

November 2008

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chance to take advantage
of the

Jackpot! Challenge

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QUALITY TRAINING

What is quality training? Quality training is training with purpose and getting rid of the junk that is not needed. The junk can be anything from performing exercises poorly, performing the wrong exercises or just going through each training program without any intensity.

How can you obtain quality training? Let me explain:

1. Set Training Goals – before each training session choose one thing you want to accomplish during that session, i.e. one more rep on each exercise, shorter rest periods, etc.
2. Use Cues – performance cues can help you focus on your training, i.e. explode the weight, rotate faster, turn from the hips not the shoulders
3. Integrate Imagery – see yourself performing at the best of your ability and reaching your goals both long term and short term
4. Be in the Zone – put all your worries aside and focus on your training session
5. Strive for Perfection – use proper technique, don't compromise form by going too heavy
6. Remind Yourself of Your Goals – tell yourself your goals will be achieved through dedication to your program
7. Take a Break – rest both physically and mentally, i.e. easy days, cross training or something totally different than you are currently doing

Incorporate these ideas into your training program and watch the rewards accumulate and as always seek a trainer for assistance. Now get out there and enjoy your training.

Jeff Hosta, B.S., CSCS

Stability Ball Exercises

These large vinyl balls have become a favorite in health clubs everywhere, because they add a new dimension to exercise. To counteract instability, your body – while balancing on the ball – recruits groups of core muscles working in unison. The following stability-ball exercises are designed to improve flexibility, balance, and coordination as well as core strength.

Abdominal Curls

Sit on the ball and walk your legs forward while leaning back until the ball is under your lower back. Place your hands on your shoulders or behind your head. Curl your upper body forward in a crunch motion, then return. You can alternate left and right curls to target the side muscles (obliques). As you get stronger, challenge the obliques more by moving your feet closer together.

Benefit: Strengthens front and side abdominals to stabilize your midsection, including your lower back.



Pushups

Start in the same position as the Body Tuck, with arms extended to the floor. Keeping your body straight, bend your elbows to lower your chin to the floor. Pause and return by straightening your elbows. (You can make this exercise easier by locating the ball closer to your hips, or harder by moving it toward your feet.)

Benefit: Strengthens your chest and arms to improve your arm carriage.



Wall-squat

Stand with your back about 3 feet from the wall, feet pointed forward about shoulder-width apart. Place the ball between your lower back and the wall. Slowly lower yourself as you bend your hips and knees, allowing the ball to support your back as it rolls toward your shoulders. Don't exceed a 90-degree bend at the knees. Return to the starting position.

Benefit: Strengthens the quadriceps muscle group.



RECIPE

Crustless Pumpkin Pie

Thanksgiving is a difficult time to avoid eating a lot of high fat foods. By simply reducing portion sizes and changing a few recipes, traditional Thanksgiving foods do not have to weigh you down. For example, this recipe for Crustless Pumpkin Pie has made slight adjustments to reduce the fat and calorie content. Most of the fat in a pie comes from the crust. Try a reduced-fat graham cracker crust or our crust-free pumpkin pie recipe.

Ingredients

1 1/4 cups sugar
3 tablespoons all-purpose flour
3 eggs
2 cups canned pumpkin
3/4 cup evaporated milk
1 1/2 teaspoons vanilla extract
1/4 teaspoon cinnamon

Directions

In a mixing bowl, combine the sugar and flour. Add eggs; mix well. Stir in the pumpkin, milk, vanilla and cinnamon (if desired); mix until well blended. Pour into a greased 9-in. pie plate. Place pie plate in a 15-in. x 10-in. x 1-in. baking pan; add 1/2 in. of hot water to pan. Bake at 350 degrees F for 50-55 minutes or until a knife inserted near the center comes out clean.