



A Step Above

Personal Training Concepts

He who enjoys good health is rich; though he knows it not.

~ *Italian Proverb*



Jinjer's Thoughts:



On behalf of A Step Above, Personal Training Concepts, I would like to thank all our members for a wonderful year thus far. It's been very rewarding watching everyone incrementally move forward in their fitness levels during the first quarter of 2010. Some students, who thought they would never make it through the first class, persevered until the end without missing a day. Moreover, some students, starting their training for the first time in mid-March, never quit or gave up during moments of frustration as they learned movement and technique and increased their cardio fitness. Linda Pickett, a student of the young age of 61, let all boot camp members know that she had tremendous core strength and beautiful form (not to mention heart) after completing a 4:30 standard plank on the last day of the "Boot Camp Challenge". Congratulations, Linda!

The cardio fitness division of the "Boot Camp Challenge" came down to two contestants: Suzie Richert and Elaine Smith. They competed illustrating

a cardio 3 step, adding a knee raise. Steps were done at a very quick tempo, and contestants were required to raise their knees either to or above hip level in order to remain in the competition. Watching the two of them was very motivating. And hearing other students cheer them on as they watched the duel was exhilarating. It came to an end after ten minutes without missing a step. Tammy Hayden overcame her opponent in the push-up division, completing 40 excellently modified push-ups with no rest in between. HOORAH!!!!!! KUDOS TO ALL OUR BOOT CAMP CADETS! May your summer be blessed!

Don't forget that registration is now open for our FALL group exercise classes in Wytheville. Beginning September 7th, our Tuesday and Thursday boot camp will be from 6:30 p.m. to 7:30 p.m. On September 8th, we will be offering a new "Rise and Shine" low-impact aerobics class on Mondays and Wednesdays from 6:00 a.m. to 7:00 a.m. for those early raisers. For those die-hard exercisers who

want both morning and evening classes, we have a special discount offer. Call A Step Above, PTC, at 276-228-5776 to get your name on the list.

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HEURISTICS AND THE GULLIBILITY OF AMERICANS

A heuristic is a specific rule-of-thumb or argument derived from experience.

Today's society is desperate for a quick, easy fix for our problems -- a magic pill or magic diet. Regard-less of how good we might look for our age (based on genetics, eating healthy and exercising regularly), we still will find that we just aren't skinny enough, muscular enough, and/or tall enough. I haven't ever heard anyone say, "Man I wish I was short and fat!" Have you? We can't prevent aging, no matter how well we eat or how much we exercise. We will still lose a percentage of eye sight and our hearing and possibly still develop some arthritis.

In our youth-obsessed culture, the advancing and haunting prospect of growing old becomes something to be tirelessly avoided. We all hope to age gracefully, but most of us wouldn't pass up a dip in the legendary fountain of youth! Therefore, as we age, we need to be more **preventive** conscience -- more aware of our body and its needs. This means getting regular health and medical checkups (blood pressure, blood screening, etc.) to promote good health and to make sure your body is still getting the required amounts of vitamins and minerals through eating healthy (macronutrients) and taking vitamin and mineral supplements (calcium, iron, B6, B12, etc.) if needed. Recognizing our physical abilities, exercising regularly on a daily basis, and eating a balanced diet from which we get **macronutrients** (such as carbohydrates, 45-65%; proteins, 12-35%; and fats, 20-35%, as recommended by the 2005 USDA Dietary Guidelines for **AMDR-Acceptable Macronutrient Distribution**), can improve a person's total quality life.

On the other hand, vanity's quick fix can be bought for a huge price. Fad diets, cosmetic surgery, and self-help seminars ("Dale Carnegie" or "The Little Gold Book of YES Attitude") are a temporary fix at best. Mother Nature will soon disassemble the body and put it in the used part section.

Research has shown in general that both diet and exercise, in the right prescribed doses, will create weight loss. Because people feel pressured to lose weight,

the majority of them will try some type of diet at some point in their lives. FAD DIETS and popular TV shows (i.e., *The Biggest Loser*) have stirred up the nation into thinking this is the answer. We see airbrushed models on magazine covers and hear actors giving testimonials that these diets (Adkins, The Zone, South Beach) worked for them.

Think back to the day when gullible Americans listened to and believed cigarette commercials promoting weight loss using the Virginia Slim or nicotine diet. Don't forget the parasite diet, where people believed that ingesting tapeworms would help them lose weight fast. Oh, and the Sleeping Beauty Diet -- lose weight while you sleep for days due to a heavy sedation of drugs. If that's not working, try the Scarsdale Diet that says you can lose 20 pounds in fourteen days using a low-calorie, low-carbohydrate diet. Or the infamous Cabbage diet that advertised losing ten pounds in seven days. **CAUTION: make sure your job is not too strenuous and that you have easy access to a bathroom facility -- schedule meetings accordingly).**

What do fad diets have in common? They advertise quick weight loss, use fasting and or cleansing methods, produce claims that sound too good to be true (and usually are), eliminate one or more of the five food groups (see food pyramid), give recommendations based on a single study or several testimonials, and they don't have scientific evidence showing differences between individuals or groups. When losing weight fast, you lose muscle and fat. Sadly, diets are short term -- when you stop dieting, you gain back more pounds than you lost. If you are concerned about your body and think you need to lose weight, talk with your doctor or a registered dietitian, who may reassure you that you are at a healthy weight. They can sit down with you and determine the best way for you to reach a healthy weight. It is safe to lose approximately 1 to 2 pounds a week by making simple adjustments in one's lifestyle. Regardless of your exercise status (avid strength trainer, marathon runner or just the average person who exercises daily), following a balanced diet is still one of the best methods for living healthier and enjoying an overall better quality of life.

Tropical Treat Smoothie

(From *Health*, April 2010)

Prep: 7 minutes.

Yield: Makes 1 smoothie
(1 1/4 cups)

Ingredients

- 1 cup fresh or frozen unsweetened pineapple cubes (such as Dole), plus a pineapple wedge for garnish
- 1/2 cup soft silken tofu
- 1/2 cup coconut sorbet
- 1 Tbsp fresh lime juice
- 1 tablespoon chopped fresh mint leaves
- 1/2 tsp minced peeled fresh ginger
- 2 Tbsp cold water Matcha tea (1 tsp to 1 Tbsp to taste)



Preparation

Purée all ingredients in a blender until smooth. Pour into a chilled serving glass, and garnish with pineapple wedge; serve.

Nutritional Information

Calories: 310; fat: 6g (sat 3g, mono 0.0g, poly 1g); cholesterol: 5mg; protein: 11g; carbohydrate: 58g; fiber: 3g; iron: 2mg; sodium: 95mg; calcium: 89mg.

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Beginning September 7th:

Tuesday and Thursday Boot Camp
6:30 p.m. to 7:30 p.m.

Beginning September 8th:

"Rise and Shine" Low-Impact Aerobics
Mondays and Wednesdays
6:00 a.m. to 7:00 a.m.

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