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Smarter Bodies

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Editor Jim Rabic

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FREE FILE OF THE MONTH

Desktop Earth 2

Desktop Earth is a wallpaper generator for Windows. It runs whenever you're logged on and updates your wallpaper with an accurate representation of the Earth as it would be seen from space at that precise moment.

Images are created from high-resolution textures (2560x1280) so it's perfect for that QSXGA display - but they work on anything, even on SVGA. There is an image for every month to accurately depict snow and foliage changes, and the night view is simply stunning.

**[http://
www.download.com/3000-
20-10513308.html](http://www.download.com/3000-20-10513308.html)**

Speeding Up Your Walks

Walking speed is a function of stride length and turnover (how fast you move your legs.) There is a limit to how much you can lengthen your stride, so when fitness walking and racewalking, concentrate on increasing turnover. Artificially increasing your stride, overstriding, can actually slow you down as your heel comes down too far in front, causing a braking action.

And there's good news for shorter people Long legs take longer to bring around, and some of the best racewalkers are of less than average height (think Speedy Gonzales.)



QUOTE OF THE MONTH

To succeed you need to find something to hold on to, something to motivate you, something to inspire you -Tony Dorsett



SMART RUNNING

Running tips: properly using a treadmill

A treadmill is an easily accessible exercise machine that can help you stay in shape. Follow these rules to make sure you use the treadmill correctly and stay injury free.

A treadmill is a great exercise tool in that it provides a cardiovascular workout and is widely available. Health clubs usually have many treadmills available for use and some people have treadmills in their homes. In fact, even most small hotel gyms have a treadmill so that you can stay in shape while traveling. Whether you are a beginning walker or a lifetime runner, the treadmill can be a tool to getting and staying in shape. However, a treadmill is only effective if you know how to use it properly. The following tips will help make sure you get the best workout safely and without injury.

- Before you begin, take note of the control panel on the treadmill. Be sure to pay attention to where the pause and the emergency stop buttons are so that you can stop the belt if you should need to do so during your workout.

- Dress appropriately for your workout. Walking on a treadmill is easier on the joints than walking on pavement, but you still need to wear proper footwear such as walking or running shoes. Never walk on the treadmill barefoot or in sandals as this could result in injuries. Also, be sure not to wear clothing that could get caught in the belt or on the railings as this could cause you to become stuck while the belt moves underneath you, again resulting in injuries.

- Make sure only one person attempts to use the treadmill at any one time. Trying to have two people walking on the treadmill is not only crowded, but danger-

ous as one person is likely to slip or fall.

- Never start a treadmill while standing on the belt. You can stand on the side rails as you start the treadmill, then use one foot to get the rhythm of how quickly you will need to walk. Finally, put both feet on the belt and start walking.

- If you are new to using a treadmill, it is a good idea to hold onto the handrails as you walk. However, once you pick up the pace, it is easier and safer to let go of the handrails and swing your arms as you would if you were walking on normal pavement.

- Increase speed in small increments. Treadmills can go very fast. Be sure to adjust the speed in short increments (perhaps .10 of a mile each time) in order to make sure the belt does not move so quickly as to knock you off of the machine.

- Do not look sideways, down, or backwards while you are on the treadmill because there is a tendency for you to run or walk to the direction you are looking. Keep your focus straight ahead of you. If you look back or to the side, you may find yourself too close to the side of the belt or falling off the back.

- If you need to tie your shoe or you drop something, step off of the treadmill. If you try to stand still while the belt is moving, you may fall off and become injured. It's better to step off the machine and resume your workout when you are fully ready and able to do so.

- If you feel dizzy when you step off the treadmill, you are not alone. This is because you are not used to walking on moving sidewalks. Stand still and hold on to something (a nearby wall or the handrails of the treadmill, for example) and wait to walk away until you are no longer dizzy.

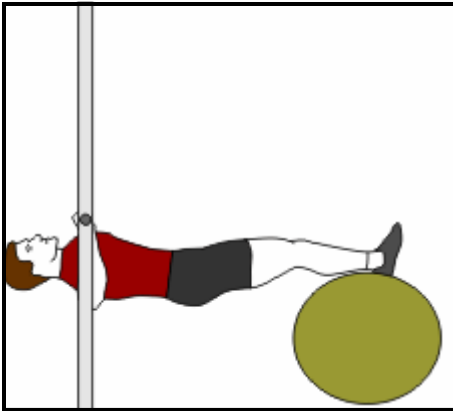
Using a treadmill correctly is simple if you follow the above rules, as well as any posted rules on or near the machine. If you ever feel uncomfortable while walking or running on a treadmill, the best thing to do is to hit the emergency stop button and stop the belt from moving. Remember: correct use of exercise equipment means you will get a better workout and stay injury free.

Garnell's



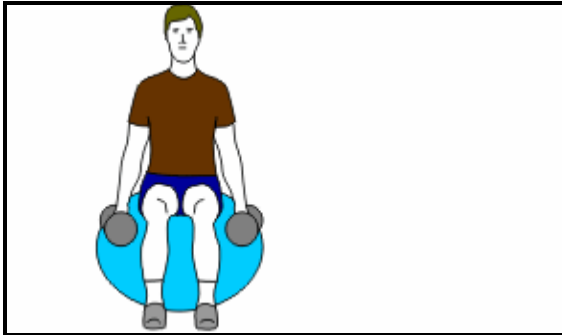
Exercise of the Month

Back Pull-up on a Ball



- 1- Start by placing your feet on the ball with your body straight and holding yourself close to the bar at chest level.
- 2- Your hands should be grasping the bar at a distance of just a little outside of your shoulders with your forearm at a 90 angle with the bar when you are up.
- 3- Go down until your arms are straight.
- 4- Go back to the starting position.
- 5- Do it 8 to 12 times.

Shoulders Dumbbells Side Lift - Back Fly Down



- 1- Start by sitting on a ball holding dumbbells on the side with a neutral grip. Keep back straight, chest out, head up and abdominals tight.
- 2- Lift dumbbells on the side at shoulders level with the dumbbells parallel to the floor. Keep your elbows slightly bent with about a 15° angle. Your elbows should point at the back.
- 3- When your arms are parallel to the floor move your trunk down until your body is almost parallel to the floor, keeping dumbbells parallel, with your back straight.
- 4- When you are down, move your dumbbells slowly downward.
- 5- Get back up to the starting position keeping your chest out, back straight and head up.

Recipe of the Month

15 Minute Halibut with Avocado Salsa

This spicy salsa is a great way to compliment the flavor of halibut in a healthy, quick and easy way. The avocado is a wonderful addition to salsa that adds a rich tasting flavor, along with extra nutrition.

Prep and Cook Time: 15 minutes

Ingredients:

- 4 6oz halibut steaks or filets
- ¼ cup minced scallion
- 1-2 tsp finely minced jalapeno
- 6 medium cloves garlic, pressed
- ¼ cup + 1 TBS fresh lemon juice
- 3 TBS chopped fresh cilantro
- 8 cherry tomatoes, quartered
- 1 medium ripe but firm avocado diced in ¼ inch cubes
- salt and black pepper to taste



Directions:

- Mix all ingredients except halibut in a bowl and set aside.
- Preheat a 10-12 inch stainless steel skillet on medium high heat for about 2 minutes.
- Rub halibut with 1TBS lemon juice and season with a little salt and black pepper. Place in hot pan.
(You do not need oil or liquid for this) Cook for about 3 minutes and turn. Cook for another 3 minutes and remove from pan. This is our Stovetop Searing cooking method. Place on plate, and top with salsa.

Serves 4

Allergy-Proof Your Environment



Medicines help treat allergy symptoms once they strike, but there are several steps you can take to prevent symptoms altogether. The following recommendations can help you avoid allergy triggers whether you're at home, outdoors, or out on the town.

At Home

- * Keep windows closed and use air conditioning if you're allergic to pollen. Don't use fans since they can stir up dust.
- * Filter the air. Cover air conditioning vents with cheesecloth to filter pollen and use high efficiency particulate air filters. Clean air filters frequently and air ducts at least once a year.
- * Keep the humidity in your house below 50% to prevent mold growth.
- * If you have pets, consider keeping them outside or perhaps ask someone else to take care of them. Animal dander and saliva are common allergens for many people. If you must keep your pets indoors, do not allow them in the bedroom and be sure to bathe them often.
- * Avoid areas where molds may collect, including basements, garages, crawl spaces, barns and compost heaps. Have someone else clean these areas often.
- * Install dehumidifiers in basements and other areas of the house where molds tend to collect. Clean these devices every week.
- * Air out damp clothes and shoes (in the house) before storing.
- * Remove laundry from the washing machine promptly. Don't leave wet clothes in the washer where mold can quickly grow.
- * Wash shower curtains and bathroom tiles with mold-killing solutions.
- * Don't collect too many indoor plants as soil encourages mold growth.
- * Store firewood outside.
- * Use plastic covers for pillows, mattresses and box springs. Avoid overstuffed furniture and down-filled bedding or pillows.
- * Wash your bedding every week in hot water.
- * Don't allow smoking in your house.
- * Wear a mask and gloves when cleaning, vacuuming or painting to limit dust and chemical exposure.
- * Vacuum twice a week.
- * Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable.
- * When possible, choose hardwood floors instead of carpeting. If you must have carpeting, choose low-pile material.
- * Avoid dust-collecting Venetian blinds or long drapes. Replace old drapes with window shades instead.
- * Make sure there is an exhaust fan over the stove to remove cooking fumes.

In the Car

- * Keep windows closed and set the air conditioner to use recirculated air if you are allergic to pollen.
- * Don't permit smoking in the car.

Outdoors

- * Minimize walks in wooded areas or gardens.
- * Check the forecast. Stay indoors as much as possible on hot,

dry, windy days when pollen counts are generally the highest.

- * Try to avoid extreme temperature changes -- they are triggers for some people with asthma.

- * If possible, stay indoors between 5 and 10 a.m. when outdoor pollen counts are usually highest.

- * Wear a mask (such as an inexpensive painter's mask) when mowing the lawn if you are allergic to grass pollen or mold. Avoid mowing and being around freshly cut grass if possible.

- * Wear a mask when gardening, as flowers and some weeds release pollen and can cause allergy symptoms.

- * Avoid raking leaves or working with hay or mulch if you are allergic to mold.

- * After being outdoors, take a shower, wash your hair, and change your clothes to remove pollen that may have collected in your clothes and hair.

- * To protect yourself from insect stings, wear shoes, long pants and sleeves, and do not wear scented deodorants, perfumes, shampoos or hair products.

- * Don't hang clothes or linens out to dry, as pollen and molds may collect in them and can make your allergies worse.

Traveling

- * Pack your medicines with you in your carry-on bag.
- * Bring an extra supply of medicines in case you need them.

Staying in a Hotel

- * Ask for a nonsmoking room.
- * Remove feather pillows and ask for synthetic, nonallergenic pillows -- or bring your own plastic pillow cover from home.
- * If possible, keep the vent on the room air conditioner shut.

Dining

- * Eat in smoke-free restaurants.
- * For food allergies, avoid the foods that cause your allergy symptoms by carefully reading ingredient labels and asking about the food preparation methods when dining out. Choose fresh foods rather than prepared or processed foods. If you have severe reactions, such as anaphylaxis, carry an epinephrine injection kit with you at all times.

For Children in School

- * Discuss your child's allergies with school personnel.
- * If your child suffers from food allergies, discuss them with school officials, teachers and lunchroom staff.
- * Educate your child about his/her allergies early, so your child can learn to avoid situations where he or she may eat a food that will trigger an allergic reaction. Arrange for an epinephrine kit to be left at the school, and make sure school officials (and your child when they are old enough) are able to use it correctly.
- * Inform school personnel about the medicines your child is taking and make arrangements to leave necessary medicines at school.
- * Encourage sports participation, but inform coaches of medicines that may need to be taken before activities.





Ride On: The Path of More Resistance

“Turn it to the right!” “Add a little gear!” “Bring on a hill!” These are different ways of saying the same thing—add resistance.

Resistance loading is an excellent way to experience the full benefits of your next Spinning® class and to build leg strength and endurance. Altering resistance to simulate hill climbs and flat roads is one of the things that makes Spinning class so much more effective—and more fun--than pedaling a bike on the cardio floor while you watch the news.

But resistance can be tricky to master. Bike calibration and break pad wear can cause two turns to the right on the bike you rode yesterday to feel significantly different from two turns on the bike you'll ride today.

Resistance Reminders

Never pedal without any resistance, except during warm-up and cool-down.

Pedaling with resistance will not give you a big butt!

Listen to your body and refrain from anything that causes pain. If you have an injury or something just doesn't feel right, talk to your instructor



Resistance Rules

Along with monitoring your heart rate or perceived exertion, cadence, or revolutions per minute, can help ensure that you're not riding with too little resistance.

If your bike is equipped with a Spinning® Computer this is easy. If not, ask your instructor to conduct cadence checks, or simply count the number of times your foot hits the bottom of a pedal stroke for 15 seconds. The table indicates appropriate cadence based on “terrain.”

	RPM	at 15 seconds
Seated and Standing Flats	80-110	20-27
Seated and Standing Climbs	60-80	15-20



SMART GOLF TIPS AND TRICKS

What Strong Wrists will Do for Your Golf Swing

How important are your wrists in your golf swing?
Have you given it much thought?

Take a moment and picture your golf swing. Start at the address position - to the top - through impact and on to the follow through. Now just isolate your wrists and even your hands to get a better visual. Do you see how important they are in your swing? If not, let me explain briefly.

There are several roles the wrists play in your golf swing, but two that really come to mind. They are:

1. Controlling the club throughout the golf swing. That means on plane and with the proper clubface alignment.
2. Providing power through impact or the "hitting zone".

If your wrists are weak it will be very hard to accomplish these actions. This is a common scenario for junior golfers, since their strength hasn't been worked on yet.

While you shouldn't be cinching up on your grip, your wrists need to be firm to control the club throughout your swing. For example, picture "setting" your club at the top. It needs to be consistently in a certain position to make a proper downswing. If your wrists are weak you will have a difficult time controlling the club due to its length and weight.

What about impact? The wrist position is crucial in generating maximum distance and clubface angle. The most common mistake caused by weak wrists is the collapsing or breaking down of the lead wrist at impact. This dramatically reduces distance *and* accuracy.

If you discuss this with your teaching pro he will tell you the same thing.

So what's the solution? Doing exercises to strengthen your wrists specific to their role in the golf swing. Here is one I recommend to all the golfers I work with personally and in my online program as well. And you don't even need to go out and buy any equipment for it. You already have it.

I call it the **Golf Wrist-Cock Exercise**. Here's what you do:

1. Stand with your arm hanging at your side.
2. Grab a golf club (pitching wedge if you're just beginning, long iron if you have strong wrists already) in one hand towards the end of grip.
3. Raise the club only by cocking your wrist and keeping your arm at side.
4. The club will have the toe pointing up to the sky straight out in front of you.
5. Raise as high as you can, which will probably be just above parallel to the ground with your shaft.
6. Then lower and repeat until a set of 15 repetitions is done.
7. Switch arms and do the same thing.

Do one or two sets per wrist, 3-4 times per week (every other day or Monday, Tuesday, Thursday, Friday).

If you do this exercise correctly you will get a burning sensation in your forearms. If so, that's great! If not, you may need a longer iron; or you are using more than just your wrist for the movement.

I've had juniors improve their drives by up to 20 yards just by doing this one exercise. What a great return on the small amount of time invested. Give it a try. I'm confident you'll like the results.



New AHA Statement Touts Benefits of Resistance Training for Cardiovascular Health



A new AHA scientific statement summarizing recommendations for resistance training in people with and without cardiovascular disease (CVD) should serve as a reminder to clinicians that there are "singular" benefits to improving muscular strength in addition to regular aerobic exercise, experts say. Dr Mark Williams (Creighton University, Omaha, NE) who led the writing group, told heartwire that there is important new information in the statement, that updates the original resistance training guidelines of 2000.

Despite this being the second set of recommendations on this topic to come from the American Heart Association (AHA), Williams says physicians may still overlook resistance exercise — lifting weights, or exerting force against resistance — as part of cardiovascular (CV) fitness regimen.

"Telling someone to exercise typically does either directly or indirectly suggest that they should be doing more walking," he told heartwire. "I don't think resistance training is frequently thought of as part of an overall exercise program."

The statement was published in a rapid access issue of *Circulation*, July 16, 2007.
Resistance Training Additive to Aerobic Exercise

The statement reviews the health benefits of resistance training and its impact on the CV function. It also summarizes the role of resistance training in modifying CVD risk factors, its benefit in specific CVD populations, and provides recommendations on evaluating patients prior to starting a resistance training regimen and suggestions for how such a regimen could be prescribed.

Williams highlighted a table in the AHA statement that compares the effects of aerobic activities and resistance training on different parameters, noting that some clinicians may be unaware of the differential effects. For example, while aerobic exercise can have moderate effects on percent body fat, compared with merely a small effect of resistance training, resistance training has moderate effects on lean body mass, and major effects on muscle strength, while aerobic exercise has no effect, and minimal effects, respectively. By contrast, both aerobic and resistance exercise produce similarly small effects on high-density lipoprotein (HDL) and low-density lipoprotein (LDL) cholesterol, while aerobic exercise has greater effects than resistance training on triglycerides.

Importantly, both forms of exercise can have similar effects on quality of life.

Williams pointed out that the importance of resistance training is now fairly well recognized in cardiac rehabilitation programs, but its benefits are less commonly appreciated in primary prevention. He also highlighted the role of resistance training in groups where it has been used the least: in older women, the elderly, and in patients with heart failure.

"People with heart failure have significantly dysfunctional hearts and as a result of that, their peripheral musculature and their ability to get around and do the things they need to do is significantly and negatively impacted by the fact that they have heart failure," Williams said. "We have been including patients with heart failure in our aerobic cardiac rehabilitation programs, but now there are data to suggest that patients, under appropriate evaluation and supervision, can improve functional capacity, physical strength, endurance, and quality of life by incorporating some resistance training into their exercise programs, too."

Just Do It — Correctly

Proper instruction and technique is essential for anyone beginning resistance training for the first time, but it is especially important for people with existing cardiovascular disease, Williams noted.

"Patients who come into cardiac rehabilitation programs typically get that kind of instruction, but people who are not participating in those formal kinds of programs should get in touch with an exercise specialist, or a physical therapist to provide some input on how to be doing resistance training properly. And the key there is that patients who do have cardiovascular disease need to identify themselves as such, so people don't assume they are healthy and give them instructions that would be inappropriate."

Of note, Williams added, in all of the research to date, there are almost no reports of significant adverse effects of resistance training, although these were all supervised, controlled studies where risk is minimized. "The downsides are there, but the upsides are greater, and the downsides appear mostly to be related to the fact that people do things they shouldn't be doing, or don't seek advice or evaluation prior to starting," he said



The Secret to Better

School Lunches

Nutritious and delicious school lunches kids will eat



Back to school means scrubbed kids carrying shiny new lunch boxes. It also means stumped moms staring into the fridge, desperately seeking ways to sneak even a little bit of nutrition into their child's midday meal. "One of the biggest mistakes parents make is sending too much and the wrong kinds of food in their child's lunch box," says Elizabeth Ward, author of *Healthy Foods, Healthy Kids*. Use your child's fist as a guideline to perfect portion sizes.

An ideal lunch is nutritious and has enough calories to fuel brain and motor activity but not too many calories, which can cause hyperactive or sluggish post-lunch behavior. It's time to think beyond two slices of bread. "Sandwiches are fine for the first few weeks, then the monotony sets in and you need to get out of the sandwich rut," says Ward. Here are some kid-approved nutritious favorites.

Don't forget to include a frozen 100% fruit-juice box to keep foods cool until lunchtime.

Hole Foods

Top a cinnamon-raisin bagel with peanut butter and banana. Add a carton of yogurt and a few celery sticks.

Kool Kabobs

Throw in kabobs of any type. Thread low-fat meat, low-fat cheese, pineapple and cherry tomatoes onto a stick. Include whole-grain crackers and a carton of milk.

Try a Tortilla

Spread a low-fat tortilla with egg salad, shredded carrots and cucumber slices. Toss in a yogurt smoothie made with fruit.

Pocket Change

Stuff a pita pocket with fat-free refried beans, shredded cheese, chopped tomatoes, or salsa. Add a carton of milk and fruit.

Layers of Fun

Make your own parfait. In a tall, clear plastic glass. Include low-fat yogurt, fresh fruit and a high-fiber, crunchy cereal and trail mix of raisins, nuts and seeds for a lunchtime treat.

On a Roll

Scoop out a whole-grain roll and fill it with tuna salad made with chopped apples and celery. Add cheese cubes, baby carrots, and 100% fruit juice.

It's a Wrap

Place a slice of turkey, Swiss cheese, a few leaves of fresh

spinach, and cranberry relish on a colorful wrap -- and then wrap it up! Add a can of tomato juice and a piece of fresh fruit.

Salad Days

Toss in a single-serve bag of ready-to-eat salad with low-fat dressing, cubes of lean meat, cheese, and assorted veggies. Team with whole-grain bread sticks and a carton of low-fat milk.

Pack a Five-Star Lunch

Balance and variety are the keys to packing a lunch kids will love. A healthy meal consists of an adequate serving of at least three of the following five food groups for balanced nutrition:

- Dairy -- string cheese, cheese cubes, low-fat cottage cheese, low-fat yogurt, low-fat milk, pudding made with low-fat milk, calcium- and vitamin D-fortified orange juice.
- Fruit -- fresh fruit such as orange segments, grapes, strawberries, blueberries, pears, apples, dried fruit, 100% juice boxes, canned fruit cups in juice.
- Vegetables -- baby carrots, grape tomatoes, celery sticks, salsa, tomato juice, red bell peppers, broccoli.
- Whole grains -- whole-grain breads, tortillas, wraps, cereals, crackers.
- Lean protein -- beans, nuts, seeds, turkey, chicken, tuna, lean lunch meat, peanut butter, veggie burgers, bean salad, hummus.

Banish Boredom

Think variety when packing school lunches. Children will delight to find a variety of their favorite foods in their lunch boxes. Kids love foods that are a surprise and stimulate the appetite. Make things interesting by packing a theme-based lunch based on a subject your child is studying in school. Shape sandwiches with cookie cutters to add interest. Anything they can dip makes eating more fun for kids, including fruit and veggies into yogurt, low-fat dressing, or salsa. Remember that we eat with our eyes. Food has to look as good as it tastes to get past your child's mouth. Prepackaged deli meals and snacks are convenient but are often loaded with sodium, fat, and sugar. Reserve these for occasional treats. Small portions of "extras" such as plain cookies, graham crackers, baked chips, or bite-size candy bars are perfectly fine additions that kids love. Low-fat chocolate milk has extra sugar but contains other valuable nutrients that can contribute to a nutritious meal.

Take a Food Field Trip

One way to increase the odds that kids will actually eat and enjoy a nutritious noon meal is to take Junior to the grocery store with you and together decide what should go into the lunchbox. Keep in mind that "F" is for both food and fun when it comes to school lunches to help make sure your kid gets an A in nutrition.