

JANUARY
2008

Smarter Bodies

Volume 8 Issue 1

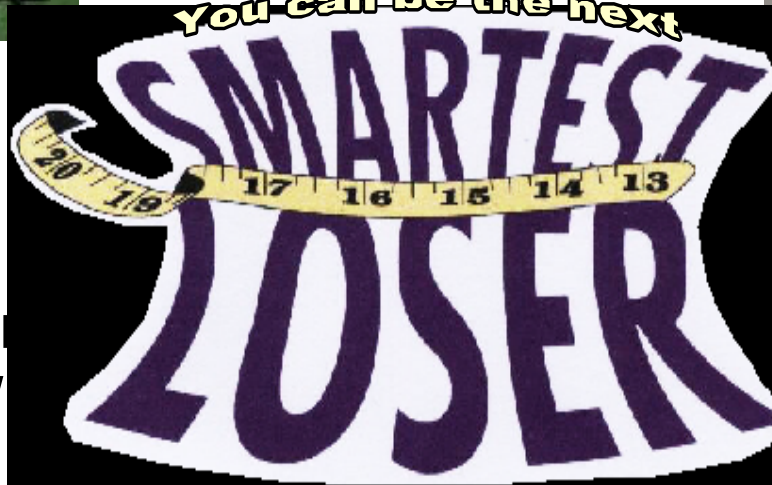
Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

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NOT the Best Body!



FREE FILE OF THE MONTH

MailStore Home

Windows only: Archive all your email messages to DVD or to your hard drive with MailStore Home, a desktop email import, search, and archiving utility. Fire up MailStore Home and import any POP/IMAP email (like Gmail or Yahoo Mail) or Outlook, Windows Mail, or Thunderbird email. MailStore Home sucks in all your messages and lets you burn a backup disk or store and search your entire library locally for when you're offline. MailStore Home also has some disk space conservation smarts, and it doesn't lock your messages into a proprietary format.

<http://www.mailstore.com/>

Welcome to Smart Bodies

Please help us welcome two new members of the Smart Bodies Family

NPTI Certified Personal Trainer Louis Christou.

Front Desk Personnel
Tammy Copeland

You may have bought some Jockey clothing from her recently.

If not, check out her web-site:
www.myjockey2p.com/tammycopeland



QUOTE OF THE MONTH

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."

Plato



SMART RUNNING



How to Trail Run in Snow

Introduction

Winter weather is snow reason to stop trail running - if you dress right and take the right precautions, you can keep on chugging to spring.

Things You'll Need

Running Clothes
Trail Running Shorts
Trail Running Socks
Trail-running Shoes
Running Foods (gels And Bars)
Snowshoes

Step One

Know where the snow is. Trails on north-facing slopes tend to stay snowy and icy for most of the winter; snow on flat and south-facing slopes tends to melt away quickly.

Step Two

Avoid running in the late afternoon when the daylight hours are limited and you risk being caught out in the dark.

Step Three

Choose well-defined trails and only run on trails that you're familiar with. Snow tends to make all trails look the same.

Step Four

Bring appropriate clothing (including trail-running shoes, warm gloves and a hat) and be prepared for poor weather conditions. Wear lay-

ers and adjust your level of insulation according to how you feel.

Step Five

Keep your eyes peeled for ice patches. Trails that see a lot of traffic while the snow is on the ground often form a slick layer of ice as the temperature drops.

Step Six

Beware of objects such as rocks and logs hidden beneath the snow. Run in control and at an easy pace to avoid spraining an ankle on an obstacle.

Step Seven

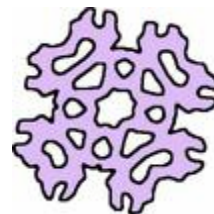
Be especially careful when running on steep hills. Snow can turn an otherwise easy ascent into an extremely slippery nightmare.

Step Eight

Watch for covered stream crossings or other water crossings to avoid falling through thin ice.

Tips & Warnings

- Never wear cotton. Once cotton is wet, it stays wet - and you stay cold.
- In deep snow, wear lightweight snowshoes designed for running.
- Running in snow can be hard work. Be sure to compensate by drinking extra water and carrying enough food to keep your energy level high.





BOOTCAMP!

JANUARY SCHEDULE

Sunday 1/6 11:00

Saturday 1/12 11:00

Sunday 1/20 11:00

Saturday 1/26 11:00

RECRUIT @ FRONT DESK

24 HOUR CX POLICY

COST: ONE SESSION

HELP STILL **WANTED**

If you know of anyone interested in Full Time or Part Time work at our Front Desk, please pass their name on to the Front Desk.

We are looking for several shifts at the Marlton and Turnersville Locations.

Recipe of the Month

Tuscan white bean stew

Ingredients

For the croutons

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, quartered
- 1 slice whole-grain bread, cut into 1/2-inch cubes

2 cups dried cannellini or other white beans, picked over and rinsed, soaked overnight, and drained

6 cups water

1 teaspoon salt

1 bay leaf

2 tablespoons olive oil

1 yellow onion, coarsely chopped

3 carrots, peeled and coarsely chopped

6 cloves garlic, chopped

1/4 teaspoon freshly ground black pepper

1 tablespoon chopped fresh rosemary, plus 6 sprigs

1 1/2 cups vegetable stock or broth



Directions

To make the croutons, heat the olive oil over medium heat in a large frying pan. Add the garlic and sauté for 1 minute. Remove from the heat and let stand for 10 minutes to infuse the garlic flavor into the oil. Remove the garlic pieces and discard. Return the pan to medium heat. Add the bread cubes and sauté, stirring frequently, until lightly browned, 3 to 5 minutes. Transfer to a small bowl and set aside.

In a soup pot over high heat, combine the white beans, water, 1/2 teaspoon of the salt and the bay leaf. Bring to a boil over high heat. Reduce the heat to low, cover partially and simmer until the beans are tender, 60 to 75 minutes. Drain the beans, reserving 1/2 cup of the cooking liquid. Discard the bay leaf. Place the cooked beans into a large bowl and save the cooking pot for later use.

In a small bowl, combine the reserved cooking liquid and 1/2 cup of the cooked beans. Mash with a fork to form a paste. Stir the bean paste into the cooked beans.

Return the cooking pot to the stove top and add the olive oil. Heat over medium-high heat. Stir in the onion and carrots and sauté until the carrots are tender-crisp, 6 to 7 minutes. Stir in the garlic and cook until softened, about 1 minute. Stir in the remaining 1/2 teaspoon salt, the pepper, chopped rosemary, bean mixture and stock. Bring to a boil, then reduce the heat to low and simmer until the stew is heated through, about 5 minutes.

Ladle the stew into warmed bowls and sprinkle with the croutons. Garnish each bowl with a rosemary sprig and serve immediately.

How to Remain Healthy Thru

The Holiday Season

1. HAVE A CHEATING PLAN

Unless you're so disciplined, or so sensitive like me to junky foods, it would be tough to tell yourself you're not going to cheat at all, because then if you do slip up, you may feel guilty, then get upset with yourself, and then just say, "I've already cheated, so now I might as well go all the way." That's not what we want, so that is why you should say something like, "Okay, I'll have a small serving of stuffing, and half a slice of apple pie. And that's it." That's more realistic, and therefore more doable.

2. DON'T STARVE YOURSELF ALL DAY LEADING UP TO THE BIG DINNER

Although partial fasts can be good for you because of the detox factors, doing it right before the big dinner is definitely not the time to do it. That will only slow your metabolism, causing your body to burn muscle for energy, and will lead to it storing more of your dinner calories as fat. Instead, eat as you normally would - a breakfast, a lunch, maybe a few healthy snacks in between.

3. CUT DOWN ON THE CARBS FOR THE MEALS LEADING UP TO THE DINNER, AS WELL AS THE MEALS THE DAY AFTER.

Although I just said to make sure you eat and don't starve yourself, if your goal is to keep from gaining any weight back and reducing the toxic load the holidays put on us, then you can keep your metabolism going by having meals of protein, fats, and low-glycemic carbs (vegetables).

4. DRINK LOTS OF WATER

While water is always important, drinking it around a potentially toxic meal is even more important.

5. CONSUME EXTRA FIBRE

If you have Super Seed or psyllium husk or another fiber supplement, take extra servings before and after the big meal, to help bind up as much of the crap as possible for elimination (if you're going out of town, pack it along; it's not too big).

6. BRING A HEALTHY VERSION

If you'll be celebrating at someone else's home, and you plan to bring a side dish or dessert, bring along a healthy version of the dish that will tempt you the most. For example, if you can't say no to stuffing, but know it's not healthy due to the refined flours in the breadcrumbs and all the pesticides in every other ingredient, make your own. Use organic whole grain bread crumbs and organic vegetables. Or, if it's apple pie that gets you, make your own version using apples, organic rice flour, and honey instead of the usual sugar, white flour and syrupy apples. Usually, the people at your local health food store can even help you with the recipe.

7. GOBBLE UP THE TURKEY FIRST

Before you dig into the mashed potatoes, stuffing, and other foods high in refined carbs and bad fats, eat a lot of the turkey first. It will fill you up faster, and will help you better gauge how much

crap to eat. Then go for the steamed vegetables, roasted potatoes, and yams. But if you sit down hungry, and you go for the macaroni and cheese, you won't fill up and may just keep going.

8. AVOID THE MACARONI AND CHEESE

There is nothing in it that is good for you unless it's made with whole grain pasta and organic cheese, which is usually not the case. And it's just a lot of extra high-glycemic carbs that will send your insulin into overdrive. And since it's not as traditional as Aunt Betty's apple pie, it's easier to give up without hearing a comment from whoever made it.

9. EAT THE CRAP IN ONE HOUR

If you have to cheat, try to eat all the crap within a one-hour time frame, because it reduces the insulin damage and as a result the storage of fat as well.

10. ASK THE RIGHT QUESTIONS.

When you're not sure what's in something (for example, while squash is great for you, many times people add sugar and butter and maybe even margarine), instead of saying, "Oh, I'm on a diet, so I need to know what's in that," ask, "Hey, that looks great. How'd you make it?"

11. USE THE RIGHT ARGUMENT

If you somehow get into a discussion about healthy eating, don't expect to win it, especially if the family member is older than you. I'm a personal trainer, and most of my family still thinks this natural, organic thing is wacky. So here's a better way to handle it: If you've been eating healthy for more than a month now, more than likely your body will be extra sensitive to crappy food, like mine is. While I get a sore throat and sinus congestion, you may get an upset stomach, diarrhea, itchy skin, a bad headache, or just extra fatigued. So instead of telling someone that you're eating healthier now and that they should, too, just say that you actually get a reaction now when you have refined flour, or too much sugar, or processed dairy, or whatever it is. That way, you're not criticizing how they eat, and you're still being honest.

12. REMEMBER HOW OFTEN YOU SEE THEM

If you only see these people once a year, and they are likely to actually get upset with you for not eating like them, then is distance really the only reason you just see them once a year? So unless it's your Grandma's dying wish that you eat the whole apple pie, don't sacrifice your health just to please people only once a year. If they're truly loved ones, then they'll love you even if you say no.

14. FORGIVE YOURSELF

No matter what happens, just forgive yourself for any mistakes (just don't take this one too far), and get back to your fitness plan.



SPINNING[®] NEWS



INTERVAL ENERGY ZONE

If you want to take your training and conditioning to the next level, the Interval Energy Zone is an excellent way to get there.

One of five Energy Zones, (Recovery, Endurance, Strength, Interval and Race Day), the IEZ is an integral part of any training program. Interval training—abruptly increasing and decreasing the heart rate by manipulating the intensity of the activity—is beneficial for anyone looking for a way to enhance fitness, and overall health.

Interval Energy Zone Parameters

The guidelines that riders will follow in an IEZ class are:

Heart Rate: There are three types of common intervals. Each one improves a specific energy system and relates to a certain heart rate range.

Aerobic Intervals: performed at 50-80% of max heart rate (MHR)

Aerobic/Anaerobic Intervals: performed at 65-92% of MHR

Anaerobic Intervals: Intensity is "all-out." No heart rate parameters are given because the duration of the interval is so short that the heart rate monitor cannot accurately reflect the actual work intensity. However, it's important to monitor the recovery portion of this intense interval by dropping your heart rate in two to five minutes.

Work-to-Rest Ratios:

Aerobic = 4-15 minutes of work effort followed by 15-30 seconds of recovery

Aerobic/Anaerobic = 30 seconds to 10 minutes of work effort followed by an equal amount of recovery

Anaerobic = 5-20 sec. of work followed by two to five minutes of recovery.

Cadence: 80-110 rpm in the flats and 60-80 rpm in the hills.

Frequency: 5-10% of total training time should be spent in the IEZ (approx. once a week).

Remember, you should spend at least two months training in the Endurance EZ to build an effective aerobic base (foundation). Aerobic base building is critical in developing improvements in the heart and lungs and also in developing the body's ability to store and transport fuel and produce energy. Neglect this foundation and you will lack stamina for the more intense training demands required during the Interval Energy Zone.

Characteristics and Benefits of the Interval Energy Zone Interval training can increase aerobic and anaerobic capacity. By repeatedly exposing active muscles to high-intensity exercise, you improve their resistance to fatigue. As a result, riders will be able to sustain a given exercise intensity for a longer period of time, increasing their endurance. Five different variables can be used to create an interval training session (intensity and time, number of sets and reps, duration of the recovery period, type of activity during recovery period, and frequency of training per week).

With so many possible combinations of these variables, the potential to vary your training is nearly unlimited





SMART GOLF TIPS AND TRICKS

Tips for Winter Practice:

This is the time of year that many northern golfers head to the range to beat balls for the winter months. The truth is, hitting a lot of balls over the winter can actually hurt your game on the course if you are practising wrong technique and don't have goals.

The goal of winter practice is to be able to hit the course in the spring and score well. Good practice on technique is helpful but I suggest simulating games on the range.

To do this you simply need a scorecard of a familiar course, or if you want, a scorecard with hole descriptions (yardage books are even better) for famous courses that you may not get to play all the time. After warming up like you would before playing a round, Play the course on your scorecard. For your tee shots pick a target area that would be similar width to a fairway. Hit your tee shot and keep track of the distance so you know how many yards you have left. For your approach to the green imagine the size of the green and be honest about whether you would have hit it or not. If you miss, practice your chip shots by choosing a target and trying to get your chip within five feet of the target. To finish give yourself a two putt unless you know you have hit it within three feet. You can keep track of penalties, and how many balls you had to hit from the rough and judge your game accordingly. At the end you can keep a score, or just keep track of fairways and greens hit.

This will not only help you concentrate better, but will help you focus on target and strategy. It also slows you down between shots so you don't get into smacking one ball after the other. Get a partner to do this with you and get some competitive pressure as well. Some of your friends will love this as an alternative to beating balls. When finished you can then immediately work on shots you had trouble with during your simulated game.

Tips for Winter Golf Fitness:

Obviously, getting out to the driving range will

help you keep your golfing muscles in some kind of shape, but many people do not get to the range over the winter often enough. Also be careful not to overdo it at the range, especially if hitting off artificial mats. You hit about 35 to 75 shots in a round of golf, and if you practice effectively, you really don't need to hit too many more than this at the range after you have warmed up, which you should always do with a wedge for at least ten shots. In addition, there is much more to being "golf fit" than having your swinging muscles conditioned.

An average walk on the golf course is about four miles, so your conditioning is extremely important. I strongly recommend that you walk this distance (taking a few breaks is fine) at least once a week during the winter. If it is difficult because of the weather, get access to a treadmill so you can walk indoors.

Strength is also important as you see with the tour pros who are paying much more attention to this. Work on your back strength and thigh strength, in addition to arms, shoulders and wrists. A rubber tubing with handles on both ends is great for working some of the muscles that you use in the golf swing because it allows a fluid motion and works on flexibility as well. A piece of broom handle with a three to five pound weight tied to it by a three foot string is excellent for working your forearms and wrists. Simply roll the weight up and down with both hands holding the broom handle with your hands straight out in front of you.

Flexibility is the most overlooked. Your hamstrings (back of the thighs) need to be very flexible to allow you to hold your spine angle throughout the swing. Loose hamstrings also contribute to a loose lower back. To stretch your hamstrings you should warm the muscles up first by doing a few minutes of walking or jogging (or in a warm bathtub is great). Sit with your legs straight out in front of you, toes pulled toward you, and bend from the waist with your arms extended forward. See how close you can get your fingers to your toes. Your goal for the winter should be to get at least two inches farther than you are now. Ideally you will be able to hold your feet comfortably. Hold the stretch for at least ten seconds and try to do it several times a day.

Billy "D" Light lost a 100 pounds working out at Smart Bodies. This is his transformation story:

> What was the motivation that made you begin to change your lifestyle?

I had gone to the cardiologist because I have a family history of heart issues. I already had high blood pressure, and I just liked getting a regular check up and stress test. They did a stress test and said I had a blockage in my heart. The Doctor told me while I was on the recovery table: "You can do one of two things, NOTHING, and maybe you will live another ten years, or maybe not. SOMETHING, anything and maybe you will live until your eighty. So I decided to try to lose some weight and get into some kind of shape.

> What do you remember about what you thought working out before you came to Smart Bodies?

I had given it a half hearted try once or twice before, but it was always either alone or with some friend who couldn't make it regularly. I really had no idea how to work out.

> What was the hardest thing to give up from your previous lifestyle?

Beer

> What did you do to get your results?

I had a nutrition session with Bristol and he put me on a food schedule that was designed for me and my body. It was easy enough to follow and had lots of choices so I could always eat something I liked. Also I started a three day a week full body workout schedule.

> What was the funniest thing that happened or reaction you had from someone to you since your transformation?

My Uncle asked me if I had Cancer.

> How has your immediate family reacted to your new physique?

Obviously my two boys are very happy since I can run and play with them a lot better than I used too. My wife is happy as well, because now she can work me like dog around the house.

> What was your goal when you started? Do you have any new fitness goals?

My immediate goal was to lose some weight, and try to get healthy, and most of all stick with it. This was my last ditch, I was seriously considering the operation thing. I am really glad I did not do that. After having lost 135lbs my goals are a little different, I would like to see myself with 10% body fat and six pack abs. (why

not, after all I never thought I would actually lose weight, I was almost convinced it was impossible)

> How did Smart Bodies help keep you focused on your goal?

Not only is the staff really supportive and great, the other people who go there are really cool as well. I used to hear all the time, right from the beginning "Hey you look great" or "Wow, stick with it man, it's working" I expect it from trained motivators I am paying to drag me around the gym, but I did not expect it at all from the other customers. Smart Bodies also made it very easy to stay focused on losing a little weight every week, the idea of having to face Dom on Monday morning with a gain was almost unthinkable.

> Was there any trainer that kept you more motivated or educated?

Everyone there is great particularly Tom, Dom and Garnell because I train with them every week. But Karl, Sean, Bristol, and Anthony are always right there with something encouraging to say, or to laugh at my dumb jokes. These guys make it easy.

> How has this transformation ultimately affected your life?

I got my life back. Now I can do the things I want to do. When you gain weight over time you really don't notice your quality of life going away. It happens very slowly over time, you just do less and less. Now I am in the best shape of my life, my blood pressure is good, body fat way down, energy levels way up. Even the plumbing starts to work right again. I never want to go back to what my life was like before Smart Bodies.

BEFORE



AFTER



Cheers to Cherry Hill Dentist



Cherry Hill dentist Howard Lassin, who recently returned home from his second mission to China as a part of Operation Smile, an international charity that operates on poor children born with cleft palates and other facial deformities. It was Lassin's second Operation Smile trip to China. He and the team of plastic surgeons with him screened 220 kids in the Chinese city of Linyi and worked on nearly 150. To go on the trip, Lassin had to shut down his Cherry Hill dental practice for two weeks in November. For using his dental training to improve the lives of impoverished children, Lassin and other doctors and dentists who are part of Operation Smile, deserve a cheer

9/11 Heroes Wanted



Smart Bodies is the official measuring site for the 9/11 fitness challenge. This is an annual contest for any one in the following departments / services:



Police, Firefighters, Corrections, EMS, Military, Prosecutors, Nurses and their spouses.

You do not have to work out at Smart Bodies to be eligible, but it will help your chances of winning. If you know any one in these services, pass on the information.

All details are available at www.911fitness.com

FREE Smart Bodies T-Shirt!

For every client that you recommend that purchases 10 or more sessions, you will receive the usual 2 Free Sessions and for the month of January a FREE Smart Bodies T-Shirt!



Keep Spreading the Word!

Vitamin C and Colds

At the very first sign of cold symptoms, many people reach for a bottle of vitamin C supplements. Vitamin C is such a widely accepted treatment for the common cold that we seek it out in lots of products such as fortified juices, cough drops, and tea.

Vitamin C was first touted for the common cold in the 1970s. But despite its widespread use, experts say there is very little proof that vitamin C actually has any effect on the common cold.

What is vitamin C?

Vitamin C is an important vitamin and antioxidant that the body uses to keep you strong and healthy. Vitamin C is used in the maintenance of bones, muscle, and blood vessels. Vitamin C also assists in the formation of collagen and helps the body absorb iron.

Vitamin C is found naturally in vegetables and fruits, especially oranges and other citrus fruits. This key vitamin is also available as a natural dietary



supplement in the form of vitamin C pills and vitamin C chewable tablets. Can vitamin C prevent or treat cold symptoms?

Vitamin C has been studied for many years as a possible treatment for colds. It has also been studied as a way to prevent colds. But findings have been inconsistent. Overall, experts have found little to no benefit in using vitamin C to prevent or treat the common cold.

In a July 2007 study looking at clinical research covering some 60 years, researchers

found that, when taken after a cold starts, vitamin C supplements do not make a cold shorter or less severe. When taken daily, vitamin C very slightly shortened cold duration -- by 8% in adults and by 14% in children.

But researchers found the most effect on people who were in extreme condition, such as marathon runners. In this group, taking vitamin C cut their risk of catching a cold in half.

So what does all this mean?

The average adult who suffers with a cold for 12 days a year would still suffer for 11 days a year if that person took a high dose of vitamin C every day during that year.

For the average child who suffers about 28 days of cold illness a year, taking a daily high dose of vitamin C would still mean 24 days of cold illness.

When vitamin C was tested for treatment of colds in seven separate studies, vitamin C was no more effective than placebo at shortening the duration of cold symptoms. Is vitamin C safe to take?

In general, vitamin C is safe to take when ingested through food sources such as fruits and vegetables. For most people, taking vitamin C supplements in the recommended amounts is also safe. Higher doses of vitamin C (greater than 2,000 milligrams per day for adults) may cause kidney stones, nausea, and diarrhea.

If you're unsure about taking vitamin C for colds, talk to your health care provider. Your doctor can answer any questions about vitamin C and colds and about any other dietary supplement that you are taking

NEW AT SMART BODIES

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See Garnell for More Details