

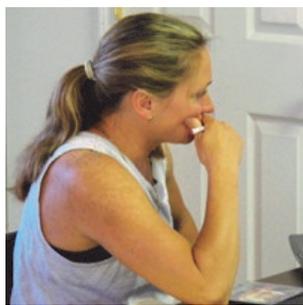


# A Step Above

## Personal Training Concepts



Continue to visualize your  
2010 outcome ...  
Where do you want to be?



### Jinjer's Thoughts

Let's begin our health and fitness training for 2010 with a new perspective. As we become successful in the little things, our self-confidence increases and our self-esteem grows. To that end, making New Year's resolutions (setting goals for this upcoming year) is a well-founded act and, **yes**, I do recommend it.

Research shows that people who set goals are more successful than those who don't. Consequently, if you are a goal setter, then you're on the right track. However, goal setting and goal achievement is easier if you take smaller steps and enjoy each accomplishment as it happens verses trying to take quick, giant steps ... **mastering a goal does not happen overnight.** It takes time and commitment. One small step at a time will allow you to continuously improve, building up your confidence in your ability to easily improve. Each small success leads to another. Add them all up and you arrive at that once seemingly unattainable goal. For example, if you haven't exercised or changed your eating habits in over a year (or ever), the sudden restriction of calories and die-hard exercising three to four times a week for more than 90 minutes at a time is not realistic (giant step).

If your fitness goal includes increasing your cardiovascular fitness and this is new



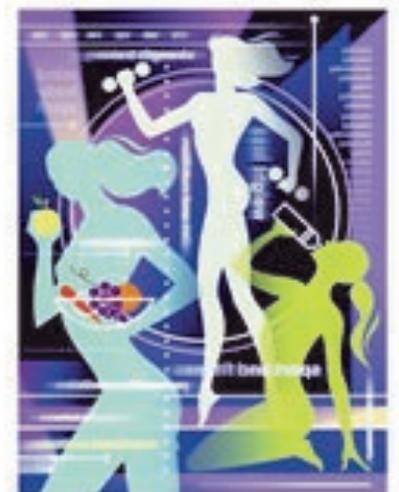
### 2010 Action Awareness Training (AAT) ... Eating Healthier, Training Smarter, and Living Longer

to you, here is a suggestion. First consult with your physician to identify any health risks or concerns and get a medical check-up. Then, with your doctor's OK, possibly join a gym or enjoy the outdoors and start a walking program. Make sure you have the right shoes and attire for the workout. Just to ensure proper hydration, drink at least 8 to 16 ounces of water thirty minutes to one hour before your activity. Focus on a walking pace that is a bit faster than your casual everyday pace. You want your heart rate to slightly increase. Make sure your pace does not create any leg or shin pain. If you develop pain, either shorten your stride or avoid inclines when first starting out. Set a small goal of maybe 15 to 20 minutes at least two times a week. When you meet that goal and feel good about it, try increasing either your time or walking pace, or add an extra day to your workout. All these are suggestions in accomplishing your fitness goal and allowing yourself to feel better about your health. Listen to your body and never increase training intensities unless your body feels good about it.

Action Awareness Training (AAT) is a process-orientated concept that involves taking smaller steps in reaching your fitness goals. If you want to make lifestyle changes, write them down and post them on your refrigerator. You have to eat! You will see your fitness goals

daily. Visualize your outcome ... write down a realistic deadline for your outcome. Eat healthier by adding more fresh vegetables and fruits, reducing fatty foods and red meat. Reduce your stress by learning how to say "no" and exercising regularly. Listen to your body and get regular medical check-ups.

In closing, AAT is a process about staying focused ... don't be distracted during an activity because that is where injury is lurking. Listen to your body and know your limitations. Aging can be a beautiful thing learning how to **eat healthier, train smarter, and live longer.** Just don't give up.



## Orange-Glazed Chicken with Rosemary

*Orange juice and rosemary add wonderful flavor to this easy skillet chicken dish.*

2 teaspoons canola or olive oil  
 4 boneless, skinless chicken breasts (1 to 1¼ lb)  
 ¼ cup orange juice  
 ¾ cup reduced-sodium chicken broth  
 1 teaspoon chopped fresh or ½ teaspoon dried rosemary leaves, crumbled  
 ⅛ teaspoon coarse ground black pepper  
 2 teaspoons Dijon mustard  
 1 naval orange, peeled and thinly sliced

1. In 12-inch nonstick skillet, heat oil over medium-high heat. Add chicken; cook 3 to 5 minutes, turning once, until browned on both sides.
2. Add orange juice and ½ cup of the chicken broth to chicken in skillet; sprinkle with rosemary and pepper. Cover; reduce heat to medium. Cook 12 to 15 minutes or until chicken is no longer pink in center. Place chicken on serving platter.
3. Add remaining ¼ cup chicken broth and mustard to skillet; increase heat to high. Heat to boiling. Boil 4 to 5 minutes, stirring frequently, until mixture is glaze consistency. Stir in orange slices; cook 1 to 2 minutes, stirring constantly, just until heated.
4. Spoon glaze over chicken on platter. If desired, garnish with fresh rosemary sprigs.

prep time: 15 min  
 start to finish: 30 min  
 makes: 4 servings



Nutritional Information :

**One Serving:** Calories 180 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 70mg; Sodium 230mg; Total Carbohydrate 6g (Dietary Fiber 0g, Sugars 4g); Protein 26g. **Percent Daily Value\*:** Vitamin A 2%; Vitamin C 20%; Calcium 4%; Iron 6%. **Exchanges:** ½ Other Carbohydrate; 0 Vegetable; 3 ½ Very Lean Meat; ½ Fat **Carbohydrate Choices:** 1/2

\*Percent Daily Values are based on a 2,000 calorie diet.

*From eatbetteramerica*



### WE NEED YOUR HELP!

#### 1st ANNUAL CROSSROADS SHELTER FESTIVITIES IN THE PARK FUND RAISER

A Step Above, PTC, would like to announce that we will be helping to sponsor a Benefit Concert in Wytheville, Virginia, on April 10, 2010. **ALL** proceeds will go to the Crossroads Shelter in Wytheville. This event will take place in the Elizabeth Brown Memorial Park and the old Parks and Recreation Center located across from the courthouse. Festivities will begin around 12:00 noon and end at 6:30 p.m. ... **rain or shine**. Our projected goal is \$10,000 ... to help the Crossroads Shelter in its continuing effort to provide services to the community's homeless.

The Benefit Concert will feature performances by Edith Shumate, Ephraim Vause Memorial String Band, COR 13, 3-n-1 Band, Breakndaylight, and All Nations Church Praise and Worship Team who will be singing and playing Christian rock and bluegrass music throughout the day. The day's festivities will also include arts and crafts, local businesses advertising their products and/or services, concessions, and several planned activities for the children. Please come and join in the fun and help support the Crossroads Shelter for the homeless.

If you are interested in promoting your business, setting up arts and crafts displays, helping with concessions, clean up, or cooking for the event, please contact me, Jinjer Covert, for more information at 276-228-5776. I will point you in the right direction and give you the names of those you need to call to participate in this event. We welcome help from all profit and non-profit organizations.



#### Contact Information:

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 Wytheville, Virginia 24382  
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E-mail: [Jinjer@astepabovetpc.com](mailto:Jinjer@astepabovetpc.com)

[www.astepabovetpc.com](http://www.astepabovetpc.com)

#### GROUP EXERCISE CLASSES:

**Boot Camp:** Class Time is 6:30-7:30 p.m., Tuesday & Thursday nights, Wytheville

**Boot Camp:** Class Time is 6:30-7:30 p.m., Tuesday & Thursday nights at the Pentecostal Holiness Church on Parsonage Avenue in Rural Retreat.

*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.*