

HEALTHLINES

Spring 2006

Chad's Corner

You may have recently noticed an ad we placed in the SJ-R recurring every other day. I have never been a huge fan of newspaper advertising, but as a small business owner I know a certain amount is necessary to build community awareness of the services we offer. Word-of-mouth referrals have always worked best for us and I hope they will continue. Thanks to you Body Symmetry has been successful, because you have been kind enough to refer your friends and family. When I started Body Symmetry over 13 years ago I started with 1 client, Matt (Hillel) Kuhn (who is still with me). Thanks Hillel (and Avivala) for giving me a chance!

As a result of our marketing efforts, we hope more people will choose to train with us. Sometimes when growing a business certain situations may occur that cause minor disruptions. We would like to thank you for your patience and consideration while we do our best to accommodate all of our clients' needs.

There are a few more things I would like to acquire and do for the new studio. Some new pieces of cardio equipment would be nice. Maybe, just maybe, we will purchase them at some point this year. People have been inquiring about the state of our television. I will have either cable or satellite at some point in April.

I recently did a show on our television program "Personal Health & Fitness" about Brazilian Jiu-Jitsu. One of my long-time clients, Randy Peterson, appeared on the program with his Jiu-Jitsu professor, Marcos Barros. Marcos is from Rio de Janeiro, Brazil and is currently in the midst of obtaining his green card with hopes of opening his own business teaching self-defense in Springfield. Both Randy and Marcos did a wonderful job. Thanks guys!

We are very fortunate to work with such a varied client base who possess many talents and wonderful attributes. Sara Mansfield's client, Sara Feuer, wrote a wonderfully funny piece for this issue of "Healthlines". I'm certain all of you will find the article as amusing as I did. Enjoy!

Yours in Health,
Chad Marschik

A Tale of Two Saras *by Sara Feuer*

There is Sara, the physical therapist, six feet something, and Sara, me her physical challenge, five feet nothing, There is Annette, my 100 lb. almost five feet dynamo little sister. You think I'm a challenge? And brother Joe, Prairie Heart cardiac rehab raconteur laureate and of course Fran, who is there

standing by her man when not treading at a trot on the treadmill. This comprises our cast.

With due apologies to the Good Book...in the beginning...exercise was not a priority. Exercise was for fitness fanatics. And then.....

Heart bypass surgery hit home. Couch potato out...cardiac rehab in. Joe and Fran were into exercise with firm resolve; and daily reports recounted progress with accent on camaraderie. And this paragon who espoused physical fitness, body symmetry, Sara, dominated their sagas of trial by treadmill, balling the buttocks, and punishing push-ups. "today we go for 25—50—100 !!!"

Then there were the wine and cheese whatever...started with one of the group's homemade brew and store bought cheese...and expanded and expanded and exploded into hors d'oeuvres ala Emeril and desserts incredibly edible...just for starters. But Sara pulled them back on the fast track to sans sugar, halt the salt and bring on the broccoli.

And where does that leave Annette and me? Vicariously involved in the fun and games? Arthritis, osteoporosis and octogenarianism was playing "the Dickens" with our agility.

Three episodes convinced us,..."exercise, or else!"

First occurrence: Our annual physical. How do you justify three laps around the kitchen counter in reply to our friendly physician's query, "what do you do for exercise?" He jogs pre-dawn miles daily.

Second event: A supermarket encounter with raspberry preserves perched double deck on the top shelf. The jar blinked its seedy red eyes, daring me to reach for it. I hesitated, squared my shoulders, stood on tip toes and reached...missing my target by inches. An artful dodge prevented a concussion. CRASH! Shattered glass, a red messy mass spattered on my designer sneakers, and the store manager calling for stock boy and broom!!

Third and final incident:: Again at the supermarket. I stooped down to the bottom shelf to commandeer a bottle of prune (excuse me, dried plum) juice. Returning to the upright position while clutching the plastic bottle of sixty-four fluid ounces, proved an acrobatic endeavor. Fortunately Annette was there to assist.

That did it! If Sara could transform Joe and Fran into fitness makeovers, could she perform a miracle on us?

We began with simple stretches and range of motion exercises, and advanced. Push that red ball. Pull those red bands. We'll work up to weights. Breathe deep. Good air in. Bad air out. Head up. Good posture. Pull in that tummy. And of course, wall push-ups. Then Sara spied the stationary bicycle languishing from disuse. "That's great. Don't let it gather dust. Give it a daily dusting with your derriere."

Working out with Sara stimulates mind and muscles. Between time, backslide beckons. Good intentions scurry and hide. So many priorities, okay, excuses. However, Sara transforms into conscience whispering in my ear...the good one. "Take a deep breath. Walk tall. Don't slump." I take a deep breath and march myself to the stationary Schwinn for the daily dusting routine.

But those wall push-ups. How to meet that challenge? The freezer! Our

freezer, cantankerous kitchen denizen, intent on the goings on out there, closes under protest. The answer to my push-ups dilemma. Slam the door and do five, seven or ten push-ups. It works! No recent soupy ice cream.

Annette and I anticipate our bi-weekly sessions with Sara. As we work out our muscular cob-webs, she regales us with tales of her canine wonder, Norman. His latest penchant for pillow-eating and resulting psychiatric appointment. We recount our misadventures since our last session.

Sara reassures us to keep up the good work. Annette encourages her with tips on the technique of learning to play the piano. When we achieve our goal of resuming walking the condo circle, she will perform "Ode to Joy".

Meantime, we notice positive results. A recent supermarket skirmish. The manager eyes me suspiciously as I approached the Smuckers Simply Fruit shelf. On the top shelf double decked as usual...jams and jellies all in a row. I went for the gold. Reached and retrieved a jar of orange marmalade. Deposited in my cart and hefted it to the checkout counter.

As the Westminster chimes herald Sara's arrival, I open the door and greet her, "It is a far, far better thing I do than I have ever done...for my aging anatomy."

"The dickens you say," she responds.



Exercise Spotlight

SEATED PRESS-UP

Do you find yourself spending hours at a time seated at a desk, mentally working hard and keeping focus on the important task at hand? When you come out of your hypnotic state you wake up to a body that is tense and usually a neck that doesn't like you very much. We all know that it is best to take stretch breaks if you are at a work station for any length of time. It's good advice to set an alarm for every 20-30 minutes to remind yourself to stretch.

There are things you can also do at your desk to strengthen your muscles too. No equipment necessary, except a desk chair with arm rests. This exercise will help strengthen everything from the lower trapezius (the "down and back" muscle) to the triceps and, if done correctly, even the abdominals.

To begin, sit up straight in your chair with your back away from the back rest. This includes abdominal and back muscles right from the start. Your feet should be on the floor directly under your knees, with your knees bent at a 90-degree angle. Grab onto the arm rests and push yourself straight up to lift your "seat" off of the seat. Try and focus on using only your upper body to complete this. Imagine your feet and legs are full of air and have no tension. This will help you

keep from pushing your hips forward to use leverage instead of muscle. As you lift yourself up, you are straightening your arms, keeping your posture upright. At the top, when you can't straighten out your arms anymore, try to lift your torso directly up a bit more, thus depressing your shoulder blades. This is the extra "umph" we need to wake up the mid-back.. Slowly lower back to the seat by bending your arms. The slower you go, the more work you do. Repeat this 10 times, remembering to move slowly and BREATHE.

Sometimes a simple exercise break can save you from pain, stimulate your brain and keep you sane.

OATMEAL FLAX COOKIES

- 1 1/2 cup ground flaxseed
- 2 cups whole wheat flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 1/2 tsp. cinnamon
- 3/4 cup egg beaters
- 1 cup brown sugar
- 1 tsp. vanilla extract
- 10 prunes finely chopped
- 1 cup light soy milk or skim milk
- 2 1/2 cups oats
- 1 cup chopped walnuts

Combine ingredients and drop by spoonfuls on a cookie sheet. Bake at 350 degrees about 8-10 minutes.