



A Step Above

Personal Training Concepts

"Holistic training disciplines the spirit, mind and body."



Research has shown significant improvements in the symptoms of diabetes with regular physical activity and exercise. According to the National Council

The Effects of Exercise on Diabetes

on Strength and Fitness (NCSF, 2003) exercise has been considered a preventative and/or treatment for Type 2 diabetes. Furthermore, benefits such as lower fasting blood glucose concentra-

tions, better glucose tolerance (less of a spike in glucose after eating), improved insulin sensitivity (more glucose uptake with given amount of insulin), weight control (increased lean mass and reduced fat mass), improved lipid profiles, reduction in blood pressure for those with hypertension, lower risk of cardiovascular disease and stress management (NCSF, 2003) will also take place for those who use exercise regularly as part of their treatment program for diabetes.

Statistics show that over 15 million Americans suffer from diabetes. It is estimated that 90% of that population have type 2 which is the most common form of diabetes. Type 2, also non-insulin dependent, usually occurs in adults. Most individuals with type 2 can sufficiently control their blood glucose levels through diet and recommended exercise. According to the American Dia-



Jinjer's Thoughts

betes Association (ADA) type 2 diabetes is sometimes defined as, the body may produce insulin but the cells ignore the insulin therefore it is sometimes referred to as "insulin resistance". In addition some people may experience hyperglycemia however; most do not require insulin injections. This form of diabetes is usually prevalent in individuals who are inactive (sedentary lifestyle), obesity, genetic predispositions, and poor diet. The American College of Sports Medicine (ACSM) recommends that individuals with Type 2 diabetes engage in both cardiovascular endurance and resistance training programs after consulting with their physician prior to exercising. Type 1 diabetes (insulin dependent) results from a lack of insulin production. Although exercise will not prevent or cure type 1 diabetes, regular aerobic exercise can improve glucose tolerance and insulin sensitivity. After a physician's ap-

Educational Fitness Programs designed to enhance mental, physical, emotional and spiritual growth. A holistic approach to maximizing human potential.

ASA Group 5K
Walk/Run Dates
Rural Retreat Lake
8:00 am -9:00 am
APRIL 18 & MAY 2

Open to anyone wanting to participate.
All participants meet @ swimming pool area
Wear comfortable shoes; layer your clothes in case weather is still cool.
Enjoy the beautiful trail and early morning air.

A STEP ABOVE PERSONAL TRAINING CONCEPTS will not be held liable for individuals training independently from facility.

Break For Summer
Wytheville Boot Camp
ends May 28th

Rural Retreat Boot Camp
ends June 25th

All evening Boot Camp classes in Wytheville and Rural Retreat will resume on September 8th and run through May 2010.



New Class Offered
EARLY MORNING BOOT CAMP
A Step Above in Wytheville
Instructors: Jinjer Covert & Missy Childers

Tuesday & Thursday
6:00 am – 7:00 am
June 9 through August 27

Must have 12 people for class to make

"Come have fun and get your sweat on!"

Diabetes

approval prior to exercising, type 1 diabetics should constantly monitor their diet and exercise. It is recommended that these individuals modify insulin dosage and carbohydrate ingestion before exercising in order to avoid hypoglycemia and maintain proper glucose control (NCSF, 2003).

How do I start an exercise program to help my diabetes? Research has indicated that both aerobic and resistance training are necessary components for effective exercise programs. First it is important to get a physician's approval prior to engaging in any exercise program. Also understanding the type of diabetes one might have is very beneficial. Therefore, acquire as much medical information about your type of diabetes. Finally check different types of fitness programs (either group or individual) offered through the local gyms, recreational centers and/or personal training salons to see what they offer. Furthermore, start your program slowly and work up to your desired fitness level.

el. For example, maybe start a walking program focusing on a short term goal of about 15 minutes daily. Then when comfortable maybe increase that time to approximately 20 minutes daily or most every day of the week. Keep in mind it is good to mix up your routines. For example utilize an aerobic program (walking, jogging, and group exercise) three

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days a week and a resistance training program (lifting weights, using resistance bands, light dumb bells, or weight machines) two days a week. Resistance training is generally prescribed to individuals with type 2 diabetes. In addition to maintaining and increasing muscle mass, research shows that resistance training also assists with glucose tolerance and insulin sensitivity which can produce some of the same effects on the body as that of aerobic exercise.

A good resistance training program should focus on major muscle groups such as chest, back, legs, and arms in addition to consisting of 1 set of 10 through 15 repetitions for each muscle group. It is also recommended to participate in resistance training a minimum of two non-consecutive days per week. One example might include aerobic training on Monday, Wednesday and Friday, and weight training on Tuesday and Thursday. Understand that there is a plethora of different training programs. Therefore, it is important to design and customized a program to best fit and meet the person's specific needs and time management. All programs should start slow and then incrementally progress into one's desired fitness levels.



Health & Nutrition

Cooking with Flaxseed

Why Flaxseed? Flaxseed is full of disease fighting compounds and is very simple to use at every meal. The most important compounds are: Omega-3 fatty acids which help prevent heart disease and inflammatory disorders; Antioxidants which may help prevent certain types of cancer; and Fiber which can reduce blood cholesterol and the risk of type 2 diabetes. You can substitute 3 tbsp. of flaxseed for 1 tbsp. butter or cooking oil. Sprinkle flaxseed on your cereal, salad, yogurt or smoothie. Stir into soups, lentils or pasta sauces. Add to your cookie dough or muffing mix. The health benefits are worth the simple addition into your everyday cooking!

Oven Fried Chicken with Flaxseed (from healthyflax.com)

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|---------------------------------|---------------------------|
| 1 beaten egg | 1 tsp. paprika |
| 3 tbsp. skim milk | 1 tsp. chili powder |
| ½ cup ground flaxseed | 1 tsp. garlic powder |
| ½ cup crushed unsalted crackers | 1 tsp. seasoned salt |
| ¼ tsp. black pepper | 2 - 3 lbs. chicken breast |
| 1 tbsp. dried parsley flakes | 2 tbsp. butter |

Preheat oven to 350. Combine egg and milk. In a shallow container combine flaxseed, cracker crumbs and seasonings. Skin chicken. Dip pieces into egg mixture; coat with crumb mixture. Placed chicken on greased baking pan so pieces do not touch. Bake for 45 min. or until tender. Do not turn chicken pieces while baking. Yield: 6 servings, serving size 1-2 pieces.

Nutrient Values: Calories 267, Protein 23.9g, Carbs 10g, Fiber 3.5g, Fat 14.7g, Saturated Fat 4g, Cholesterol 106.7mg, Sodium 147mg, Potassium 627 mg, Folate 67mcg

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Group Exercise Classes:

Women's Boot Camp: Class Time 6:30-7:30 PM, Tuesday & Thursday nights.

Aerobic Boot Camp: Class Time 6:30-7:30 PM, Tuesday & Thursday nights in the town of Rural Retreat, located at the Pentecostal Holiness Church on Parsonage Avenue.

A variety of personal training programs are also offered, please call for additional information.

A personal trainer is not a luxury. It's a preventative investment for optimal health and wellness.