



September 2010

Inspire Health and Fitness turns Two on September 22nd!

In this newsletter:

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Featured Product

MyoLean Chocolate Meal Replacement



Myo Lean is an advanced Low Glycemic meal replacement specially formulated to yield slow releasing carbohydrates.

Highest quality protein sources, Low Glycemic carbohydrates, vitamins and minerals, added BCAA's, glutamine peptides, and essential fatty acids all packed into one delicious and convenient shake. Myo Lean will help assist in your training goals of becoming leaner, stronger, and healthier.



Size: 2.5 lbs

Cost: \$33

From the Clipboard

— Notes from your Favorite Personal Trainer

The Best Abs Exercise

Since most people want a defined core, I routinely get asked the question, "What is the best abs exercise?"

The answer may surprise you, it's not crunches—it's cardio. This may sound like a fake answer but actually losing body fat will allow you to see muscle definition much better than crunches.

Beyond appearances, core strength is important. It enables good posture and makes other types of exercise easier and more efficient. (Imagine trying to go for a run without the ability to stabilize your core!)

If you want to show off your six pack, or lean out you must do cardio. It is possible to have great core strength and well-defined abs, but if they are covered with body fat all your hard work will never show.

If you have 45 minutes of time to exercise, I recommend spending 35-40 minutes doing cardio (walking, running, biking, elliptical training) and the remaining 5-10 minutes on abdominal exercises.

Glenn

Pumping Iron

Beth Baughan, Personal Trainer



Have you heard that one of the best ways to trim down is to pump iron? An efficient use of weights can burn calories in a shorter amount of time.

One of the most common ways to lift weights is to do one set, take a short rest break, then do a second set of the same exercise.

However, studies show that performing two exercises targeting opposite muscle groups without rest in between burns more calories. For example: instead of doing two sets of bicep curls, try one set of bicep curls followed by a triceps exercise. (This is referred to as "supersets.")

Supersets burned more calories during and after the workout, and took 20% less time to finish than the traditional sets. There is nothing better than having a great work out in less time. Try adding supersets to your strength training routine today.

Examples of opposite muscle group exercises:

- Bicep curls and tricep push downs
- Squats and hamstring curls
- Bench press and Lat pull down



Are you hungry or thirsty?

Colin Welsh, Personal Trainer

Thirsty? Hungry? The brain signals that tell us that we are hungry or thirsty are produced simultaneously. We tend to overeat due to the fact that we cannot distinguish between the two. Drink plenty of water throughout the day and reap the rewards. Try the 8 X 8 rule: eight glasses of eight ounces of water a day.

Recipe of the Month

Chicken Souvlaki Gyro Style

From: [All Recipes.com](http://AllRecipes.com), Teresa Rouzer

Marinade

- 1/4 cup and 2 tablespoons extra virgin olive oil
- 1/4 cup and 2 tablespoons balsamic vinegar
- 1/2 clove garlic, crushed or to taste
- 1 heaping tablespoon dried oregano
- 1 teaspoon Dijon mustard
- 1 pinch salt
- 3 tablespoons lemon juice
- 1/2 teaspoon freshly ground black pepper
- 4 boneless, skinless chicken breasts



Tzatziki Sauce

- 2 cups plain yogurt (or Greek yogurt)
- 2 cloves crushed garlic
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup chopped fresh mint leaves (optional)
- 1 large cucumber - peeled, seeded and shredded
- Juice from 1-2 slices lemon
- Splash of extra virgin olive oil

- 4 large pita bread rounds (go for whole wheat)
- 1 head of romaine lettuce, cut into 1/4 inch slices
- 1 red onion, thinly sliced
- 1 tomato, halved and sliced
- 1/2 cup kalamata olives (optional)
- 1/2 cup pepperoncini (optional)
- 1 cup crumbled feta cheese (optional)

Directions

In a small bowl, mix the marinade ingredients. Place chicken in a large re-sealable plastic bag. Pour marinade over the chicken, seal, and refrigerate for at least 1 hour.

Use a cheese cloth to strain the yogurt over a bowl in fridge for 3 to 4 hours, until most of the water has drained (or use Greek yogurt, it is thicker).

Press excess liquid out of the shredded cucumber. In a medium bowl, stir together the cucumber and strained yogurt. Mix in the garlic, salt, pepper, mint, lemon and olive oil. Chill the mixture for 1 to 2 hours.

Remove chicken from marinade and place on preheated grill. Discard remaining marinade. Cook chicken until juices run clear, about 8 minutes on each side. Remove chicken from heat, and allow to sit about 10 minutes before slicing into thin strips.

Place pita rounds on the grill, and cook for about 2 minutes, until warm, turning frequently to avoid burning. Arrange warmed pita, sliced chicken, lettuce, onion, tomato, olives, and pepperoncini on a serving platter. Serve tzatziki sauce and feta cheese in separate bowls on the side. Stuff pita pockets with chicken and toppings to serve.

Meet Jamie



Jamie Norman

Certified Personal Trainer at Inspire Health and Fitness

Education: B.S. in Corporate Recreation and Wellness

Experience as a Trainer: 2.5 years

Goals Achieved: 1st place in the Figure Competition in the Southern States Classic and St. Louis Naturals

When did you start exercising? In high school I played sports and wanted to be tough. :)

What are your current fitness goals? I'm working to get my professional card in figure bodybuilding.

Have you noticed a difference in how you feel as a result of your fitness routine? OH DEFINITELY.

What advice do you have for someone starting a fitness routine? Don't get discouraged, it takes time, but you'll get there if you keep at it.

What are your hobbies? Spending time with my boyfriend, watching movies, hanging out with friends, working out.

What are your favorite foods? Sushi and ice cream.

What are your least favorite foods? I refuse to eat bologna and spam because they are awful for you and because they taste disgusting...yuck!

What is your favorite exercise and why? I have a lot of favorites. The first one that comes to mind is burpees (a full-body exercise that combines squats and push-ups). They are great for cardiovascular health and overall strength and endurance.

What exercise do you like least? CYCLING. It's my least and most favorite at the same time. I hate it because it makes my quads burn, but I love it because it's a great way to burn calories and get a good leg workout.

Why did you become a personal trainer? I wanted to help other people feel and look their best. I also enjoy training clients who are working towards competing in bodybuilding competitions.

Coming up...

- Stay tuned for the unveiling of our new website.
- Meet our personal trainer— Beth Baughan.
- October Health Seminar— Women's Health Issues with Glenn Peterson and Dr. Amanda Buffington (Whole Health Chiropractic)



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