

STORM FITNESS HEALTH & FITNESS NEWSLETTER: 10/05; Q4

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

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Greetings Clients and Friends,

Welcome to the Q4 edition of the Storm Fitness Newsletter. We are excited to be offering our newsletter online now. If you have friends or family that you think could benefit from our FREE health and fitness newsletter I invite you to welcome them to sign up for the newsletter at www.stormfitness.com the more the merrier! Let's face it, there's lots of misguided information out there now a days and I want you to look to this newsletter as a source of reliable information and inspiration for all your health and fitness needs.

I would also like to remind everyone that has signed up for our newsletter (or for loved ones and friends that plan on signing up), that your email address is never traded or sold and is used only for Storm Fitness updates and newsletters.

Also, it is important to note that any products, places or items I recommend I do so only out of suggestion and opinion. I do not and never will receive any type of compensation for my recommendation of products. This helps keep my newsletter untainted so that you the reader know that you are reading market-free material - which is hard to find these days. Many of the items, websites or places that are recommended are simply items that I buy and sample myself and I recommend them only because I think they might benefit you on your fitness quest or because I thought they were good products worthy of further investigation.

We are THRILLED to have you along for the JOURNEY and hope you have a wonderful day!

Yours in fun, health and fitness

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Are You Forgetting to Stretch This Important Muscle?

One of the most important muscles to stretch post run or walk is one you're probably neglecting, maybe because you've never heard of it. The piriformis muscle stretches from the base of your spine to the top of your thigh bone, and lies under the gluteus maximus (buttocks). It has a heavy workload, as it helps with balance, stability and rotation of the hip and leg. Unfortunately, some exercisers only learn about this muscle after they get piriformis syndrome, an injury that occurs when your muscle becomes so tight that it puts pressure on your sciatic nerve. To prevent this pain keep your piriformis muscle limber with this stretch. This stretch also targets the hip joint so use it even when you're not running or walking.

How to Perform the Stretch:

Place the outside of your left knee on the floor roughly in line with your right shoulder. Position your left foot just in front of the right knee. Stretch your arms forward onto the floor in front of you while pressing your hips toward the ground. Your body weight should be over your left leg. As you move toward the floor, your right shoulder comes closer to your left knee. You should feel a gentle pull deep in the left hip and buttocks. Hold the stretch for at least 60 seconds, and then repeat on your right leg.

Health and Fitness Q & A

Q: I notice that I often get really hungry when I am stressed out. Do you know why this is happening? Jillian; Sterling, VA

A: Hi Jillian, When you're stressed, your body makes more cortisol, a stress hormone. Excess levels of cortisol can cause you to crave carbohydrates and fats like pasta and pastries. While the adrenal glands are busy producing cortisol, they neglect other functions, such as regulating mineral content. This means you might be low in magnesium, which will make you crave chocolate or salt. Avoid

indulging your cravings. Instead, try to eat protein and complex carbohydrates at meals, this combination will help your body produce the calming chemical called serotonin.

Q: I'm 5'2 and weigh 120 Lbs. My problem areas are my abs and thighs. I use the elliptical & work out 3-4 times a week for 45 minutes after which I do many abs and thigh exercises. I am always hearing about weight training as an integral part to losing fat but how does that fit into the ab or thigh exercises. Should I use dumbbells or a specific exercise machine? Karen; Great Falls, VA

A: Hi Karen, By building lean muscle in general the higher your metabolism will become - burning off more calories - which makes it easier to burn off body fat. BUT you must train all body parts, not just the ones you feel need work.

You also need a workout that is more specific to your body type. For example if you are pear shaped (small upper body with most of your fat storage being in your lower body) you need heavier weights for your top half and lighter for the bottom half of your body. You also don't want to use exercises that create mass rather opting for firming and shaping - if you're pear shaped. A lot comes into play with a personalized program, so it's worth while to train using a program that's suited to your body type rather than just doing cardio and working some body parts. If you're interested in a customized program give me a call and we can discuss setting you up with a program tailored to your needs.

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<p>HEALTH TIP: Sleep In!</p> <p>Temporarily skimping on sleep, going from eight hours a night to six, for example, can impair motor skills and make it much harder for you to think logically. Worse, a new Penn State study shows that even a minor level of sleep deprivation can wreak major havoc with your hormones, drastically boosting levels of compounds called pro-inflammatory cytokines - these are nasty buggers that cause muscles to atrophy. Source: <i>Men's Fitness</i>, Oct. 2004</p>
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Six Sure-Fire Ways To Gain Fat...YIKES!

Some of these things you may already know, but some of them may take you completely by surprise!

- 1. Eating then sleeping will make you gain fat.**
Did you know that sumo wrestlers eat and then sleep on purpose to gain fat as quickly as possible? Your body doesn't require as many calories during sleep and the calories that you eat right before sleep have a far greater chance of being stored as fat and it's almost certain they will be! This goes for afternoon naps and also applies to late-night eating. If you eat and then immediately sleep on a regular basis, you will gain fat.

2. Skipping meals or not eating for long periods of time.

You're probably thinking...but doesn't skipping meals save a lot of calories during the day? Sure, there's a chance that it may. But consider this - skipping meals will slow your metabolism and you'll get really hungry. With a metabolism that's been slowed by not eating (particularly true of skipping breakfast), you're going to store a lot more of that food as fat. Eat as soon after you wake up as possible to kick-start your metabolism for the day. Even if it's just a small something you grab on the go. It will get your metabolism going and ensure the food you eat later doesn't get stored as fat.

3. Drinking soft drinks (even diet drinks) with fatty foods.

A sugary soft drink will result in a high insulin response. Insulin is a storage hormone - it helps the body store carbohydrates, proteins and fats. There is also evidence to suggest that the artificial sweeteners commonly found in diet drinks can cause an insulin reaction in the body. It's a simple reaction to the sweetness, not the carbs as there are no carbs in diet drinks. The body simply associates the taste of sweetness with the presence of carbs and assumes that carbs are present, increasing insulin levels in response. When you have fatty foods in the presence of increased insulin levels - you get fat! If you're going to eat fatty foods (we all do it at some point or other), drink water, not soft drinks or even diet soft drinks. Save the diet drinks for times when you're not eating fatty foods.

4. Stress without physical exertion will make you gain fat.

Before we became "civilized," stress was all about fight-or-flight. In response, the body needed a mechanism for quick energy to be available and a system to help deal with shock and injury. The result is that in stressful conditions, the body secretes cortisol - a hormone that immediately starts breaking down muscle tissue for fast energy. These days, the basic responses of the body can't distinguish between the stress of "fight or flight" and the stress of, say, your boss moving your desk to the basement. In the past, stress would be immediately followed by physical exertion. You'd run as fast as you could to fight off what was attacking you. Now, there is rarely physical exertion following stress so the cortisol is not dissipated. It continues to break down muscle and promote fat storage. This is why constant stress without regular exercise will make you gain fat.

5. Losing muscle mass.

The engine of your metabolism is your muscle mass. This is where the majority of calories are burned in the body. If you go on a diet and you lose a lot of muscle, it is pretty much a guarantee you'll gain the weight back (and often more!) and make it harder to lose fat again. If you don't protect your muscle mass, the more you diet, the fatter you'll get.

6. Drinking too much Alcohol.

Alcohol inhibits both the fat-burning enzymes and the muscle-building hormones in your body for many hours after consumption. Alcohol is normally consumed later in the day/evening, when your body has the least need for the extra calories and it's preferentially stored as fat and is very efficiently converted into fat in the body. It also can lead you to make poor late-night food choices, again, a time when your body needs the extra calories the least. Alcohol is a depressant that

will eventually make you tired and it contains a lot of calories (7 calories per gram) with very little, if any, redeeming nutritional value. It is not to say a moderate amount of alcohol consumption is bad for you - the key truly is moderation.

Conclusion: Keeping an eye on the above factors can help you keep your weight under control. Add exercise into the mix and that extra fat will be a thing of the past!

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Healthy and Tasty Treats

The Finger-Licking Good Burger

1 lb ground chicken
½ c chopped red bell pepper
¼ c chopped green bell pepper
¼ c chopped red onion
¼ c chopped celery
2 Tbsp chopped parsley
½ tsp dried thyme
1 clove garlic, minced
1 Tbsp light soy sauce
1c soft bread crumbs

Preheat oven to 350 degrees F.

Mix all ingredients together until just combined. Add black pepper to taste. Divide mixture to make 4 patties, and place on greased baking sheet. Bake 12 to 15 minutes on each side, or until meat has reached 170 degrees F. Makes 4 Servings

Muscle Building Meal - Oatmeal with a KICK

1/3 cup steel cut oats or "quick" oats (steel cut oats are better because they are thicker and less processed than quick oats)
1/8 teaspoon salt
1/3 cup oatbran
1 tbsp whole flax seeds
½ tsp cinnamon
½ cup blueberries (fresh or frozen)
1 scoop of vanilla whey protein or milk protein blend
splenda to taste

To Make: Combine the steel cut oats, salt, and 2 ½ cups water in a non-stick pot. Bring to a boil and simmer uncovered for about 15 minutes over medium heat. Add oat bran, flax seeds, and cinnamon. Stir mixture, remove from heat, and allow to cool. Add remaining ingredients and eat. Serving Makes: 520 calories, 39grams of protein, 78 carbs, 16 g fiber, 12 g fat.

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IN THE NEWS

Stay Informed with these News Headliners & informative websites!

Test your Fat Knowledge

Go To: http://www.active.com/story.cfm?story_id=11695

And take this interesting True and False test about your body and FAT!

For the over-50 crowd, staying fit increasingly means hiring a trainer

Go To: <http://www.post-gazette.com/pg/05215/547552.stm>

And read this article on how the over 50 crowd is getting into shape!

New food guide pyramid

Go To: <http://mypyramid.gov/>

The United States Department of Agriculture (USDA) unveiled in April its redesigned Food Guide Pyramid. Now, consumers go to an internet site where they can choose from 12 pyramids that calculate daily diet needs based on age, activity and gender. The new symbol, MyPyramid, displays a figure climbing stairs to emphasize the need for daily exercise.

A listing of the area's best races can be found on Run Washington's Featured Races page!

<http://www.runwashington.com/other/featureracesindex.html>

Make sure to test the waters and enter in a walking or running race this year before the cold weather descends upon us. What are you waiting for? Sign-up for a race and set a new personal goal!

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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:

Which Type of Fat is considered the most dangerous kind of fat?

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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10 Get Moving Motivators

Studies have shown that carrying groceries, doing yard work, and cleaning your house counts as physical activity. So, while you're not exercising per se, you're at least giving your body some physical benefits.

But still you know that this kind of activity isn't going to guarantee a flatter stomach, greater strength, and a longevity boost. So how do you find time and energy to reach your fitness goals? Here are every-day tips for your exercise inspiration....

1. Your dog. If you want your pooch to enjoy a longer, healthier life, s/he needs to get moving, too. You'll find as both of you get fit, s/he is more enthusiastic, and will give you a challenging workout. If not, YOU give him/her a challenging workout.

2. Erase YEARS off your body. Chronologically you may be 40, but with regular, vigorous exercise and healthy nutrition, people are going to do a double-take and think you're in your mid-30's. Imagine how awesome you'll feel, when you not only feel younger, but to OTHER people you look younger and act younger.

3. Begin an accomplishments journal. At the end of each day, write down what you've accomplished that day to move you closer toward your fitness and/or life goals. DO NOT WRITE DOWN WHAT YOU HAVEN'T ACCOMPLISHED. That doesn't matter. What matters is what you ARE doing; we all need a long-overdue, well-deserved pat on the back on a regular basis.

4. Hire a personal trainer or coach. If you're having extreme difficulty with motivation, hire a professional to get you to reorganize your life to make taking care of yourself a top priority (which it should be). A good coach or trainer will teach you how to help YOURSELF, without you having to hold someone else's hand, and help you realize that YOU have the power and ability to do this on your own.

5. Split your workouts. Some recent studies are showing that a split workout can burn more calories than one full workout. So if time's an issue (gee, there's a thought) try getting up 30 minutes earlier in the morning for a short-burst 15 minute workout, then steal another 15-20 minutes at lunch or in the evening.

6. Use your daily planner. You have important commitments scheduled into your planner, right? Volunteer work, doctor appointments, children's activities, etc. Where's EXERCISE??? It's as important a commitment (if not more) than your other activities. Quick tip: mark "EXERCISE" in your planner with a bright colored marker, so it stands out as a reminder to get your butt in gear.

7. Listen to audio books while you exercise. Self-improvement and motivation books are GREAT here. You'll feel twice as productive, and highly energized, and the time will fly.

8. Have kids? Look at their pictures to remind you that you want to be around to share life with them, with plenty of energy. You don't want you're 10-year old to be throwing you around the house, do you?

9. Want to keep fitting into your favorite jeans? You know, the ones that fit you nicely several years ago? Keep them. Keep trying them on to keep yourself in check to keep eating right and exercising.

10. See exercise as a stress-releaser. A simple shift in attitude can do wonders for your stress levels. If you've had a long, hard day at work, exercise is something to LOOK FORWARD TO to relieve your stress and revive yourself.

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Motivational Quote:

"The descent into the darkness of our own psyche is essential to our healing process. Without the descent, we cannot become light-bearers."
-- Paul Ferrini

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New Product Recommendation for Self-Massage

We all know that self massage can exhaust your hands, fingers and forearms. I found this massage tool that I thought really did the job at least compared to some others I have tried out. It's called the stick and it was recently featured in Women's Health Sept 2005. Their website is www.thestick.com and sticks seem to range from anywhere around \$30 upwards of \$100...a little pricy but then again I didn't buy the \$100+ version so I'm unsure how it compares to the lesser priced version.

On the website there is a calculator where you can put in your height, weight and the type of massage you are looking for i.e. total body, joint etc., and it will come up with several different sticks that will work the best for you.

Of course, I can't say enough for my good old stand by the Tennis Ball - and it costs under \$1! Just place a tennis ball between the muscles you are working and a wall. Use your weight to press into the trigger point and voila - a great self massage to loosen up those tight muscles. Apply a little tiger balm (found at natural food stores like whole foods) to the tight area and you will have some serious relief!

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Find Your Metabolic Rate

Your resting metabolic rate (RMR) the amount of calories you burn before adding in any activity accounts for roughly 70% of your daily calorie burn. Knowing this number should help you estimate just how much you need to eat and exercise every day. Until recently finding your precise RMR could only be done in a laboratory setting. Not

anymore - Personal RMR monitoring devices such as the BodyGem, a small tool that measures oxygen output from the breath. It is routinely used at high-end health clubs. But, at about \$50 for a Body Gem test, is the investment truly worth it?

Reed Humphrey, Ph.D., a professor of physical therapy at Idaho State University says "while this data may be helpful to someone on a strict calorie-controlled diet, it has its drawbacks. If you log in a low number, you might be tempted to cut your calories too far, which can harm both health and metabolism. Instead concentrate on a balanced diet and regular workouts. These are the things to invest in, since they have an impact on what you see in the mirror", he says. To find your own RMR without a fancy testing device go to fitnessmagazine.com and look for Caloric Needs Calculator.

REF; Oct 2005; Fitness

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New Calorie Counter Tool

I wanted to let you all know that I have a great new tool on my website under the "links" page and it's called My Calorie Counter. The "links" page contains links and references to websites that I thought you either might enjoy or find helpful. If you ever want to know the calories in a particular food or how many calories you may have expended in a certain activity like a 5 mile hike, all you have to do is enter it into the mycalorie counter search box at:

<http://www.stormfitness.com/links.html> - I think it's a wonderful tool and I am excited to have it on my website.

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Motivational Quote:

"Inside of a ring or out, ain't nothing wrong with going down. It's staying down that's wrong." Muhammad Ali

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Mesotherapy - What is it and does it really work?

Mesotherapy is the latest body sculpting trend to hit the U.S. It promises to melt fat with a series of shots. It's a controversial procedure not approved by the FDA. Doctors use tiny needles to inject a variety of ingredients, including heart and arthritis drugs, plant extracts, hormones and enzymes into the mesoderm (layers of fat and connective tissue underneath the skin).

A recent review of the scientific literature found no studies on mesotherapy's long term effectiveness or safety. It left researchers with several questions like how do these mixtures of ingredients affect the body's organs and tissues and where does the "melted" fat go?

A word of caution - currently any physician who has taken a 3 day training course can practice mesotherapy. Common side effects include

swelling and bruising; risks include infection and allergic reaction. A mesotherapy treatment which usually consists of dozens of shots in the midsection or thighs, takes a half hour or longer and costs up to \$1,500 per treatment. Four to six treatments are often recommended which makes the procedure about as costly as liposuction. And as with liposuction the results are not always desirable. *Source: Shape Oct 2005*

Overworked and Overweight - What's the Connection?

Let's start by answering these questions:

- 1) Do you work more than 40 hours a week?
- 2) Do you feel wiped out at the end of a workday?
- 3) Are you torn between your job and personal obligations?

If you answered YES to these questions, you are at an increased risk for putting on excess pounds according to a recent study of 7,000 women published in the International Journal of Obesity. When analyzing the one-quarter of women who had gained weight in the previous year, researchers found that they were more likely to work overtime, report job fatigue or have difficulty combining work and family life. *Source: Shape Oct 2005*

Well folks, 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 your health and fitness goals!!! Again, if you need anything at all we are always here to answer any questions you might have. Keep in touch!

Yours in health, fitness and fun,

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