



# A Step Above

## Personal Training Concepts

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~ Plato



*Jinjer's Thoughts:*



## ARE YOU PHYSICALLY EQUIPPED?

Some will argue that exercising regularly (most every day of the week) at a moderate intensity can increase your lifespan. However, I truly believe that if you focus on eating healthy, exercising a minimum of 30 minutes daily, and getting regular medical check-ups (keeping a check on blood pressure, cholesterol and sugar levels), you can actually improve your total quality of life and avoid preventable diseases. In Striving for the optimal quality of life, you can achieve total fitness in all aspects such as the social, mental, emotional, spiritual and physical domains. This would be considered "physically" equipped ... giving you the ability to handle unexpected and stressful situations much more efficiently. In fact, The National Exercise for Life Institute, based on scientific evidence from The Cooper Institute for Aerobics Research, recommends increased physical activity as part of everyone's daily routine. Regular physical activity is a vital part of a healthy lifestyle ... it prevents disease and enhances total well-being.

Looking back at the life span of man, according to the Bible Adam (first man) lived to be 930 years old; Methuselah, recorded as being the oldest, lived to be 969 years old. The Lord said, "My Spirit" will not contend with man forever, for he is mortal, his days will be a hundred and twenty years." (Genesis 6:3, NIV). Can you even imagine living that long? Nowadays, it is rare to see someone living functionally to be 90 years old. According to research conducted in 2008, the average life span in the United States is between 77 and 78 years old. Wow! If you knew you had 30 more years, what would you have done differently? Heredity and health do tend to raise questions about health and fitness needs. The gene pool does not guarantee a high or poor fitness level, but it does prepare one for knowing what their chances are for inherent diseases if they do not take preventable health measures. For example, quality of life can be enhanced via an active lifestyle. Risk of heart disease can be reduced with moderate amounts of physical activity daily.

Remember ... you can't judge a

book by its cover. You may see someone who appears to be very fit and lean, and you think ... they don't have cholesterol or blood pressure problems. You might even assume that they eat healthy because of the way they look. This may only SEEM to be the case. Are they strong enough physically and mentally ... having the strength to help out in an emergency situation? In general, "power lifters aren't marathon runners." Do we need to stay at that level of fitness in order to be physically equipped? It appears to be a lot of work with tons of sweat (depending upon what kind of activity you do, how long you do it, and at what level of training intensity); forget the spouse and/or family as all free time will be spent at the gym; and enjoying the pleasure of those "really fat foods" ... non-existent, right? All for a body that is really temporary in the natural.

In the 1980s, a fitness craze swept the country ... an obsession with health, beauty, youthfulness and sex appeal. How do we compete with the beauty of those air-brushed models on the cover of magazines and the quick-fix magic pills that "burn fat" ... all for a self-image that has blemishes due to high

*PHYSICALLY EQUIPPED (Continued)*

expectations and social standards! Whose standards ... the media? Media has killed the perception of “just being apparently healthy.” In the old days, “plump” was a status symbol indicating someone was rich. Nowadays, plump means you might need a doctor, a fitness routine and (for some) a restricted diet. How do we change the mentality of Americans when everything visual about fitness overpowers the positive concepts of being equipped and living a healthier lifestyle? Today, with innovations of ever-evolving technologies, much less energy is expended to complete tasks and connivance shopping or eating has contributed to more sedentary lifestyles.

Becoming physically equipped is within everyone’s grasp; it just takes discipline, a plan and solid action for that plan. We must go back to basics and start eating properly for the foundation of our physical turn around. Make sure you take the time to eat a healthy breakfast ... it's probably the most important and most over-looked meal of the day. Then begin to introduce exercise (three times a week) into your schedule ... it can actually be a lot of fun. Begin with a light warm up (walking briskly ... then add some light stretching exercises for flexibility, cardiovascular conditioning (getting your heart rate up), and resistance exercises or strength training (free weights or machines) for improving muscle strength and building endurance. Strengthening your heart, lungs, and muscles and increasing your flexibility contribute to being physically equipped. As you begin to get more comfortable with these, your stamina and endurance will increase. Stick to your plan and, before you know it, your body will drive you with the desire for more.

People with higher levels of physical activity are at lower risk for developing chronic diseases such as high blood pressure, stroke, coronary artery disease, type 2 diabetes, colon cancer, and osteoporosis. It can also help prevent or reduce falls. Being active helps you do every day activities like climbing the stairs, shopping for groceries, and visiting with family and friends. You are the only one who can commit to putting your health and wellness back

on the right track! Are you sick of being overweight, out of shape, or just plain lazy? Do something about it! Start changing ...become more “physically equipped” to handle “all things” TODAY!



**10 TIPS FOR FALL FITNESS**

1. Take advantage of the weather with its crisp air, apple picking, pumpkin carving, and gorgeous canopy of fall foliage. "Walking, hiking and cycling are all awesome in the fall," says Todd Durkin, MS, fitness coach and owner of Fitness Quest 10 in San Diego, California.
2. Think outside the box. Fall is a great time to learn something new. If you learn something new now, by next summer, you'll have mastered the skill -- and you'll burn more calories doing it, just in time for swimsuit season.
3. Be an active TV watcher. While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups.
4. Integrate exercise into your life.
5. Rejuvenate yourself. Treat yourself with activities that promote wellness, so you can feel good physically, mentally, emotionally, and spiritually.
6. Remember the 30-day rule. "It takes about four weeks for the body to adapt to lifestyle changes," says Justin Price, owner of The Biomechanics, a personal training and wellness coaching facility in San Diego, California.
7. Strive for the 3 Cs — Commitment, convenience, and consistency.
8. Deal with darkness. Dark doesn't mean you can't work out, just be smart and safe.
9. Dress in layers. When exercising outside, before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.
10. Find your motivation. You have to be motivated by the day-to-day work-outs, so choose something you'll enjoy doing and will be likely to keep up. Anything worth having takes work.

From WebMD — Article by Barbara Russi Sarnataro, reviewed by Louise Chang, MD

**Chiffon Pumpkin Pie**

- 3 egg yolks (save egg whites)
- 1 cup sugar
- 1¼ cups pumpkin
- ½ cup milk
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- 1 pie crust



Stir all ingredients together. Cook until thick. Dissolve 1 envelope unflavored gelatin in ¼ cup hot water and add to pumpkin mixture while mixture is still hot. Set aside to cool completely. Beat egg whites, adding ½ cup of sugar to thicken. Fold egg whites into cooled pumpkin mixture. Pour into baked pie crust and place in refrigerator until firm.

*from Mattie Layne, Wytheville, Virginia*



**DON'T FORGET ...**

Current Boot Camp classes will end December 2nd. All members need to pre-register for January 2011. To reserve your slot, students need to pay January fees by the end of November. New classes will begin January 4, 2011.

TUESDAY & THURSDAY  
BOOT CAMP  
6:30 p.m. to 7:30 p.m.

MONDAY & WEDNESDAY  
“RISE & SHINE” Boot Camp  
6:00 a.m. to 7:00 a.m.

**CONTACT INFORMATION:**

1320 W. Main Street, Suite B  
Wytheville, Virginia 24382  
Telephone: 276-228-5776

E-mail: [Jinjer@astepabovetpc.com](mailto:Jinjer@astepabovetpc.com)

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