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Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

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5 Superfood Supplements for the New Year



As you enter a new year, it's important to expand your awareness of what is available to us, the health conscious. No doubt you are inundated daily with marketing and silver bullet claims around every corner. Here to help you are five very actionable whole food supplements that can help change your health for the better this year.

1. Moringa

Moringa Oleifera is one of the best natural plant supplements available. The tree itself is amazing in all of the bounty it can provide, but the nutrition is truly staggering. This tree can grow in very poor soil conditions and has been used for more than 40 years by the World Health Organization as a low-cost way to treat malnutrition.

The seeds and flowers can be eaten for sustenance. They can also be pressed to produce beneficial oil that can be used on the skin as a moisturizer (appearing in many high-end cosmetics), or can also be used as clean-burning cooking oil.

The pressed seed pulp can be added to contaminated water and the pulp can actually attract the contaminants and allow them to be extracted. Yes, it cleans water. The same cleansing principles apply to the main nutrition source of the plant: the leaves.

Moringa leaves have been used for thousands of years in ayurvedic medicine and are said to treat over 300 ailments. Traditionally, the leaves are used as a leafy green in salads or to complement other dishes. They are also used, along with the flowers, to produce moringa tea.

Of late, it has been discovered that as the moringa leaf fries, the nutritional content goes up significantly. Moringa leaves are now dried much like tobacco in a dark environment, not allowing the sun to zap the nutrients.

The leaves are then milled into a fine powder and consumed. Gram for gram, moringa contains:

- seven times the vitamin C of oranges
- four times the vitamin A of carrots
- four times the calcium of milk
- three times the potassium of banana
- two times the protein of yogurt

If you're looking for a green, whole food supplement that provides you with a wide array of vitamins, minerals, amino acids, protein and detoxification, then there are few plants in the world better than Moringa Oleifera.

2. Algae

Scientists believe that all life on earth first evolved from simple single-celled organisms like algae. It would make sense then that these beneficial algae contain all the fundamental building blocks of life. These simple organisms are powerful when taken as a supplement to a healthy diet.

Spirulina

This is a blue-green algae and probably the most famous of the algae supplements. It is actually given to astronauts in space due to its powerhouse of nutritional content.

Chlorella

This is a green algae and a close cousin to spirulina. Chlorella is a little more underground, but gaining popularity fast. With high levels of chlorophyll, chlorella is a powerful nutritional source.

These two single-celled algae have the potential to change the scope of the nutritional landscape within the next 10 years and are well on their way to doing it. The more studies that are done, the more support is found to back up the nutritional claims of these algae.

3. Raw and Vegan Proteins

Buying supplements is not simply about quantity and price, but also about quality and absorption. This point is made clear when it comes to protein. The protein debate is always raging, especially among vegetarians, vegans and athletes. One thing we can all agree on is we need to pay more attention to the source of our protein and that quality does matter.

Raw and vegan products combine proteins from sources such as brown rice, hemp and peas. The digestibility and absorption of these powders is fantastic, but the drawback in the past has been the taste. Thankfully, these powders now taste just as good, if not better than some of the more sugar-laden products on the market. Now you can maintain your protein levels while sticking to your nutritional lifestyle choice, be it vegan or raw. With many athletes using powders from this category, they are gaining more recognition and popularity. There are now raw and vegan bodybuilders and triathletes.

4. Natural Vitamin C

Many vitamin C supplements on the market are not real vitamin C, but a synthetic ascorbic acid isolate. While ascorbic acid is part of a naturally occurring vitamin C complex, nowhere in nature does vitamin C exist as an isolate. It exists as part of a larger, more digestible vitamin C complex.

This synthetic vitamin C isolated compound known as ascorbic acid is a piece of the whole. In fact, many of these ascorbic acid molecules are produced in test tubes in laboratories and derived from corn sugar.

In 1930, when Dr. Szent-Gyorgi won the Nobel Prize in medicine for discovering vitamin C, he also found the molecule ascorbic acid. Even though he found it, he strongly stressed that the best results were always reported when people consumed vitamin C in its natural form.

There are now quality companies that produce vitamin C supplements in its entire form. This form is easier on your stomach, is not as acidic as ascorbic acid, and also contains more of the beneficial nutrients. Take vitamin C on a daily basis or at the first sign of a sickness.

5. Superfood Blends

The best products on the market today make use of amazing superfoods such as algae, mushrooms, phytoplankton, exotic berries, plants, grasses and more. The manufacturers remain fairly small and are extremely notorious about quality and ingredients. This is why the products cost a bit more than your average supplement, because they have more nutritious ingredients in them.

These blends, when taken in conjunction with a healthy diet, can nutritionally support your healing and cleansing processes. They also aid in the restoration of your natural energy levels.



How To Improve Long Term Memory?

Having the mental ability to store and then recall information is known as memory. This a short-lived, which is known as short term memory, or it can be long term memory. In order to bebing things for months, years or decades, the brain needs proper exercise and healthy diet. To improve long term memory. While it is still not clear how the brain works, there are ways to term memory, and some of those ways are discussed below.

There are primarily three types of long term memory, namely procedural, episodic and semantic long term memory. Procedural memory allows a person to remember skills unconsciously; episodic memory allows a person to recall specific events or situations from their past; and semantic memory allows a person remember learned skills consciously.

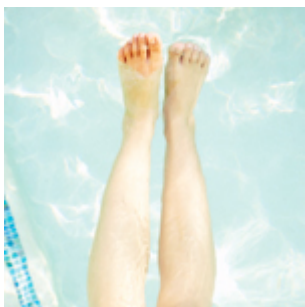
Positive reinforcement is an excellent way to improve long term memory. It is necessary that a person keeps reminding himself/herself that they have a good memory. This helps the person to maintain a positive attitude where memory is concerned and give the person impetus to recall the relevant information when required. Learned behavior can be learned through sight, sound or feelings. So, pick up a learning style that best suits you and this will help you concentrate on learning the information or data.

Once you know what information or data you want to memorize, focus on it. Allow your brain to encode that particular information. If necessary repeat the information or data, so that you brain gets another chance to store it. If it is something that you can read, read it aloud. Alternatively, try to associate it with something that you already know. Writing down can also help a person memorize things and they are then transferred to long term memory, so that the information is available when required.

Do regular exercise to increase the flow of blood to your brain. Try to do 20 to 30 minutes of exercise every day. This will help the brain to get more oxygen and nutrients which, in turn, will help the brain to forge new synaptic connections. When new synaptic connections are made, it helps to improve long term memory.

Reduction of stress and getting adequate hours of sleep also help the brain to relax and repair itself. When this happens, it allows the brain to function optimally during the waking hours, and this helps to improve long term memory. Also, consuming a diet rich in Omega-3 fatty acids helps in production of acetylcholine, which is a neurotransmitter. This neurotransmitter plays an important role in long term memory.

The Benefits of Aqua Jogging



You may not be able to walk on water, but you can run in the pool. Aqua jogging has long been recognized as a rehabilitation exercise for injured athletes, but it's also a wonderful workout in its own right. Any runner looking to increase her cardiovascular capacity minus wear and tear on muscles should jump on in. The water's fine—and the benefits of aqua jogging are incredible.

Maribel Souther, head coach of Dartmouth College's women's cross-country team, says that she requires all of her athletes (injured or not) to implement aqua jogging as part of their training. "It allows you to get a great cardio workout without the impact, giving your body and joints a nice break from the pavement," she says.

This isn't your grandmother's aqua aerobics class; jogging in the water shoots your heart rate sky high and makes your muscles work hard. Souther explains, "Water is thicker than air, so you can encounter tremendous resistance." Pushing limbs through the pool helps strengthen muscles and joints, while the buoyancy water provides will allow you to complete a tough "run" with little recovery time.

Jump In

All you really need to aqua jog is a pool deep enough so your feet don't touch the bottom. (Shallow depths will cause impact on joints and lower the resistance placed on muscles). If you're trying water running for the first time, it's best to invest in a belt. A flotation device that wraps around your middle will keep your head above wa-

ter while helping to ensure proper form. If your pool has a clock, you may use that to measure time, or you can bring along a waterproof watch to keep your workout on track.

Stride Right

Once you find a pool and a belt, the rest is cake. Simply use the same running form as you would on land to propel yourself forward through the water. You'll move much slower than on land, so measure your workout by time, not distance. The difficulty of the workout will depend on leg turnover rather than speed. "To raise your heart rate, increase your cadence," explains Souther. The faster you move your arms and legs in the water, the harder the workout and the greater your strength gain will be. Stay conscious of your form and be careful to mimic your on-land stride, not the doggy paddle.

Just Add Water

Incorporate aqua jogging into your training by completing one or two of your weekly runs in the pool instead of on the roads. If you have a three-mile run planned, estimate how long it would take you to finish this workout and jog in water for the prescribed time. If you're not ready to give up your land-loving runs, start by using aqua jogging as a supplemental workout on a cross-training day.

The pool is also a great place for speed work. Bring along a waterproof watch to complete a tough interval workout in the water.

If you need an extended break from the roads due to a recent race or injury, you can substitute your entire training plan with pool running without the risk of losing fitness. When Ella Johnson of Jacksonville, Florida was sidelined with plantar fasciitis three years ago, she ran in the pool six days per week for eight months. "It was a way for me to still enjoy my favorite sport, even though I was injured," Johnson says. "When I was ready to hit the roads again, my 5K times were comparable to what they had been before... even though I hadn't actually 'run' in months!"



5 Minimalist Winter Running Tips

If you've been experimenting with barefoot or minimalist running, you may be wondering what you're supposed to do now that winter is here. Can you still run in Vibrams? Is it really safe to run barefoot in the snow? How can you keep up your mileage without flirting with frostbite?

Runners start looking for all sorts of crazy solutions to keep their feet warm as the weather cools. Some have tried everything from sticking portable hand warmers down their socks to buying a bigger shoe size so they can wear four pairs of socks underneath. Take heart, winter isn't the apocalypse for barefoot running. Here are a few common-sense tips to get you through this season.

1. The shoes you have are probably fine.

Be patient and let your body adapt. Have you noticed that when the temperature hits 50 degrees in the fall, it feels cold, but when it hits 50 again in the spring you're running with shorts on? Your body has adapted to the colder weather.

The same goes for your feet. They can adapt, and quickly. Time varies depending on how much experience you have with cold weather, but most people feel comfortable in about one to two weeks.

You may eventually be able to run in very cold temperatures with very little on your feet. Experienced minimalist runners have reached temperatures as low as -20 degrees wearing nothing but a pair of Vibram KSOs and some Injinji socks. However, you don't need to be that extreme to run outside this winter.

Most runs can feel comfortable in minimalist shoes. If you do need

extra warmth, you may want to consider a pair of \$12 socks instead of a new pair of \$100 shoes.

2. Expose your feet to the cold.

Before your feet can adapt to the cold, they must be exposed to colder weather. The more you expose your feet, the faster your body can adapt. Head outside with as little as possible. Even if you're not a barefoot runner, kick those shoes off and head outside. It's okay to feel uncomfortable at first, but if your feet start feeling numb head back inside or put something on.

3. Keep your core warm.

You may notice that as you start running, your feet feel cold. Then after about ten minutes, they warm up. Half an hour later, they might feel cold again but a few minutes after that, they warm back up.

This is known as Cold-Induced Vasodilation (CIV). It is a phenomenon whereby your body tries to heat your core before it heats your extremities in an effort to conserve energy.

While your body is trying to heat your core, it's not sending much blood to your feet. As a result, they get cold. However, if your core is warm enough, your body sends more blood to your feet and warms them up.

CIV is the reason some are able to go barefoot well into winter. CIV generally occurs after about eight to 10 minutes, but there are a few things you can do to speed up the process:

- Teach your feet to adapt to the cold, so CIV occurs sooner.

Dress more warmly than you think you have to, especially around your core. The warmer you dress around your core, the faster CIV happens.

4. Warm your feet ahead of time.

It helps to warm up before you expose your feet to the cold. Some of that heat stays with you and ties you over until CIV kicks in. There are several ways to do this, but here are a few options:

- Stand in front of your heater for a few minutes before leaving your house.
- Jog around your house for a few

minutes and work up a sweat before your run.

- Leave your house with more clothes than you intend to wear, and take them off after 10 minutes. If you're going barefoot, run the first 10 minutes in shoes.

5. Be more careful.

Remember this saying: "Numb feet are dumb feet."

Your ability to run barefoot or minimal successfully depends in large part on your ability to feel the ground and react to it. Even with CIV, your feet may start to numb as the temperature drops.

The level of numbness varies by person. For most people, once it gets below 50 degrees, the feet start to lose some sensation. When temperatures are in the low 30s, your feet are probably useless blocks of flesh.

This is dangerous because as your feet get numb, you're no longer able to feel whether your form is slipping. You're more susceptible to blisters, abrasions, and puncture wounds.

Since your feet aren't as sensitive to their surroundings, you need to use your other senses more optimally. Pay attention to where you are running. Stop frequently to inspect your feet for blisters and cuts. You need to be extra alert as to what the other parts of your body are experiencing.

Don't be afraid of the colder weather, but always be cautious. Winter can be a great time for minimalist runners, so don't forget to have fun.



Tips to Fire up Your Metabolism



Boosting your metabolism is a "magic pill" to weight loss; a faster metabolism will naturally burn more calories. Your metabolism is dependent on several factors, some of which you inherit and some that you can actively change. Since you can't change your age, gender, or genetics, at least

you can control your weight and boost your metabolism with these five tips.

1) Eat a Solid Breakfast

Believe it or not, when you skip out on breakfast your body freaks out and goes into starvation mode; it slows down to save as much energy as possible. On that note, be sure to enjoy a healthy and substantial first meal of the day. Studies show the risk of obesity increases if you skip breakfast. Try having lean protein mixed with complex carbohydrates and healthy fats.

2) Sip on Some Green Goodness

Green tea contains a plant component called Epigallocatechin Gallate (EGCG). This component encourages fat burning and all it takes is 2 to 4 cups a day. Let the tea steep for about three minutes and then try and drink it while it is hot.

3) Pump Some Iron Into Your

Body

Iron carries oxygen to your muscles; for women, a lot of that necessary iron is lost during each monthly cycle. Without enough iron, oxygen can't be delivered to your muscles, which leads to low energy and a slower metabolism. Be sure to load up on beans, leafy greens, and iron-fortified cereals, especially during that time of the month.

4) Mix Up Your Workout Routine

Bring on the intervals. Intervals amp up your workout and help you burn more fat. The wonderful thing about intervals is that they are versatile. Apply intervals to basically any type of work out and see maximum results.

5) Get Enough Sleep

Eight hours of sleep may seem like a lot to ask, but it will make a world of difference when it comes to boosting that metabolic rate. By skipping a full nights rest, leads to leptin and ghrelin imbalances. Leptin and ghrelin are important hormones that regulate your appetite and amount of energy.

Multiple studies have shown that those who get less than seven and half hours of sleep, have a higher body mass index in general. Each of these tips will help boost your metabolism.

Gradually add these tips to your daily routine and you'll recognize those calories burning off much faster.



WEB TIPS

10 Ideas to Get more Comments on Your Facebook Posts

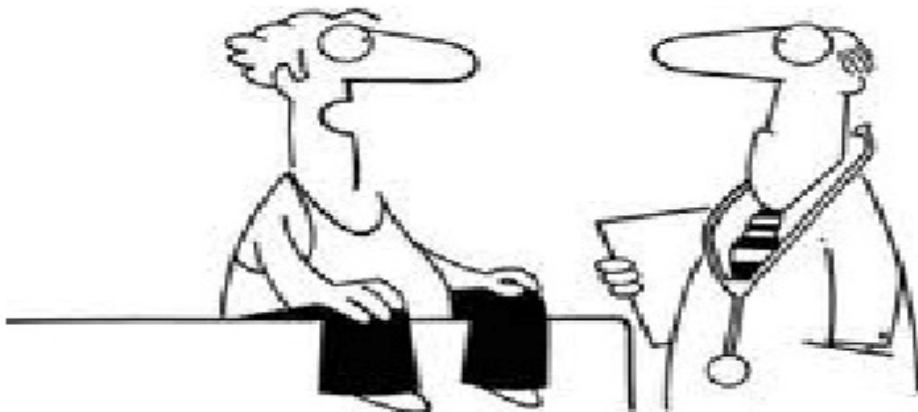
So, you've built a Facebook presence for your company or organization, you've added tons of fans, and now you wonder, what's next? Sure, you use your Facebook page to share the latest news about your company and to reach out to new customers, but most of the time your page just sits there.

<http://fanpageflow.com/10-ideas-comments-facebook-posts/>

"Fitness Tip of the Month"

Benefits of Exercise During Pregnancy

The benefits of exercising during pregnancy are numerous. These include: reduced weight gain; reduced chances of becoming hypertensive; less likely to develop gestational diabetes; improved mood with less depression; better sleep patterns; reduced labor time; may reduce chance of surgery; more rapid weight loss after pregnancy. Work with your doctor to develop the best plan for you.



"Eat less and exercise more? That's the most ridiculous fad diet I've heard of yet!"

Smart Tennis

7 Benefits of Better Footwork



Tennis footwork is probably the most misunderstood skill behind successful tennis.

Most players realize that footwork is vital for their success but the majority of them don't really understand how to go about

improving it.

The sad thing is that unlike most of the other components that make up great tennis, footwork is something every player can improve regardless of age and ability.

It is also the one component that can transform your game to new heights without you having to pick up a racket or learn a bunch of new shots.

Often, when a player hits a wall with their game and they don't seem to be improving like they once were, a period of improving their footwork breathes new life into their game and propels them to new heights.

But what exactly can improved footwork do for you?

Here are seven great reasons why you need to start working on your tennis footwork... today!

1. Increased Shot Options

The thing about having poor footwork is that you are often left to play the only shots open to you because other more suitable shots are out of reach because of poor positioning.

Normally what happens is that players still go for these "more suitable" shots and miss them because their poor footwork and court coverage meant they weren't properly prepared to execute the shot.

Improving your footwork means you get to balls sooner and in better position than ever

before -- and this gives you a greater choice about what to do with the ball.

Crosscourt, down the line, deep or angled... the choice is yours. And not only are you better placed to play a variety of shots, you soon begin to see an improvement in your shot selection.

2. Reduced Unforced Errors

Reducing unforced errors is the quickest way to see your tennis results dramatically improve. This is true for all levels of the game, especially at the club level where the ability to hit lots of winners is usually less than in the pro game.

Not having to play shots from too close to the ball or too far away helps you to keep the unforced errors down while increasing your chances of winning the match.

3. Increased Power

As your footwork improves and you get to the ball in good time and in good position, you increase your ability to strike the ball with more power.

You get to use your legs better and drive into the ball which only leads to more powerful shots -- and a headache for opponents.

4. More Control

Winning in tennis is all about control -- control of the tennis ball and control of yourself.

Improved footwork and court position allows you to control the ball with the shots you play. It also allows you to control your movements around the court, which means that you get to play more shots every point.

5. Faster Speed

Speed is the X-factor behind winning in sport, and tennis is no exception.

Better footwork allows you to move and change direction on the court at increased speeds, and that not only keeps you in many points, it helps you turn defense into offense. It also helps you convert attacking situations into winning points.

6. Energy Conservation

One of the big factors behind club players not playing at their best is the fact that too many of them get tired too quickly, which in turn cause their form to dip.

Improving your footwork helps you conserve your energy because of the superior mechanics involved. Training to improve footwork is a great way to get fitter in all areas of your tennis fitness.

The end result is ability to play at a much higher level than before and for longer periods of time.

7. Injury Prevention

Injury is something that happens in sport, but you can affect the amount of times you get injured by improving your footwork.

By getting yourself into improved position on the court you significantly reduce the loads placed on the body at compromising angles, which subsequently leads to reduced injuries.

Also, by improving your fitness you delay the time before your body begins to fatigue, which is the state in which the chances of injury quickly increases.

In short, improving your footwork allows you to create more shot options, reduce unforced errors, hit with more power and control, move at increased speeds, all while conserving your energy and reducing your chances of injury. Do you think that would make you a better player?

The best news of all is that you only need 10 minutes at a time to start seeing a difference in the way you move and play. And you don't need to learn any new shots -- these benefits will happen with the game you have already.

SMART RECIPES



Chunky Chicken Noodle Soup

Ingredients

- 1 (3-pound) broiler-fryer, cut up and skinned
- 4 cups water
- 3/4 teaspoon poultry seasoning
- 1/4 teaspoon dried thyme
- 3 celery tops
- 2 cups water
- 2 ounce
- 5 uncooked medium egg noodles
- 1/2 cup sliced celery
- 1/2 cup sliced carrot
- 1/3 cup sliced green onions
- 2 tablespoon minced fresh parsley
- 2 teaspoons chicken-flavored bouillon granules
- 1/4 teaspoon coarsely ground black pepper
- 1 bay leaf
- Additional coarsely ground black pepper (optional)

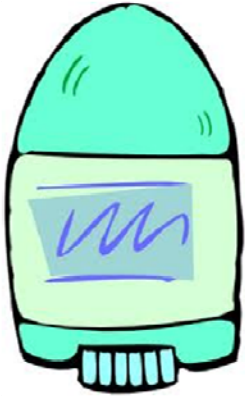


Preparation

Combine first 5 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until chicken is tender. Remove chicken from broth, discarding celery and reserving broth. Skim fat from broth. Add 2 cups water and next 8 ingredients to broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Bone and chop chicken; add to broth mixture. Cook 5 minutes or until

Are Fears That Deodorant Causes Breast Cancer Unfounded?

Study Shows Suspect Chemical Found in Breast Tissue of Women Who Don't Use Underarm



Have you ever gotten one of those scary chain emails telling you that your deodorant may cause breast cancer? If so, you are not alone. These show up in many people's in-boxes from time to time.

It has to do with certain underarm products that contain preservatives called parabens. These chemicals can act like the hormone estrogen in the body. Estrogen is known to fuel certain breast cancers. Many breast cancers develop in the part of the breast closest to the armpit, where antiperspirants and other underarm products are used.

Now a new study shows that yes, there is evidence of parabens in 99% of breast tissue samples taken from women with breast cancer, but many of these women did not use any underarm products. Most major brands of deodorants and antiperspirants no longer contain parabens.

So where are all the parabens coming from? Parabens such as methylparaben, ethylparaben, propylparaben, butylparaben, isopropylparaben, and isobutylparaben are also found in makeup, moisturizers, and hair care and shaving products.

The new study included 40 women with breast cancer who chose to have a mastectomy. Researchers looked at four samples of breast tissue from each woman. The tissue samples came from several locations within the breast, including the armpit region.

Fully 99% of the tissue samples had evidence of at least one paraben, and 60% showed evi-

dence of five. Paraben levels did not seem to play a role in the cancer's location or whether or not the cancer was fueled by estrogen. The findings appear in *Journal of Applied Toxicology*.

Should You Try Paraben-Free Personal Care Products?

The new study does not prove that personal care products cause breast cancer. But "the fact that parabens were present in so many of the breast tissue samples does justify further investigation," said Philippa Darbre, PhD, of University of Reading in the U.K., in a news release.

"Although the environmental exposure to parabens as a cause of breast cancer is a possibility, there is no conclusive data thus far to state this as fact," says Katherine B. Lee, MD, in an email. She is a breast specialist at the Cleveland Clinic Breast Center in Ohio. "The study suggests that if there is a relationship between parabens and breast cancer, it may be a complex one."

Don't be scared of your cosmetics, she says. "Further studies need to be performed to determine if there is a relationship between parabens and breast cancer, but if one is concerned, there are natural products without parabens that could be used."

Marisa Weiss, MD, does not believe in taking chances with breast health. Weiss, the president and founder of Breastcancer.org and director of Breast Radiation Oncology and Breast Health Outreach at Lankenau Medical Center in Wynnewood, Pa., is a breast cancer survivor.

"There are parabens in many personal products that can be taken into the body in different ways and can stay in you," she says. "Our tissues can be storage lockers for chemical such as parabens."

"Better safe than sorry," she says. "Avoid products that contain hormonally active ingredients, including parabens." Weiss practices what she preaches: "I use things that are good enough to eat."

Is There a Link Between Parabens and Breast Cancer?

Not so fast, critics of the new study say. Linda Loretz, PhD, is the director of Safety and Regulatory Toxicology for the Personal

Care Products Council, a Washington D.C.-based trade group representing the global cosmetic and personal care products industry.

"The paraben levels don't correlate with tumor location, estrogen, or any attribute of breast cancer, so it is hard to find any real meaning in these findings," she says.

"This study underscores the folly of trying to blame a specific consumer product for not only exposure to certain chemicals, but for exposure to those chemicals being responsible for causing a specific disease," says Jeff Stier. He is a senior fellow at the National Center for Public Policy Research, a conservative think tank based in Washington, D.C. The research actually undermines any link between breast cancer and deodorants, he says.

Dana Mirick, of the Fred Hutchinson Cancer Research Center in Seattle, agrees. Mirick and colleagues published a study in 2002 looking at antiperspirant use and breast cancer risk. "The present study, in which measurable levels of parabens were found in the breast tissue of women regardless of their use of underarm products, seems to be in agreement with our previous results, namely that use of underarm products does not appear to be a significant contributor to the risk of developing breast cancer," Mirick says in an email.

Sharima Rasanayagam, PhD, is not so sure. She is the director of science for the Breast Cancer Fund, a San Francisco, Calif.-based advocacy group that focuses on environmental links to breast cancer. "This study provides another piece in the puzzle around parabens and their potential link to breast cancer," she says.

"We know that parabens are estrogen mimickers, and so we continue to be concerned about our exposure to these chemicals through consumer products like cosmetics," Rasanayagam says in an email.



2 Hill Workouts for the Indoor Trainer

It's the time of year when triathletes are looking for some new workouts to spice-up their indoor cycling routine. The two workouts in this column simulate rolling hills and begin the work to improve lactate threshold fitness.

Both workouts use training zones to describe intensity. For the description of intensity zones, see the free downloadable intensity document stored on Active Trainer. For Zone 1 intensity, keep the tension low on an indoor spinning bike. If you're on your bike on a trainer, keep the gearing low. That is, use the small chainring up front and a big-tooth gear on the rear cassette. You will need that gear for the high revolutions per minute (rpm) during the second workout.

For Zone 3, work to simulate hills: Increase the tension on your trainer or ride in a bigger gear to make it feel like you're riding up a hill. For a bigger gear, use the small chainring and go to a gear with fewer teeth in the rear or, move to the big chainring upfront and play with the rear gears until you find a good hill-imitation gear.

Rolling Hills – 45 minutes

Warm up with 10 minutes of Zone 1 spinning at an easy tension setting.

Then do two sets of:

- 5 minutes at Zone 2
 - 5 minutes at Zone 3
- 5 minutes at Zone 1

Cool down with an additional five minutes at Zone 1 intensity, spinning the pedals at

90 revolutions per minute (rpm).

Rolling Hills and High rpm – 48 minutes

Warm up by riding 10 minutes at Zone 1 to 2 intensity, then go right into:

- 30 seconds in an easy gear, legs moving at 90 rpm
 - 4 minutes, 30 seconds (4:30) riding “uphill” at Zone 3 intensity
 - 2 minutes (2:00) spinning easy at Zone 1 intensity
 - 30 seconds in an easy gear, legs moving at 100 rpm
 - 4:30 riding uphill at Zone 2 intensity
 - 2:00 spinning easy at Zone 1 intensity
 - 30 seconds in an easy gear, legs moving at 110 rpm
 - 4:30 riding uphill at Zone 3 intensity
 - 2:00 spinning easy at Zone 1 intensity
 - 30 seconds in an easy gear, legs moving at 120+ rpm
 - 4:30 riding uphill at Zone 2 intensity
 - 2:00 spinning easy at Zone 1 intensity
- 5:00 (or more) easy spinning to cool down

Final Tip: When you begin to dread indoor training sessions and the weather or darkness is keeping you indoors try to find new workouts. Don't let boredom be the death of your fitness.



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Smart Golf Tips

Know Where You Want Your Tee Shots to Land



Think ahead when teeing off and consider from where you want to play your second shot.

Most golf holes present multiple opportunities, both from the tee and into the green.

The key is to identify the optimal spots for your game, your shot shape. Don't get caught up in where your playing partners are hitting the ball, especially if they can outdrive you or hit that sweet looking draw that you wish you had in

your bag.

Play your shot.

So, what is the best way to determine this?

It is paramount that you know your game. Know your distances with each club, not career yardages but what you can realistically hit on a regular basis. Also your shot shape, whether that is straight or something that curves.

The range is a great place to get loose and tweak your swing, but always take note of how you're hitting the ball especially if that is during a pre-round warm-up.

Nothing beats a little local knowledge; you can probably visualize every inch of fairway at your home course. But what about when the course is less familiar or you've never played it?

First of all, don't be afraid to ask how far out a bunker is or which side of the fairway opens up if your partners have played the golf course. Also, take note of every visual cue whether it is on the scorecard or tee marker.

Best of all, do your own scouting while you are playing. Look at the next hole as you're going to your ball and take note of the fairway, hazards and how that sets up to the green.

For most players, the idea is to hit the fat part of the fairway. Teeing up on the side of trouble and hitting away from it is basic strategy. But also think about playing your second shot. If the green is open on the right side, for example, think about aiming for the right side of the fairway for a better look with your approach.

Also, take into account conditions that include elevation changes, hazards and doglegs. You may be able to hit driver within a short wedge of the green, but you're left with a tougher downhill or uphill lie. It's better to tee off with a fairway wood or even an iron and hit your second shot from a level lie.

As often as you can, play the golf course backward in your mind to create a solid plan going forward.



Smart Vegetarian

Sustainable Winter Vegetables: Good for Your Body and Your Wallet

Some people tend to forget to maintain a healthy, fresh diet in the winter. The problem is: winter is when you need all those beneficial vitamins and nutrients the most. Since buying fresh, local and in-season produce is most efficient for your health, wallet and our environment, here's just a sampling of winter vegetables you can make sure to pick up next time you're at the market.

Beets

Antioxidant, anti-inflammatory, detoxification support
The best thing about beets is that you're sort of getting two veggies in one. The juicy, sweet beet root is the best part, but serving them over their green leaves (sautéed---beet greens would be bitter and rubbery raw). Boil or season and roast the beet root. Serve 'em hot or cold. Use your leftover slices of red goodness in a sandwich for lunch the next day or throw 'em in a smoothie. Delish.

Broccoli Raabe

Power food, vitamins A and C and cancer-fighting potential

It's like a cross between broccoli and spinach and you can bet Tony Soprano's family served it for dinner every night with their ziti or manicotti—it's sort of an old-neighborhood Italian thing. Steam it or sauté it with some fresh garlic and olive oil. Badabing!

Brussels Sprouts

Protein, vitamin A, fiber, calcium, potassium, potential cancer-fighting

As a kid these dreaded two words may have brought a look of disgust to your face. But the slightly bitter yet

succulent taste lends itself well to steaming, sautéing or even in pasta. It's great in soup

(For meat-likers, Brussels sprout and kielbasa soup is one of the yummiest soups to slurp on a cold day.)

Plus, these little guys will fill you up fast...but you'll leave the pounds off.

Cabbage

Top of the list as far as cancer-fighting veggies go, but with a slew of other health benefits

It's cheap, it's good for you and it lasts forever. Really, this stuff hates to go bad. Red or green, eat it raw or cooked, in slaw, salads, stir fries, soups—heck, throw it in a quesadilla if you so desire.

Kale

Anti-oxidant, anti-inflammatory, detox, vitamin K, vitamin C, vitamin A, tons of fiber

The cooler weather keeps it sweet—and it's one of the prettiest veggies, maybe behind rainbow chard (if you're into that flashy sort of thing). Sauté, soup or salad only begins to touch upon all the ways to use this versatile beauty. You can bake it in bread, make a casserole, put it in pasta, risotto or your breakfast smoothie or shove it in the juicer. And for carnivores, it goes great with bacon.

Peas

Lotsa protein; Phytonutrients aid in antioxidant, anti-inflammatory and possible cancer prevention

They'll give you the satisfaction of something sweet and starchy without going too unhealthy. As far as eating them...they're peas. You know what to do.

Yams

Potassium, fiber, vitamins B and C and aid in estrogen and progesterone production (good for PMS)

Eating yams or sweet potatoes is also great for your skin. They can be boiled to retain maximum nutrients, roasted, cooked with meat or baked.

6 Nutritional Resolutions for a Healthy New Year

Have you made your nutrition resolutions? If so, they might look like these:

- Try a month-long cleanse
- Launch into a vegan diet
- Test out gluten-free eating
- Lose weight

Or maybe the only resolution on your list is to learn to fuel while training for your first marathon. If you're still undecided and don't want to be left out of the resolution loop, check out the following list. These resolutions all carry worthwhile nutritional benefits.

1. Avoid Aspartame and other synthetic sugars.

Aspartame is an artificial sweetener used as a sugar substitute in some foods and drinks. It is also sold under the brand name NutraSweet.

Aspartame's negative side effects include Methanol (wood alcohol) which is a dangerous neurotoxin and a known carcinogen. Synthetic sugars contribute to acidity, a condition which leads to inflammation and the creation of fat cells to store that extra acid. So ironically, consistent consumption of Aspartame could add to your weight.

2. Avoid refined sugar.

White, refined sugar weakens the immune system by stealing your white blood cell's ability to destroy bacteria. It can also encourage addiction to eating foods devoid of vitamins, minerals and fibre.

3. Eat more greens and veggies.

This boosts your intake of antioxidants, B vitamins, calcium, magnesium, zinc and omega-3s.

Include: a daily serving of greens, a daily serving of colored veggies (can include bright-colored berries), and a daily serving of sulphur-producing vegetables such as cabbage, broccoli, turnips, onions, and garlic.

4. Eat more fermented foods.

The healthy bacteria in fermented foods like sauerkraut and kimchi can speed up your digestion and assimilation of nutrients. These foods also help reduce sweet cravings (and when you do indulge, fermented foods help digest the sugars).

5. Log your food intake.

Write down what you eat every day and when you eat it. The timing of your food intake affects how you feel and tracking what you eat is a helpful sports performance tool.

6. Make your own power bars and gels.

The nutritional value of processed

energy bars is often the equivalent of candy bars. Homemade bars and gels with nutrient-dense calories are less expensive and easy to make.

Here is an energy gel recipe you can use.

Blend the following in a blender or food processor:

- 8 med dates or 10 to 12 pitted dates (soaking them overnight makes these easier to blend)
- 4 tablespoons agave or maple syrup or honey
- 4 tablespoons chia seeds (high in protein, fiber, omega-3s, calcium)
- 4 tablespoons coconut oil
- 2 tablespoons lemon zest
- 2 tablespoons lime zest
- 2 teaspoon dulce (seaweed) flakes, snipped in tiny pieces
- couple of pinches of sea salt

The mixture can be stiff so you'll have to stop the blender and scrape several times. Shape your gel into tablespoon-sized balls and store in the refrigerator or freezer to have ready to take with you as you head out the door for your next workout.

Challenge yourself with at least one of these nutritional resolutions. You never know what rewards await you in the new year.

