

# May 2010

## Happy Mother's Day!

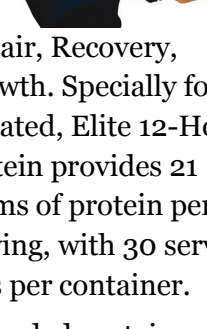
### In this newsletter:

- **From the Clipboard**, by Glenn Peterson
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### Featured Product

#### WHEY PROTEIN



Repair, Recovery, Growth. Specially formulated, Elite 12-Hour protein provides 21 grams of protein per serving, with 30 servings per container.

Extended protein release fuels your body for up to 12 hours.

It has no added fructose, sucrose, fillers, maltodextrin or aspartame.

Cost: \$20.50

Size: 2.2 lbs.

Flavors: Chocolate, Vanilla, and Berry



### From the Clipboard

— Notes from your Favorite Personal Trainer

#### Weight Training and Stress

Whenever I feel stressed my first instinct is to say that I shouldn't exercise. I talk myself into believing that I am too busy or that I will workout after I finish my next task.

This seems to be common among the busy people I talk with every day: business professionals, moms and students. I consistently hear people tell me they are too busy to workout.

Although there is no super quick way to exercise effectively (contrary to television and magazine ads), I can tell you that every single time I take the time for exercise I always feel better and become more productive. I know that working out is a healthy way to improve energy, and relieve stress.

And in the middle of a challenging day, I experience those benefits when I take a half hour to work out.

I bet that next time you feel stressed a short exercise break is exactly what your body needs (and wants). Don't worry, whatever task or job you sacrifice to make time for working out will be waiting for you when you're done.

Glenn

## WINNERS

The results are in from our 90 day weight loss challenge.

### 1ST PLACE:

Weight Loss: Jim

Jim lost **35 lbs** during the 90 day challenge! Jim lost weight by beginning a fitness routine that included weight training (with his personal trainer Colin Welsh) and a cardiovascular program including running, biking, and using an elliptical.

Fit-Division: Donna

Donna lost **30.6% of her body fat** mass during the 90 day challenge! She accomplished this goal by beginning a strength training routine to build lean muscle mass. Donna also worked on her nutrition during the 90 challenge by meeting with nutrition coach Eileen Vollmer.

Donna was able to maintain lean mass and lose body fat!

Donna and Jim will both receive a prize package that includes:

- Refund of \$100 dollar entry fee
- 2 personal training sessions at Inspire Health and Fitness
- Health check-up from Faulkner Wellness Center
- A 1/2 hour massage from the Emerald Isle Day Spa
- A gift certificate from the Running Start
- A family Bowling Package from St. Clair and Bel-Air Bowl

### 2ND PLACE:

Wight Loss: Greg (Lost **19 lbs!**) Fit-Division: Amber (Lost **19% body fat!**)

Second place prize:

- 1 personal training session from Inspire Health and Fitness
- Bowling passes to St. Clair and Bel-Air Bowl

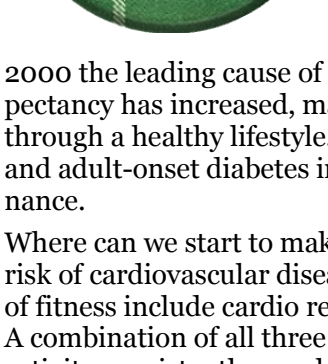
### 3RD PLACE:

Wight loss: Graeme (Lost **16 lbs!**) Fit-Division: Mike (Lost **12% body fat!**)

Third place prize:

- 1 personal training session from Inspire Health and Fitness

## Congratulations to all of the contestants in the Biggest Loser Challenge.



### Invest in Yourself

Colin Welsh, Personal Trainer

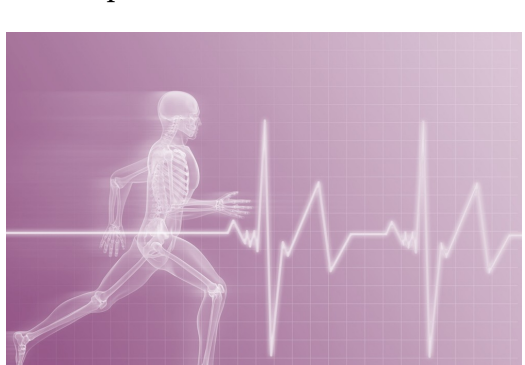
Since the dawn of the industrial age, activity levels have decreased significantly over the years. This is because we as a society have relied more and more on technological advances that have lowered our energy expenditure on a day-to-day basis.

In 1900 the leading cause of death was pneumonia, while in 2000 the leading cause of death was cardiovascular disease. Although the lifespan expectancy has increased, many of the current top causes of death are preventable through a healthy lifestyle. The prevalence of chronic diseases such as hypertension and adult-onset diabetes indicates a significant lack of preventative health maintenance.

Where can we start to make simple modifications in our lifestyle to combat aging, the risk of cardiovascular disease, and improve our quality of life? The basic components of fitness include cardio respiratory exercise, strength training, and flexibility training. A combination of all three is recommended for optimal health. Performing physical activity consistently on a long term basis can increase lean body mass and metabolism, lowers stress levels, and significantly affect hormone production.

Exercising can have many other benefits besides what is visible to the naked eye, but the bottom line is that exercise is our preservative from the natural processes of aging. The body is the greatest tool we will ever own, treat it as an investment and take care of it. Through regular exercise, eating a healthy diet, and stretching we can combat the effects of aging and a sedentary lifestyle.

Source: ["Leading Causes of Death"](#)



### Sustainable Health

Eileen Vollmer, Nutrition Consultant

We hear the word sustainable tossed around a lot these days. It is the buzz word of environmentalists and the media. It seems like everyone is talking about "going green."

**I looked up the word sustainable, and it means "able to endure."** So I began thinking about my clients and the reasons they seek my nutrition services. Usually, they have tried many, many diets in the past. Unfortunately, none of those diets were sustainable.

**Sustainability means taking the long term view versus focusing on short term results.** Therein lies the problem with most diets. Diets focus on the short term results—losing X pounds for a wedding or vacation. When the event passes, so does the motivation.

**Forget the number on the scale for a moment; where do you want your HEALTH to be in 6 months; 1 year; 5 years; 10 years from now?** How do you envision your future? What are the things you want to be able to do? Do you want energy to play with your children or grandchildren? Do you want to be able to keep biking with your buddies? Do you want to be able to dance for hours without getting tired? Do you want to be strong enough to easily lift 40 pound bags of dog food? Do you want to age gracefully, with great health and vitality?

**Think long term.** When you go from being very inactive to trying to work out 5 times a week for an hour, that is not sustainable. You will not be able to endure, and you will find yourself discouraged and defeated. Don't despise the day of small beginnings! Begin with small, achievable goals. Likewise with diet. **If you try to overhaul too much, too fast, you will not be able to sustain those changes.** It is much better to make small changes and to build them into your lifestyle.

**Here are a few ideas your sustainable health:**

- If you buy lunch out every day, begin by taking your lunch to work one or two days a week.
- Reduce consumption of things like caffeine, sugar, white flours gradually. Swap out one cup of coffee or soda per day for hot or iced green tea. Reduce sugar in recipes by 25% with no noticeable change. Swap half the white flour for 100% whole wheat flour. Introduce whole grain pastas by initially mixing some in with white pasta.
- New to exercise? Begin with a commitment to move 15 minutes per day, 5 days per week.
- Challenge your body but also listen to your body, especially as you age. If you overdo exercise, you may find yourself sidelined for a while. The goal is being active for life. For example, if running starts becoming too hard on your knees, switch to cycling or swimming.

**Abandon the all or nothing mentality that keeps you stuck, and make small, gradual changes that are sustainable for life!**

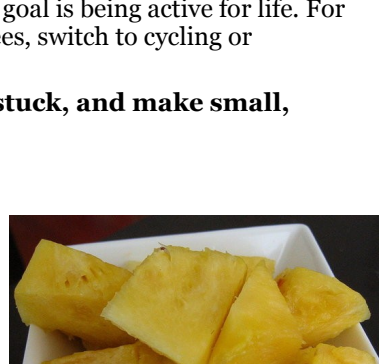
Eileen



## Recipe of the Month

### Pineapple Chicken Kebabs

Fresh produce season is here. Enjoy these grilled kebabs with your favorite fresh vegetables.



#### Ingredients

##### Marinade

- 6 Ounces Of Fresh Or Canned Pineapple Juice
- 1 Tbs. Peanut Oil
- 3 Tsp. Soy Sauce
- 2 Tbs. Brown Sugar
- 1/4 Tsp. Ground Ginger
- 1/8 Tsp. Cayenne Pepper
- 1/2 Tsp. Onion Powder
- 1/2 Tsp. Garlic Powder

- 1/4 Tsp. Black Pepper
- 4 Large Minced Garlic Cloves

##### Kebabs

- 1 lb boneless skinless chicken breasts, cut into cubes for kebabs
- Canned or fresh Pineapple
- 1-2 large sweet onions
- Green and/or Red Pepper
- Cherry Tomatoes

#### Directions

Reserve 6 oz. juice from 20 oz. can of pineapple. (If you have a juicer, make 6 oz. pineapple juice from a fresh pineapple.)

Combine marinade ingredients, stir well to dissolve sugar. Cover and refrigerate for at least 1 hour. Reserve 1 cup of marinade to use for basting. Place chicken in Ziploc bag with marinade, refrigerate for at least 1 hour (up to 4-6). Flip the bag several times to cover completely.

Cut onion into wedges; cut pepper into squares pieces. Drain and discard marinade.

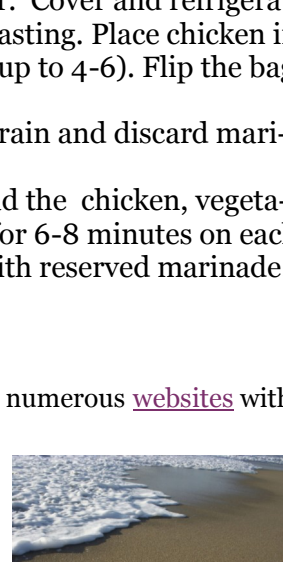
On 16 metal or soaked wooden skewers, alternately thread the chicken, vegetables and pineapple. Grill, uncovered, over medium heat for 6-8 minutes on each side or until meat is no longer pink, basting frequently with reserved marinade.

Serve with green salad and/or brown rice.

Intimidated by the idea of cutting a fresh pineapple? There are numerous [websites](#) with tips to make this easy.

## Coming up...

- Stay tuned to find out more information about our next weight loss challenge.



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