

Smarter Bodies

www.smartbodiesfitness.com/

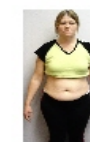
Volume 7 Issue 1

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Editor Jim Rabic

You can be Smart Bodies' next

SMARTER



LOSER

**The 10th Annual 12 Week
Body Transformation Contest**

\$1000 in Cash & Prizes!

*Join as an individual or
With a TEAM!*

\$50 Entry Fee - See the Front Desk for Details

SMART RUNNING

Plantar Fasciitis

Plantar Fasciitis (pronounced PLAN-tar fashee-EYE-tiss) is an inflammation of the plantar fascia. The plantar fascia is tissue that lies between the muscles in the mid-foot and the skin on the bottom of the foot. The function of the plantar fascia is to maintain the arch of the foot by attaching the ball of the foot to the heel and creating a bow like shape. During each step of running, the plantar endures stresses three times the individual's body weight when the heel is first raised off the ground in the forward motion, making it obvious why many runners incur this common problem. A sign of plantar fasciitis is pain in the middle to front region of the heel, especially in the first few steps of running or walking when you have been inactive for a long period of time. The pain can also commonly be found directly in the arch of the foot, where the tissue is located. At times a small ridge can be seen connecting the heel to the ball of the foot: this is an extremely inflamed plantar. The pain (which is caused by the enlarged plantar trapping or irritating nerves in the foot) can last anywhere from a few days to a few months, depending on the severity of the case and the steps taken to cure it. The most common causes of plantar fasciitis are a lack of arch support in the shoes, increase in activity, lack of flexibility in the calf muscles, being overweight, using unstable shoes on hard ground, or spending too much time on your feet. There are several cures to the problem although no one is guaranteed to be the absolute solution. The treatments are:

Applying ice to the arch of the foot after all activities (freezing water in a Dixie cup, rubbing the inflamed area, and peeling the cup away as the ice melts, works well)
Rolling your foot gently on a rubber ball or tennis ball so that you massage the plantar and loosen it up (a good activity while you are sitting at your desk)
Stretching the calf muscles gently after periods of inactivity (when you wake up in the morning, after sitting for a long time, etc.)
Arch support, especially if you have flat feet or high arches
Losing weight
Anti-inflammatories such as aspirin, Alieve, or ibuprofen.
Better shoes and/or running on grass or trails instead of sidewalks or roads.
Decreasing athletic activity or time spent on your feet

Trying to simply run through the pain can cause a mild case to become worse, and possibly lead to a heel spur. Large increases in activity can cause a "cured" case to reoccur. Trying to warm your foot up in the morning when you wake is important to make sure you aren't re-injuring your plantar every morning, but with the right warm up, stretching, icing and massaging with a ball, you should be able to run pain free.

Broad Street Run

If anyone is interested in entering the Broad Street Run, May 2007, please leave your name with Anthony at the front desk. Smart Bodies will be providing shirts for the event.

NOW Available at Smart Bodies



Mona Vie

MonaVie represents the next-generation of health and wellness products. It's unique, whole fruit blend is unmatched in the marketplace.

Whether you are looking for renewed strength, energy and vitality in your life, drug-free relief from arthritis and joint pain, The power of **MonaVie** and its Acai berry is great for your health.

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The crown jewel in the MonaVie formula is the acai berry, found only high atop towering palm trees in the lush Amazon Rain Forest of South America. For centuries, the indigenous people of Brazil's Northern Amazon region have revered this legendary berry as an antidote for numerous ailments.

Modern science has now validated the remarkable wellness benefits of the acai fruit. As a whole food by itself, the berry would provide a remarkable source of complete protein, healthy fats, and essential vitamins and minerals. Particularly valuable are the class of polyphenols of which the acai contains over a dozen. High on the list are anthocyanins, which contribute the deep red, blue and purple of the plant's appearance. Anthocyanins have a host of health benefits that have been identified in several studies.

For more information visit monavie.com



Permanent Book Policies

The permanent book is for anyone who can keep a consistent time with their trainer or trainers.

If the time slot you choose becomes an inconsistent time for you to be at, please make arrangements to change your time or make appointments on an as needed basis.

REMEMBER: Once you are put in a permanent time slot, please make the Front Desk aware if you are going to discontinue training at your permanent time; *especially if you are not resigning for more sessions.*

Finding Fun in the Food Guide Pyramid



No, you can't find this pyramid amongst the others in Egypt. The Food Guide Pyramid

gives people a general idea of what foods should be eaten each day. It is divided into five groups that are all equally important. The goal is to have people eat a variety of foods getting all the nutrients they need in one day while still maintaining a healthy weight. The Food Guide Pyramid was

designed as a guideline and not a rigid prescription! For some people the guidelines seem a little overwhelming. So here are some tips to make following the Food Guide Pyramid fun!

- Post the Food Guide Pyramid on your refrigerator. Keep a log of how many servings of each food group you ate for that day.
- Find a friend or family member who is willing to accompany you in following the Food Guide Pyramid. Motivate each other to keep up the good work!
- Focus on one food group and set small goals for yourself: "My goal is to eat two vegetables at lunch", or "I will eat two servings of 1 % milk a day."
- Set a different goal each week, every month, or however long it takes you to accomplish your goal. An example would be to start at the bottom of the pyramid and work your way up, or vice versa.
- Reward yourself! Make plans for a night out to the movies or schedule yourself for a massage.

student handout**A WEIGHT LOSS PLAN THAT WORKS:
10 Tips to Keep You on Track**

1. Drink at least 64 ounces of water/day. You can cut calories by substituting water for other calorie-containing beverages. Drinking more water will improve your body's ability to process the food that you eat, and it will help to keep your core temperature down during workouts, which reduces your perceived exertion and can keep you from mistaking thirst for hunger. The ideal is to drink enough water until your urine is pale yellow to clear.

2. Eat a healthy breakfast every day. When you wake up in the morning, you have most likely gone 8 hours or more without eating. Your body needs fuel. Skipping breakfast can cause as much as a 40% drop in your basal metabolic rate. Even a workout may not make up for this drop in metabolism. What's a healthy breakfast? Try eating at least 2 or 3 different foods. Include foods that are good sources of complex carbohydrates and protein. An example includes: whole grain cereal with skim milk and sliced fruit.

3. Eat at least 3 fruit servings/day (whole fruit, not juice). Eating a piece of fruit is more satisfying than drinking juice, contains fiber and takes longer to consume. Fiber can decrease the amount of calories your body absorbs. It can also help with satiety.

4. Eat at least 4 vegetable servings/day (1 cup raw, 1/2 cup cooked = 1 serving). Vegetables are very low in calories. Non-starchy vegetables contain only 25 calories/serving. About a 1/2 of a cup of starchy vegetables contain about 80 calories/serving. Both are rich in vitamins, minerals, fiber and phytonutrients.

5. Avoid eating until you are "over-stuffed". If we just paid attention to our hunger and satiety cues, there wouldn't be a need to count calories. Don't allow yourself to get too hungry. Choose healthy foods and eat slowly to the point you are comfortable/full, rather than guilt-ridden and unable to move.

6. Avoid eating foods that contain partially hydrogenated or hydrogenated fats as much as possible. This includes virtually all deep-fried foods. These fats have been altered and are used for consistency, preservation and economy reasons. They may cause negative reactions in the body such as undesirable cholesterol levels and gastro-intestinal cancers. Most foods that contain these types of fats are usually highly processed, low in fiber, high in calories and low in nutrition. You need to read the ingredient labels to determine if a food contains hydrogenated fats. Following this tip will drastically improve your ability to make healthier, less processed lower calorie food choices, thus reducing caloric intake.

7. Eat desserts, sweets and unhealthy snack foods less than once/day and limit the serving to 200 calories or less. There's nothing wrong with having the stuff that just tastes good once in awhile, but most of us do this several times a day with no contemplation. By indulging in tempting foods less often, we can reduce our cravings and cut calorie intake (required for weight loss). If you think about it and still want the tempting food, then at least eat a reasonable portion.

8. Avoid snacking after dinner. How much time passes between the time you eat dinner and the time you go to bed? Do you really need that extra snack to get through the night? Most snacking after dinner is in the form of absent-minded eating in front of the television. By skipping night snacking, you can cut calories, go to bed feeling like you managed your eating well and increase the chance that you will wake up hungry and want to eat breakfast.

9. Avoid drinking alcohol as much as possible. Alcohol at 7 calories/gram (just slightly less than fat) adds calories, enhances the taste of food and increases the chances that you may eat more or make poorer choices. Many people negate the calorie deficit that they have been working on all week in just one

night of drinking. You don't have to swear off drinking to get results, but think twice before you do. If you must drink, do it in moderation.

10. Exercise more than you were before you started trying to lose weight. Don't think that the same amount of exercise will get better results just because you are dieting. You can lose weight by cutting calories and increasing activity. If those 10 miles becomes 12 or 15 or 18 a week your results will come more quickly with enhanced fitness.

*** Keep track of your progress:**

1. Write down your goals.
2. Create a plan (with the help of a Spinning instructor or personal trainer if necessary).
3. Track how well you are sticking to your plan. If your plan is unreasonable, scale it back. If you are not getting results - bump up the variety, frequency, intensity and/or duration of workouts.

*** Measure your progress.**

Don't just track your weight. Have measurements taken or go through a body composition test. Test your fitness. This can be technical such as going through a VO₂max test in an exercise physiology lab, or simply timing how long it takes you to walk a mile. Typically when you start an exercise or weight loss program, your fitness will improve first. Weight loss and inch loss will come second. A reduction in calories combined with a well-rounded exercise program can create a dramatic difference in tape measurements, muscle tone and appearance without huge losses in weight.

For more information,
visit www.spinning.com.

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Principles of Weight Loss or Gain



by **Bridget Manzi**

Weight is lost or gained when caloric intake is less or more, respectively than the calories expended. Weight is neither lost or gained when caloric intake equals caloric expenditure.

The largest component of an individual's caloric expenditure per day comes from their resting metabolic rate (RMR), which is the amount of energy required to maintain the body's system at rest.

Contributions to caloric balance:

Calories in = dietary intake
Calories out =
RMR (60-70% of energy out)
Exercise (20-30% of energy out)
Digestion and absorption (10-20%)

The maximum amount of weight loss per week should not exceed 1% of your

body weight. For most individuals this represents a loss of < 2lbs per week.

There are approximately +/- 3,500 calories per pound of fat.

To lose one pound of weight (i.e., fat) per week, one's caloric expenditure must be 500 calories per day greater than their caloric intake.

A reasonable way of doing this would be to decrease daily caloric intake by 200 calories and increase daily energy expenditure by 300 calories.

Maintaining lean mass is important during this process. The objective is to insure that most weight loss comes from non-essential fat stores. During rapid weight loss through very low calorie diets (800-1200 cal), up to 50% of the weight loss may come from the lean body mass. Loss of lean tissue may be prevented by losing weight gradually and by exercise.

Caloric deficit without exercise
Not tissue smart
Energy taken from muscle first

Caloric deficit with exercise
preserves lean tissue
aerobic exercise – energy expenditure, preserves lean body mass
resistive training – energy expenditure, increase lean body mass and RMR

Ten Superfoods for Age-Defying Beauty



Acai fruit

This little berry is one of the most nutritious and powerful foods in the world. It can often be found in juice form in health food and gourmet stores.

Anything in the "Allium Family"

Garlic, onions, leeks, scallions, chives and shallots can all help the liver eliminate toxins and carcinogens.

Barley

This can be used as a breakfast cereal, in soups and stews, and as a rice substitute. Barley's also high in fiber, helping metabolize fats, cholesterol and carbohydrates.

Green Foods

Green foods like wheat and barley grasses can be bought in powder, tablet or juice form, and offer greater levels of nutrients than green leafy vegetables. They also help cholesterol, blood pressure and immune response.

Buckwheat: Seed & Grain

Buckwheat is loaded with protein, high in amino acid, stabilizes blood sugar and reduces hypertension.

Beans & Lentils

You can reduce cholesterol while beefing up on antioxidants, folic acid and potassium. Try kidney, black, navy, pinto, chickpeas, soybeans, peas and lentils.

Hot Peppers

Both bell and chili peppers contain antioxidants, have twice the Vitamin C as citrus fruit and work as great fat burners.

Nuts & Seeds

You can't go wrong with a handful of nuts a day—walnuts, hazelnuts, almonds, macadamia and pistachio nuts contain Omega 3 fats, which are great for your heart. Raw, unsalted nuts and seeds are best.

Sprouts

Numerous varieties of sprouts are great with any meal. They're a great source of protein and Vitamin C. Try adding them to any dish and your immune system will get a boost.

Yogurt and Kefir

These cultured foods contain healthful bacteria that aid immune function, and the calcium helps burn fat. Try using them as a base for a smoothie

Web Site of the Month

FreeUndelete

FreeUndelete is a freeware data recovery program for deleted files.

In case of accidental deletion of files on a NTFS (used by default in Windows XP, 2000 and NT), FAT32 or FAT16 file systems FreeUndelete is the utility to help

<http://officerecovery.com/>

QUOTE OF THE MONTH

“Setting an example is not the main means of influencing another, it is the only means.”

Albert Einstein

Banish Workout Cramps

Getting muscle cramps while working out can be a sign that you're dehydrated. So make sure that you drink plenty of water before, during and after exercise. Also try adding more potassium to your diet with potassium-rich foods like bananas, potatoes and fig bars.

Water Daily

Make sure to drink 64 ounces (two liters) of water each day. Dehydration can cause a host of ills like headaches, fatigue and constipation. Water is also an awesome dieting tool -- filling but calorie free.

Recipe of the Month

Roasted Asparagus Salad

This recipe serves 6

INGREDIENTS:

- 1 1/2 pounds fresh asparagus
- 1 tablespoon olive oil
- salt to taste
- freshly ground black pepper
- 2 tablespoons vinegar

COOKING INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Prepare the asparagus by cutting off the last inch or so of the woody stalk.
3. Place the asparagus stalks on a baking sheet. Brush them with the olive oil and sprinkle with salt and pepper.
4. Roast in the oven for 10 minutes, until the stalks begin to get

tender on the outside. (Thin asparagus spears will take less time than thick spears.)

5. Toss with the vinegar and serve.

Serving Size: about 6 spears of asparagus

Per Serving:

Calories 46

Carbohydrate 5 g

Fat 2 g

Fiber 2 g

Protein 3 g

Saturated Fat 0 g

Sodium 151 mg

Laundry Safety

If you're washing diapers or a sick person's clothes, you run the risk of getting sick. Bacteria can survive warm and cold wash cycles and infect you when you handle wet laundry. So, wash your hands after touching wet clothes, use the hot cycle whenever you can, and wash underwear and diapers separately with a cup of bacteria-killing bleach.

Spot Reduction of Fat

It is time once again to address the myth that has been around for what seems like forever – fat can be removed from a specific area of the body at will. I'm sure we would all love to be able to accomplish that feat! Hope and misinformation throughout the years have allowed this myth to take on a life of its own. Many in our society refuse to believe that the fat must come off of the entire body. Many years ago, I was told to do hundreds of sit-ups per day and the fat would roll away from my abdomen area. It never happened. If you want to have sculpted arms with no fat, do arm exercises. If you want sculpted legs, do leg exercises. I and many others who followed these principles only to end up disappointed. There is no magical way to quickly reduce fat in a particular area. The object is to lose only body fat and not lean body mass. It requires a reduction of 3,500 kilocalories to lose one pound of fat. Proper fat reduction requires a person to follow three basic principles:

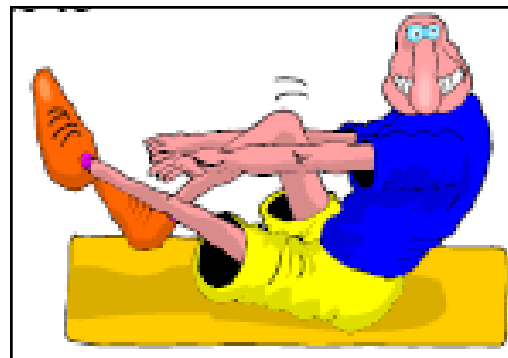
- 1) proper nutrition,
- 2) resistance training and,
- 3) plenty of cardio respiratory training.

The body is likened to a furnace. Proper nutrition, including adequacy

and variety and careful attention to serving sizes allows the body to work properly; whereas, fasting causes the body to go into survival mode and actually hold onto fat stores. I know it is hard to believe that eating 4-6 relatively small, balanced meals per day is more advantageous than eating 2-3 large meals per day. The smaller meals enable the body to work more efficiently by kick starting the metabolism.

Proper resistance training, including sufficient intensity, will provide greater results for muscle toning and development – this also aids in burning fat between the muscle fibers. Cardio respiratory training requires that the body uses fat as the primary fuel source which helps burn up the extra storage (the fat!) from the entire body.

There are no two bodies that are exactly alike; therefore, no two individuals will lose fat at the same rate or in the same places. The bottom line is that fat will come off where it wants to come off! So, stay away from fad diets and lose fat properly.



Marlton

Winners of the

Nutrition Contest

Anthony Ferrante

7:30am ½ cup Kashi go Lean with blue berries,
Ground flaxseed and light soy milk.
6 oz Grapefruit juice, coffee with some soy
creamer.

8:30 1 Southbeach High p;rotein cereal bar.

10:00 ½ cup seedless red grapes.

12:00pm 4 oz light yogurt

2:30 1 scoop whey protein with water

6:00 Salmon, Baked sweet potato slices, mixed
vegetables.

8:00 Hot tea with some soymilk creamer.

3 24oz Water bottles.

Louise Leitman

8:00am Kashi go Lean Cereal with strawberries,
lofat milk, 3oz Orange juice.

10:00 Low Fat yogurt with blueberries, 12oz wa-
ter.

12:30 1 Apple, 1 slice whole grain bread
2 tablespoons of natural peanut butter, 12oz
water

3:00 10 almonds, 12oz water

6:00 1 grilled chicken breast, stemed asparagus,
1 baked sweet potato, 8oz water.

9:00 1 Orange.

Jeff Leitman

7:00am. Multigrain flakes, blueberries, fat free milk, 3
scrambled egg whites.

10:00 1 low fat yogurt vanilla, ½ cup black coffee

1:00 Grilled chicken salad with mixed field greens
with balsamic vinegar and whole wheat roll.

3:30 12 almonds and 8oz water.

6:30 Grilled tilapia, sweet potato, steamed broc. rabe.,
1 green decaf. Tea.

9:30 Apple with lowfat peanut butter.
Charlene Grabowski

7:30am egg beaters, 1 slice whole grain toast and
sliced tomatoes.

10:00 Apple with peanut butter

12:30 Salad with tuna

3:00 12 almonds

5:00 Turbo fillet, broccoli, salad with mixed
greens, milk.

8:00 Yogurt.

Pears

Pears date back to the eighth century. Their sweet taste prompted Homer to proclaim them "gifts from the gods." Since then, over 5,000 varieties of pears have been grown throughout the world. While you probably won't find that much variety at your local supermarket, the yellow-green Bartlett, the slender Bosc and the red-blushed d'Anjou should all be "apPEARing" this fall at a store or farmer's market near you.

Don't Pass Up Pears

Pears are a good source of vitamin C. One will give you 10 percent of the vitamin C you need in a day. Pears are also loaded with dietary fiber, offering almost 4 grams per piece of fruit—twice as much as a piece of whole wheat bread. And whether it's green, golden or red—leave the skin on your pear—it provides extra fiber and nutrients. near you.

Turnersville Winners of the Nutrition Contest

Donna Grosso

- 8 am** wheat toast with natural peanut butter, 8 oz. 1% milk
10 am nonfat yogurt and raw cashews
1 pm grilled chicken and salad (romaine, cucumbers, tomatoes, chick peas), low fat dressing
4 pm low fat string cheese
6:45 pm salad with tuna and low fat dressing, stir fry veggies
9:30 pm sunflower seeds

Darci Bianchi

- 9 am** 1 C Kashi cereal, 1 C of 2% organic milk
11 am low fat string cheese
1 pm ½ tuna sandwich on wheat bread
3 pm handful of almonds and an apple
6:30 pm 4 oz organic chicken broiled with broth, broccoli and cauliflower
9 pm tea in 8 oz water

Joan Passhel

- 7:30 am** Oatmeal with 2% milk, protein shake (Raisins and almonds with 10 oz water)
12:30 pm Chicken and veggies
6 pm Chicken or grilled meat and veggies, sugar free/fat free pudding (2% milk)
All DAY 72 more oz water

Gail Wolvin

- 6:45 am** 1C coffee, 3 egg whites, ½ whole wheat English muffin
10 am water, pear, handful of almonds
12:30 pm water, salad with grilled chicken (greens, veggies, whole wheat pasta, flax seed oil, balsamic vinaigrette)
3 pm water, celery with peanut butter
6 pm water, salad with grilled chicken (mixed greens, veggies balsamic vinaigrette, flax seed oil)
8 pm sugar free jello with sugar free cool whip

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