

March 2008

# THE TAKE CONTROL Challenge



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## **Jeff's Training Tips**

### *Proprioception*

Let's talk proprioception. First, what is proprioception? This big word is for the language your body uses to communicate with the Central Nervous System (CNS) so the CNS can decide on which movement to produce. Receptors in the body feed information to the CNS about every movement you produce and every position you are in. Based on the information provided, the CNS can then direct the body to the appropriate actions to accomplish the task at hand.

Why is this important to training? The more proprioception your training provides, the more your body will learn how to use and execute challenging actions. The greater control you have over these actions, the better you will perform and the less likely you are to become injured

Do you need this in your training? Yes, this can be accomplished by using more functional exercises in your current program. An example would be the squat verses leg extension, which would you choose? The squat, of course. There are many ways to add proprioception into your training programs, just ask a trainer how.

**Jeff Hosta**  
*BS, CSCS*

## **Daily Activity**

by Alicia Schlaudt

As many of you know, becoming fit and leading a healthier lifestyle is not something that happens over night. It is rather a process that takes many weeks, months and years to attain. And over that duration, small steps make all the difference between obliterating a New Year's Resolution, and building a solid foundation for a better life. Increasing your daily movement and becoming more active is just one piece of that picture (see figure below).

It begins with parking a little bit further away from the grocery store's front doors, using stairs instead of an elevator, or just taking the dog on a walk. Daily activity doesn't have to be arduous, but rather something that just gets the body moving! After cementing this groundwork, it becomes second nature to add elevated heart-rate pastimes. These endurance elevating activities include sports like soccer, volleyball, hiking, kickboxing (BodyCombat is great!), quick walking and running. Cardiovascular activities provide innumerable benefits like stress relief, amplified endurance, stronger hearts, and increased lung capacity. Cardio is also a fabulous way to shave off extra calories (and consequently pounds), and help manage diabetes.

It is essential however, that over time additional exercises including weight training and stretching are added to your routine. If you're reaching that stage, and aren't sure where to go next, grab a trainer, or fitness instructor. They'll be happy to help you achieve and even surpass your fitness aspirations. BodyPump and BodyFlow are groovy group fitness classes that introduce participants to the core principles of weight lifting and yoga/tai-chi/pilates, respectively. Benefits of weight training include increased metabolism, prevention of osteoporosis and the ability to participate in favorite past times more effectively. Yoga and stretching is a fantastic way to relieve stress, increase strength, and build flexibility.

Wherever you are on your path to becoming fit for life, remember to take things in stride- small steps at a time. As yoga guru B.K.S. Iyengar says: "Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open".

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# Recipe of the Month

## Savory Roasted Salmon and Green Beans

1 1/2 pounds salmon fillet  
1 pound fresh green beans, trimmed  
1 tablespoon grated fresh ginger  
3 cloves garlic, minced  
1/4 cup reduced sodium soy sauce

Place the salmon fillet skin side down in an oven-safe 9x13-inch glass baking dish. Arrange the green beans around the salmon. Combine the ginger, garlic and soy sauce in a small bowl; mix well. Pour over the salmon and beans. Cover tightly and marinate at least 2 hours and up to 8 hours in the refrigerator.

Preheat oven to 400 degrees. Baste the salmon and beans with the sauce. Roast uncovered for 15 to 20 minutes or until the salmon flakes easily with a fork.

Makes 4 Servings (Serving Size: 4 ounces roasted salmon plus 3/4 cup cooked beans)

Nutrients per serving:

Calories: 290  
Total Fat: 11 grams  
Saturated Fat: 1.5 grams  
Cholesterol: 95 mg  
Sodium: 610 mg  
Carbohydrates: 9 grams  
Protein: 36 gram  
Dietary Fiber: 4 grams

\*\* TIP: Involve your children in grocery shopping and food preparation. They will be more likely to eat what they prepare and get the proper nutrition. Build meals around whole grains, fruits, and vegetables to provide their bodies with carbohydrates they will need for their daily activities. Also, engage in daily physical activity and encourage your kids to do the same. This will build for a more healthy future.

## Diet

by Ann Marie Orr

The word "diet" usually brings thoughts of self denial to mind. Most people think the word diet means caloric restriction and strict guidelines. The word Diet has a much more general meaning - what you eat. In this column we will discuss what we consume, its benefits and also the potential hazards. I would like to have an open forum of discussion and welcome any thoughts, information or comments to help us navigate the enormous ocean of information. We are constantly bombarded with advertisement and infomercials and on this topic. Unfortunately there is often also misinformation promoting certain foods or products used to persuade you into a purchase.

I would like to open the topic of "Good Fat" and "Bad Fat". Good fat being natural fats that are high in omega 3 and 6 fatty acids and bad fats being processed, hydrogenated oils and saturated fats. I hear a lot of "yeah but its good fat....". So I may be clear, "good fat" is essential to biological health and function, but don't think for a moment that is some how lower in calorie than other fats. As an example, margarine vs. olive oil. Although olive oil is generally a healthier fat to consume both have approximately the same caloric value. When a person is trying to lose body fat bad fats should be one of the first things restricted but don't let your cravings for fat allow you to rationalize excessive intake of "good fats". When looking to lose body fat, all fat intakes should be scrutinized and only necessary amounts allowed.

# The Importance of Training According to *Your* Fitness Level

by Becky White

The first and most important question is do you know your fitness level? Secondly, are you working out correctly according to your fitness level? If you do not know what your fitness level is I would have a Personal Trainer assess it for you. The trainer then can give you workout programs designed around your level of fitness.

Why is this so important, because working out according to your fitness level will determine how hard the exercises should be and what tempo you should be using. Working out should be in phases (flexibility, stability, strength and then power). If you do not have one phase of training underneath you, you cannot move to the next phase of training correctly.

First and foremost, how flexible are you? This is the first phase of training you should pay attention to. If you are not that flexible not only are you more at risk of an injury, you will not be able to get into to exercises correctly and will not be able to train your muscles efficiently. Having flexibility issues will also contribute to postural inferiorities.

Stability is the next phase of training you should address. You need to have stability before you can really focus on strength. You will get stronger doing stability exercises. The main thing stability training will do is strengthen you from the inside out. This focuses on strengthening your transverses abdominals (TVA) which is your first layer of stomach musculature.

Having these two phases under you, you are now ready for Strength training. You need a good stable foundation underneath you before you really can build a good solid frame on top of your stable core. This is so important because this will reduce pain syndromes you might have. If you build strength on a weak frame you are only going to increase pain syndromes you might already have or create some. You might also enhance postural inferiorities if they are not addressed in the first two phases of training. This will then lead to more pain. You first need to be flexible and then stable and then you can build Good solid strength on your frame.

This will then lead you into the next phase of Power. Some people will never need to reach this phase, but for your athletes or competitive individuals who would like to enhance their workouts to the fullest, the power phase is for you. I would not recommend this kind of training unless you have all 3 phases of training under you and also a good 6 months of strength training under you.

So once again, if you do not know your fitness level and know what phase of training you should be doing, get with a trainer today and schedule an Evaluation at the Front Desk. We will assess your level of fitness and prescribe workout programs designed around your specific needs and goals.

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**YOUR BODY. YOUR FITNESS. YOUR LIFE.**  
**TAKE CONTROL**

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