to decrease intensity. Repeat to muscle fatigue.

Goal: Two sets of 15-20 repetitions

Exercise No. 2: Squat for the Gluteus

Squats, done with or without dumbbells, are the quickest route to more shapely, tighter glutes. The compound exercise also gets high marks for toning quadriceps, hamstrings and calves.

How to Do It. Stand with your feet shoulder-width apart, holding arms at your sides. The head is straight with a natural arch maintained in your back. Inhale, swing your arms slightly forward for balance, bending at the knees and hips to a sitting position, thighs parallel to the floor or as low as you can comfortably squat without experiencing pain in your back, hips, or knees. Your buttock remains above the level of your knees, and your knees do not extend beyond your toes. Exhale, slowly rising to a standing position with knees and hips straight. Allow your hands to drop back to your sides. You can also squat against a wall using a resistance ball. Repeat to muscle fatigue.

Goal: Two sets of 15-20 repetitions

Variation: Walking Lunges

How to Do It. Start by stepping forward with one leg and planting your foot firmly on the floor. Then, drop the rear knee down so that your rear thigh and front shin are perpendicular to the floor. Using the heel of the front foot, push upward to return to standing position, step forward so that feet are together again.

Goal: 1-2 sets of 12 repetitions

Exercise No. 3: Push-Up for Sculpted Arms

Push-ups have a dramatic effect on the arms - particularly biceps, triceps and shoulders. They also help condition the chest and abdominals.

How to Do It. Lie face down on the floor or mat, with your hands on the floor, palms down, slightly wider than shoulder-width apart, and toes curled under on the floor. Your back and legs are straight. Exhale as you slowly push your body away from the floor. Inhale, lowering yourself back down to the point where your chest barely touches or

comes within a few inches of the floor. Repeat to muscle fatigue.

To lessen intensity, do the modified push-up, in which everything remains the same, except the knees are bent and remain on the floor during the movement. To increase intensity, perform both the up and down phases of the push-up very slowly by counting to four when pushing away from the floor and to eight while lowering to the floor. Indeed, holding the position during any exercise for at least a count of two will increase intensity.

Goal: Two sets of 10-20 repetitions.

Another modification is the wall push-up, in which you stand facing a wall and lean on it with hands. Arms are shoulder-width apart. Do 1-2 sets of push-ups, 10-12 repetitions.

To Ensure Results

Most people who begin a resistance program tend to overtrain. Each muscle group should be adequately worked at least twice each week (2-3 sets of 10-20 repetitions). The key to results isn't only how many sets or reps you do, but more importantly what level of muscle fatigue is hit on each set. And remember, always quality over quantity!

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"Fitness Q & A":

Q: I am trying to get fit and lose weight but I really want to avoid getting injured since I seem to have a tendency to get injured whenever I start a workout program. My question is what is better for me running or walking? Also, how many days a week should I be working out in order to see results? Jane, Reston, VA

A: Running will burn more calories per minute, but you need to start walking before you can run. If you start running before you have a good walking foundation you increase your chances of injury. Here are some calorie burning stats for a 145 lb woman walking for 30 minutes at:

20 minute per mile pace burns about 114 calories

15 minute per mile pace burns 157 calories

For a 145lb woman running for 30 minutes

10 minute mile pace burns about 348 calories

8 minute mile pace burns about 435 calories

To begin your program, start by walking for 30 minutes 5 times a week at a brisk pace. After 2-3 weeks you can gradually start to introduce running on alternate days in the middle of your workout. For example, after 15 minutes try running for 3 minutes and then go back to walking. Continue alternating spurts of running with walking. Gradually start increasing the length of the segments over the next few weeks.

Once you can comfortably run for 30 consecutive minutes you can start increasing your intensity. Working up to a 30 minute run could take anywhere from as little as 4 weeks to several months depending on your fitness level. Because running involves much more pounding on your muscles, tendons and joints than walking does, joggers have a higher rate of injury. To reduce your chances of getting hurt, you should alternate running and walking days resisting the temptation to quickly increase weekly mileage. If you gradually work up to 15 miles per week you have a good chance of running injury free.

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"Ring in the New Year with a New You":

Happy New Year! With the New Year comes a time for reflection. Below I have listed a few tips on creating positive change for your mind body and soul for 2007 and beyond!

1. Attitude determines altitude. Your attitude is everything. You get what you expect. You increase the likelihood of success when you expect it. So expect good things in 2007 and focus on the good.
2. Start every day with a six-pack. Not that kind of six pack but, the kind of six pack that gets you headed in the right direction. Think of it as your daily To Do List. Highlight the six most important things and knock them out first. Don't sweat it if you can't get your whole list done; simply roll it into the next day.
3. Cut yourself a break. All work and no play makes Jack a dull boy. Take time throughout the day to have a cup of

tea, take a few deep breaths, get centered and reflect on what's working and what's not working in your day.

4. Make exercise a daily priority. Exercise reduces stress and builds self-esteem. It also helps you recharge so you can prepare to take on the next day. Starting your day with some kind of physical activity for at least 20 minutes will create a profound effect.

5. Work smarter not harder. Learn to let the unimportant things go. Focus on your priorities. If it doesn't need to be done today - it shouldn't even be on your list. It's easy to start something. The challenge is in completing it. Focus on the priorities and concentrate on getting them done. To get more done, you may have to do less.

6. Journal your ideas. Get an idea book. Go out and buy a notebook and plan to keep it in your car. Form the habit of reflecting and jotting your thoughts and ideas in your notebook. This type of reflective writing builds inner strength for the author and is an amazing tool for reviewing the year and your accomplishments.

7. Read and achieve. Invest at least 15 minutes every day reading about your interests. Books, magazine articles, and even web sites, can make a big difference over time. Listen to tapes and CD while commuting. Fill your mind with positive and motivational content. You will become what you read and hear. You will also become what you think about most. So, when you're reading make sure you're thinking positive thoughts.

Plan your work and work your plan and you will find 2007 to be even better than 2006.

Here's to a great New Year and a great new you!

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Motivational Quote:

"To live happily is an inward power of the soul."
--Marcus Aurelius

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"Get ready for Ski and Snowboard Season":

Try these 3 exercises and be a success on the Mountain!

Success in skiing and snowboarding requires a solid level of conditioning and mastery of certain skills, including balance and agility. To better prepare you for the upcoming season, add these three basic exercises to your training regimen.

1. Agility Exercise: Zig-Zags

Place 10 cones (or any available markers) in a straight line at 1-yard increments on a flat, solid, non-slippery surface.

Start on the right side of the first cone with both feet together.

Step diagonally across to the left side of the second cone with your left foot, bringing the right to meet it.

Continue by stepping diagonally with the right foot to the third cone, bringing the left foot to meet it.

Continue this zig-zag pattern through all cones as fast as possible; repeat five times. Increase the challenge by shortening the distance between each cone.

2. Muscular Conditioning: Wall Squat

Stand against a wall with feet shoulder-width apart and pointed straight ahead.

Slowly lower your body toward the floor into a sitting position by walking your feet forward.

ALWAYS ensure that your knees are positioned directly over your ankles (never allow the knees to move ahead of the ankles).

Lower yourself until your thighs are parallel or as close to parallel to the floor as possible.

Extend your arms to your sides and bend the elbows so your hands are pointing toward the ceiling.

Attempt to rest your head, arms and the backs of your hands against the wall.

Hold for 30 seconds to 1 minute or until you feel fatigue in your thighs.

Repeat five times with one minute of rest between each set.

Increase the challenge by:

1. Holding the squat for longer periods. Work up to 2+ minutes.
2. Lowering yourself closer to the floor.
3. Holding 2- to 5-pound weights in each hand.

3. Balance Exercise: Stork Stand

Stand with both feet together. While contracting the muscles of your torso, slowly lift one leg, bending your knee until your thigh is parallel to floor.

If necessary, spread your arms out from the sides to help balance your body.

Hold this position for 10 seconds, lower the leg to the floor and repeat on the opposite side.

Perform five repetitions per side.

Increase the challenge by adding one of the following:

1. Slowly moving the lifted leg backwards (slow donkey kick).
2. Closing your eyes.
3. Slowly rotating your torso both ways while balancing.
4. Holding a 2- to 4-pound weight (medicine ball) in one arm.

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Healthy and Tasty Treats:

"Skewered Chicken Satay"

Serves: 4

Preparation time: 30 minutes

Cooking time: 10 minutes

Ingredients:

16 bamboo skewers

For the marinade:

1 shallot, peeled
2 cloves garlic
1 tablespoon grated ginger root
1 jalapeño chili pepper, seeded
1 3-inch piece lemon grass, sliced
1 tablespoon peanut oil
2 tablespoons cilantro leaves
1 cup light coconut milk
1 tablespoon fresh lime juice
1 tablespoon low-sodium soy sauce
1 tablespoon turmeric

For the yogurt sauce:

1/2 cup non-fat, plain yogurt
1/2 cucumber peeled, seeded and finely diced
1 tablespoon finely chopped red onion
1 tablespoon chopped cilantro leaves

1 pound skinless, boneless chicken breasts

Cooking Instructions:

1. Soak the bamboo skewers for at least 30 minutes or overnight.
2. Puree the shallots, garlic, ginger and chili pepper in a food processor.
3. Heat the oil in a small saucepan over medium heat. Add the shallot mixture and lemon grass and cook, stirring occasionally, for 5 minutes. Remove from heat.
4. Add the remaining ingredients for the marinade, set aside and let cool.
5. Meanwhile, mix the ingredients for the yogurt sauce together, cover and refrigerate.
6. When the marinade has cooled, cut the chicken into 16 1-inch wide strips, pour the marinade over the chicken and coat well. Cover and refrigerate for 20 minutes.
7. Preheat the grill. Skewer each piece of chicken with one of the skewers. Place the chicken on the grill and cook for about 2 minutes on each side, until the chicken is cooked through. Serve the chicken with the yogurt sauce.

Nutrition Facts:

Serving Size 4 skewers
Amount Per Serving
Calories 192
Total Fat 5 g
Saturated Fat 1 g
Protein 28 g
Total Carbohydrate 8 g
Dietary Fiber 0 g
Sodium 244 mg
Percent Calories from Fat 24%
Percent Calories from Protein 60%
Percent Calories from Carbohydrate 16%

"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 \$70 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: According to the USDA, how much protein should an individual consume per day?

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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"Your Best Choices When Eating Out:"

Most Americans eat out at least occasionally, if not more often. Restaurants can pose a problem because they are looked at as "special" occasions for which you do not want

to make healthy food choices. Fortunately, though, restaurants are more accommodating than ever before. A survey by the National Restaurant Association found that nearly 90 percent of table service restaurants will alter food preparations on request. And fast-food restaurants have recently made changes and added new items to accommodate the health- and diet-conscious person.

Healthy selections by course:

Beverages:

- Ice water or club soda
- Coffee or tea without cream and sugar
- Limit yourself to one alcoholic beverage

Appetizers:

- Broth-based soups

Salads:

- Ask for dressing on the side
- Avoid high-calorie ingredients such as croutons, bacon, cheese and avocado
- Use vinegar and lemon juice as a dressing

Sandwiches:

- Ask for spreads on the side,
- Use mustard, lettuce, tomatoes, and toasted bread to improve taste without adding calories.
- Choose lower-calorie fillings such as lean beef, chicken, turkey and tuna (unless high in mayonnaise)

Entrees:

- Broiled, roasted or baked low-fat meats such as seafood, chicken, skinless turkey, veal, London broil or beef tenderloin
- Ask that meats be cooked without butter

Side dishes:

- Plain vegetables, without sauces
- Avoid sour cream and butter

Dessert:

- Choose fresh fruit without cream
- Pay special attention to descriptions on restaurant menus. They are appealing, but certain ingredients may mean they are high in fat.

High-fat Indicators:

- Alfredo
- Au gratin
- Batter dipped
- Bearnaise
- Bechamel
- Eschalloped
- Beurre Blanc
- Breaded
- Creamy
- Crispy
- En croute
- Flaky
- Fried
- Hollandaise
- Parmigiana
- Puffed
- Tempura

Low-fat Indicators:

- Baked
- Broiled
- Flame-cooked
- Grilled
- Marinara
- Poached
- Roasted
- Smoked
- Steamed

The most dangerous restaurant feature for many dieters is the buffet or loaded salad bar. If the buffet is ordered, careful planning is needed to choose a meal that will provide nutritional balance without excess calories. Don't let the endless buffet be an opportunity to overindulge. Put small portions on your plate and don't go back multiple times to load up on more food. Savor what's on your plate and eat slowly. Remember, you don't have to eat everything on your plate. Walk away from those last few bites knowing you are sufficiently full and you don't need the extra remaining calories.

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NEWS:

"Top 10 Health Stories of 2006 as reported by Web MD":

1. The biggest women's health story of the year is a huge milestone for women's health: FDA approval of Gardasil, the first cancer vaccine.
2. Perhaps the biggest health announcement of 2006 was New York's ban on trans fats.
3. Shingles Vaccine Cuts Agony of Aging - Until this year, a person who lived to be 85 had a 50-50 chance of getting shingles.
4. Food Safety Under Fire - Is the U.S. food-safety system faltering? This year we've seen warnings of dangerous bacteria in foods that are supposed to be good for you. The list includes E. coli in spinach, E. coli in lettuce, salmonella in tomatoes, botulism in carrot juice, and vegetables contaminated with E. coli in Taco Bell restaurants in the Northeast.
5. Stents: Safe as We Thought? Before this year, there seemed no end to the popularity of drug-coated stents. Patients even demanded that their cardiologists use them to prop open their clogged arteries. But they're not as safe as we thought.
6. MRSA Infection: A Growing Problem - Dangerous, drug-resistant staph infections are a huge problem for hospitals. That problem is getting worse. But the big news this year is that the infections are spreading outside the hospital.
7. Plan B Morning-After Pill Goes Over the Counter - When a woman's first-choice method of birth control fails, now there's the morning-after pill.
8. Skin Cancer Gene Therapy: A New Beginning - This year, all that talk about gene therapy became a reality.
9. Inhaled Insulin: A Slow Start- For people with diabetes, 2006 marks the beginning of a new era: no-shot insulin. Previously, people who needed insulin had to take the life-saving hormone by injection. In January, the FDA approved an inhalable insulin product called Exubera.
10. Universal AIDS Testing: A Bold Plan - The next time you go to your doctor, you may get a new test, a routine HIV test. For the first time in the history of the U.S. AIDS epidemic, the CDC has recommended universal HIV testing.

You can get more details on each of these stories by going to:

http://www.webmd.com/content/article/130/117835.htm?ecd=wnl_lbt_122706

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Motivational Quote:

"It is not length of life, but depth of life."

- Ralph Waldo Emerson

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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 2007 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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