

# HEALTHLINES

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## Chad's Corner

Over the last couple of months there have been many changes that have occurred at Body Symmetry. First of all, Joella Galetti, of our Champaign office, resigned August 1, 2001 to take a position with Carle Clinic as an Exercise Physiologist in their Cardiac Rehab unit. Joella had been with Body Symmetry for nearly 4 years. We are sad to see Joella go, but are happy for the new beginning for both of us. Good luck and best wishes go out to Joella and her family from all of us at Body Symmetry.

Wes Scales of our Springfield office has also recently taken a full-time position as an Exercise Physiologist with Memorial Hospital. He too will be working in the Cardiac Rehab unit. Wes will remain with Body Symmetry on a part-time basis as a trainer. Good luck Wes.

In light of Joella's departure, I have had to absorb as much of her client base as I could in Champaign. There were a few clients I was not able to accommodate. For that I am sorry. It has been great though to get the opportunity to work with new and interesting people. I also want to thank my Springfield clients for understanding my predicament. Several of you have been extremely accommodating. Unfortunately, there were a few of you who we were not able to find a suitable training time. Please know I am doing my best to come up with a solution everyone can live with. For the immediate future I will continue traveling to Champaign on Monday and Wednesday to train.

Over the summer a couple of us attended The World Fitness Expo in San Francisco. We attended specific seminars related to nutrition, posture, functional training, balance and corrective exercise. Each and every time I

attend one of these seminars I come away absolutely amazed at the new research and training methodologies being introduced worldwide. Corrective exercise techniques and integrated functional movements continue to be at the forefront of our profession. What's really cool though are many of the new integrated functional movements that were introduced, we have been doing for some time now. Like the "Triple Threat" and "3-D Dumb Bell Matrix". We have been using these protocols for quite a while.

I would like to address a policy issue of ours. Our training session with each of you is 55 minutes. This has been in force for nearly 5 years now. There are a few of you who may be offended if we do not spend exactly one hour with you. It is our policy to train you for 55 minutes. Many times I personally spend one hour with my clients. Yes, there have been times when a training session may only last 50 minutes, but generally all of us here at Body Symmetry make an honest

effort to spend 55 minutes with each of you. Should you have any questions about our training policies, or anything else for that matter, please feel free to call me at your convenience. I will be more than happy to answer your questions.

Finally, sincere congratulations are in order for Sara Bateman-Mansfield. Sara married Rich Mansfield on September 15th of this year. I must say, the wedding, bride and groom were all beautiful! Best wishes for a lifetime of happiness and prosperity!

Yours in Health, Chad Marschik

### **Success: It Takes a Village *by Sara Mansfield, M.S., C.S.C.S***

Success is defined as "the satisfactory completion of something". However abstract that definition is, it is a term used often in the realm of fitness and exercise programs. As personal trainers, we constantly ask ourselves if we are doing all that we can to help our clients achieve success or meet their goals. Our clients seek us out for knowledge and expertise that they themselves do not have.

Think of the reasons that you initially started working with a trainer. The reasons are many. Some have time constraints, some are unsure where to begin, others have a specific health issue they have to address, or they just simply hate exercise and must have someone make them do it.

Whatever the reason, remember that just coming through our doors or having someone come to your home is not enough. Your success is directly related to your effort, both in and out of training time. Our trainers can help you to work hard and effectively for one, two or even three hours each week. Ask yourself what are you doing with your time the rest of the week. I always refer back to the 80/20 rule.

*Do what you should 80% of the time and what you want 20% of the time.*

This is a general guideline. Obviously, those with more serious health problems have to monitor their lifestyle more than 80% of the time because it is sometimes a matter of life and death. Regardless, the lesson is a good one. Be brutally honest with yourself and find out what commitment you are willing to make, what "physical flaws" you are willing to accept, and decide what needs to be done.

Remember, your genetic make-up is a factor that you cannot ignore. Nowadays, there is a way to change most things about our physical appearance. If I want my blue eyes to be brown, I just pop in some tinted contact lenses. If I want to be blond-haired instead of brunette, I visit my hairdresser. She can even straighten my extremely curly hair. If I want to have a tan all year long, I go spend some time in a tanning bed. Most of these solutions are pretty easy, relatively quick

and somewhat inexpensive. Because of this, we tend to think that everything can be changed with this ease. If you agree with this, I urge you to consider it in a different way. None of these things are permanent changes, and they do not come about by any true effort on your part. If you constantly try to change yourself, you lose what a unique miracle you truly are.

We at Body Symmetry are always trying to improve our service and find new challenges for our clients. Whether it is through new program ideas, more support or better resource availability. Personally, I try to explore every avenue to solve a problem that a client is having. I ask myself, "what am I doing wrong, or NOT doing that is keeping this person from reaching his/her fitness goals?" Consider this question from your end. Just as much as you need our help in designing your exercise program, we need your help in executing it. No one is going to change your mind. Our job is to give you the proper education and the right tools. What you choose to do with that is up to you.

There are an endless amount of possibilities of physical activity to pursue in order to become and/or stay fit. Not everyone is an athlete. Not everyone loves exercise. But, remember this. You have this wonderful ability to move your body in all different ways. You have a choice as to what activities you can pursue. You also are blessed with the ability to enjoy that movement, whatever it may be. And, here's the kicker; the more you move, the better you feel. So, why not learn to love movement in any shape or form. Don't waste your energy dreading it. Find something you love and direct that energy towards it. We'll help!

### **Wind Down Dip**

3 Tbsp. Olive Oil  
2 cloves garlic, minced  
5 cups spinach, chopped  
1 15oz. can Chick Peas  
2 Tbsp. juice from Chick peas  
1/4 tsp. salt

Heat on medium skillet for 5 minutes,  
Let cool,  
Chop in food processor,  
Refrigerate,  
Serve on bagel chips or crackers.