

# THE TAKE CONTROL Challenge



Congratulations to all of our Take Control Challenge contestants!

The winner of the \$1000 Grand Prize will be announced at our **Reveal Party** **Saturday, May 17** **6pm - 8pm** **Endurance Fitness Centers Downtown Grand Rapids** (940 Monroe, Grand Rapids)

## Jeff's Training Tips

### Warming-Up: Why Bother?

Warming-up should be the basic foundation of any successful exercise session. The warm-up is an activity that raises your body temperature and the temperature of your muscles. This helps prepare the body for vigorous exercise. This time can also be used for preparing not only physically but mentally for obtaining optimal results during your training session.

An increase in both body and muscle temperature helps protect against injury by improving flexibility of the muscles. The increase in flexibility as a result of warming up is due to the increase in blood flow. This blood flow then increases the elasticity of muscles. Cold muscles have less blood flow and are more susceptible to injury.

Many people try to take shortcuts in their warm up procedures. This only results in a less efficient workout and the possibility for injury. If there is not time for a proper warm up then there is not enough time for a productive workout. The warm up should become part of the exercise routine to better prepare the body for strenuous exercise.

This may raise some questions of what to do for a proper warm up. If you are interested in learning more about warming up, talk with a trainer. This will help you learn about different types of warm ups.

*Jeff Hosta*  
BS, CSCS

## BODYPUMP

BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast!

### BODYPUMP BENEFITS:

- ◆ Burn up to 600 calories per class for fat loss
- ◆ Improve your strength
- ◆ Improve your general fitness
- ◆ Shape and tone your muscles
- ◆ Improve your bone density (helps ward off osteoporosis)
- ◆ Gives you a sense of achievement



## Recipe of the Month

### Mexican Chef Salad

- 4 corn tortillas
- 1 pound lean chicken or beef, ground
- 1 package taco seasoning mix
- 2 tomatoes, diced
- 6 cups lettuce, shredded
- 2 green onions, sliced
- 1 can black olives, drained
- 1 can kidney beans, drained and rinsed
- 1 cup reduced-fat or fat-free Thousand Island dressing

Preheat oven to 350 degrees. Cut tortillas into thin strips and place on cookie sheet. Spray lightly with cooking spray. Bake about 10 minutes or until lightly browned, stirring occasionally. Cool to room temperature.

Cook chicken according to directions on taco seasoning packet. Remove chicken and allow to cool to room temperature. In large mixing bowl, combine lettuce, tomatoes, green onion, olives and kidney beans and toss. Add chicken, tortilla strips and thousand island dressing and toss to coat.

Makes 6 Servings (Serving Size: 12 ounces)

Nutrients per serving:  
Calories: 319  
Total Fat: 7 grams  
Saturated Fat: 7 grams  
Cholesterol: 50 mg  
Sodium: 891 mg  
Carbohydrates: 38 grams  
Protein: 27 grams  
Dietary Fiber: 11 gram