

Storm Fitness Newsletter - 4th Quarter



A health and fitness newsletter on how to stay looking and feeling your best at any age

Greetings clients and friends,

Welcome to the new and improved storm fitness newsletter - we hope you enjoy the articles and the new format. This month you will find an article from Storm Fitness trainer Christine McKenna on her recent experience training for the 1/2 ironman and how you can get started with your first triathlon - it may be easier than you think!

A big thank you to all of our clients and fans that referred their loved ones to Storm Fitness this past month the number of referrals was astounding and we truly appreciate how much you value our service. Just as a reminder - our refer a friend program is always in motion so for every referral you will receive a fitness session on us! We believe that nothing speaks higher of our services than when we are recommend by YOU! Enjoy this beautiful time of year - get out their and get your hikes in while the weather is cool and breezy!

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Fitness Q & A

Q: If you accidentally pig out or over-indulge at a meal, (a Holiday party for example), are you better off skipping your next meal to keep your daily caloric intake on target, or should you just go ahead and eat your next planned meal and not worry about being somewhat "over" your planned calories for the day? ~Michael~Potomac Falls, VA

A: That's a very good question, but I have to admit I did get a little chuckle out of the "accidental" part! Do you ever really "accidentally" eat anything? I think we are all responsible for everything we eat and how much we eat and until you consciously realize and accept this, and take the time to do some proactive meal planning, you will probably continue to have lots of "overeating accidents!"

To answer your question: after you overindulge, I definitely do NOT recommend skipping your next meal or skipping meals the next day to make up for it. I usually don't even recommend cutting back either, although there may be exceptions where you could manipulate your meal size or macronutrient composition. I generally recommend returning immediately to your "regularly scheduled meal programming," because this continues to encourage the maintenance of positive habits such as eating 5-6 small meals every day.

Calories and macronutrients (protein/amino acids, carbs/sugar and fat) are partitioned into glycogen, muscle or fat tissue or burned immediately depending very much on present moment energy and recovery needs and on what's going to happen over the next 3 hours or so as the food enters your system. So if you're going to be plopping down on the couch to watch football games for the rest of the day and night after that big holiday meal, beware - you might just want to cut back on that next meal a little, especially starches and sugars.

Bottom line: It's okay to eat small amounts of your favorite junk foods once in a while as planned "free meals," and it's a good idea to eat more in general from time to time to keep your metabolism humming along. However, your best bet if you're really serious about fat loss is to avoid huge meals and avoid bingeing in the first place. ALWAYS practice portion control - even on holidays. If you ever do slip, don't beat yourself up, just get right back on the wagon with your next meal and remember, the past is behind you and today is a new day.

Top 10 Mistakes Made in the Gym

Finding or making time to exercise is the first step toward improving your health, but it's not the only step. Workouts can be challenging and mistakes in the gym are common. At times, these mistakes can cause mild strains or more significant injuries. By changing small parts of your routine, you'll begin to see incredible results.

1. **The all-or-nothing approach.** Not having a full hour to exercise is no reason to skip your workout. Research shows that even 10 minutes of exercise can provide important health benefits.
2. **Unbalanced strength-training programs.** Most people tend to focus on certain muscles, such as the abdominals or biceps, because they have a greater impact on appearance or it is where they feel strongest. But to achieve a strong, balanced body, you have to train all the major muscle groups.
3. **Bad form.** The surest way to get injured in a gym is to use bad form. For example, allowing the knee to extend beyond the toes during a lunge or squat can put undue stress on the knee, and using momentum to lift heavy weights or not exercising through a full range of motion will produce less-than-optimal results.
4. **Not progressing wisely.** Exercising too much, too hard or too often is a common mistake made by many fitness enthusiasts. Rest and gradual progression are important components of a safe and effective exercise program.
5. **Not enough variety.** Too many people find a routine or physical activity they like—and then never change it. Unchanging workouts can lead to boredom, plateaus and, worse case, can lead to injury or burnout.
6. **Not adjusting machines to one's body size.** Most exercise equipment is designed to accommodate a wide range of body types and sizes. But it's up to you to adjust each machine to your body's unique needs. Using improperly adjusted machines will lead to less-than-optimal results and increase your risk of injury.
7. **Focusing on anything but your workout.** The importance of being "mindful" of the task at hand cannot be overstated. Reading or watching TV can adversely affect the quality of your workout because the distraction can literally slow you down.
8. **Not properly cooling down after your workout.** Too many people wrap up their

workouts and head straight to the showers. Instead, take a few minutes to lower your heart rate and stretch your muscles. This not only improves flexibility, but also helps prepare the body for your next workout.

9. **Poor gym etiquette.** This can range from simply being rude—lingering on machines long after you are done or chatting loudly on your cell phone—to poor hygiene and not wiping your sweat from machines once you're finished. Always be considerate of other exercisers.
10. **Not setting realistic goals.** Unrealistic and vaguely stated goals are among the leading causes of exercise dropout. The key is to establish a training goal that is specific and appropriate for your fitness and skill levels—something a bit challenging but not overly difficult.

Training for A Triathlon

By Christine McKenna

A Triathletes Experience: What it's like out there competing.....

Recently my boyfriend and I participated in our first Half Ironman Triathlon in Gilford , N.H. The Half Ironman distance consists of a 1.2 mile swim, 56 mile bike, and 13.1 mile run. In order to prepare for this event I participated in shorter distance triathlons like the sprint triathlon which consist of a ½ mile swim, 12.4 mile bike and 3.1 mile run.

Training for this race was daunting since it was much longer than I had previously raced. The training consisted of an 18 week training program that had me performing many 2 a day workouts consisting of swimming, running, and biking. It was all worth it in the end. The feeling of accomplishment was indescribable after all the hard work my boyfriend and I put in.

We drove up to N.H two days before the race to stay with family and have ample time to get things situated. The drive up was long, but we made it to NH with bikes intact. We decided to drive up to the race site the day before our race to scout out the course. Well, when we arrived the temperature had dropped a good 10 – 15 degrees from the previous day, making it a chilly 55-60 degrees. We were both used to training in the sweltering heat and humidity of the DC area. Therefore, this came as an unpleasant surprise. We decided to take a gander at Lake Winnepesaukee to see how the swimming conditions were. The lake looked like an ocean, with white caps and all. We were both very nervous and not really looking forward to our big race the next day.

We awoke at 4 am to leave for the race site. Needless to say, I slept all of about 4 hours since I was very nervous and anxious. We made it to the race site with ample time to set our transition area up and were ready to go. The lake was calm and still, completely opposite from the day before. We walked down to the water and watched the Elite and Pro's start their swim.

The Swim: Before I knew it, I was swimming in Lake Winnepesaukee! I couldn't believe it was actually happening. It was a very surreal experience for me. The water was warmer than air. This felt great while you were in the water, but upon exit it didn't feel so great.

The Bike: The bike was a 56 miles course that took us through the lakes region of Lake Winnepesaukee. The course was extremely hilly, making it a tough course. The cold added to the difficulty of the course. After being on the bike for just about three hours it was time to run 13.1 miles.

The Run: When I began the run I felt great! Until about mile 4/5 then I began to feel sluggish. None the less, I finished the 13.1 mile run. I have to tell you, there is no better feeling than running down the chute to the finish line! The feeling of accomplishment was like nothing I had



yet to experience.

The Finish: I finished with a time of 5:47:00 and placed 32 in my age group (out of about 90 competitors). I am addicted. My boyfriend and I will continue doing Half Ironman Triathlon distances. In fact, we plan on doing the Timberman 2008.

How can I get started?.....

I encourage everyone and anyone to try a triathlon. With a training plan in hand and a strong will and desire to stick with that training program anyone can successfully train for and complete their first triathlon. If you are not a fan of swimming there are duathlons which consist of biking and running. For me, triathlon is a way of life and I enjoy sharing my passion with others. If you would like more tips on how to get started with triathlon training or if you are in need of a training program you can contact me at Christine@stormfitness.com

To learn more about triathlon history, standard race distances, how a triathlon works, and the rules of the event; you will find all the information you need to get started at these links:

http://en.wikipedia.org/wiki/Triathlon#Standard_race_distances

<http://www.triathlon.org/?call=TVRBeQ==&keep=sh>

<http://www.usatriathlon.org/>

You can find races in your area by going to: <http://www.active.com/>

Healthy Recipe:

Grilled Shrimp with White Bean Salad

Serves 6

Preparation time: 10 minutes

Cooking time: 1 hour 10 minutes

Ingredients

For the white bean salad:

- 1 cup dried cannellini beans
- 3 cups low-sodium chicken broth
- 1 1/2 carrots, cut into 1" pieces
- 1 1/2 stalks celery, cut into 1" pieces
- 1 tablespoon olive oil
- 3 tablespoons chopped pancetta, optional
- 3 cloves garlic, chopped
- salt to taste
- freshly ground black pepper
- 3 cups washed and stemmed arugula

For the shrimp:

- 1 pound medium-sized shrimp, peeled and deveined
- 1 tablespoon olive oil

Cooking Instructions

1. Soak the cannellini beans in water overnight in the refrigerator.
2. Drain the beans, put them in a pot and add the chicken stock, carrots, celery and enough water to cover the beans by an inch or so.
3. Bring to a simmer, uncovered over medium-high heat. Do not boil. Skim the foam that comes

- to the surface. (Do not add salt because it will prevent the beans from becoming tender.)
4. Cook until the beans are tender (about 1 hour) and remove from heat. Drain and discard the carrots and celery. Set beans aside. (The cannellini beans can be cooked ahead of time, covered and refrigerated up to 3 days.)
 5. In a large skillet, heat olive oil over medium heat. Add the pancetta and cook for 2 minutes. Add the garlic and cook 1 minute more.
 6. Add the beans, season with salt and pepper, and heat thoroughly.
 7. Turn off the heat and gently fold in the arugula leaves. Serve warm or at room temperature. (The white bean salad can be made in advance, covered and refrigerated for up to 2 days.)
 8. Preheat the grill.
 9. Season the shrimp with salt and pepper and drizzle them with olive oil. Grill the shrimp for 1 to 2 minutes on each side or until they are just cooked through.
 10. Serve the shrimp warm or at room temperature on top of the white bean salad.

Make It Quicker:

The cannellini beans can be cooked ahead of time, cooled, covered and refrigerated. To soak the beans quickly, place them in a pot of water, bring them to a boil and turn off heat. Let them stand for 1 hour and proceed with Step 2.

Source: Foodfit.com

In the News:

The recently approved over-the-counter diet pill called Alli

In June, Alli (pronounced ally) became the first Food and Drug Administration- approved over-the-counter diet pill. It is a half-strength version of the prescription weight-loss drug Xenical (Orlistat). For best results, Alli should be taken before every meal that contains fat. It works by decreasing the amount of fat absorbed by the gastrointestinal tract during the digestive process. Research has shown that when individuals used Alli in combination with diet and exercise they lost up to 50 percent more weight on average than if they had only dieted and exercised. For example, if you would normally lose 8 pounds over a six-week period, taking Alli may help you lose approximately 12 pounds over that same period of time.

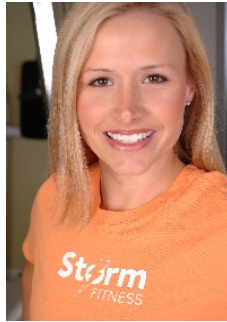
As with any drug, Alli has several documented side-effects including excessive flatulence with an oily discharge, frequent and difficult-to-control bowel movements, and loose stools. These side-effects appear to be related to your diet. If you consume too much fat after taking Alli, you will be more likely to experience the unpleasant side-effects associated with its use. (Note: The Alli starter kits recommend that users consume a low-fat, reduced-calorie diet of meals containing no more than 15 grams of fat.) Those individuals hailing Alli as the next magic bullet for weight loss should bear in mind that most weight-loss experts contend that without the contributory effects of diet and exercise, Alli's beneficial weight-loss effects will be very limited. Simply taking the pill without altering one's lifestyle (i.e., exercising regularly and adhering to a low-fat, reduced-calorie diet) will produce little or no noticeable results. Again, in the words of noted economist Adam Smith, "There's no such thing as a free lunch."

Source: ACE Online, 2007

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 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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