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Smarter Bodies

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Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

Referral Race

Beginning September 1, 2007
the client who refers 3
friends or family
who purchase 10 or more sessions by
January 1, 2008
will Win

10 Free Trainings

an upgrade of 4 from the 6 already given

And everyone who reaches 5 Referrals

15 Free Trainings

an upgrade of 5 from the 10 already given

Referrals can be for
Marlton, Turnersville¹ and even Florida!

FREE FILE OF THE MONTH

iLike (Windows, Mac)

Discover New Music

Check out what your friends are listening to, browse the libraries of people with similar tastes, and get Free MP3 downloads by new artists matched to your own music tastes.

Share and Compare

Share music libraries with your friends, browse and sample their most played songs, and compare your compatibility scores.

Get the iLike Sidebar for iTunes

Auto-organize your iTunes library, share your music tastes with friends, and get music recommendations directly in iTunes.

<http://ilike.com/>

Policy Reminder

Remember, the permanent schedule continues even when you are out of sessions. IF for any reason you are not keeping your current schedule, (especially when you are out of sessions) make the front desk aware this change.



QUOTE OF THE MONTH

*Fitness - If it came in a bottle,
everybody would have a great body
....Cher*



Whether you're a trembly-kneed beginner or a foot-sore veteran, it's never too late to learn more about the world's

1 Watch your footing

'Make sure your heel strikes the ground first, rather than the ball of your foot,' advises Sajjad Afzal, a podiatrist to UK athletes. 'Run smoothly and rhythmically.' If you hit the ground with the side or the ball of your foot, it will roll. This has a domino effect on the rest of the body and can cause common running injuries such as shin splints, 'runner's knee' and back pain.

2 Be style conscious

See a specialist to improve your running style. It could be a coach or a podiatrist, but even a member of staff in a good running shop will be able to analyse the way you run and offer tips.

3 Get pumping

Move your arms more. 'If your arms go forward, your knees will go forward – that's how our bodies are made,' says personal trainer John Munroe. 'If you have a bigger range of movement with your arms, your legs will have a greater movement too. And if you move your arms really quickly, your legs will move really quickly!'

4 Judge your pace

It may sound obvious but if you want to run a fast marathon or 10k race, you first have to learn how to judge your speed and maintain consistency. 'Paula Radcliffe knows by the way her foot strikes the ground how fast she is running and will hit that mile marker at five mins 15 secs, or three to four seconds either side of that, every time,' says Munroe. 'Start by running three eight-minute miles in a week. The next week try to beat that. If you do this you'll get quicker.' Over a period of time you will learn to work out your speed.

5 Be progressive

Don't train too hard too soon. If you do you will increase your risk of injury or plain, simple fatigue. Many newcomers give up because they've tried to go too far, too fast and have failed.

6 Work it!

That's no excuse to slack. Work hard and remember that you get out of running what you put in.

7 Test yourself

Compete in races as part of a plan to gauge fitness, progression and race pace. Putting races in your calendar will also force you to train harder.

8 See the bigger picture

Don't ignore the rest of your body. Running doesn't just require strong legs and a good pair of lungs. To hold your body in the right running posture over the distance requires strong core stability. Do a weekly session of circuit training to make sure the whole body is getting a workout. A session should include press-ups, crunches, jump squats, burpees, reverse curls, split jumps and running on the spot with high knees.

9 Lift weights

Do resistance training, too. Machine exercises that will help your running include leg extensions, leg presses, hamstring curls, shoulder press and abduction work. Do three sets of between ten and 12 reps.

10 Shake up your training

Try Fartlek training. Developed in the 1930s, this is a less structured form of interval training, and something you can easily do while out on your runs. The idea is to run flat out, jog for a while, then sprint again. If you want something a little more structured try this programme, devised by personal coach and ex-international long jumper John Munroe. Pick two trees about 30 metres apart. Run 60 per cent of your top speed or maximum heart rate and jog back. On the second go, run at 70 per cent and jog back and then at 80 per cent and then back to 60. Do this for ten minutes.

11 Go hill running

The only way to improve your running fitness is to stress the lungs and your muscles – and there's no better way to achieve this than on an energy-sapping hill. Run up at three-quarter pace, jog down, run up at three-quarter pace, jog down... you get the idea.

12 Be careful out there

Do everything within your power to avoid injury. Start your sessions with a light jog or a few minutes on the treadmill. Then warm up gently. Run hard during your workout and cool down fully afterwards.

13 Raise those knees

Avoid injury too by practising 'functional mobility exercises'. Examples are high knee walking, high knee cantering and lunging. These will help your 'running muscles'.

14 Know your heart

Work out your true maximum heart rate (MHR). The standard way to work out the rate is to subtract your age from 220 but if you're serious about training, there's a much better way. After a warm-up, run for three minutes as hard and as consistently as you can, then rest for two minutes, and then run again for three minutes at your max. Count your heart rate. This is your true MHR. Unless you're a beginner and you're still building up your fitness levels, run at between 75 and 87 per cent. 'This will give you the greatest fitness benefits,' says Munroe.

15 Keep a record

Be anal – start a training log, whether it's on a notepad or a computer. It's a good way to boost confidence because it shows a series of quantifiable gains – or it will if you're doing everything right.

17 Partner up

Running becomes much easier when you have a friend to spur/nag you on.

First Quiz WINNER: Rob Blatt

The most accurate form of measurement for health and weight-management is:

- A. Pounds on the scale
- B. Body Mass Index (BMI)
- C. Body Composition (lean mass vs. body-fat)

The word “calorie” relates to:

- A. Combustion (to produce energy)
- B. Fat on your body
- C. Carbohydrate

Basal Metabolic Rate (BMR) is the:

- A. Minimum amount of calories required for vital bodily functions during a relaxed, reclined and waking state.
- B. Amount of calories required to heat a one (1) cup of water one (1)degree Celsius in one (1) minute.
- C. Amount of energy used during an intense workout.

The most healthy way to decrease body-fat is:

- A. Drop your caloric intake below 800 calories per day
- B. Through a slight negative energy balance where the caloric expenditure slightly exceeds the caloric intake
- C. Liposuction

The body’s first choice for fuel is:

- A. Stored fat
- B. Stored glycogen
- C. Stored protein

Recipe of the Month

ENERGIZING BACON & EGG BREAKFAST BURRITO

Ingredients:

- Olive oil cooking spray
- 3 large egg whites
- 1 strip nitrate-free turkey bacon, chopped
- 1/4 cup chopped onion
- 2 tablespoons seeded, chopped fresh tomatoes
- 2 tablespoons whole wheat flour, 96% fat-free tortilla (8" diameter)
- 2 tablespoons (1/2 ounce) finely shredded Cabot® 75% Light Cheddar cheese
- 2 teaspoons red taco sauce



Coat a small microwaveable bowl with cooking spray. Add the egg whites. Set aside. Set a small nonstick skillet over medium-high heat until it is hot enough for a spritz of water to sizzle on it. With an oven mitt, briefly remove the pan from the heat to coat with cooking spray. Set over medium-high heat and add the bacon. Cook, stirring occasionally, for about 2 minutes. Add the onion. Cook for 1 to 2 minutes, or until the bacon is crisp.

Add the tomatoes. Cook for about 1 minute, or until just heated. Remove the bacon mixture to a bowl. Cover to keep warm. Place the tortilla in the pan and return to medium-high heat. Cook for about 30 seconds per side, or until just warm.

Meanwhile, microwave the egg whites on low power for 30 seconds. Continue microwaving in 30-second intervals until they are just a bit runny on top. Stir them with a fork, breaking into large pieces. If they are still undercooked, cook them in 10-second intervals until just done. Stir in the reserved bacon mixture.

Place the tortilla on a serving plate. Sprinkle on the cheese leaving about 2" bare on one end, in an even strip (about 3" wide) running across the center. Top with the reserved egg white mixture and drizzle on the taco sauce. Fold the bare end of the tortilla up over the filling, and then fold the sides of the tortilla over the middle. Serve immediately.

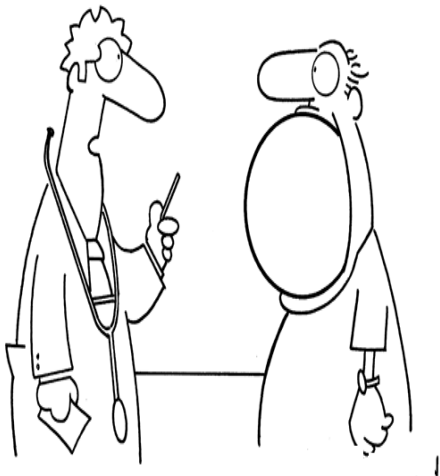
Makes 1 serving

Per serving: 251 calories, 24 g protein, 30 g carbohydrates, 5 g fat, <1 g saturated fat, trace polyunsaturated fat, trace monounsaturated fat, 28 mg cholesterol, 3 g fiber, 630 mg sodium

For Your Convenience



Smart Bodies has added several GYM CADDY'S throughout the gym. Now you have a convenient place for your towel and water!



"Normally, I don't recommend starch blockers, but this one really works!"

Coming Soon

Russian weight training techniques

Kettle Bell Training!



Kettlebell training has taken the fitness world by storm. In just a few years, there are now thousands of people in the US that are benefiting from the benefits of kettlebells. In addition, to everyday men and women, many athletes from a variety of sports now use kettlebells in their programs.

There is no better way to burn fat than with a few high rep sets of kettlebell swings, snatches, and clean and jerks. These killer ballistic exercises work your body as one unit and require a great deal of hard work. The harder you work the more calories you burn. This is why sprinters are ripped to shreds and marathon runners have a skinny-fat look.

As effective as sprinting is, ballistic kettlebell exercises such as high rep snatches (20 reps or more per set) make sprinting look like a walk in the park. High rep snatches work more muscle groups than sprinting and will build strength in the lower back, shoulders, and hip flexors.

Unlike many other forms of cardio, kettlebell training is "brutal fun" and a hard cardio kettlebell workout gives you a tremendous sense of accomplishment.



Tips for the Best Cycling

About 90 million American adults ride a bike at least once a year, nearly 30 million cycle regularly for recreation, and a few million even commute by bicycle, according to a recent article in American Demographics. Those numbers may rise in the next few years, thanks to federal legislation that encourages local communities to build cycling into their transit plans. That's good not only for the environment, but also for the nation's health, since cycling is one of the best forms of exercise around. It gives the heart and circulatory system a workout; it puts little stress on joints (except perhaps the knees); it can burn 400 to 700 calories per hour; and if you own a bike, cycling is free and can be done just about anywhere.

Here are some steps you can take to improve cycling performance, safety, comfort, and enjoyment:

1. Absolutely crucial: always wear a helmet. Of the nation's 800 annual cycling deaths, head injuries account for about 60%. If all cyclists wore helmets, perhaps half of these deaths and injuries—especially in children—could be avoided. Choose a bright color, and make sure the helmet fits properly. It should sit horizontally on your head and shouldn't move about.
2. Brake right. To exert optimal pressure, brake with your hands at the ends of the levers. For a quick stop, as you press the brakes firmly, slide your buttocks to the very back of the saddle. This will keep the rear of the bike down so that you don't flip over the handlebars.
3. On a long downhill, don't stay on your brakes. That may overheat the tire's rim and could cause a blow-out. It's safest to "feather brake"—that is, tap the brakes, applying intermittent pressure. This is wise in wet weather, too.
4. Don't pedal in high gear for long periods. This can increase the pressure on your knees and lead to over-use injuries such as biker's knee. Shift to lower gears and faster revolutions to get more exercise with less stress on your knees. The best cadence for most cyclists is 60 to 80 revolutions per minute (rpm), though racers pedal in the range of 80 to 100 rpm.
5. Going uphill, shift gears to maintain normal cadence. On a long hill, conserve energy by staying in your seat.
6. When cycling at night or when visibility is poor, wear brightly colored, reflective clothing, and use your headlight. In fact, wearing bright colors is a good idea at any hour. Also consider a rear strobe-type light (attached to the bike or your belt) to enhance visibility at night.
7. Make sure your bike fits. Handlebars, saddle, wheels, gears, and brakes can all be adjusted to match your size and riding ability, but the frame has to fit from the start. To find the right frame size, straddle the bike and stand flatfooted: on a road bike, there should be one to two inches of clearance between your groin and the top tube. On a mountain bike, the clearance should be two to three inches or even more.
8. Position the saddle right to protect your knees. At the bottom of the stroke, your knee should be only slightly bent. If your knee is bent too much, the seat is too low, and you will lose stroking power and strain your knees. If the knee locks when extended, or if you have to reach for the pedal, the seat is too high, which can also stress the knee. The saddle should be level.



SMART GOLF TIPS AND TRICKS

Lunge With a Twist to Increase Golf Swing Speed

Most golfers are looking to improve their golf swing power, distance and golf swing speed in a search for longer drives. Unfortunately, many such golfers are looking in the wrong place. The senior golfer especially needs to look beyond the latest-greatest \$500 driver and look at the engine to improving golf swing speed and power.

What is that engine? It's your body!

Your body dictates your golfing ability. There is no way around it. You've got to realize you're an athlete. A golfing athlete. Have you ever heard of an athlete not working on his/her body to prepare for optimal performance?

Golf weight training exercises are some of the quickest ways to improving your golf swing speed and power off the tee. Combining the golf strength of your lower body, core and upper body is an approach that will give you results rapidly.

This golf strength exercise combines the power in your lower body with the core rotational movement needed for maximum golf swing speed and distance.

Lunge With a Twist

Step forward with one leg while rotating your upper body to that side. Hold a weighted medicine ball (see photo). If



you don't have one, you can hold a single dumbbell instead.

Step 1: Assume a standing position with your arms straight and hanging down in front of you, holding

your medicine ball or dumbbell.

Step 2: As you step forward with one leg, rotate your upper body to that same side, holding the medicine ball or dumbbell chest high the whole time.



Step 3: Return to starting position and do the opposite leg.

Step 4: Repeat each side 10 times for 3 sets. If you are consistent with this exercise, you will see improvement

in your golf swing speed, power and distance in a very short period of time.





SMARTBODIES

Health & Fitness Quiz

?
Enter at the FRONT DESK
Win a Smart Bodies
Gift Basket **?**



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AND MORE...



WIN 50% off of a Nutritional Counseling

WALK TO CURE DIABETES

Join Us for the Walk to Cure Diabetes

JDRF's Walks are family-friendly, held at great locations, and feature plenty of entertainment, food, and fun. We invite you to become one of the 500,000 people at our 200 Walk sites nationwide this year who are making a difference in the lives of people with type 1 diabetes. You'll have a great time, get some exercise, and, most importantly, be a part of the cure!

It's up to us to make it happen, one step at a time.

October 28, 2007

Cooper River Park

Walk to Cure Diabetes



Juvenile
Diabetes
Research
Foundation
International

dedicated to finding a cure

7 Diet Tips That Really Work

Try these creative weight loss tips to make dieting easier — and more successful



Whether you're looking to lose a few pounds — or have 30, 40 or more pounds to shed — a few creative weight loss tips can make it easier. To help you stick with your diet and meet your weight loss goals, WebMD asked several nutrition and fitness experts to share their secrets of success. The 7 diet tips that follow can help you get on the fast track to safe weight loss, no matter what kind of diet you're on.

Weight Loss Tip #1: Count on more than willpower alone.

It's easy to blame diet failures on a lack of willpower, says Lisa Sanders, MD, a Yale University primary care clinician-educator. But willpower isn't meant to be the only tool you use. It's more like a safety net for when life spins out of control.

Basing your weight loss efforts only on willpower can actually work against your diet goals, says Martha Beck, PhD, life coach and author of *The Four Day Win: End Your Diet War and Achieve Thinner Peace*. For instance, research shows that trying not to think about something — like that frosted chocolate brownie — can actually make you focus more intensely on it. When you're rested, relaxed, and enjoying life, Beck says, you can suppress unwanted thoughts and feelings fairly easily. But when you're stressed, annoyed, or pressed for time, resisting temptations is much harder. So rather than relying on willpower to get you through, set a goal to develop a conscious awareness of what you eat without obsessing about it.

Weight Loss Tip #2: Set yourself up for success.

Here are two ways you can set yourself up to succeed. First, says Andrea N. Giancoli, MPH, RD, eliminate any food that doesn't support your weight loss goals. Giancoli is a spokesperson for the American Dietetic Association (ADA). She says it'll be much easier to resist temptation if unhealthy choices aren't around. Purge your pantry of any foods that list "partially hydrogenated oils" as an ingredient. Toss out sodas or other drinks made with sugar or high-fructose corn syrup. And, especially if you prefer bottled water to tap, keep a supply on hand. It's easier to grab on the go.

Then give your diet some help by making it easy to exercise. Gregory Florez is founder and CEO of FitAdvisor.com, a top-rated fitness training service. He says two things you can do to avoid becoming a couch potato is to clear off the clutter hanging on your treadmill and then pull other fitness gear out into the open where you can see it.

Weight Loss Tip #3: Set up a support network.

Studies show that social support is crucial — especially for women, says health psychologist Bess Marcus, PhD, professor of psychiatry and human behavior at Brown University Medical School in Providence, Rhode Island. You can help yourself by finding at least one person who believes in you and your ability to succeed at your weight loss goals. "Line up a friend to walk with you, watch your kids so you can work out, or even just call to check in on how you're doing," says Marcus.

If you want to be social and in good shape, make a date with a friend for twice-weekly workouts. If exercise includes social time, you're more likely to look forward to lacing up your sneakers. Sports medicine researchers at Indiana University found that working out with a partner is the best predictor of exercise satisfaction, and a partner can help you stick with your routine. For even more motivation, sign up for a team sport like soccer, volleyball, or Ultimate Frisbee. Then you'll have a crowd of people depending on you.

Weight Loss Tip #4: Set realistic goals.

If you've been inactive for months (or even years), don't immediately plan to work out every day. "Appraise your life," Marcus says, "and then make some strategic changes that you can realistically achieve." And don't be afraid to start small, especially with weight loss goals.

Beck recommends setting goals that are so easy they're almost laughable. Take your list of daily goals, she says, such as "Eat 5 servings of veggies a day" or

"Snack only once between meals," and cut each one in half. Aim for 2.5 servings of vegetables. Cut down your snacks to 2 per day.

Still seem too hard? Then cut those goals in half again. Make your goals so incredibly easy that you're sure you can't fail to meet them, Beck says. Then you'll be motivated to continue. Next, set dates to increase your goals, adding that extra serving of veggies or 10 more minutes to your workout until you reach your maximum potential.

Weight Loss Tip #5: Police your portions.

If you're like most women, a "serving" is the portion size you're used to seeing on your plate. Clearly, bigger portions have more calories. And calories are what it all comes down to when it comes to losing or maintaining weight, says Lisa R. Young, PhD, RD, author of *The Portion Teller Plan*.

Some foods are more calorie-dense than others: 1 cup of raw broccoli contains 31 calories, so a double serving of 2 cups gives you only 62 calories. But 1 cup of premium ice cream can easily hit you with 300 calories or more. A larger, double serving can mean a whopping 600 calories. If you take in more calories than your body needs, the extra calories are stored as fat, Young tells WebMD. To tally portion size correctly, keep a measuring cup handy for a quick reality-check.

Weight Loss Tip #6: Picture your future self.

Have you thought of where your weight loss plan is taking you? Let your mind explore your future self, says Steven Gurgevich, PhD, director of the Mind-Body Clinic at the University of Arizona College of Medicine in Tucson and co-author of *The Self-Hypnosis Diet*.

Picture yourself the way you hope to be six months or a year from now — how you look, how you feel, and who you spend your time with. Imagine yourself creating your life the way you'd like it to be. Next, invent one or two affirmations that state your intention to be fit and healthy. For example, "I am whole, healthy and strong," or "I am satisfied with just one piece of chocolate." Creating a mindset that makes it easier to stick to your weight loss plan is just as important as how much time you spend on the treadmill.

Weight Loss Tip #7: Be ready to work.

"We're deeply conditioned to do what we've already done," says life coach M. J. Ryan, author of *This Year I Will . . . How To Finally Change a Habit, Keep a Resolution, or Make a Dream Come True*. If, for the past two years, you've come home from work, grabbed a soda, and crashed on the couch with take-out, you're strongly conditioned to do that again tonight and tomorrow night, too. Change isn't impossible, but it does take work.

"To develop new habits, you have to make new neural pathways," Ryan tells WebMD. So create weight loss reminders to help jolt your mind out of old habits and into new ones. Try posting a note on your fridge, reminding you to eat fruits and veggies or drink more water. Or post notes on your bathroom or bedroom mirror with upbeat messages like "Remember to breathe!" or "Hey, beautiful!"

Before you know it, you'll be smiling back at the face — and body — in the mirror.

Where do the calories go?

You need them to make your body move



We tend to forget that calories actually do something more than cause weight gain. Namely, they keep the body's many systems up and running. After a meal, for example, your body begins to apportion calories to nutrient-hungry organs, growing muscles, and, yes, your thighs. Michael Jensen, M.D., a professor of medicine in the division of endocrinology, diabetes, and metabo-

lism at the Mayo Clinic, details what goes where:

- 25 percent to muscles
- 23 percent to the liver, pancreas, kidneys, spleen, and adrenal glands
- 10 percent to the kidneys
- 10 percent to the brain
- 10 percent to breaking down the food you just ate
- 5 to 10 percent to the heart