



INDUSTRIAL STRENGTH

CERTIFIED PERSONAL TRAINING

Industrial Strength Fit Tip Archives
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2009

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April 2009: Fit Tip

Are you really healthy?

Mind-Body-Spirit may seem like the new trend in exercise and fitness, but the truth is, it is nothing new, simply the old basics of health. **Overall health involves five dimensions: emotional, intellectual, physical, social and spiritual health.** So often we focus on just one aspect of health and completely neglect the others. All dimensions of health are equal and a balance among them leads to optimal health.

Emotional health: The understanding of one's emotions and knowing how to cope with everyday problems and stress. Enjoyment in life and optimism are key aspects of this dimension.

Intellectual Health: The part of the mind which contributes to sound decision making. Critical thinking and decision making are important aspects of this dimension. Intellectual health and emotional health are very closely related.

Physical Health: This is the condition of the body and its responses to damage and disease. Adequate exercise, maintaining normal body weight, regular health care check ups, and balancing work and rest are important aspects of this dimension.

Social Health: The ability to perform one's role in life as a son/ daughter, parent, spouse, friend, neighbor, or citizen comfortably, with pleasure, and without harming other people. Maintaining healthy relationships and effective communication is important in this dimension.

Spiritual Health: The feeling that one's behavior and basic values are in harmony. It may include a sense of awe with nature's beauty and majesty, a deeply held religious faith, or a sense of inner peace in regard to one's life. With this dimension, it is the development of a meaningful relationship with the universe and life itself, regardless of the method used to find it.

For more information, contact our new Life Coach, Susie Broatch at 704-541-3985.

June 2009: Fit Tip

How to Stay Motivated... One Step at a Time.

1. Start with SHORT TERM goals.
 2. REWARD yourself for meeting those goals.
 3. Don't beat yourself up if you slip up. Keep POSITIVE ENERGY going.
 4. VISUALIZE yourself at your happiest and healthiest.
 5. Have CONSEQUENCES. Be accountable for sticking to your plan.
 6. Track your SUCCESSES. Write everything down.
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1. Start with short term goals. Keep your commitment to your workout EACH WEEK instead of "for the month." Stick to your diet for the next THREE DAYS instead of saying "I'm going to be good through the summer." If you take it by baby steps you'll feel successful more often and it will keep you optimistic.
 2. Now REWARD yourself for those significant goals! Please do not use this as an excuse to reward yourself with ice cream! How about that new magazine at the grocery store? Or the latest Bestseller! Then bring that new book or magazine to the gym and try out the recumbent bike. The time will FLY by! For your more long term goals, maybe a new workout outfit or a few new tunes for your iPod?
 3. You are not "perfect" so do not beat yourself up if you are not as successful as you want to be. The trick is in the small goals. Make them attainable so that you keep that positive energy going! If you slip up and eat that (insert goodie here), enjoy it and then make a new goal for yourself tomorrow!
 4. VISUALIZE yourself at your happiest and healthiest! Sit quietly and imagine yourself somewhere you enjoy (beach, woods, lake, mountains) and begin to see yourself where you want to be when all of these small goals begin to take shape. I bet you are smiling wherever you are and remind yourself of this visualization if you begin to wonder if you want to go to the gym tonight or not.
 5. Have CONSEQUENCES! If your child doesn't do his/her homework, there are consequences! Ask your trainer or a friend or family member to help keep you accountable and/or take away something good if you do not stick to your plan. Take away the TV or your favorite book if you do not hit the gym after work tonight. Make yourself dust a room full of baseboards instead!
 6. Track your SUCCESSES! Buy one of those cute or funny calendars you've always wanted and write down EVERY DAY you do something you feel good about! Whether it was getting to the gym for a 2 hour long workout, sticking to your eating plan for the day, or simply taking the dog for an extra long walk. Chart EVERYTHING, because EVERYTHING is important!

July 2009: Fit Tip

Spark Your Metabolism!

Here are some really simple ways that you can keep your metabolic fire burning strong:

1. Eat breakfast
2. Eat small meals frequently
3. Weight train
4. Do cardio
5. Eat after you workout

Did you know:

- * a pound of muscle requires 50-100 calories per day to maintain
- * a pound of fat only requires 2 calories per day to maintain

After the age of 20, your metabolism slows by about 3% per decade. You also begin to lose muscle mass at a rate of 1/2% per year. These 2 factors greatly impact your ability to maintain a healthy body weight. For example, imagine that you have 50 pounds of muscle mass when you are 20 yrs old... by the time you are 40, you have lost more than 5 pds of muscle and your metabolism has slowed by 250-500 calories per day! Wow! No wonder it's so much easier to gain weight as we age!

In addition, low calorie diets cause the body's metabolism to slow significantly. By shocking your system with a sudden, dramatic shift in caloric intake, the body responds by turning the metabolism down by sacrificing your precious muscle for fuel. Remember, muscle burns 50-100 calories per day so the body reasons that if it has fewer pounds of muscle to fuel then the lower caloric intake will balance out. So there you have it! You actually taught your body to survive on LESS fuel. Then you go off the crash diet and you gain the weight back twice as fast... and the bad news is that it isn't muscle this time.. IT'S ALL FAT!

But there is hope! Here are some really simple ways that you can keep your metabolic fire burning strong:

1. Eat breakfast - even if it's something small... you have to let your body know that it's not starving or that metabolism goes down the tube.
2. Eat small meals frequently - the best way to keep a fire burning bright is to throw several small logs on it periodically instead of a HUGE log once or twice per day.
3. Weight train - you can reverse the effects of aging on the metabolism by weight training 2-3 times per week.
4. Do cardio - increase your daily caloric expenditure by moving more
5. Eat after you workout - it is a fact that the body's metabolism slows after exercise if it is not refueled properly. Your window of time to refuel is about 1 hr.

Remember... if you're starving, your body will react opposite from the results you are striving to achieve. Keep that fire burning and don't work against yourself. Good luck!

August 2009: Fit Tip

Surviving The Salad Bar

Summer is a great time for salads. Make a light meal without turning on the stove and take advantage of heart-healthy summer produce. Be smart about your choices or your salad can be worse than a fast food burger and fries. Here are some tips for what to keep and what to toss at the salad bar.

1. Choose high folate and vitamin C dark leafy greens instead of iceberg lettuce. Choose spinach, endive, mixed "baby" greens containing multicolored lettuces and romaine.
2. Choose colorful vegetables: **red** radishes, peppers and tomatoes, **green** peppers, cucumbers and broccoli, **yellow** peppers, **purple** cabbage, **orange** carrots, and **tan** (fresh) mushrooms. Eat smaller quantities of canned veggies such as artichoke hearts and olives, because they are high in sodium. (Olives are a source of monounsaturated, heart-healthy fats and can be enjoyed in moderation.)
3. Choose colorful fresh fruit: they contain vitamin A and C, carotinoids, fiber and potassium. Most have 0 fat as long as they are not bathed in syrup. Just be mindful of the serving size.
4. Add beans: 1/2 cup of chickpeas or kidney beans add about 5 grams of fiber and 7 grams of protein. This will help fill you up.
5. Choose lean meats and fish such as chicken (not breaded), turkey, tuna without mayo, or shrimp. Cured meats, such as bacon, ham, and salami, are high in salt.
6. Use just a sprinkling of highly flavored cheese like parmesan, feta, or blue, otherwise you'll be adding a lot of fat calories and salt. Choose low-fat options if they are available.
7. Avoid creamy sides, like pasta salad, tuna with mayo, coleslaw, or potato salad.
8. Limit toppings such as croutons, nuts & seeds, and fried noodles & onions.
9. Avoid creamy dressings. Choose vinaigrette, Italian, reduced calorie dressings, or lemon, vinegar and olive oil. Use only 2 tablespoons.
10. Choose a whole grain bread to eat with your salad, increasing your fiber and B vitamins.

September 2009: Fit Tip

Going green: Tips for eco-friendly exercise

Whether you're training for a marathon or just trying to shed a few extra pounds, this month's tips will help you go green while getting fit.

Get outside. On a nice day, instead of hitting the gym take your workout outdoors. The only energy required is yours. Walking, hiking, biking and jogging are all great cardiovascular activities. Along the way, stop to strength train by using your body weight for resistance with lunges, squats, push-ups, pull-ups, dips and step-ups.

Not only will you get a great workout, you'll also have lots of fun connecting with the natural world and your community. You can go it alone, enlist a workout partner or even start a workout group in your neighborhood.

- Walk or bike to work, to the gym, to school, etc.
- Mow the lawn.
- Weed your garden.
- Go for a hike. Pick up trash along the way.
- Take your dog for a long walk. Use biodegradable bags to pick up after them.
- Chase your kids around the yard.
- Join a group that clears trails in local hiking areas.

Unplug. If outdoor exercise is not an option, try using equipment that requires you to generate the power. Some examples: dumbbells, tubing, kettle bells, jump ropes and self-powered cardio machines such as spinning bikes and rowing machines.

- Buy used exercise equipment on Craigs List.
- Give the power generated treadmill or stair climber a break. Run up and down the steps in your home or office.

Dress the part. When choosing your workout clothes and accessories, consider those made of organic cotton, bamboo or other natural fibers -- even coconut shells! You could also look for clothes and shoes made of recycled materials, such as sneakers with recycled rubber soles.

You also can shop for eco-friendly fitness products such as yoga mats made of natural rubber and yoga mat bags made of hemp.

When you've worn out your clothes, recycle them. Patagonia has a program that allows you to recycle old workout clothes and turn them into new ones. Nike has a recycling program that turns old sneakers into basketball courts, running tracks and playgrounds.

- Use a reusable water bottle.
- Buy workout clothes made in the USA

Don't forget to fuel your body with local and organic foods before you exercise, and have fun!

October 2009: Fit Tip

Watch that salt!

The food choices we make each day affect our blood pressure, especially those foods with a high salt content. On average, American men consume 4200 mg sodium each day with women close behind at 3300 mg. 90% of us will develop hypertension by age 75, so it's important to learn what preventative measures you can take. Hypertension is often called the "silent killer" because your blood pressure can be high without having any symptoms. The current recommendation for sodium intake is 2400 mg per day, with encouragement of only 1500 mg by the Institute of Medicine.

Why lower the sodium recommendation? You probably know of sodium's close connection with high blood pressure. But studies also find high sodium intake can lead to heart and kidney problems, as well as osteoporosis and other bone disorders.

Surprising fact: Only 25 percent of your daily supply of salt comes from the saltshaker. Most of the rest comes from processed and packaged foods. Manufacturers add loads of sodium to food, both for flavor and to keep it fresh.

What is blood pressure (BP)? BP is composed of 2 numbers. The first is the systolic BP, which is the force that is exerted on the artery wall when your heart beats. The second is the diastolic BP, which is the force between heart beats (the time when the heart is filling with blood and resting). Normal BP is 120/80. Best BP is 115/75. Hypertension is BP over 140/90.

Tips to reduce sodium and lower blood pressure:

- Lose weight (blood pressure, blood sugar and cholesterol will decrease too)
- Limit alcohol
- Exercise daily
- Avoid using table salt, garlic salt, onion salt
- Avoid buying canned vegetables, processed and packaged foods
- Say no to sports drinks unless you are an endurance athlete
- Choose unsalted nuts, low fat milk, low sodium cheese
- Buy fresh, frozen or low sodium canned vegetables
- Use spices and herbs rather than salt to enhance flavors
- Check food labels. Buy foods with less than 480 mg of sodium per serving. Also check for non-salt sources of sodium (Na, monosodium glutamate or MSG, sodium citrate, baking soda, baking powder, and sodium bicarbonate).

November 2009: Fit Tip

Alcohol and Exercise

It's finally Friday and you just got off work. You're thinking about going out and having a few drinks with your friends. You worked hard all week and you certainly deserve a little fun. But... if tomorrow is a workout day, here are a few things to consider before heading out to the local pub.

We know about liver disease, drunk driving, hangovers and things we did that we don't want to talk about, but what about the actual effect on our body?

Alcohol acts as a diuretic, causes dehydration, and therefore impairs the body's cooling system. Dehydration in general causes overall fatigue. So if you enjoy a cold one even the night before you exercise, expect to not be at peak performance, to feel tired and have muscle cramps while exercising.

The diuretic effects of alcohol deplete the body of valuable electrolytes such as magnesium, calcium and potassium, as well as B vitamins and minerals such as zinc. So the hangover cure is not more alcohol...contrary to popular beliefs, but to drink as much water and Gatorade as possible to replace fluids and electrolytes and eat foods high in B vitamins and zinc.

Do your joints hurt more after a night out drinking? Alcohol will not only dehydrate you and keep you from sleeping well, but it will also increase swelling around your soft tissues. It will delay your recovery if you have been injured. So don't sulk in your misery, do your physical therapy instead.

Why did you eat so much at that party last night? Alcohol weakens your body's ability to convert food to energy (which is why we eat) and reduces your blood sugar levels causing you to feel hungry. Alcohol has no nutritional value AND has seven calories per gram so excess consumption can lead to weight gain as well.

If you've made the time and effort to improve your physical conditioning and your overall health with exercise, why take steps backwards and impede your improvements? If you consume alcohol, do so in moderation – men, 2 per day – women, 1 per day.

December 2009: Fit Tip

Stay Active During the Holidays

Trying to fit exercise in to your holiday to-do list can be stressful. But, staying active will give you energy, lessen holiday tension, and work off some of the extra calories you're most likely eating.

So, how do you find time? These quick tips will help you stay active the holiday season.

Plan Ahead

If you're traveling, take time to figure out what your options are beforehand so you're ready for anything. A few ideas:

- Find out about walking or park trails nearby
- Find out if your hotel has an exercise room
- If you're staying with family, ask if they have fitness equipment
- Find out if there's a nearby gym and if there is a fee for visitors
- Talk to your family in advance and suggest an activity together
- If they aren't into fitness, tell before you visit that you want to squeeze in a workout. Ask what they recommend so that you don't interfere with family plans or hurt their feelings if you take time away from them.

Get Prepared

Plan for the worst-case scenario. That may be staying in grandma's basement with no equipment and only 10 minutes to yourself. Try these quick tips for squeezing in a workout when you only have minutes to spare:

- Plan a 10-minute routine...10 exercises, each for 1 minute (squats, lunges, pushups, jumping jacks).
- Bring resistance bands. They travel well and you can use them for quick strength exercises.
- If you have a laptop, bring along a workout DVD or try streaming workouts online such as demandFitness.com.
- If guests are staying with you, move your equipment (weights or bands) into your bedroom so you can sneak in some exercise at night or in the morning.
- Wear your running or walking shoes as much as you can. You may find a 20-minute window when people are napping or before dinner for a quick walk or run.
- Invite family members for a walk.

Use Every Opportunity

Get creative and find ways to move your body any way you can:

- Walk as much as possible. Take extra laps at the mall, use the stairs, volunteer to walk the dog.
- If you're hanging out with kids, set up a game of football, tag or hide and seek.
- Offer to help with the housework, vacuuming or raking leaves.
- If everybody's sitting around watching football, get on the floor for some situps or pushups. If that's too weird, try isometric exercises -- squeeze and hold the abs, the glutes or even press the hands together to engage the chest.
- Pick up full water bottles or soup cans for quick lateral raises or overhead presses.

Doing something is better than doing nothing! You aren't always in charge of your schedule during the holidays so remember that the holidays are about enjoying yourself and your family. Relax and get your mind and body ready for the new year.

January 2010: Fit Tip

Add something new to your workouts this year. Try Pilates!

Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It can even help alleviate back pain. No matter what your age or condition, it will work for you.

Professional dancers have known the benefits of Pilates for decades. Top athletes use it for strength, flexibility, and injury prevention. Hollywood celebrities and supermodels use it to maintain beautiful physiques.

Visit Industrial Strength Unwind, our new Pilates studio at the YWCA.

The Benefits of Pilates

A refreshing mind-body workout

Pilates gets your mind in tune with your body. By emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement, you become acutely aware of how your body feels, where it is in space, and how to control its movement. The quality of movement is valued over quantity of repetitions. Proper breathing is essential to help you execute movements with maximum power and efficiency, and to reduce stress.

Build strength without "bulking up" - gain long, lean muscles and flexibility

Conventional workouts tend to build short, bulky muscles - the type most prone to injury. Pilates elongates and strengthens, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured.

Develop a strong core - flat abdominals and a strong back

Pilates exercises develop a strong "core," or center of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle.

Create an evenly conditioned body and prevent sports injuries

In conventional workouts, weak muscles tend to get weaker and strong muscles tend to get stronger. The result is muscular imbalance - a primary cause of injury and chronic back pain. Pilates conditions the whole body. Your entire musculature is evenly balanced and conditioned, helping you enjoy daily activities and sports with greater ease and less chance of injury.

Learn efficient patterns of motion

Pilates exercises train several muscle groups at once in smooth, continuous movements. By developing proper technique, you can actually re-train your body to move in safer, more efficient patterns of motion - invaluable for injury recovery, sports performance, good posture and optimal health.

Be confident and safe

No other exercise system is so gentle to your body while giving it a challenging workout. Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates is so safe, it is used in physical therapy facilities to rehabilitate injuries.

Be challenged

Pilates is also an extremely flexible exercise system. Modifications to the exercises allow for a range of difficulty ranging from beginning to advanced. Get the workout that best suits you now, and increase the intensity as your body conditioning improves.

February 2010: Fit Tip

Swimming is for Everyone

Low-impact and fun to do, swimming is a popular activity for all ages. Add swimming to your exercise regime and enjoy its numerous benefits. *Learn more about the aquatics programs offered at the [YWCA](#).*

Health Benefits

Because the human body is 90% water, its density is very similar to the density of water. That's why you feel weightless when swimming. And why swimming is a great form of low-impact exercise, making it extremely popular with people who are elderly, pregnant, recovering from an injury, disabled or overweight. Swimming is also a great cardiovascular workout that elevates the heart and respiratory rates, improving overall health.

When you swim, you exercise all of the muscles in your body. However, your upper body and arms get more of a workout than your legs. If you want to use your legs more, try doing the breast stroke, which generates greater leg movements than the front crawl. If you are supplementing your swimming with exercise on land, where the legs are used more, do the front crawl to give your arms an additional workout.

Burning Calories

When you swim breaststroke or backstroke, you burn about the same number of calories as you would by walking fast or jogging slowly. More vigorous swimming will burn more calories. Doing the front crawl vigorously for 30 minutes will burn about 350 calories.

Swimming During Pregnancy

Swimming is a completely safe and excellent exercise for expectant mothers. Be sure to check with your doctor before you jump into the pool. If you swam before your pregnancy, you should have no problem. If you didn't exercise at all before your pregnancy, start slowly with gentle stretching, go easy and listen to your body. Stay out of the hot tub or sauna. Extreme heat can sometimes slow the development of the fetus.

Swimming as Rehabilitation

Swimming is a great way for athletes to quickly bounce back after injuries. After suffering an injury to her Achilles tendon, professional runner Mary Slaney, trained only in the water for 3 weeks. A week later she set a world record in the 1000 meters.

Aqua fitness and Aquaerobics

Aqua fitness and aquaerobics are both excellent aerobic workouts without high impact. Incorporating many movements seen in dry-land aerobics with specialized equipment for deep-water workouts, many people, including expectant mothers and the elderly, use aqua fitness to stay healthy and improve or maintain their cardiovascular fitness.

Mix it Up

Swimming is undoubtedly good exercise, but it doesn't use the leg muscles as much as exercising on land. Because it is low-impact, swimming is not good for maintaining bone density or preventing osteoporosis. Make sure to include exercise on land, such as lunges, running, walking, or cycling, plus weight training 2-3 times a week to help ensure total fitness.