

STORM FITNESS HEALTH & FITNESS NEWSLETTER: 10/06; Q4

"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,

My favorite time of year has arrived! I just love the fall - especially the cooler weather, but not so much the raking of all the leaves! One of my favorite fall activities is hiking with my husband Simon and my dog Calvin. My other favorite thing to do is pumpkin picking! Something about it always puts a smile on my face and makes me feel like a kid again.

Marathon time is fast approaching. Make sure to go out on October 29th and cheer the Marine Corps runners on. It's quite an amazing feat to prepare for a marathon and I am sure the runners could use all the support they can get. I will be cheering on the Marine Corps runners and New York City marathon runners this year. Who knows, cheering the participants on might even peak your interest to train for a local race or benefit walk yourself.

I hope you enjoy this Quarters newsletter. As usual I have chalked it full of useful health and fitness information. If there are any topics you would like to see appear in the future or questions you have please feel free to write or call anytime. Happy Fall to everyone!

Yours in Health and Fitness,
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"The Top 10 Exercises":

If you're short on time in the gym or just wondering what some of the best exercises are where you can really get the biggest bang for your buck then you will really enjoy this article! Before you get started, I am going to make a few recommendations. First, make sure that you understand the below exercises and are performing them properly. Second, make sure they are not contraindicated for your physical condition. For example, if you have bad knees you will want to re-think performing the lunge.

Some of these moves definitely aren't for beginners so work yourself up to them and above all else make sure you are performing them properly so that you achieve the desired effect of the exercise. Once you get really good at these exercises try performing them in a circuit routine to increase stamina.

For example, perform an arm exercise (pushup), leg exercise (squat) and core/ab exercise (crunch) and then repeat the circuit 2-3 times. If you still have time, start another circuit, (as an example); arm exercise (tricep dips), leg exercise (lunge) and core/ab exercise (cobra) and then repeat the circuit 2-3 times. Remember, the stronger you get, the more circuits you can add on and the more sets you can perform.

Here are the 10 best exercises that will give you the biggest bang for your buck:

1. **Walking or Running:** Walking is a simple, effective way to improve aerobic endurance and reduce stress, while also decreasing the risk of coronary heart disease.
2. **Squats:** Done properly, squats safely target the major muscles of the lower body-the glutes, quadriceps and hamstrings-all in one movement. Building up these muscles increases the number of calories the body burns even while at rest, which helps aid in weight control, and also improves overall strength.
3. **Lunges:** Like the squat, the lunge works the hip and thigh area, but it helps stretch the hip flexors as well. The lunge is also important for leg strength, balance and the prevention of osteoporosis of the hips.
4. **Crunches:** Best done on a stability ball, crunches create strong abdominal muscles, which are the key to a strong core. The abdominal area helps support the lower back and the spine, which keep the body in proper alignment. It is especially important for women to keep this area toned before and after pregnancy.
5. **Back Extension or Cobra:** The back extension and cobra yoga pose help strengthen the lower back, which stabilizes the core and helps keep the body in proper alignment. These muscles in the lower back are used in nearly every activity.
6. **Row:** The row, performed either on a machine or with dumb bells one arm at a time, is great for posture, upper-back strength and osteoporosis prevention.
7. **Pull-ups:** The pull-up strengthens and defines the back muscles including the latissimus dorsi and the rhomboids, as well as the deltoids and biceps. Keeping these muscles strong can help prevent the gradual stooping that often occurs with age. Since it takes time to work up enough strength to do a full pull-up without a spotter or assistance, a chair may be used until it is no longer necessary.
8. **Push-ups:** The push-up is a great upper-body exercise that helps define and strengthen the deltoids, triceps and the pectoralis muscles. Since not all women can do a full push-up, the modified version is beneficial as well.
9. **Triceps Dips:** As women age and tend to use their arms less, they lose muscle. A simple triceps dip, which can be performed nearly anywhere including an office chair, helps keep the back of the arms toned and strong.

10. **Reverse Dumbbell Fly:** This exercise works the muscles of the upper-back, which helps keep the shoulders from naturally falling forward. This is a great exercise for improving posture and helping to prevent the rounding of the back and osteoporosis.

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"Fitness Q & A":

**Q: What supplements should I take to increase my results?
- Michael**

A: The only supplements I recommend are a good multi-vitamin with antioxidants and in most cases, a quality protein source like whey protein. The majority of performance enhancing products you find at the local 'health food' store are worthless. Some are potentially harmful to your health such as ephedrine that is found in many weight loss supplements.

The government classifies nutritional supplement as food, not drugs so they are not held to the same standards or regulations. I could grind up breath mints, repackage them as Muscle Builders and it would be perfectly legal. The product can only state on the label what "may" result from taking it. A good multi-vitamin with antioxidants should be included in everyone's diet as insurance. Using protein powders in shakes is an excellent way to be sure that you get what you need to rebuild muscle and recover from a training session. As far as the rest of the "miracle" powders, pills and drinks? Leave them on the shelf.

Q: Are monthly fitness magazines a good source of training programs? - Kimberly

A: In my opinion many of them are not! Every month a caption on the cover claims to have some revolutionary technique which guarantees results in 30 days which is complete non sense. It's hard to imagine a magazine can address issues with every individual's goals, size, schedule, technique, previous injuries, and physical limitations? Also, keep in mind that in many cases, an equipment manufacturer or supplement company publishes the magazine. Be aware of the 'scientific article' that compares the latest performance enhancing supplements. The

small print at the top of the page reads, "Special Ad Report."

With that being said, fitness magazines can certainly be helpful in coming up with new exercise ideas or fitness tips and creating inspiration for people to get started. Make sure if you're a beginner that you get proper instruction before performing the exercises listed in the magazines and if you have any injuries make sure you know which exercises might be contraindicated. Remember, ten sit-ups done with perfect form and intensity is much more effective than 150 sit-ups done the wrong way. Also make sure you are a skeptical reader and know that when subtle hints are being dropped about products or supplements there is most likely a paying company behind it.

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"Help, Can I Lose Fat Permanently without Exercise?"

So, can you lease fat permanently without exercise as long as you eat certain foods? That is the big question! Here is the real truth on the matter:

Unfortunately, trying to lose fat without exercise is like trying to sit on a chair without four legs. If one leg is missing, your chair is going to fall over. An effective fat burning program must have four crucial components, which I like to call "THE BIG FOUR:"

1. A nutrient dense diet of natural foods with a mild calorie deficit
2. Weight training
3. Aerobic training
4. Mental training: Goal setting, motivation and a positive self image

Except for the genetically gifted, fast-metabolism types, it's extremely difficult (if not impossible) for most people to lose fat permanently without exercise. It's always better to BURN THE FAT than it is to try to starve the fat.

To lose fat, there must be a calorie deficit. However, there's more than one way to create a calorie deficit. One way is to decrease your calorie intake by eating less and

the other way is to increase the amount of calories you burn through exercise.

Burning the calories is the superior method of the two ways to create a calorie deficit. Here is the reason why: Large, prolonged calorie deficits cause muscle loss and trigger the starvation response. Ironically, when most people want to lose weight, they do the opposite. They slash their calories to starvation levels and exercise too little or not at all.

As crazy as it may seem, the most effective approach to fat loss is to eat more (keep the calorie reduction small) and let the exercise burn the fat. You don't have to starve yourself! You just have to choose the right foods and make exercise a part of your lifestyle. Why would anyone resort to starvation diets when they can burn fat more efficiently through exercise?

Perhaps they believe that eating more food and working out at the same time will cancel each other out. Maybe they shy away from the hard work involved in exercise. There's also a trend these days towards avoiding too much aerobic exercise because of the notion that it will make you lose muscle.

Quite to the contrary, cardio training combined with weight training is the only method of fat loss that allows you to create a calorie deficit and burn fat without slowing down the metabolism.

Here are the reasons why exercise and not dieting is the superior method of losing body fat:

1. Exercise (aerobic and weight training) raises your metabolic rate. Dieting decreases your metabolic rate.
2. Exercise creates a caloric deficit without triggering the starvation response. Dieting puts you in starvation mode.
3. Exercise is good for your health. Dieting can be harmful to your health.
4. Exercise, especially weight training, signals your body to keep your muscle and not burn it for energy. Dieting

without exercise can result in up to 50% of the weight loss to come from lean body mass.

5. Exercise increases fat-burning enzymes and hormones. Dieting decreases fat burning hormones and increases fat storing hormones.

6. Exercise increases the cells sensitivity to insulin so that carbohydrates are burned for energy and stored as glycogen rather than being stored as fat.

If anyone ever tries to sell you a fat loss program and it doesn't include exercise (it's just a diet), hold onto your wallet and run.

Besides, even if you could get lean without exercise, you should be working out for your health anyway, not just for cosmetic reasons.

If you only remember one thing from this entire article, remember this, working out will keep your muscle and help your body to burn fat. Dieting alone will never do this for you.

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Motivational Quote:

"Learn from yesterday, live for today, hope for tomorrow."

--Anonymous

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"The Secret Ingredient That's Missing From Your Workout Program:"

So, would you like to know the secret ingredient to your workout/nutrition program that you are most likely missing? It probably is holding you back from seeing the ultimate potential of your figure. The secret ingredient I am speaking of is the Post Workout Meal! The snack or meal you have after your workout is the most important of the day. It provides the fuel your body needs to maximize the time and energy you put into your routine. Equally important, it helps deliver important nutrients to your muscles. Your post-workout meal should contain the following:

1. A lean complete protein, such as chicken, fish or whey protein
2. Only a little fat (preferably unsaturated)
3. A complex carbohydrate, such as oatmeal, rice cakes, potatoes, etc. - preferably one that is "natural," not processed.

Why lean protein? During a brief window of opportunity after your workout, protein synthesis occurs at the highest rate. This is due to the micro-trauma (broken-down muscle tissue) that occurred during the workout session. Complete recovery can only take place if you provide your muscles with a large supply of amino acids from protein foods or supplements within 60-90 minutes after the workout, then every three waking hours thereafter until complete recovery is achieved. Whey protein is the very best post-workout food because it is so rapidly absorbed, and it has the highest efficiency ratio, or availability to the body, of all the protein sources.

Why only a little fat? When choosing a post-workout protein source, you should select one that is relatively low in fat, i.e., less than 10 grams per serving for most people. This is not the best time for a big steak or other high-fat, protein-rich food. Fat slows the absorption of the protein and the carbs.

Why complex carbohydrates? During your training session, you deplete your muscle glycogen (stored carbohydrates) and you must replenish it promptly for complete recovery and to ensure that you are supplied with energy for the next training session or activity. Complex, natural carbs such as brown rice, potatoes, rice cakes, yams, oatmeal, etc., are good choices for after your workout.

Follow this post workout regimen and you will definitely be noticing some serious changes in your body and better workout results. Stop depriving your body of the nutrients it needs most readily after workouts and your body will start working and looking better for you!

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Healthy and Tasty Treats:

"Chickpea and Spinach Soup with Shrimp, Almonds and Garlic"

Serves: 8

Preparation time: 15 minutes

Cooking time: 40 minutes

Ingredients:

1 1/4 cups garbanzo beans, rinsed and soaked over night in cold water and refrigerated (or 3 cups canned, drained and rinsed)
2 tablespoons olive oil
2 onions, coarsely chopped, about 2 1/2 cups
1 clove garlic, finely minced
1 small Russet potato, peeled and sliced, about 2/3-1 cup
5 cups chicken stock or more if needed
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon olive oil
6 cups spinach, cut into thin strips and well washed
1 cup roasted almonds
1 teaspoon finely minced garlic
18 medium shrimp, shelled, deveined and poached in wine (or more, if this is for dinner)

Cooking Instructions:

1. Drain the soaked garbanzos, rinse well and put into a medium saucepan. Cover with fresh cold water. Bring to a boil and reduce heat. Simmer, covered, for about an hour or until tender. Drain the cooked garbanzos and set aside.

2. Heat 1 Tbs. olive oil in a large saucepan over moderate heat. Add the chopped onions and cook for about 10-15 minutes or until translucent. Add the garlic and stir for a minute or two. Then add the sliced potato, half the garbanzos, and the chicken stock and bring up to a boil. Simmer and cook until the potato and beans are falling apart, about 20 minutes. Puree the soup in a blender. Season with salt and pepper. Just before serving, bring the soup up to a simmer. It will have thickened so thin it with more stock or water. In a very large saute pan, heat 2 tsp. of oil and wilt the spinach. Add the pureed soup. Stir in the remaining whole cooked garbanzos.

3. In a small saute pan, over a medium heat, warm 1 tsp. of oil. Saute the almonds with the teaspoon of finely minced garlic. Cook a few minutes and add these to the soup. Finally, add the cooked chopped prawns and warm through. Adjust seasoning. Serve at once.

To roast whole, slivered, chopped or sliced almonds: Spread in an ungreased baking pan. Place in a 350°F oven and bake 10 minutes or until golden brown and fragrant; stir once or twice to ensure even browning. Note that almonds will continue to roast slightly after removing from oven.

Nutrition Facts:

Serving Size 1 bowl
Amount Per Serving
Calories 417
Total Fat 18 g
Saturated Fat 2 g
Protein 30 g
Total Carbohydrate 36 g
Dietary Fiber 7 g
Sodium 502 mg

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"Balanced Bodies Pilates Studio"

If you haven't checked out Balanced Bodies Pilates Studio yet, I highly encourage you to do so. My good friend and the owner of the studio Carrie Smith is a highly experienced pilates instructor and has a beautiful studio located in Herndon. The Fall/Winter Schedule can be found on her website along with rates and policy information. Balanced Bodies offers mat classes, private sessions and group reformer sessions. The website is: <http://www.bbodies.com/> or call 703-435-4553 for more information.

"What is the Pilates Method of exercising?"

A: The Pilates Method is a system of movement and exercise, widely used by dancers, that was developed in the 1920s by a German physical therapist named Joseph Pilates. Pilates exercises are designed to strengthen the body's core (i.e., the abdominal and back regions) by developing pelvic stability and abdominal control. Proponents of Pilates contend that the exercises improve flexibility and joint mobility and build strength. This method of exercising stresses slow, controlled movements, and proper breathing.

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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 \$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: In cardiovascular exercise, what is the difference between *stroke volume* and *cardiac output*?

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

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"Parents, Eat Your Words!"

Are you pleased with your progress toward healthful nutrition and fitness habits but frustrated with your children's?

Do you suspect that the lunches you send to school are traded or thrown away? Do you shudder at the sight of your pantry shelves displaying high-fat snacks and sugary cereals that you vowed you would never buy? Can you really win the battle against advertising, peer pressure and kids love affairs with sugar and fat?

The bad news and the good news

Kids today are fatter and less fit than previous generations. Between the mid-1960s and the late 1970s, obesity increased 54 percent among young children (age's six to 11) and 39 percent among adolescents (ages 12 to 17). Recent studies show that obesity has continued to increase into the 2000's.

Food companies spend millions of dollars on television advertising to convince children that high-fat, high-sugar, processed foods are worth eating. Food is consumed because

it's cool, fun or comes with a free toy rather than for its impact on health or even for its taste!

So what's a parent to do? Eat your words! The fact is that parents who have adopted a lifestyle that includes healthful foods and regular exercise are living role models for their children.

We know that the behaviors children see most often at home are the ones they will be most likely to adopt for themselves and parent's efforts to promote healthy food habits do make a difference.

The first step is to stop battling with your kids about food. You may need to slow the rate of change in your children's food choices and offer reasonable alternatives as you gradually reduce those high-fat, high-sugar foods. Be sure to include some of their favorite foods in daily meals.

Stack the deck

Much of nutrition is common sense. For instance, stock the kitchen with a majority of healthy items, keeping in mind that kids want some of their favorite foods, which may be sweet and/or salty.

Buy pretzels, which are low in fat, instead of greasy chips. Keep cut-up vegetables and ready-to-eat mini-carrots in the refrigerator. Sprinkle air-popped popcorn with grated parmesan cheese instead of butter.

A good way to get kids involved and committed to healthy eating habits is to involve them with the food shopping and preparation. There are lots of children's cookbooks on the market; select one that emphasizes ways to modify many favorite foods rather than eliminate them. Children who feel competent to select and prepare food will make more intelligent food choices.

Balance is everything

The key to keeping kids happy and healthy is to strike a balance between foods that are good for you and those that just taste good, between leisure or TV time and physical activity.

Which brings us to the other side of the healthy living equation. The most obvious impact of inactivity on kids is the strong association between the number of hours spent watching TV and the level of obesity among youngsters.

Make physical activity a family affair. Go for walks, fly kites, rollerblade around the neighborhood, play miniature golf or other sports. Anything that gets you moving together will no doubt be good for you, too.

You can read more about talking with your children regarding healthy eating and exercise in this article: "Strict parenting can produce overweight kids" Located at: http://www.acefitness.org/updateable/update_display.aspx?pageID=736

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NEWS:

"Exercise Can Help Combat Many Symptoms of Menopause"

Menopause or "the change" is a turning point in every woman's life that brings uncomfortable and sometimes lasting effects on a woman's body. The good news is that regular physical activity and a balanced diet can help manage many symptoms and health concerns associated with menopause. There really is no better time for women approaching or currently going through menopause to start or renew an exercise program. Physical activity can play an important role in counteracting many of the changes a woman experiences in her post menopausal years including the increased risk of weight gain, heart disease and bone loss. In addition to exercise, a low-fat, high fiber diet rich in calcium can also help ward off symptoms.

Exercise plays a key role in making the transition through menopause easier and in enhancing health, happiness and productivity during the second half of life.

How Does Exercise Help?

- Reduces and prevents symptoms such as hot flashes, loss of vaginal and bladder control, joint pain, anxiety, irritability, insomnia, lethargy/fatigue, depression and heart palpitations.

- Lessens the risk of common health concerns including osteoporosis, heart disease and weight gain
- Enhances and increases a woman's strength, stamina, flexibility and energy in addition to helping improve overall mental outlook.

The mood-elevating, tension-relieving effects of aerobic exercise help reduce the depression and anxiety that often accompanies menopause. Aerobic exercise also promotes the loss of abdominal fat, the place most women more readily gain weight during menopause. In addition, some research studies have shown that the increased estrogen levels that follow a woman's exercise session coincide with an overall decrease in the severity of hot flashes. Strength training also helps by stimulating bones to retain the minerals that keep them dense and strong, thus preventing the onset and progression of osteoporosis. The effects of exercise, along with improved cholesterol levels and physical fitness, can work together to help prevent heart disease.

More Good News...

If you've been a consistent exerciser during the years leading to menopause, you already have an advantage. Aerobic activity during childbearing years reduces the risk of breast cancer, a disease that becomes more prevalent after menopause. You also will have a jump on your bone health since your strength-training exercises may have increased the density and strength of your bones.

To reap the benefits of exercise, a balanced program of weight-bearing aerobic activity (walking is great), strength training (with weights, resistance bands, yoga or even gardening), and flexibility is essential. Consistency is key so strive for some moderate activity daily, or at least most days of the week, every week. A properly designed exercise program for menopausal women should include aerobic, resistance and flexibility exercises to help rebuild essential muscle and bone mass post-menopause.

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Motivational Quote:

"The secret of success is constancy of purpose."

--Benjamin Disraeli

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Well gang, 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 fall 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,

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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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