

# Smarter Bodies

[www.smartbodiesfitness.com/](http://www.smartbodiesfitness.com/)

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Editor Jim Rabic

In order upgrade our fitness equipment, we have added the following equipment to further enhance your workout experience:

## ***NEW Cybex Leg Press***



A smoother movement with more back and neck support!

## ***NEW Medicine Balls***



***NEW Medicine Balls with handles*** for Core strengthening advantages



***NEW Stability Balls in 3 varying heights*** for optimal biomechanical positioned exercises for the core!



## **Treadmill Tricks to Get the Most for Your Effort**



Its by far the most popular piece of equipment in the gym and at home. And studies have shown that running on the treadmill is one of the highest calorie-burning workouts out there. But are you really getting the most for your effort?

Consider this: When you go for a walk, you walk faster on some days than you do on others. Does it make a difference in the calories you burn? It sure does! When you walk on a treadmill, the speed is constant, so you feel like you get a better, more consistent workout than you would walking around your neighborhood. Thats a perk of the treadmill.

On the other hand, when you walk outside, you might walk uphill and downhill, which acts as interval training.

In a nutshell, the speed of your walk doesn't matter as much when you walk outdoors or on a track, since you're propelling your weight with every step. On the treadmill, however, the belt is moving and helps to bring your foot back. You may have noticed that you feel a bit more tired after a walk off the treadmill.

We're not putting down the hottest piece of fitness equipment out there, but we would like to make it a more effective workout for you.

To approximate walking outside, a treadmill requires two-degrees of incline to compensate for the movement of the belt -- so crank it up. Better yet, choose a program that adjusts the incline and speed. You'll begin to notice a difference in your program very quickly!

If you've ever reached a plateau in your fitness program, where no matter what you do, you seem stuck at a particular weight or cardio fitness level, this will come in handy here, too. Variety is the spice of your treadmill workout! In addition, if you're using a treadmill during every one of your workouts, it's a good idea to take a step off the belt from time to time. Get on a bike, an elliptical trainer, a rowing machine or a stepper.

Muscles adapt to the same routine fairly quickly, so find two-pieces of equipment that you like and mix up your program. How can this help? When you're on a treadmill, your body interprets the walking motion as a linear movement. When

you get on a bike, upright or recumbent, however, the movement becomes rotary. Muscles don't have eyes -- they can't see. Muscles can only interpret movement. When you go back to the treadmill after switching things up, the body says, "We're not doing a rotary thing, this is linear." The changes are subtle but the results can be great.

Add variety and mix up your workout. Don't become attached to a single piece of equipment. Keep your body guessing as to what's coming next!

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## **Somatopause**

The **SOMATOPAUSE** (*sa-mot-a-pause*) is the name medical researchers give to the metabolism slowdown that typically begins in the mid-30s. This condition has been called the middle-age spread, and the middle-age bulge. Whatever it's called, the middle-age somatopause impacts 80 million baby-boomers in the U.S. and millions more world wide.

### **Clinical Signs of the Somatopause**

- **Weight gain**
- **Energy Loss**
- **Skin wrinkling**
- **Decreasing muscle**
- **Loss of bone density**
- **Increasing body fat**  
*(especially around the waist)*

### **What causes the Somatopause**

The somatopause is directly related to the decline of growth hormone produced by the body during aging. However, a specific form of exercise has been shown by researchers to increase growth hormone by 530%! The following chart illustrates the problem.

## Cures for the Somatopause

There are two main cures for the middle-age somatopause; growth hormone injections (not recommended), or the natural method, anaerobic exercise.

## Celebrity Appearance Improving Drug of Choice

It's widely reported that several well-known actors take growth hormone injections for its anti-aging, youth rejuvenating properties. And GH has been banned for athletes because of its ability to improve performance.

While research shows serious side-effects are possible with this therapy, everyone knows instinctively -- when you inject something into your bloodstream that costs \$1,500 a month (that can put on muscle like steroids, and pull 28 pounds of bodyfat off a 200 pound person), it doesn't take rocket science to figure there's a price to pay in the long run.

Hold on! There's a better way to get the benefits of increasing growth hormone! And it's 100% natural and it doesn't cost a dime - just a little of your time.

## The Natural Cure for the Somatopause

Growth hormone can be increased 530% with anaerobic exercise - the short-burst, get-you-out-of-breath quickly, sprinting types of exercise. You don't have to spend all day in the gym, jog for hours, or starve yourself. But it does require high-intensity exercise for short periods.

Researchers report;

"Aging is often associated with a progressive decrease in the volume and, especially, the intensity of exercise. A growing body of evidence suggests that higher intensity exercise is effective in eliciting beneficial

health, well-being and training outcomes. In a great many cases, the impact of some of the **deleterious effects of aging could be reduced if exercise focused on promoting exercise produced growth hormone."**

("The exercise-induced growth hormone response in athletes," Godfrey, Sports Med. 2003;33(8):599-613.2003)

Now, before you go out and run, cycle, or swim a few 100 meter sprints or power-walk some steep hills, it's important to note that anaerobic exercise is the most productive form of exercise (from the GH anti-aging standpoint), but it's also the most dangerous. Even young athletes need to warm-up, and progressively build intensity levels or risk pulling hamstrings, calf muscles, and Achilles tendons.

Middle-age adults need to slowly ease into high-intensity anaerobic exercise. And for some reason, many of my X-jock friends believe that this warning does not apply to them. Even well-conditioned athletes, who can jog for miles, need a progressive, six to eight week buildup period.

Adults can successfully add anaerobic fitness training to their fitness program, but there needs to be a slow, progressive buildup period. And physician clearance should be obtained before beginning any type of high-intensity training.

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## The Four Rules of Running

You've probably figured out by now that running isn't like other sports. For one thing there aren't a lot of rules to follow. There are no "out-of-bounds" or "offsides" or "celebrating too much after finishing." But since it's human nature to want at least a few rules, runners have made some up! These "Four Rules of Running" should become the foundation of your running program. They will ensure your continued enjoyment and improvement as a runner and help keep things fun and interesting as well.

**Rule #1: Stress and Rest** Your training program should consist of a combination of training stresses followed by recovery. In other words, "hard" one day, then "easy" for a day or two. Then hard again. This "hard/easy" approach allows you to continually improve your fitness level-and stay motivated. "Hard" doesn't mean that you're sucking wind at the end of your run. Maybe it's just a run where you increase the distance or speed slightly. "Easy" can mean a day off or a shorter, slower run that allows your body to refresh itself. Using this method from workout-to-workout, week-to-week and even month-to-month, will help you avoid the beginning runner's #1 Mistake: Doing too much too soon. It'll be easier to get out the door when you're not sore or tired all the time.

**Rule #2: Repetition** - To improve their free throw shooting, basketball players practice shooting free throws, not jumpers from the top of the key. The same principle goes for runners. Your body improves at what it practices. If you wanna be a better runner, you gotta run. Adding other workouts like cycling or swimming is a great way to maintain or improve your overall fitness level, but putting one foot in front of the other is the only way to continually get better at running.

**Rule #3: Variety** - The body adapts pretty

quickly to a consistent routine. Without stress, there's no stimulus. When that happens, your fitness level plateaus, your motivation weakens and you stop improving. To avoid this, you should vary your training from day-to-day. Use different types of workouts. Vary the amount of training. Emphasize different types of runs for a period of time such as a month.

**Rule #4: Gradual progress** - Sure, you'd like to be fit and fast tomorrow. But it just doesn't work that way. Doing too much too soon is the highway to burn-out or injury. Instead, think like the tortoise, not the hare. Take it slow. Increase your training gradually. What's the rush, anyway? Be in it for the long haul.

The most common mistake made by runners As your fitness improves and you start moving along at a good pace, you'll find yourself wanting more and more. More distance, more speed. Don't make the mistake of doing too much too soon. If you run too fast for too long without recovery, your body will break down. Instead, increase your running by no more than 10-15% per week. And every 3 to 6 weeks, take a "rest" week and reduce your mileage a bit. By keeping this simple check on your enthusiasm, you'll stay healthy and steadily improve for weeks, months and years.

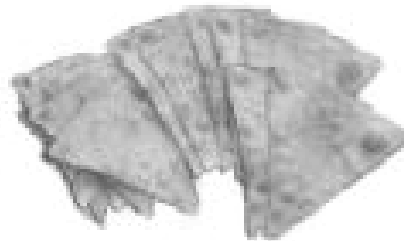
## Light Tortilla Chips Recipe

2 cups water  
4 (6 inch) corn tortillas

Pour water into a shallow baking dish. Quickly dip tortillas into water, drain and cut into 8 wedges. Add salt or other seasonings (cumin, Italian seasoning, etc.) and place on an ungreased baking sheet. Bake at 350 degrees for 15 minutes or until chips are crispy and lightly browned. Remove and let chips cool. Serve with salsa or homemade bean dip.

Makes 2 Servings  
Serving Size: 16 chips

Nutrients per serving:  
Calories: 134  
Total fat: 2 grams  
Saturated fat: 0 grams  
Cholesterol: 0 mg  
Sodium: 106 mg (excluding added salt)  
Carbohydrate: 25 grams  
Protein: 4 grams  
Dietary fiber: 2 grams



# Nature's Sunshine Supplements

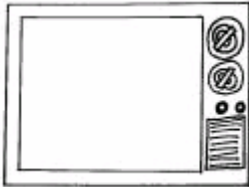
## The world leader in herbs and health supplements

At Nature's Sunshine, uncompromising quality is not an option - it is an obligation. We use only the finest raw materials, gathered from the Americas, Europe, Africa and the Orient, and we boast the largest force of trained Herb Specialists in the world. It's no wonder our herbs outshine the competition!

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## Policy Reminders

### *Cardio Room Etiquette*



When the TVs need to be on different channels, see the front desk to turn on the closed captions option in order to avoid conflicting sound.

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## Children's Waiting Room



The use of the children's waiting room is intended for the **children's safety** as well as **your convenience**. Please be sure that your children stay in the waiting room.



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## Permanent Book Policy

If you are in the permanent book, please make the Front Desk aware of any changes of your schedule, **ESPECIALLY** if you do not renew your sessions.

### ***QUOTE OF THE MONTH***

*The secret of happiness in not in what one likes to do, but in what one has to do.*

[James M. Barrie](#)

*Scottish dramatist & novelist (1860 - 1937)*

**COMPULSIVE EXERCISE**



If you're a compulsive exerciser, you not only exercise beyond what is considered normal, you exercise at the expense of family, school, work, relationships, health, etc. Compulsive exercisers not only feel terrible if they don't work out; they often feel miserable when working out. Some will continue to exercise despite these feelings but others become addicted to the sense of power and self-respect they feel from working out. This type of behavior is often seen in competitive athletics. The pressure to win and succeed fuels the need to train and become the best. Competition can become a "scapegoat" or excuse for the compulsive exercise.

Experts say this type of behavior is often associated with a sense of relieving the guilt from a host of anxieties and insecurities. Many believe that exercise gives the compulsive athlete a sense of power, control and/or self-respect. This control is short-lived and temporary. Whatever the reason, this addictive behavior puts the person's physical safety, emotional health and other areas of their life (job, school, family, etc.) at risk.

What amount of exercise is considered "compulsive?" That depends on your personal goals, athletic aspirations and the level of activity your body is used to. Running 20 miles per week may be a lot for one person considering his/her goals but it might be a good start for someone training for an endurance event.

Bottom line... listen to your body, question your feelings and emotions and be honest with yourself! If you're not honest... you're only fooling yourself! The questions below can be indicators of compulsive exercise. It's also important to realize that the situations and symptoms below can have other causes too, so see your medical professional if you're not sure. Don't forget... depending on your individual goals, some of the symptoms below may be experienced to a certain degree.

- \* Do you feel overly fatigued or overly sore following a workout?
- \* Do you feel tired after a good nights sleep?
- \* Are you seeing results or has your performance changed?
- \* Are you frequently injured or do you experience a re-injury?
- \* Have you experienced depression or any mood swings?



**WEB SITE**  
**OF THE MONTH**

THINKFREE  
OFFICEONLINE

Whether you work in Microsoft Word, Excel or PowerPoint, with ThinkFree Office 3 you'll feel right at home because it looks, feels and behaves just like they do regardless of whether you use it on Windows, Linux, or Macintosh.

**<http://online.thinkfree.com/index.jsp>**

## **Myths and Facts About Increasing Metabolism**

Many clients come to personal trainers to get strategies for weight loss. You can help them shed pounds by understanding what can actually help increase their metabolism and what can't. Paige Kinucan and longtime IDEA member Len Kravitz, PhD, talk about this issue in "Controversies in Metabolism" in the January issue of *IDEA Fitness Journal*. Test your knowledge with these facts and myths, taken from the article.

**Myth or Fact? Exercising first thing in the morning increases all-day energy expenditure and metabolism more than a workout later in the day.**

**Myth.** The number of calories expended during a workout depends on the intensity and duration of the workout, regardless of whether it is in the morning, afternoon or evening.

**Myth or Fact? Spicy foods elevate metabolism.**

**Fact.** Foods like peppers and chili do elevate body temperature slightly, which increases metabolism by small increments. However, this elevation is not sufficient to make a difference in the body's ability to expend enough calories to aid in weight loss.

**Myth or Fact? The fitter a person is, the faster his or her metabolism is.**

**Myth and Fact.** As a person becomes fitter and gains muscle mass, he or she burns more calories at rest. However, the energy intakes of some exercise enthusiasts are not sufficient to meet the demands of their exercise programs. This imbalance may eventually reduce resting metabolic rate.

**Myth or Fact? "Yo-yo dieting," which causes people to repeatedly lose weight and regain it, permanently diminishes an individual's metabolism.**

**Myth.** Research does not indicate that yo-yo dieting permanently slows down any component of metabolism

# Spinning News

## SPRINTING IN THE SPINNING® PROGRAM

**What is a SPRINT?** A sprint is an all-out, short-term effort at maximum output (wattage) performed in a high gear. A sprint typically lasts no more than 30 seconds. When riders complete a true sprint, they should be “spent.”

### 1. Start in a Seated Flat:

Use Hand Position 2 with medium resistance at an intensity that requires some degree of effort (not a comfortable cruising pace).

### 2. Continue the Seated Flat for 15-20 seconds:

Begin adding resistance over a short period of time to begin the initial stage of the sprint.

### 3. Begin a Standing

**Climb:** As soon as you feel your legs and pedal stroke begin to “bog down” (i.e., RPMs/cadence slower), jump out to Hand Position 3 to get “on top of the gear” or on top of the resistance.

### 4. Continue the Standing Climb for 3-8 seconds:

Once in position 3, begin to gain leverage and leg snap (power) by using the handlebars and body weight and accelerating to a greater pedal cadence.

### 5. Transition to a Seated

**Climb:** Settle back into the saddle quickly, efficiently and fluidly, into hand Position 2, and accelerate again (at this point you are already at maximal effort).

**6. Finish the sprint:** Both your heart rate and legs will be tapped out. If done properly, you will have a unique (and extremely “loaded”) feeling in your legs, a feeling that is only achieved through sprinting.

Recovery will be a necessity.

### SPRINTING DOs:

- Weight centered over the bike
- Strong core
- Head level/head up looking ahead
- Sharp, fluid movements
- Determination, focus and immersion in the moment
- Forceful exhalations with proper diaphragmatic breathing
- Elbows bent with smooth, strong side-to-side movement when in Hand Position 3
- Strong, controlled movement when finishing the sprint
- Recovery period after the sprint

### SPRINTING DON'Ts:

- Low resistance or no resistance

- RPMs too high or RPMs too low: you must stay within your means but challenge yourself
- Extreme forward flexion of body over the bike or too much upper body weight on the bars
- Straight arms, head down, arched back, heels up, knees out, elbows turned in
- More than 10 seconds in Hand Position 3 when completing a seated sprint
- Holding your breath
- Sprint time greater than 30 seconds

More Evidence Chocolate

## Lowers Blood Pressure



Leave it to the Dutch to help demonstrate the health benefits of chocolate. A study of older men in the Netherlands,

known for its luscious chocolate, indicated those who ate the equivalent of one-third of a chocolate bar every day had lower blood pressure and a reduced risk of death.

The findings, published in Monday's Archives of Internal Medicine, are based on data collected for more than a decade on Dutch men who were ages 65 and older in 1985.

Researchers examined the eating habits of 470 healthy men who were not taking blood pressure medicine. The men who ate the most products made from cocoa beans -- including cocoa drinks, chocolate bars and chocolate pudding -- had lower blood pressure and a 50 percent lower risk of death.

The men ate the equivalent of about 10 grams of chocolate a day.

### Too Early for Conclusions

The researchers say, however, it's too early to conclude it was chocolate that led to better health. The men who ate more cocoa products could have shared other qualities that made them healthier. Experts also point out that eating too much chocolate can make you fat -- a risk for both heart disease and high blood pressure.

"It's way too early to make recommendations about whether people should eat more cocoa or chocolate," said Brian Buijsse, a nutritional epidemiologist at Wageningen University in the Netherlands, who co-authored the study.

Still, the Dutch study, supported by grants from the Netherlands Prevention Foundation, appears to be the largest so far to document a health effect for cocoa beans. And it confirms findings of smaller, shorter-term studies that also linked chocolate with lower blood pressure.

### Findings May Be Generalizable

Cocoa beans contain flavanols, which are thought to increase nitric oxide in the blood and improve the function of blood vessels.

"This is a very important article providing epidemiological support for what many researchers have been observing in experimental models," said Cesar Fraga of the University of California Davis, who does similar research but was not involved in the new study.

Buijsse noted the men eating the most cocoa products were not heavier or bigger eaters than the men who ate less cocoa.

### Could the study results apply to women?

"Our study consisted of elderly men," Buijsse said. "If you look at the other interventional studies, you see the same effects in men and women, younger people and older people. It may be the findings are generalizable to women, but you never know."

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## After Exercise Headache - More Serious Than You Think?



It's surprisingly common - you're exercising, everything's fine, and then POW - a headache strikes! Or, sometimes, a headache hits

while you're exercising. Is it just a minor annoyance? Or could it be a signal that something serious is going on? Should you go to the doctor, or just shrug it off?

If you already suffer from headaches or migraine, it may just be that your exercise is starting the headache chain-reaction. In that case, it's important to look at the overall picture and make sure you're getting the treatment you need for headaches. Your doctor may recommend a pain killer to take just before you exercise, to stop the pain before it starts. In the case of migraine, this is called an "effort migraine", and it's very common. A throbbing headache in the

back of your head may be an "exertion headache", which again usually requires some pain killers and is not serious.

But after exercise headache can be a warning that something serious is going on. As a general rule of thumb, if you get a new headache after you exercise, you should see a doctor right away. Any sudden change when it comes to headache could be a sign of something serious, so don't wait.

Some of the more serious headaches have to do with the blood vessels in the head. A headache after exercise could indicate an abnormality in the blood vessels themselves, or could warn you of a brain hemorrhage (or haemorrhage) (blood flow when blood vessels break).

If you're exercising in the heat and begin to have sore muscles, difficulty breathing, and dizziness along with headache, you could be experiencing early signs of heat exhaustion or heat stroke. You'll soon be past helping yourself, but friends will need to make sure your body is cooled off quickly.

Of course, everyone is afraid of brain tumours. Tumours (tumors) are very rare, so don't panic at the first sign of headache. Unlike typical headaches, these generally get worse over the course of several weeks, and are usually worse in the morning. They get worse when you exercise, and almost always include other symptoms, such as blurred vision, unsteadiness or weakness. Again, if you get a new headache, see your doctor right away. You want to catch these things as early as possible.

Here are some other things that may tip you off that your exercise headache is very serious:

*You have injured your head in the past*  
*You experience paralysis or a tingling sensation*  
*Your neck is stiff*  
*You're waking up at night with pain*  
*The headache isn't going away*  
*You're experiencing other symptoms elsewhere*  
*Any other change in symptoms*

Remember, even if you have other symptoms, it may not be an immediate problem. But it's worth it to talk to your doctor and remove all doubt. Even if it's not a sign of another disease, dealing with the pain will help you benefit more from

exercise and your relaxing time too. Your health is worth it!



## Fitness for Busy People

Does your day begin early in the morning and end late at night? There is so much to do, and so little time for fitness and exercises. Is there a way out? How to squeeze exercises into your busy schedule?

Running or walking may be a good choice. Both are excellent kinds of physical exercises to burn more calories, shed those unwanted pounds and control your weight. For example, a 150 lb person walking at 3mph burns approximately 320 calories per hour. Brisk walking at 4.5 mph burns even more calories, about 440 calories per hour. Heavier people burn more calories than thinner ones.

### **Both running and walking have many advantages:**

*You can run or walk even if you have only half an hour of spare time.*

*You do not have to go to a gym; go out and run or walk along the street or in the park.*

*You do not need any special equipment, just a pair of comfortable running shoes.*

### **Running or walking: which one to choose?**

When choosing between running and walking, consider your general physical state. Take up walking instead of running if you have increased arterial pressure, problems with your spine or much excess weight. Your physical activity should be appropriate for your age. It is always a good idea to ask your doctor for advice before making any significant changes to your lifestyle.

Walking is easier, but running makes you burn more calories for the same period of time. Fast walking may be the most preferable combination of both, as it makes you burn calories and does not require too much time. Recommended reading