



A Step Above

Personal Training Concepts

“He who enjoys good health is rich, though he knows it not.” ~ Italian Proverb

jinjer's thoughts . . .

USE IT ... OR LOSE IT!



How are those 2012 fitness goals coming along? Are you feeling like there are just some days that you can't seem to make time for that workout what with working crazy hours or overtime at work and summer time approaching with its preparation for beach voyages and vacations? It becomes frustrating at times trying to fit exercise into an already busy schedule, and some individuals feel that if they can't even get 30 minutes in, then why bother! Before you know it, a few weeks have passed and your workout schedule is out of kilter. Then, when you make the decision to get back into the gym, it feels just like you're starting all over again.

Well, the fact is you ARE almost starting over if you have taken more than

two weeks off. If you try to pick up where you left off and aren't careful, you could be putting yourself in harm's way for injury to occur and then you're out of training again. However, if you ease back into your routine, then, with consistency, you will be back in no time at all at the level you were at before you stopped. Individuals at higher fitness levels know that their levels are attained by time and dedication. Exercising daily is a part of their lives, not just a temporary phase they're going through. Therefore, they know firsthand how hard it is to achieve this level of fitness. Sadly, should someone have to stop exercising completely, their achievements could be lost in equal or less time. (Trish Schwartz, ACE)

According to the article, *Jumping Back on the Fitness Bandwagon* (Trish Schwartz, ACE), there are multiple factors that could effect how quickly or slowly you lose fitness levels after detraining: age, genetic responsiveness to training, the level of fitness you possessed prior to detraining (i.e., did you stop completely or just cut back) and, finally, how aggressively you resume your training? What is **detraining**?

Detraining is defined as the "partial or complete loss of training-induced adaptations in response to cessation of training or a substantial decrease in training load." **Retraining** is recovery of condition after a period of inactivity

(roy-stevenson.com, *Comeback Trail*. Roy Stevenson discusses how quickly detraining effects take place in Ultra Endurance Runners. These are runners who spend approximately 7 to 12 hours a week, either on road or trail, training for competitions. Also, these are runners who have done this type of training for several years. In the article, *Comeback Trail: Detraining and Retraining and Maintenance of Fitness for Ultra Endurance Runners*, Joe is forty-five years old and is an Ultra Marathon Runner. He has trained consistently for 10 years, until one day Joe becomes very sick with pneumonia and is bed ridden for 3 months. Joe is finally healed and ready to start back into his training. Stevenson states that if Joe had only been inactive and rested for a short amount of time, it would not have impaired his training that much. Nevertheless, detraining effects start taking place significantly after about two or three weeks. "Changes in the heart are rapid and dramatic," states Stevenson.

Studies show that in trained individuals, the left ventricle dimensions significantly decrease after two weeks of not training. Furthermore, there is a decrease in heart wall thickness and mass. Heart rate increases and the amount or volume of blood pumped by the heart per beat continues to decrease (**stroke volume**). Research has indicated, that trained individuals who

USE IT OR LOSE IT ... (continued)

consistently do cardio for eight weeks, followed by bed rest for a period of weeks, decreased in **VO2max** by 27% (a fitness indicator used to measure a person's maximal capacity to transport and use oxygen). Also, the group who participated in an 8-week cardio training program, and then became somewhat active for 20 days, dropped in their cardiovascular level by 5% to 10%. Nevertheless, doing a little something is still much healthier than doing nothing at all.

What if you are more of a weight/power lifter and have to take time off from strength training? Studies have indicated that cardio fitness levels tend to deteriorate much quicker than those of strength training. However, when comparing strength gains in highly trained and untrained individuals, results demonstrate that atrophy occurs much quicker in untrained versus trained individuals. When you completely stop lifting weights, you will notice that your muscle mass reduces and body fat increases; and you experience loss of strength, power, and endurance in

addition to a reduction in neuromuscular efficiency (*National Council on Strength and Fitness*, 2005). Should you, however, have to take time off from the weight room completely, it has been proven by research studies that the initial effects are not dramatic following three weeks of detraining. Peak power output decreases by approximately 9% or 10%. So, you cardio enthusiast, beware of how quickly your goals can dissipate. You strength-training enthusiast, if you need a 2- or 3-week vacation from the gym to let your body rest ... take it!

For all the rest of you fitness junkies who enjoy training just for health, not competition, know your limits; and, if something has happened to get in the way of your workout and you have missed your workout schedule for more than two or three weeks, or even four months, start back safe and slow and ease yourself back into your program to gently attain the level you were at before your interruption in fitness occurred.

Runners, start back at 20 or 30

minutes, three times a week, at a lower intensity until you can build back up ... and take it easy on your joints. Weight lifters, choose the weight at which you can safely perform for either 12 or 15 repetitions only. Do some slow, full-body workouts to re-acclimate yourself to the training stress on your joints, muscles and tendons. Work your major muscle groups before isolating the smaller groups. Plan your workouts safely. If you lack motivation, hire a personal trainer for a couple of weeks to get the ball rolling until you can adhere to a program. Make fitness a part of your life goal, not just a weekly goal, and see results with consistency. If there are setbacks, just know that they're a part of life and DON'T give up.

Remember, if you **DON'T** use it ... you **WILL** lose it!



LEMONY TURKEY PRIMAVERA SKILLET

- INGREDIENTS:** 1 1/2 cups (5 oz) uncooked bow tie pasta (farfalle)
 1/2 lb fresh asparagus spears, trimmed, cut into 1 1/2-inch pieces (about 2 cups)
 1 1/3 cups (6 oz) fresh baby carrots, halved lengthwise
 1 cup Progresso® chicken broth (from 32-oz carton)
 4 teaspoons cornstarch
 1/2 teaspoon garlic-pepper blend
 1 lb fresh turkey breast slices, cut into thin bite-sized strips
 1 cup fresh whole mushrooms, quartered
 1 can (14 oz) whole baby corn, drained, rinsed
 1 teaspoon grated lemon peel



● In Dutch oven or large saucepan, cook pasta to desired doneness as directed on package, adding asparagus and carrots during last 2 to 4 minutes of cooking time. Cook until asparagus is crisp-tender. Drain. ● Meanwhile, in small bowl, combine broth, cornstarch and garlic-pepper blend; mix well. Set aside. (**Garlic-pepper blend is a combination of garlic powder, salt and pepper. Look for the seasoning in the dry spices and herbs section of the grocery store. Or use 1/4 tsp garlic powder, 1/4 tsp salt and 1/8 tsp pepper in place of the garlic-pepper blend.**) ● Spray 12-inch nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add turkey and mushrooms; cook 3 to 5 minutes or until turkey is lightly browned and no longer pink, stirring frequently. Turkey breast is a lean protein that supplies amino acids that give structure to the body in skin, cell membranes and muscles. (**One pound of boneless skinless chicken breast halves can be used in place of the turkey breast slices in this recipe.**) ● Add broth mixture; cook and stir just until mixture begins to thicken. Add cooked pasta and vegetables, corn and lemon peel; cook and stir until thoroughly heated. If desired, season with salt and pepper to taste.

Nutrition Information: 1 Serving (1 1/2 Cups) - Calories 260 (Calories from Fat 20), Total Fat 2g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 50mg; Sodium 460mg; Total Carbohydrate 37g (Dietary Fiber 3g, Sugars 4g), Protein 24g; **Percent Daily Value***: Vitamin A 100%; Vitamin C 4%; Calcium 4%; Iron 15%; **Exchanges:** 2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 2 Vegetable; 2 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat; Carbohydrate Choices: 2 1/2; *Percent Daily Values are based on a 2,000 calorie diet.

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