



SMARTER BODIES

The Official Newsletter of Smart Bodies Personal Fitness Center

Volume 16 Issue 10

October 2015

Editor Jim Rabic

OCTOBER SPECIAL!

BRING-A-BUDDY

Bring a friend for ONE FREE TRAINING to see how great their workout can be at SMART BODIES.

Please schedule your FREE FRIEND TRAINING ahead of time at the FRONT DESK.



REMEMBER, IF THE PURCHASE 10 SESSION OR MORE YOU WILL GET 2 FREE SESSIONS (OVER A \$50.00 VALUE)



SMART RECIPES



spicy pumpkin smoothie

- 1.4 cup vanilla yogurt
- 1 tbsp. pumpkin seeds
- 1/4 cup pumpkin puree
- 1 cup ice cubes
- 1/4 cup almond milk
- 1 tbsp. maple syrup
- pumpkin pie spice



Health Tips



**Miracle Cure for Anything That Ails You
Is As Close As Your Supermarket Shelves...**



Illness	Food	Effect
 Headaches	Fish	Eat plenty of fish - fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.
Hay Fever	Yogurt	Eat lots of yogurt before pollen season
Strokes	Tea	Prevent buildup of fatty deposits on artery walls with regular doses of tea.
 Insomnia	Honey	Use honey as a tranquilizer and sedative.
Asthma	Onions	Eating onions helps ease constriction of bronchial tubes.
Arthritis	Fish	Salmon, tuna, mackerel and sardines actually prevent arthritis.
 Upset Stomach	Bananas, Ginger	Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.
Bladder Infections	Cranberry Juice	High-acid cranberry juice controls harmful bacteria
Bone Problems	Pineapple	Bone fractures and the manganese in pineapple can prevent osteoporosis.
 PMS	Cornflakes	Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety and fatigue.
Memory Problems	Oysters	Oysters help improve your mental functioning by supplying much-needed zinc.
 Colds	Garlic	Clear up that stuffy head with garlic.
Cough	Red Pepper	A substance similar to that found in the cough syrups is found in hot red pepper.
Breast Cancer	Wheat, Bran, Cabbage	Wheat, bran and cabbage help maintain estrogen at healthy levels.
Lung Cancer	Orange & Green Veggies	A good antidote is beta-carotene, a form of Vitamin A found in dark green and orange vegetables.
 Ulcers	Cabbage	Cabbage contains chemicals that help heal both gastric and duodenal ulcers.
Diarrhea	Apples	Grate an apple with its skin, let it turn brown and eat it to cure this condition.
 Clogged Arteries	Avocados	Monounsaturated fat in avocados lowers cholesterol.
High Blood Pressure	Olive Oil, Celery	Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure, too.
 Blood Sugar Imbalance	Broccoli, Peanuts	The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

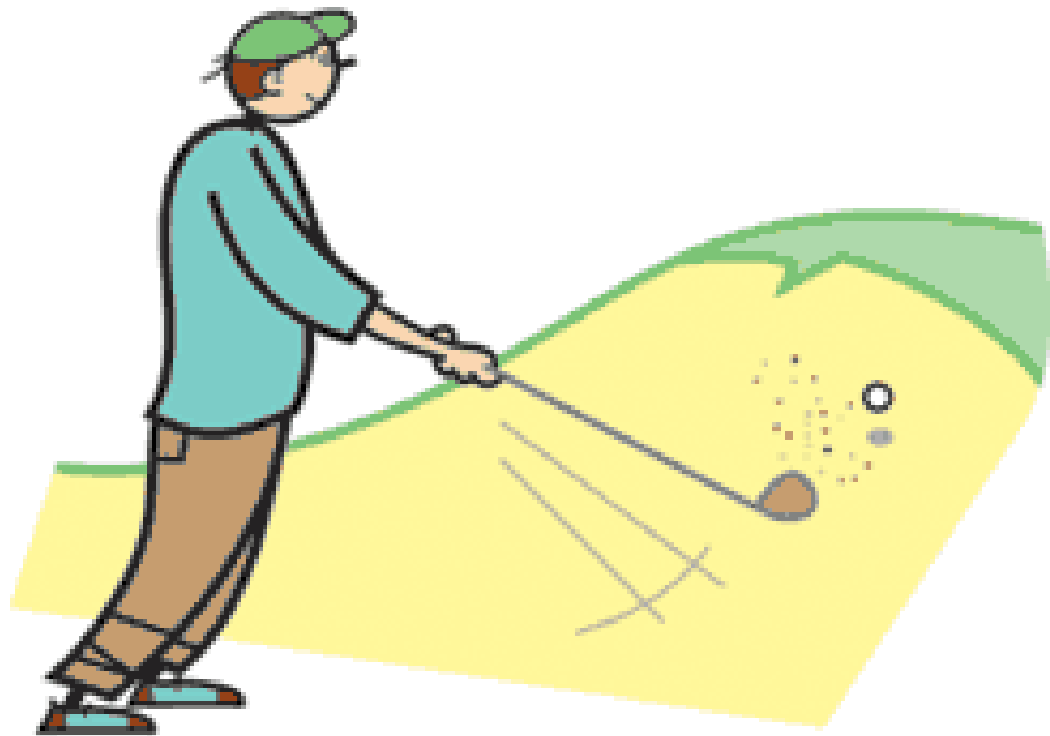


Smart Golf Tips

GOLF CHEATS & SHORT CUTS

HITTING THE BALL OUT OF THE SAND

Most people think of the sand - known as a bunker - as a bad place to be when playing golf, but actually some golfers like being in them! If you are in the bunker, don't get frustrated and hit the ball loads. With your club, hit the sand just behind the ball, not the ball itself. The club will then scoop the ball out of the bunker. Easy!



PETA GUIDE TO VEGAN RUNNING SHOES

Check out this list of our favorite companies that make cruelty-free running shoes:

VEGAN COMPANIES:



Brooks
All of Brooks' running shoes are vegan, and the company also offers additional eco-friendly options.



Newton Running
All shoes made by Newton are vegan.



Mizuno U.S.A.
All of Mizuno's running shoes are now vegan-friendly.

MOSTLY VEGAN COMPANIES:



ASICS America

Most of ASICS' running shoes are vegan, with the exception of a few, which are made with leather. Make sure you check its website—shoes that aren't vegan will have an "L" in the product code.



Inov-8

Similar to ASICS, most of Inov-8's running shoes are vegan, with the exception of a few shoes that have leather or suede, so be sure to check the materials that are used before buying.



Saucony

Saucony has a dedicated line of vegan shoes. And all its other running shoes are made with vegan-friendly synthetic materials, but it can't confirm that all its glue suppliers are cruelty-free.



Merrell

Merrell also has a dedicated line of cruelty-free shoes, but many of its other shoes are made with leather or suede, so be sure to search for vegan shoes.



SOMETIMES VEGAN COMPANIES:



New Balance

All of New Balance's running shoes are synthetic and free from animal products, but the company can't guarantee that all its glue suppliers are cruelty-free. If you find a pair you like, call or e-mail New Balance to find out whether they're vegan.



Nike Running

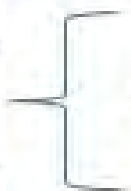
Most of Nike's synthetic running shoes are animal-free, but be sure to check the materials that are used before buying.



Secret



vegan

Boredom Buster Treadmill Walking Routine			
Time	Action	Speed	Incline
0:00 - 2:00	Warm Up	3.0 - 3.5	5.0
2:00 - 3:00	Butt Kicks (kick each heel up to butt as you walk)	3.0 - 3.5	15.0
3:00 - 3:30	Side Shuffle Walk on Left (turn sideways on belt, hold on to front railing)	3.0 - 3.5	15.0
3:30 - 4:00	Side Shuffle Walk on Right (turn sideways on belt, hold on to front railing)	3.0 - 3.5	15.0
4:00 - 6:00	Speed Walk	4.0 - 5.0	2.0
6:00 - 12:00	Alternate between a one-minute speed walk and a one-minute easy walk (3x)	3.0 - 5.0	2.0
12:00 - 13:00	 Steady Walk	3.0 - 4.5	6.0
13:00 - 14:00		3.0 - 4.5	8.0
14:00 - 15:00		3.0 - 4.5	10.0
15:00 - 16:00		3.0 - 4.5	12.0
16:00 - 17:00	Butt Kicks (kick each heel up to butt as you walk)	3.0 - 3.5	15.0
17:00 - 18:00	Side Shuffle Walk on Left (turn sideways on belt, hold on to front railing)	3.0 - 3.5	15.0
18:00 - 19:00	Side Shuffle Walk on Right (turn sideways on belt, hold on to front railing)	3.0 - 3.5	15.0
19:00 - 25:00	Alternate between a one-minute speed walk and a one-minute easy walk (3x)	3.0 - 5.0	2.0
25:00 - 27:00	Speed Walk	4.0 - 5.0	2.0
27:00 - 30:00	Cool Down	3.0	1.0



Smart Vegetarian

good sources of **IRON**

chickpeas, kidney beans, butter beans and other legumes

oatmeal

quinoa

pepitas, flaxseeds, chia seeds and other seeds

dark chocolate and cocoa powder













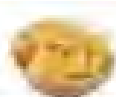








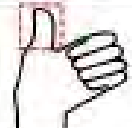
spinach and other dark green leafy vegetables

peanuts, almonds, cashews and other nuts

dates, raisins, dried apricots and other dried fruits

The infographic displays several food items with arrows pointing to their categories. At the top left, there are piles of red kidney beans, chickpeas, and yellow lentils. To their right is a bowl of oatmeal. Below the beans is a pile of yellow quinoa. In the middle left, there are piles of brown flaxseeds, green pumpkin seeds (pepitas), and black chia seeds. To their right is a pile of dark brown cocoa powder next to a bar of dark chocolate. Below the seeds is a bunch of fresh green spinach leaves. At the bottom left, there are piles of peanuts, almonds, and cashews. At the bottom right, there are piles of dark dates, raisins, and dried apricots.

Serving-Size Comparison Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE	
Milk & Milk Products				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
Vegetables				
Cooked carrots			One fist	1 cup
Salad (bowl of salad)			Two fists	2 cups
Fruits				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup
Grains, Breads & Cereals				
Dry cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful	½ cup
Slice of whole wheat bread			Flat hand	1 slice
Meat, Beans & Nuts				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon

Smart Tennis

Your Most Important Tennis Gear (It's Not Your Racket)

Tennis isn't the most complicated of sports to start. There's a lot to learn, but as for getting on the court, you don't need all that much gear. Unfortunately, when people start shopping, they frequently have the wrong focus.



"The biggest mistake people make in tennis is they get concerned about the racket: They spend a lot of money on the racket, and they don't pay attention to shoes, and it should be the other way around," says Steven Nolen, president of the Dallas Professional Tennis Association, who has been coaching tennis for nearly two decades.

"The running shoes are a major no-no."

Nolen explains that while you can start with a less expensive racket, then upgrade as you stick with the sport, tennis shoes aren't something to skimp on for even your first few times on the court.

"They naturally want to stick with their running shoes, but when you start cutting and playing in competition, you don't have that support," he says. "And it's just an accident waiting to happen."

And he's seen accidents from this, including torn ACLs and torn calf muscles.

Tennis shoes aren't the same as running shoes. The shoes you're logging miles with are designed to go in one direction.

You might consider taking your running shoes to the court because they're comfortable—but what makes them feel that way is more stability on the bottom. Support in the tennis shoe is lateral, providing protection as you make side-to-side cuts.

"Running shoes are meant to go one way, and in tennis, there's a lot of stopping and starting, and there's a lot of cutting: A good tennis shoe is made for that," Nolen says. "Your risk of spraining your ankle, or [doing] worse, lessens with the right shoe."

So, if this has convinced you to consider buying a separate pair of kicks for tennis (crossing fingers it has) let's get on to buying tennis shoes.

Mountain Bicycle Sizing And Setup Fundamentals

Mountain Bike - men



Rider Height		Frame Size	
Feet and Inches	Centimetres	Inches	Size
4' 10" - 5' 2"	148 - 158	13 - 14	XS
5' 2" - 5' 6"	158 - 168	15 - 16	S
5' 6" - 5' 10"	168 - 178	17 - 18	M
5' 10" - 6' 1"	178 - 185	19 - 20	L
6' 1" - 6' 4"	185 - 193	21 - 22	XL
6' 4" - 6' 6"	193 - 198	23 - 24	XXL

Mountain Bike - women



Rider Height		Frame Size	
Feet and Inches	Centimetres	Inches	Size
4' 10" - 5' 2"	148 - 158	13 - 14	XS
5' 2" - 5' 6"	158 - 168	15 - 16	S
5' 6" - 5' 10"	168 - 178	17 - 18	M
5' 10" - 6' 1"	178 - 185	19 +	L



Staying healthy also means staying safe, & seniors are at greater danger from fire, falls, & medication errors than the general population.

SENIOR SAFETY TIPS

Staying healthy also means staying safe. Here are some of the top accident risks seniors face, and tips on how to prevent them.





⚠️ The Risks
26% of seniors make potentially serious mistakes when taking medications.

✅ How to Stay Safe

1. Be sure your doctor knows ALL medications you are taking.
2. Check the expiration date of your medicines.
3. Keep a Vial of Life kit in your home.

⚠️ The Risks
32% of seniors experience one or more falls per year and 57% of seniors who have fallen will fall again within the 12 months.

✅ How to Stay Safe

1. Exercise regularly. Focus on leg strength and balance.
2. Ensure that steps and railings in your home are firmly fixed.
3. Wear a medical alert button to get help quickly if you fall.



SLIPS & FALLS



FIRES

⚠️ The Risks
For seniors age 65+, the risk of dying in a fire is twice the national average. For seniors age 75+, the risk is 3 times greater.

✅ How to Stay Safe

1. Never smoke in bed.
2. Keep space heaters away from flammable material.
3. Keep a working smoke, fire and CO2 monitors throughout your house.



Researchers from the University of California-Riverside have shown that mice exposed to third-hand smoke suffered liver damage to cause non-alcoholic fatty liver disease that markedly increases risk for diabetes, cancer and heart attacks. The third-hand smoke caused lung damage and kept wounded skin from healing properly. It also raised cholesterol and made the mice hyperactive (*PLOS One*, January 29, 2014). The urine of the test mice contained concentrations of tobacco carcinogens similar to those of children who have breathed second-hand smoke for prolonged periods of time.

You breathe second-hand smoke when you spend time around people who are smoking. Exposure to third-hand smoke occurs when you spend time in an area previously inhabited by smokers who are not there now. The cancer-causing chemicals from the smoke adhere to the walls, ceilings, floors, carpeting and upholstery, and remain there to waft through the air for many years, long after the smokers are gone.

Third-hand smoke is also carried on clothing worn by smokers, so they take it everywhere they go even when they are not smoking. Third-hand smoke can be just as damaging as second-hand smoke. Smoking parents who do not smoke around their children still have children who are:

- absent from school 40 percent more days than children who do not live with smokers (*Pediatrics*, September 2011),
- readmitted far more often to hospitals for asthma attacks,
- at increased risk for diseases that damage nerves, and
- at increased risk for other smoking-related diseases many years after they have moved away from their parents who smoked.

WEB TIPS

Add a Custom Message to Windows 10's Login Screen With Your Contact Info

Adding contact info to your device's login or lock screen is a good way to help your lost stuff find its way back to you. Here's how to add a message with your info to Windows 10's login screen.

<http://lifehacker.com/add-a-custom-message-to-windows-10s-login-screen-with-y-1733970887>

EXERCISING WOULD BE SO MUCH MORE REWARDING IF CALORIES SCREAMED WHILE YOU BURNED THEM



Elliptical Cardio

Busy-Body Workout

This quick-changing program prevents cardio machine boredom.

Time	Level	Directions	SPM*
0:00-5:00	3	Warm up	
5:00-6:00	5		
6:00-7:00	5	Backward	
7:00-9:00	7	Forward No Hands	
9:00-11:00	10	Hands	135-145
11:00-13:00	6	Backward	
13:00-15:00	8	Forward	145-155
15:00-17:00	6		
17:00-19:00	6		145-155
19:00-21:00	6	Backward	
21:00-22:00	6	Forward No Hands	
22:00-24:00	10	Hands	135-145
24:00-26:00	8	Backward	
26:00-29:00	8	Backward	
29:00-31:00	8	Forward	145-155
31:00-34:00	8	No hands	
34:00-35:00	5	Hands	
35:00-40:00	3	Cool down	

*SPM = Strides per minute.

How to properly store

FRUITS & VEGETABLES

Refrigerator

Apples (>7 days) Figs
Apricots Honeydew
Cantaloupe

(Unwashed in a Single Layer)

Blackberries Raspberries
Blueberries Strawberries

(Unwashed in a Plastic Bag)

Broccoli Green Onions
Carrots Lettuce
Cauliflower Peas
Corn Radishes

(Store in a Paper Bag)

Mushrooms Okra

Artichokes Kale
Asparagus Lima Beans
Beets Leafy Vegetables
Brussels Sprouts Leeks
Cabbage Plums
Celery Spinach
Cherries Sprouts
Grapes Summer Squash
Green Beans Yellow Squash
Herbs (not Basil) Zucchini

Countertop

Apples (<7 days) Tomatoes
Bananas

Basil Mangoes
Cucumbers Oranges
Eggplant Papaya
Garlic Peppers
Ginger Persimmons
Grapefruit Pineapple
Jicama Plantains
Lemons Pomegranates
Limes Watermelon

Cool, Dry Place

Acorn Squash Pumpkins
Butternut Squash Spaghetti Squash
Onions* Sweet Potatoes
Potatoes* Winter Squash

***Keep away from each other**

Counter/Fridge

(Ripen on Counter, Then Refrigerate)

Avocados Pears
Nectarines Plums
Peaches
Kiwi

High Ethylene Producers:

Keep away from other fresh produce to slow down ripening/spoilage.