

STORM FITNESS HEALTH & FITNESS NEWSLETTER: 7/07; Q3

"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,

As most of you know, on May 6th my husband and I competed in the Potomac River Run Marathon in Alexandria, VA. I ran 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 of 2006.

I am happy to report that the marathon was a success all around. Together, Deb and I raised over \$10,000 for the Joan's Legacy Foundation. Mary Jo's spirit kept me running fast and I was able to finish in first place for the females and 2nd overall with a time of 3:08.

Thank you to all of you for your support and donations. It meant so much and we couldn't have done it without YOU! You can read the PDF article of the newspaper press we received by visiting: www.stormfitness.com and looking under the "news and events" box.

On another exciting note, I am thrilled to welcome Christine McKenna to the Storm fitness team in a full-time position! Christine is a highly skilled trainer with ACSM credentials and a wonderful personality. Her clients say she is a joy to work with and many have seen rapid weight loss results with her. It's truly a blessing and a pleasure to have her aboard full-time!

If you've been thinking about trying out personal training now is the time. Make sure to contact me as soon as possible as Christine's open spots are filling up quickly and in the past she has rarely received new openings as her clients continue to renew their training packages.

Storm Fitness has also branched out to serve all of Loudoun County and Arlington for in home training. If you live in these areas and have been looking to train contact me to set up a free trial appointment with a trainer serving your area. If you have a community or residential gym Storm Fitness can train you there!

Enjoy this beautiful time of year and the variety of outdoor activities!

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

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In This Issue:
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- ~~ ***STORM FITNESS NEWS* Now Serving Loudoun & Arlington!**
- ~~ **Sculpt Your Body With Interval Training!**
- ~~ **What Makes Us Eat More Food?**
- ~~ **Fitness Q&A: Cardio VS. Weights**
- ~~ **Nutrition Tip: How to Curb Your Appetite**
- ~~ **Healthy & Tasty Treats: Barbeque Sea Bass & Asparagus**
- ~~ **Take the Trivia Quiz and Win!**
- ~~ **Functional Training: Get Core Strength & Endurance**
- ~~ **In The News: Resistance Training Reverses Aging!**

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"Sculpt Your Body with Interval Training!"

Lack of time is the number one reason people give for not exercising. And lack of results once they do start exercising isn't far behind. Interval training is a great solution for both of these common problems.

Interval training involves alternating short bursts of intense activity with what is called active recovery, which is typically a less-intense form of the original activity.

The Swedes came up with a term for this type of training: fartlek, which means speed play. Not only is it an

efficient training method, fartlek training can help you avoid injuries that often accompany non-stop, repetitive activity, and provides the opportunity to increase your intensity without burning yourself out in a matter of minutes.

Unlike traditional interval training, fartlek training does not involve specifically or accurately measured intervals. Instead, intervals are based according to the needs and perceptions of the participant. In other words, how you feel determines the length and speed of each interval.

The advantages of intervals

Interval training utilizes the body's two energy-producing systems: the aerobic and the anaerobic. The aerobic system is the one that allows you to walk or run for several miles, that uses oxygen to convert carbohydrates from various sources throughout the body into energy.

The anaerobic system, on the other hand, draws energy from carbohydrates (in the form of glycogen) stored in the muscles for short bursts of activity such as sprinting, jumping or lifting heavy objects. This system does not require oxygen. Its byproduct, lactic acid, is responsible for that achy, burning sensation in your muscles that you feel after, say, running up several flights of stairs.

Interval basics

Interval training allows you to enjoy the benefits of anaerobic activities without having to endure those burning muscles. In its most basic form, interval or fartlek training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout.

The intensity (or lack thereof) of each interval is up to how you feel and what you are trying to achieve. The same is true for the length of each interval. For example, if it is your habit to walk two miles per day in 30 minutes, you can easily increase the intensity of your walk (as well as up its calorie-burning potential) by picking up the pace every few minutes and then returning to your usual speed.

A great trick is to tell yourself that you'll run a particular distance, from the red car to the yellow house

on the corner, for example, and then walk from the yellow house to the next telephone pole.

When you first start fartlek training, each interval can be a negotiation with yourself depending on how strong or energetic you happen to feel during that particular workout. This helps to break up the boredom and drudgery that often comes from doing the same thing day after day.

For More Advanced Training: Consider the following four variables when designing an interval training program and mix them up to increase your intensity:

- Intensity (speed) of work interval
- Duration (distance or time) of work interval
- Duration of rest or recovery interval
- Number of repetitions of each interval

As usual, call me with any questions!

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What Makes Us Eat More Food?

"7 Ways Our Body Tells Us We're Hungry Even When We Are Not"

1. Time of Day:

Through routine, we condition our bodies to expect breakfast, lunch and dinner at the same time each day, says Randy Seeley, a professor of psychiatry at the University of Cincinnati. "Part of the reason you're hungry at noon is because that's the time you've eaten for the last 100 days."

2. Sight:

Research using MRIs shows that brain patterns of people viewing photos of foods they like and foods they don't like are "very different," Seeley says. "The body anticipates when food is about to enter the system." And that's why your mouth starts watering when you see Mom's pie.

3. Variety:

Even after eating a large meal, we often "make room" for dessert, because a desire for sweets hasn't been satisfied. Ann Gaba, a registered dietitian at New York Presbyterian Hospital, says that sometimes all it takes is a bit of fruit in a salad during a meal to curb a sugar craving.

4. Scent:

Scent is one of the key ways we cue our bodies that food is near. Once the trigger goes off, it can induce the insulin secretion that makes us think we're hungry. Says Sharron Dalton, a nutrition professor at New York University: "Smell and sight alone activate the appetite cascade."

5. Alcohol:

Drinking has not been scientifically proved to stimulate appetite, but too much beer, wine or liquor can impair judgment, causing us to eat more. "Most people who are on a diet will say it's a lot harder to push themselves away from the table if they've been drinking," observes Seeley.

6. Temperature:

The colder the temperature, the more people tend to eat, which is why restaurants often keep thermostats low. "Your metabolism drops when it's time to eat, and eating warms you up," says David Ludwig, professor of pediatrics at Harvard. "Heat is a satiety signal."

7. Refined Carbs

After a meal heavy in refined carbohydrates, like white pasta, the body may crave food again within only a few hours. These foods cause blood sugar to drop, and "when our blood sugar is crashing, we're going to be a lot more interested in food in general," Ludwig says.

Source: Times Magazine; 2007; www.times.com

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"Fitness Q&A"

Q: How many sit-ups will it take to lose the fat on my waistline? - Brianna; Reston Resident

A: As many as you can! However squats, biceps curls, lunges etc., will all get you the same results. Remember, you can't target fat loss by exercising one specific area of the body. That means if you have weight to lose, no matter how many sit-ups you do you won't walk away with sculpted abs unless you train your entire body for fat loss. Fat comes off the entire body at the same time and the best way to get fat off is by doing a program that includes both strength training and cardiovascular training. Think about it, when is the last time you saw someone who only did bicep curls to get bigger biceps with just that one area on their body sculpted but the rest of their body out of shape? That would look pretty odd wouldn't it? To reduce the fat on your body, make sure

that your training program addresses the whole body, not just problem areas. Don't forget, nutrition is also a very essential component of losing body fat and increasing lean muscle mass.

Q: If I need to lose weight and tone, should I spend most of my training time doing cardiovascular exercise rather than weights? - Emily, Potomac Falls Resident

A: That is a very common belief, but the answer is no. Resistance training, done with proper form and intensity, will get you to your goal more efficiently than simply spending hours on the elliptical machine. The greatest value of aerobic exercise is the health and conditioning of the cardiovascular system but it does not do much in the way of building muscle mass. In fact, if you're calorie deprived or over training it will actually eat away at precious muscle tissue. By using good biomechanics and short rest periods between sets, resistance training will increase your lean muscle mass thereby allowing you to burn more calories throughout the day and improving your strength. By controlling your weight, sets and repetitions, you can progress toward your goal of losing weight and getting toned. In short, make sure that you always combine some type of strength training program with your cardiovascular routine to help that fat melt off much more efficiently and to develop muscles to show off once you lose the weight.

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Motivational Quote:

"Many of life's failures are people who did not realize how close they were to success when they gave up."

~~~ *Thomas Edison*

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**Nutrition Tip: How To Curb Your Appetite**

1. Fiber: Unrefined foods, especially those that are high in fiber, stimulate appetite-suppressing hormones and make you feel full.

2. Brush your teeth: Take a break from that ice cream to brush. The flavor change helps you resist eating more.

3. Be consistent: Eating breakfast and regularly scheduled meals keeps hormone levels steady and squashes hunger pangs.

4. Slow down: It takes a while for the brain to realize that the stomach is stretching. Eating slowly gives the brain time to catch on.

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### **Healthy and Tasty Treats:**

#### **Main Dish: "Sea Bass Barbecue"**

If the fish is fresh, this dish is sure to please. Great for beach side cookouts!

Original recipe yield: 2 servings

Prep Time 5 mins; Cook Time 5 mins, Ready in 20 Mins

#### **Ingredients:**

- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- salt and pepper to taste
- 1 bay leaf
- 1 pound fresh sea bass

#### **Directions:**

1. Preheat an outdoor grill for medium heat and lightly oil grate.
2. In a small bowl, stir together lemon juice, olive oil, salt, pepper and bay leaf. Rub fish with mixture inside and out.
3. Grill the fish over medium heat for 8 to 10 minutes, flipping halfway through. Fish is done when it flakes easily with a fork.

#### **Nutrition Information:**

Servings Per Recipe: 2; Amount Per Serving; Calories: 243; Total Fat: 6.9g; Cholesterol: 94mg; Sodium: 154mg; Total Carbs: 0.7g ; Dietary Fiber: 0g; Protein: 41.9g

#### **Side Dish: "Easy Sesame Asparagus"**

Asparagus is steamed and then tossed with olive oil, salt and toasted sesame seeds

Original recipe yield: 4 servings

Prep Time 2 mins; Cook Time 10 mins, Ready in 12 Mins

### **Ingredients**

- 1 bunch fresh asparagus, trimmed
- 1 tablespoon olive oil
- 2 tablespoons black sesame seeds, lightly toasted
- kosher salt to taste

### **Directions**

1. Fill a large saucepan with 1/2 inch of water and bring to a boil. Cook asparagus until tender-crisp, about 5 minutes. Drain, then rinse with cold water. Return pan to the stove over medium heat, pour in oil, and swirl around pan. Shake excess water off of the asparagus, and toss in oil with sesame seeds, and salt to reheat.

Tip: To toast sesame seeds, toss them in a heavy bottomed skillet over medium heat until they are fragrant.

Servings Per Recipe: 4; Amount Per Serving; Calories: 82; Total Fat: 5.8g; Cholesterol: 0mg; Sodium: 101mg; Total Carbs: 6.2g; Dietary Fiber: 2.9g; Protein: 3.4g

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### **"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: In resistance training, what is the difference between *muscular hypertrophy* and *muscular hyperplasia*?

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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### **Functional Training: Get "CORE" Strength & Endurance**

I can't stress enough the importance of training your core muscles just for your own activities of daily living. Competitive athletes will have different functional needs than those of us who exercise recreationally for wellness and general health. After thorough preparation, athletes might need to perform exercises that have higher compressive loading forces but more "sport-specific" value to their activities.

Keep in mind that:

- No "one exercise" can be labeled "the best" core exercise. Make sure to use a variety of core exercises that challenge all the various muscles surrounding your trunk. Some exercises will work certain muscles better than others.
- Some exercises are better for improving strength while others are better for improving endurance. Endurance exercises have been shown to prevent back injuries. Adding extra strength beyond the "functional strength" needed for one's daily activities will not prevent back injuries.

### **Floor Exercises For Beginners:**

1. **Cat/Camel:** Flex your back (don't press end-range position or stretch), relax and let back sag (extension). This "flosses" your nerve roots at each spinal joint.  
\*Start each ABS/Back session with 5-6 cycles of cat/camel.
2. **Press Ups:** On stomach, gently extend spine by straightening arms.
3. **Isometric Contraction:** Lie on your stomach and squeeze your low-back muscles, hold, then release.
4. **Leg Extension:** On all fours, extend one leg at a time straight back.
5. **Bird Dog:** Similar to leg extension but extend opposing arm also.

6. **Curl Up:** Support lumbar spine and stabilize pelvis, curl chest off floor no more than 30°.
7. **Cross Curl Up:** Similar to Curl Up but twist torso and bring one elbow towards (but not touching) opposing crossed knee.
8. **Supine Bridge:** Extend hips & lift off floor until spine is straight & hold.
9. **Prone Bridge:** Lift hips off floor until spine is straight & hold.

#### ***Floor Exercises For Advanced***

1. **ABS Bicycling:** On back, alternate one elbow towards opposing knee while in curl up position of 30°.
2. **Superman Pointer:** Lie on stomach and extend legs and arms. To reduce difficulty, you can isolate one limb or extend opposing limbs instead of all four at the same time.
3. **Static Side Bridge:** Rest on forearm, elbow, and foot while bracing and hollowing. Be sure to keep body "straight" with spine in neutral posture.
4. **Dynamic Side Bridge:** Similar to Static Side Bridge except you alternate between sides and add a center position resting on both forearms and elbows simultaneously.

*\*These exercises are intended for normal healthy individuals. If you have an injury, or abnormal pain is present, see a physician or a certified physical therapist before continuing your exercises.*

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#### **In The News:**

#### **Resistance Training Reverses The Aging In Human Muscle Tissue!!!**

Of all the studies I have read this one is the most astounding! The study headline reads..."Resistance Training Reverses The Aging In Human Muscle Tissue."

Not "slows" or "repairs"...Reverses.

For years now I have been a champion of the anti-aging lifestyle I teach. It certainly "looks" like my clients are aging backwards. Not only that, but when they go to get their bone density scans my 50 and 60 year old clients are being told they have the bones of a 30 year old! When they

get their physicals their Doctors are asking them what they are doing because instead of losing muscle (which is usually what happens when you age) they are actually gaining lean muscle mass!

Although I knew that there were astonishing things happening inside my clients bodies, many things in fact that science still had not documented, It never occurred to me that their muscles were literally turning back their genetic clocks. But this new research proves this is exactly what is going on when you exercise with resistance. And it makes perfect sense!

Resistance exercise can be weight training or just using your own bodyweight. This is exercise that is heavy enough to cause some strain but not so heavy that it is painful or dangerous. I will try to give you the highlights of the study but if you want to read the study yourself you can find it on PlosOne.org.

The Unreal Findings: The mitochondria is the energy factory of the human cell. As we age our muscles begin to show what researchers call "mitochondrial dysfunction". This is what causes all the bad stuff associated with "sarcopenia."

Sarcopenia is just the wasting away of muscle due to age and under-use. As we age most of us will experience a gradual loss of muscle. The problem? Muscle is active tissue. It is responsible for most of the calories we use during the day.

The less muscle you have, the more bodyfat you will gain if you eat the same amount of food. Muscle loss is also related to the onset of many bone diseases. The muscle that holds our spine in alignment can deteriorate as we age and cause major back problems. The same is true for the muscle and tendons around the knee and hip joints.

Can you see why muscle loss is a major deal? Is it any wonder researchers wanted to see if there was something we could do about it? Resistance training obviously builds muscle. And it does so at any age. But that is not the real find in this study. We have numerous studies that show you can gain lean muscle at any age. This study revealed something extraordinary: after just six months of resistance training test subjects showed a "reversal of most of the genes affected by age" in muscle tissue.

With age and no resistance training, researchers found 596 genes expressing themselves with "aging", or decreased mitochondrial function. But when subjects engaged in resistance training, in this case simple weight training, look what happened:

Their strength increased by over 20%; And their genes literally "reverted back" to the same markers as "younger" genes after only six months of exercise. This is staggering! It is one thing to maintain muscle as we age. To gain muscle is even better.

But to know that we are literally reverting our genes to a "younger version" within the muscle? And after only six months? That is simply amazing!

That's not all...When the older folks in the study began, they were almost 60% weaker than the younger members of the study. In just six months, they were only 38% weaker. From personal experience I can tell you that in a few more months most of them would be even stronger.

Strength is not a luxury as we age. It is absolutely necessary for longevity and health. And this all takes place at the genetic level.

What You Need To Do:

Everyone needs to start today with resistance training. It is now a PROVEN way to make the aging process turn around at the genetic level within the cell. I have always called resistance training the one true Fountain of Youth. It certainly makes a body look and feel younger than any form of exercise I have ever tried.

Give it a shot yourself. It is a gift that can add years to your life and take away years from your looks, all at the same time.

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**Motivational Quote:**

"A leader is one who knows the way, goes the way, and shows the way."

~~~John C. Maxwell

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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 summer 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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