

Smarter Bodies

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Editor Jim Rabic



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SMART RUNNING

The Total Beginner's Quick Guide To Running

At some point early on, a beginner learns that 99.9 per cent of runners are pleasant, helpful people. This realisation usually dawns when a beginner meets a veteran at a race or on a training run, and the veteran starts sharing his or her enthusiasm for and knowledge of running. That's how runners are. And that's why, for this guide, we asked this question to a number of experienced runners of various ages: what do you know now that you wish you knew when you started? Whether you're just starting out, or have been running for decades, you'll learn something from their answers.

Every beginner asks at least a few of these questions at some point. Here are the answers:

How do I get started?

Start walking for an amount of time that feels comfortable - anywhere from 10 to 30 minutes. Once you can walk for 30 minutes easily, sprinkle one- to two-minute running intervals into your walking. As time goes on, make the running intervals longer, until you are running for 30 minutes straight. Beginner schedules.

Is it normal to feel pain during running?

Some discomfort is normal as you add distance and intensity to your training. But real pain isn't normal. If something feels so bad that you have to run with a limp or otherwise alter your stride, you're probably injured. Stop running immediately, and take a few days off. If you're not sure, try walking for a minute or two to see if the discomfort disappears. If it doesn't disappear, consult your GP. More about injury.

Do I have to wear running shoes, or are other trainers fine?

Running doesn't require much investment in gear and accessories, but you have to have a good pair of running shoes. Unlike all-round trainers, running shoes are designed to allow your foot to strike the ground properly, reducing the amount of shock that travels up your leg. They're also made to fit your foot snugly, which reduces the slipping and sliding that can lead to blisters.

What's the difference between running on a treadmill and running outside?

A treadmill 'pulls' the ground underneath your feet, and you don't meet any wind resistance, which makes running somewhat easier. Many treadmills are padded, making them a good option if you're carrying a few extra pounds or are injury-prone and want to decrease impact. To better simulate the effort of outdoor running, you can always set your treadmill at a one per cent incline.

Where should I run?

You can run anywhere that's safe and enjoyable. The best running routes are scenic, well lit, and free of traffic. There also soft: choose trails or smooth grass rather than roads. Think of running as a way to explore new territory. Use your watch to gauge your distance, and set out on a new adventure each time you run. Talk to other runners about the routes they run. The more varied your routes, the easier running will feel. More about running surfaces.

I always feel out of breath when I run. Is something wrong?

Running causes you to breathe harder than usual, so some amount of huffing and puffing is normal. Most of that out-of-breath feeling diminishes as you become fitter. Concentrate on breathing from deep down in your belly, and if you have to, slow down or take walking breaks. If the breathlessness persists, ask your doctor about the possibility that you may have asthma.

I often suffer from a stitch when I run. Will these ever go away?

Side stitches are common among beginners because the abdomen is not used to the jostling that running causes. Most runners find that stitches go away as fitness increases. Also, don't eat any solid foods in the hour before you run. When you get a stitch, breathe deeply, concentrating on pushing all of the air out of your abdomen. This will stretch out your diaphragm muscle (just below your lungs), which is usually where a cramp occurs.

Should I breathe through my nose or my mouth?

Probably the latter, which will allow you to get as much oxygen as possible to your working muscles. However, some runners breathe through their noses during training runs, believing that this keeps them more relaxed. Do what works for you. At some point early on, a beginner learns that 99.9 per cent of runners are pleasant, helpful people. This realisation usually dawns when a beginner meets a veteran at a race or on a training run, and the veteran starts sharing his or her enthusiasm for and knowledge of running. That's how runners are. And that's why, for this guide, we asked this question to a number of experienced runners of various ages: what do you know now that you wish you knew when you started? Whether you're just starting out, or have been running for decades, you'll learn something from their answers.

"No Sugar Added" Is Not a Free Ride

Q: My wife bought me a dessert advertised as "no sugar added," yet after having a slice my blood sugar spiked to 300. Why?

A: Carbohydrates. Here's the deal: When a product says "no sugar added," it doesn't mean it's carbohydrate-free. That little dessert of yours was probably loaded with them. Many people don't realize there's a close relationship between the amount of carbs you consume and your resulting blood sugar level.

Carbohydrates are one of three macro-nutrients found in food; the other two are fats and proteins. Carbs can either be simple or complex. Simple carbohydrates, or sugars, have names such as fructose, lactose and sucrose, among others. (Basically anything with the suffix "-ose" is a sugar.) Simple carbs are found in milk, fruits and, the one we all know, table sugar. Complex carbohydrates, on the other hand, are starches, which are made up of many glucose units joined together. Some examples of starchy foods include breads, pasta and cereals.

Exactly how much your sugar levels rise depends on the carbohydrate. Some grains and fruits contain fiber, which is a good thing because the more fiber present, the less potential there is for the food to affect your blood sugar. Other carbs are very easily converted by your body into sugar. Over 90 percent of simple carbs and some starches are in this category and, therefore, can play havoc with blood sugar levels.

And let's unravel the mystery of those ingredients in products that claim "no sugar added." Sure, they may not contain sugar, per se, but they could use other simple carbohydrates, such as turbinado, dextrose, honey, maltose, sucrose, fructose, corn syrup, sorbitol or lactose. All of which can raise your blood sugar levels. So, please don't be fooled into thinking that if label says no sugar added that it's a free pass on the food train, because at the end of this ride the conductor is counting your carbohydrates!

Finally, remember, those of you with diabetes

should meet with a registered dietician. These experts can explain how your food intake affects your blood sugar levels and help you come up with a good meal plan to stabilize things. This in turn will allow you to work with your healthcare team in choosing the best medications (if needed) to control your Type 2 Diabetes. Many insurance plans will pay for all or most of this consultation, too.



**Congratulation
Garnell and Marlene
On your recent
engagement!
No wedding date has been
set**



Spinning News

Spinning to Stay in Shape

If there was ever a fitness class that deserved to be called "the most significant new fitness trend of the 1990s," it's spinning. Originally the brainchild of a charismatic, competitive cyclist named Johnny G., spinning has taken the health club industry by storm.

Spinning is one of the most popular classes in gyms around the country and has given birth to a host of variations on the theme, most notably the group cycling class developed by fitness guru Karen Voight.

Here's what you need to know about spinning: stationary cycling, once a solitary activity, is done in a group setting on specially designed bicycles which differ from the standard health club cycles in several significant ways.

One, you can't backpedal, which takes some getting used to: if you're pumping along at a good clip and decide to take a coasting break, you can't. The pedals keep going, and your feet are forced to continue the movement.

Two, the handlebars are strong enough to support your weight for the upper body work that is part of the exercise.

Three, these are non-computerized machines, designed to give the feeling of "you and the machine" -- unlike the high tech, programmed exercise that's been the trend on some of the glitzier stationary cycles.

Four, and probably most important, is the fact that the class is as much guided meditation as it is profoundly hard exercise. You imagine hills, and turn up the resistance to simulate them. You imagine reaching the top of a mountain and taking in the view as you breathe in the air and relax the resistance on the machine. The lights get dimmed and the atmosphere changes.

The entire class becomes a journey, and many participants report feeling a high that is reportedly impossible to duplicate on any other piece of machinery or in any other group exercise class. Spinning is ultimately a mind-body affair, but one in which exercise junkies

will get their fix of hard, sweaty, calorie-burning work along with their spiritual and meditative desserts.

How to train for this class? Well, the way to go is interval training. Spinning works all three energy systems, but can be best prepared for by doing high -- and I'm talking high -- repetitions with lower weights. Think of it as interval training with resistance (weights). Try sets of 25 leg extensions or lunges for example.

The thighs get the bulk of the action in this activity, but don't neglect hamstrings in your training program. And although spinning teachers are scrupulous about including upper body in the workout, there's a limit to how much you can do without using added resistance (like hand weights) while sitting or standing on the bike. So round out your training program by doing some chest, shoulders, back and arm work with light weights and high repetitions.

The hardest body part to work effectively in the spinning environment is the core: i.e., abs and lower back. Paradoxically, these muscles get a heck of a workout by being the supporting structure of the body during the grueling pedaling. You would be well advised, if you do nothing else, to add serious crunches and some lower back work to your workout if spinning is the main thing you do to stay in shape.

Stretches are almost always included in the class work, and most spinning instructors are pretty good at including good, basic stretches for all the muscle groups. Nevertheless, you want to add some extra mat work for the quads and hamstrings.

I especially recommend the following stretch for the lower back: Lie on your back on a comfortable mat, bend one leg and bring the knee into your chest, holding it in as close and tight as you can with both hands. It's best to hold it under the knee when you're hugging it into the body. Alternate with the other leg. Then bring both knees into the chest and hold them in, releasing the lower back. Breathe.

Spinning is a great way to stay in shape. Remember that you're not in competition with anyone else, and you can set the resistance at your own level. Most spinning teachers I've talked to have told me that it's perfectly all right if you can't finish your first few classes, or if you need to really slow down. Go at your own pace, and remember you're there to enjoy the experience. It's a hard class, but if you take it at your own pace, the results will be well worth the effort.

Effects of Nicotine Therapy Fades Over Time: Study

Nicotine replacement therapy (NRT) may not be as effective at helping smokers kick the habit as previously believed, say Swiss researchers who reviewed studies that included more than 4,800 adults.

The scientists found that 30 percent of those who had used NRT were smoking again a year or more after they quit, *BBC News* reported. The study appears in the journal *Tobacco Control*.

The University of Geneva researchers said earlier studies failed to track smokers over the long term and that most of the evidence for existing treatment guidelines is based on results seen in patients six to 12 months after a single course of NRT treatment.

The researchers said this data fails to take into account the large number of people who start smoking again at a later date, *BBC News* reported. "What our analysis showed is that the effect of NRT fades away over time," said lead researcher Dr. Jean-Francois Etter.

T-Shirt

Tuesdays

T-Shirt

Tuesdays

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Jump Rope Minutes,
the Sweatiest Client
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or your trainer
for more details.

T-Shirt
Tuesdays

T-Shirt
Tuesdays

Foods That Are Naturally Low Fat

Some foods other than those labeled "fat free" are naturally low fat, and can even be more satisfying than low-fat offerings.

- Pretzels: one ounce of pretzels has only one tenth of the fat as an ounce of potato chips.
- Buttermilk: one cup of buttermilk has slightly less fat than a cup of 1 percent milk.
- Pancakes: a pancake has about the same amount of calories as a slice of bread. It's what you top it with that makes a difference. Try low-fat yogurt or jam.
- Bagels: there is one gram of fat per bagel, which contains the same calories as two slices of bread.
- Potatoes: a medium-sized sweet or white potato has about 30 calories and a tenth of a gram of fat.

Summer Sports Without the Sprains



There's nothing worse than feeling physical pain from a summer day of sports. Nothing ruins a great round of golf like golfer's elbow, or spoils a jog like runner's knee.

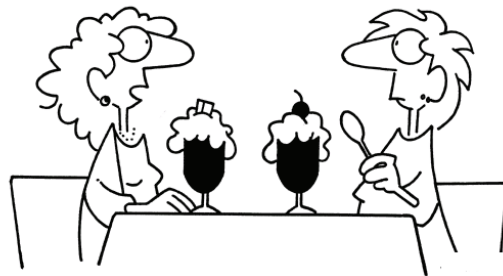
New tips recently published by the New York-Presbyterian Hospital (NYP) offer help for those who want to enjoy the season with athletics. The following tips were compiled by Dr. William Levine, chief of sports medicine at NYP/Columbia University Medical Center, and Dr. Andre Panagos, assistant professor of rehabilitation at NYP/Weill Cornell Medical Center:

- Start slow. Your best bet is to prevent injuries before they happen. Don't expect to be in the same playing condition that you ended up in

last fall, even if you have been maintaining your fitness level. New activities require muscles and joints to respond in a different way. This may result in minor soreness while your body adjusts. If you push yourself too hard, too soon, that minor soreness could turn into something more serious.

- Don't forget to warm up. Although you may feel warm in good weather, you still have to give your muscles a chance to go through the motions and get blood pumping to all the necessary areas. Gentle stretching before finishing your activity will help those hardworking muscles retain and improve flexibility.
- Treat injuries. For tennis elbow, runner's knee and similar injuries, try R.I.C.E.-- rest, ice, compression, and elevation. Rest means that the injured area is not put through any undue strain. When icing a body part, apply the ice in a covering such as a cotton handkerchief so that it is not in direct contact with the skin. Ice the affected area several times a day, for about 20 minutes at a time. Compression is the application of pressure to the injured area to stop bleeding (if any occurs) or to reduce swelling. Elevation helps in these respects as well. Compression and elevation are to be used in the case of acute injuries, such as a twisted ankle.
- Take frequent breaks. Even tennis pros rest between sets. Taking a rest doesn't mean that you have to completely stop all activity (although it may be advisable sometimes). Just rest the body parts that are working hard and are susceptible to injury.

Pay attention to your body. Don't ignore the little aches and pains in the joints and muscles. They are early signals that could help you prevent more serious injuries.



"If you put a crouton on your sundae instead of a cherry, it counts as a salad."

Low Carb Recipe of the Month

Skirt Steak with Balsamic Marinade



When most people think of low-carb diets, they picture a big, juicy steak

Nutritional Information:
345 calories per serving
less than 1 gram of carbohydrates

• **Ingredients**

- 1 1/2 pounds skirt steak
- 1 Tbsp. dijon mustard
- 1/4 cup chopped cilantro
- Grated zest of 1/2 lemon
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 2 roasted garlic cloves

Directions

1. To make the marinade, mix the Dijon mustard with chopped cilantro, lemon zest, balsamic vinegar, 2 tbsp. Olive oil, kosher salt and black pepper. Soak the steak in the marinade for one hour in a covered container.
2. Use a broiler and cook the steak, with garlic cloves, for 5 minutes on each side, with

broiler set to high. Or, fry the steak in a heavy pan with 2 cloves of garlic.

As an alternate, you can sear in a grill pan on top of stove over high heat and then place in a 450° F oven for 10 to 15 minutes, to desired doneness (130 degrees with instant read thermometer would equal medium rare.)

Web Site of the Month

Total Fitness

Organize your exercise with this handy Blackberry program

This program contains a large database of 5000 food items containing all their nutrition information including calories, protein, carbohydrates and fat, view a weekly and monthly graphical view of your nutrient intake, or view graphical view of your nutrient intake against your target.

Some of the features that Total Fitness include:

- Keep a daily log of your workouts by selecting an exercise from the large exercise database.
- This program allows you to enter information for each workout including: duration, calories, distance, and course.
- Allows you to view your progress in graphical view. View the following graphs: Duration, Duration by exercise, Calories burnt, Calories burnt by exercise and Distance
- Allows you to view a monthly and weekly report view of your workouts
- The program contains a database of over 60 weight training exercises sorted by body part.
- You can enter weight and repetition information for each set of your weight training exercise.
- The report view allows you can track the progress for each weight training exercise.
- You can also track health data for each day such as body weight, body fat, blood pressure, pulse, body measurements.
- View a monthly and weekly graphs for weight, body fat, blood pressure, pulse and body measurements

<http://total-fitness.en.softonic.com/ie/42742>

Heat Rash

What is heat rash?

Heat rash ([prickly heat](#)) is a red or pink rash usually found on body areas covered by clothing. It can develop when the sweat ducts become blocked and swell and often leads to discomfort and itching. Heat rash is most common in babies, but may affect adults in hot, humid climates.

What causes heat rash?

In babies, heat rash can be caused by well-meaning parents who dress their baby too warmly, but it can happen to any baby in very hot weather. A baby should be dressed as an adult would be to be comfortable at the same temperature and activity level. Babies' hands and feet may feel cool to your touch because most of their blood is near the stomach, helping digestion, but that does not mean they need to be dressed too warmly in hot weather.

What are the symptoms of heat rash?

Heat rash looks like dots or tiny pimples. In young children, heat rash can appear on the head, neck, and shoulders. The rash areas can get irritated by clothing or scratching, and, rarely, a secondary skin infection may develop.

How is heat rash diagnosed?

Heat rash can usually be identified by its appearance and does not usually require medical attention. However, if it doesn't go away after 3 or 4 days, or if it appears to be getting worse, or if your child develops a fever, contact your health professional right away.

When you or your child has a rash, it is important to watch for signs of infection, including:

- Increased pain, swelling, redness, or warmth around the affected area.
- Red streaks extending from the affected area.
- Drainage of pus from the area.
- Swollen lymph nodes in the neck, armpit, or groin.

- Fever of 100° (37.8°) or higher, or chills with no other known cause.

If any of these symptoms develop, contact your health professional immediately.

What is the treatment for heat rash?

Most prickly heat rashes heal on their own. The following steps can help relieve symptoms.

- Start by cooling your baby down. Remove or loosen clothing and move him or her to a cool, shady spot.
- Cool the affected areas directly, using cold wet washcloths or a cool bath.
- Let the skin air-dry instead of using towels.
- If your baby's skin is irritable to touch, calamine lotion or hydrocortisone cream may be used with your health professional's approval.
- Avoid ointments or other lotions because they can irritate the skin.

The following tips can help prevent future episodes of the rash:

- Dress your child in as few clothes as possible during hot weather.
- Keep the skin cool and dry.
- Keep the sleeping area cool.

After the rash is gone, gradually expose your child to warmer temperatures so that his or her skin can acclimate.

QUOTE OF THE MONTH

*"Live as if you were to die tomorrow.
Learn as if you were to live forever"*
- Mahatma Gandhi



Building a Better Diet

Perhaps you've noticed that the days of the four basic food groups—dairy, meat and protein, fruits and vegetables, and breads and cereals—are long gone. Today, healthy-eating plans—including the U.S. Department of Agriculture's MyPyramid—encompass a far wider range of options. Such options include legumes, whole grains, seeds and nuts, fish, and even plant oils, such as olive oil. Add in ethnic, religious, cultural and personal preferences, and you have more options than ever when planning healthy meals and snacks.

Healthy eating can be presented in a variety of plans, but eating healthfully doesn't have to be complicated. Follow some basic principles common to all healthy-eating plans to help you stay on the path to good health.

Is there an ideal eating plan?

Many people yearn for—and spend a lot of time and money seeking—the perfect eating plan. An ideal diet would ensure excellent health, provide energy and strength, and promote resistance to some diseases. It would delay aging and keep you at your ideal weight.

Does such an eating plan exist? Yes and no. Your nutritional needs differ at different stages of life, and they may also change if you have a chronic disease, for example. Food intolerances and allergies also affect what kinds of food you eat. In addition, other factors such as culture, family background, religious and moral beliefs, cost and availability of food can all affect your food choices and sometimes make it difficult to stick to a healthy diet. People like different foods and prepare similar foods in different ways.

Despite these differences, some general principles for choosing foods apply to most people. These healthy-eating recommendations evolve as research reveals more about what makes up a healthy diet.

The building blocks of a healthy diet

With the variety of healthy-eating plans available, you may wonder which to follow. It may help to know that the basic principles of healthy-eating plans are largely the same and generally include the following:

- Eat more fruits, vegetables and whole grains.
- Reduce intake of saturated fat and cholesterol.

- Limit sweets and salt.
- Drink alcoholic beverages in moderation, if at all.
- Eat moderate-sized portions and control the number of calories you consume.
- Include physical activity in your daily routine.

Healthy-eating plans also place foods in categories in order to help guide your food choices. Since no single food provides all of the nutrients that your body needs, eating a variety of foods within each group ensures that you get the necessary nutrients and other substances that promote good health.

Such plans typically present these groups of food:

Fruits

From apricots to oranges, fruits are great sources of vitamins, minerals, phytochemicals—a group of compounds that may help prevent chronic diseases such as cardiovascular disease, cancer and diabetes—and soluble fiber. Except for a few varieties—such as coconuts and avocados—they're low in fat and calories.

Vegetables

Like fruits, vegetables are great sources of vitamins, minerals, fiber and phytochemicals, which may improve health. If you don't smother them in cream sauces, butter or dips, vegetables are low in fat and calories.

Grains

Breads, pasta, rice, noodles, couscous, polenta, bulgur and other grains are your main sources of carbohydrates. Most are low in fat. Choose whole grains as much as possible for more fiber and a wider variety of nutrients.

Dairy products

Milk, cheese, eggs, yogurt and other dairy products are good sources of calcium, protein and other vitamins and minerals. However, these foods can be high in cholesterol, fat and calories, so choose low-fat versions.

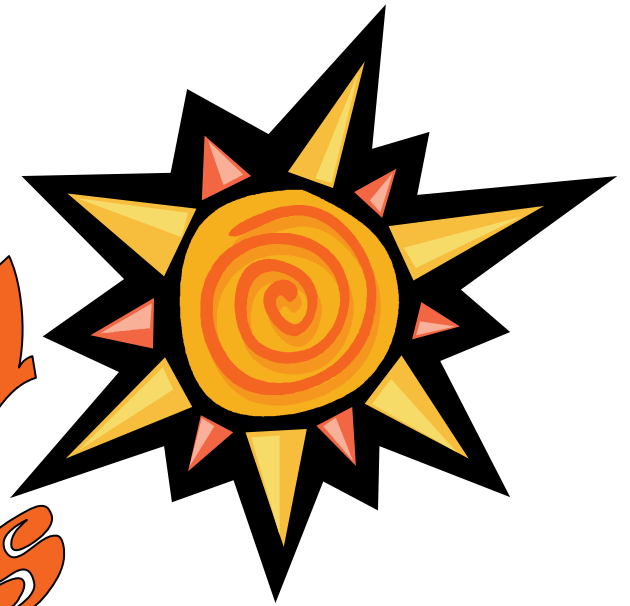
Meat and beans

Meat, poultry and fish provide protein and are good sources of B vitamins, iron and zinc. However, some types of meat may be high in cholesterol, fat and calories. Legumes—such as soybeans, black beans, split peas and lentils—are good substitutes for meat because they provide protein and also have fiber, without the extra cholesterol, fat and calories.

Fats, oils and sweets

These types of foods—which include salad dressings, sour cream and margarine along with cakes, cookies, ice cream and pastries—are high in fat and calories. When consuming foods with fat, unsaturated fats are preferred to saturated fats and trans fats.

**Summer
Referral
Rewards**



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that purchases 10 or more sessions***