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October 2007

COMING THIS MONTH:

Racquetball Tournaments

Saturday, October 6 & 27
 7:00 AM - 2:00 PM
 One 7 One Fitness
 Holland North
 \$10 due at sign-up
 or by October 3



Classes Begin
 October 20 at 9am
 One 7 One Fitness
 Holland North
 Pre-registration is required

Food

EXPANSION Event

Thursday, October 18th, 4pm - 10pm
 Endurance Fitness Cascade

PRIZES

Check out the exciting new expansion plans for EFC Cascade!
 Because BIGGER is BETTER!

Music

Cocktails

Opening
October 31

Endurance Fitness Center Downtown Grand Rapids

940 Monroe Street
 Grand Rapids



Jeff's Training Tips

How long do you rest between sets of exercises for optimal performance from your exercise program? This question has been asked several times by the beginning to advanced training clients. Depending on your individual goals, each answer could be different. Let's take some time to explore this issue.

A beginner should rest long enough so the next set can be performed without losing correct form.

After 3 months a beginner can start to manipulate the rest periods for specific goals without detrimental effects to exercise technique.

If an individual is looking for strength and power, rest periods should be between 3 and 5 minutes. If there is a lot of muscle involved in the exercise, the rest period should be longer (i.e. Bench press uses a longer rest period than bicep curl due to more muscle being involved during the bench press).

Individuals looking to add muscle should rest between 30 seconds to 2 minutes. If fat loss or general conditioning is the goal, rest periods should be between 30 seconds to 1 minute. These rest periods should be active (light training with the muscle not involved in the main exercise).

If you have more questions regarding your specific rest period need consult with a personal trainer. Until next time, Keep Training!

Jeff Hosta

Certified Strength & Conditioning Specialist

Recipes of the Month

Hot Artichoke-Parmesan Dip

4 medium green onions, chopped
1 (16 ounce) can artichoke hearts, chopped into small pieces
1/2 cup mayonnaise
1/2 cup grated Parmesan cheese
crackers

Heat oven to 350 degrees. Mix green onions, artichoke hearts, mayonnaise and cheese in an ungreased casserole dish. Cover and bake 20.25 minutes or until hot. Serve with crackers.

Makes 20 Servings (Serving Size: approx. 1 ounce)

Nutrients per serving:

Calories: 60
Total Fat: 6 grams
Saturated Fat: 2 grams
Cholesterol: 4 mg
Sodium: 90 mg
Carbohydrates: 2 grams
Protein: 2 grams
Dietary Fiber: 2 gram

Chicken and Pepper Sandwich

4 (3-4 ounce) boneless, skinless chicken breasts
1 teaspoon olive oil
1 medium red bell pepper, thinly sliced
1 medium green bell pepper, thinly sliced
1 medium onion, thinly sliced
2 cloves garlic, minced
1/4 teaspoon salt
1/4 teaspoon black pepper
4 small French rolls, split and toasted

Heat oil in a large nonstick skillet over medium heat. Add bell peppers, onion, and garlic and saute for 5 minutes. Reduce heat to low and cook about 20 minutes or until vegetables are very soft. Sprinkle with salt and pepper.

Grill chicken over medium flame for 8 minutes on each side or until chicken is no longer pink in the center. Or, broil for 7-8 minutes per side. Place chicken on rolls, divide pepper mixture evenly and spoon over chicken.

Makes 4 Servings (Serving Size: 1 roll with a chicken breast and 4 ounces of pepper mixture)

Nutrients per serving:

Calories: 269
Total Fat: 4 grams
Saturated Fat: 1 gram
Cholesterol: 66 mg
Sodium: 441 mg
Carbohydrates: 26 grams
Protein: 30 grams
Dietary Fiber: 3 grams

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TAKE CONTROL

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