

# HEALTHLINES

Fall 2006

Body Symmetry recently completed revamping our website. If you haven't had an opportunity to check us out online, please do so at [www.bodyssmmetry.com](http://www.bodyssmmetry.com).

**Chad's Corner**

I would welcome your feedback and comments. We worked most of the summer on sprucing up our site and finally the finished product is out there for everyone on the World Wide Web to see.

The summer was full of travel for all of us at Body Symmetry. I attended the IDEA World Fitness Convention in Las Vegas. Betsy attended the final leg of her Hatha Yoga Certification in Santa Fe and Sara attended the CHEK Institute's Nutrition and Lifestyle Counselor course in Chicago. Don't be surprised if we try some of our new "tricks" or pelt you with the latest information on nutrition.

Most of you by now have heard or read about the amazing story of Ryan O'Malley's call-up to the Chicago Cubs. In his very first professional baseball game Ryan pitched an amazing 8-inning, 1-0, shutout. Maybe even more spectacular, he got the win against Andy Pettite of the Houston Astros. It's quite a story. Ryan worked like a dog for many years, had the right attitude, and never gave up on his dream!

All of us at Body Symmetry are very proud of Ryan's accomplishments and wish him nothing but continued success. We have watched him over the last two off-seasons train as hard as anyone we've ever worked with at Body Symmetry. Ryan dedicated himself 100% to conditioning and especially to better nutrition (check out our article in this edition of Healthlines on improving your nutrition). He made a lot of necessary sacrifices to get to where he is today. Congratulations Ryan! Go Cubbies...wait 'til next year!!!!!!

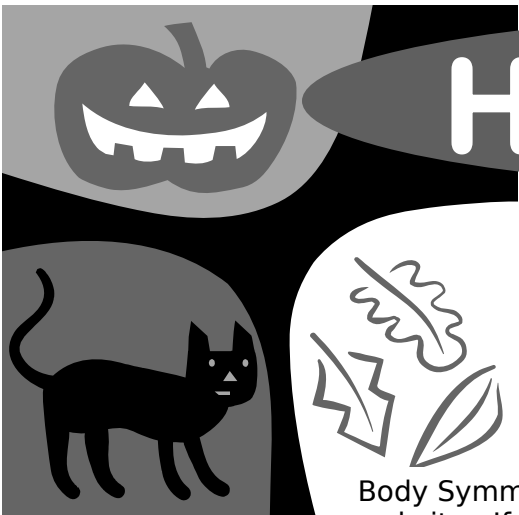
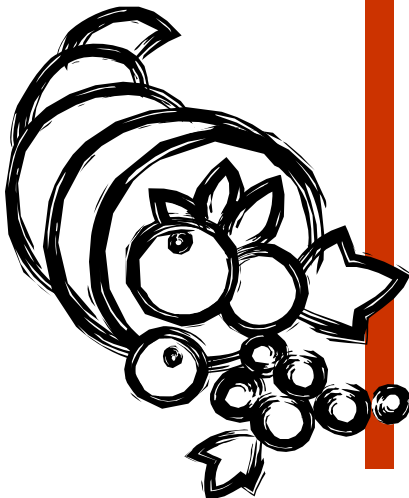
This winter (October - February) Ryan will be working part-time at Body Symmetry as a trainer. He plans to train up to 10 hours per week. If you happen to know someone who might be interested in training with him, please call our office.

Success in anything doesn't just happen. It usually takes a lot of time, energy, massive amounts of effort and maybe most important, an indomitable spirit. We all have to make sacrifices in many areas of our life. Managing your health and fitness is no different. Take a page right out of Ryan O'Malley's game-plan...never give up!

**Yours in Health,  
Chad Marschik**

**B O D Y**  
symmetry

Be who you are  
and say what you feel,  
because those who  
mind don't matter,  
and those who matter  
don't mind.



## **YOGA CLASSES**

**SESSION 1: SATURDAYS  
OCTOBER 7-NOVEMBER 11**

**SESSION 2: SATURDAYS  
NOVEMBER 18– DECEMBER 16  
NO CLASS SAT. NOV. 25**

**ALSO AVAILABLE FOR  
ONE-ON-ONE YOGA SESSIONS**

**CONTACT BETSY LINK FOR  
MORE INFORMATION  
793-9972 x 2**

## **BETTER NUTRITION**

**By Chad Marschik**

Too much food, too little time and too many choices spells doom for effective, long-term weight management. Americans are notorious over-eaters, but also we have a huge number of daily food choices which leads to confusion as what to eat.

There are now over 20,000 items in your average American grocery store. Do you have trouble making a decision on a multiple choice test? How can you expect to make the right choices with 20,000 items under one roof? It can be mind boggling. One tip is to stay out of the middle of most stores. The majority of your shopping should take place on the perimeter. Fresh, healthy food is typically found on the perimeter of most stores.



This exercise is a great way to release muscle tension in your upper back and neck, as well as increase awareness of opening the shoulders to correct a rounded posture. If you slump forward, even slightly, this exercise will help you to open up the chest and the lungs to increase circulation, respiration and energy.

The focus during the movement is on coordinating your breath rhythm with your movement.

- Stand in a neutral and stable posture with your arms lifted to chest level at your sides.
- Turn your palms upward to the sky and relax your neck and upper back.
- Start with your gaze straight ahead, taking a deep breath before you begin this exercise.
- Inhale fully to start and as you exhale, turn your head to the left.
- As you are turning your head, rotate your left palm downward to the floor.
- This rotation should be done on the axis of your shoulder rather than your elbow or wrist. For most people, this might be difficult at first.
- The object here is to keep your neck and upper back relaxed and rotate your arm within your own achievable and challenging, yet pain-free, range of motion.
- Once you have exhaled and rotated fully, inhale and return the gaze to the front and left hand back upward.
- On your next exhale, repeat the same movements to your right.
- Try to keep focused on your breath, fully inhale and exhale to slow down your movements.

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Obesity is rampant in western society. Restaurants, especially buffets, are prime breeding grounds for over-eating. Once you step foot inside a buffet, you probably have sealed your fate for over-eating. Portion control is virtually non-existent in most restaurants. What is served to one person today, fed a family of four 25 years ago! Let's face it, food is cheap. Most Americans eat out far too often and this typically leads to trouble. If you decide to eat at a restaurant, don't forget the doggy bag! Make sound, reasonable decisions when ordering your meal.....and no, fettuccine alfredo is not a good choice!

We all know better nutrition leads to longevity and an improved quality of life. However, many people have difficulty determining what to eat, when to eat and how much to eat. Better nutritional habits require thought and planning. Try to keep it simple.

Planning a meal is important. The problem for many people lies in the choosing part. Your plate should be full of color. Approximately 2/3 of your plate (2 palms full) should consist of vegetables. Whether you fill your plate with mixed greens or a combination of broccoli and cauliflower, keep things colorful. One-third of your plate (the size of your palm) should consist of protein (meats/organic eggs) and finally, add a touch of heart-healthy fat such as avocados, nuts, and olive or flax seed oil. Some fresh fruit in moderation is fine too.

Most Americans are carbohydrate junkies! White potatoes, corn, bread, rice, pastas, cereal grain, potato chips, crackers, pretzels, etc... are over-consumed. The U.S.D.A. tells us we need 6 – 11 servings of grains daily. This is like telling your kids or grandchildren soda is good for you! Both are a crock of hooey! Most healthy, active adults could eat approximately 2 - 3 starches per day and function wonderfully well. An example of a sensible approach to consuming a starchy carbohydrate would be  $\frac{3}{4}$  - 1 cup serving of cooked oats or healthy granola for breakfast (add a whey protein shake and 1 T of flaxseed oil to complete your meal) and maybe a sweet potato (excellent slow-energy release) for lunch. Physiologically, most adults don't need a starch after noon. Excess starch consumption in the p.m. typically leads to weight gain. Energy needs have typically been met for the day with a couple of moderate starchy carbohydrate foods eaten in the a.m. and at noon. Many people over-consume starchy foods with their evening meal because they seek that quick insulin spike due to poor nutritional habits (skipped breakfast, poor lunch choices) throughout the day. So, pile on the vegetables for your evening meal and save your starchy carbohydrate consumption for breakfast and lunch.

Timing the consumption of food throughout the day is crucial. Many people prefer 3 square meals a day. However, blood sugar levels typically flux at 3 – 4 hour intervals, so extended periods of time between meals can wreak havoc on your metabolism. The preservation of lean body mass (i.e. – muscle tissue) is crucial in keeping your metabolism stoked and requires maintenance of a proper flow of macronutrients (calories) throughout the day. Consuming a complete meal of a protein, carbohydrate and fat source at 3 – 4 hour intervals is optimal for most healthy, active adults.

Determining the number of calories one should consume on a daily basis takes a little work. Activity levels, age, sex, state of physical fitness, body weight, health/fitness goals and medical issues play a role in determining daily caloric consumption. No two people are exactly alike, yet, there are basic guidelines you can follow to determine your daily caloric needs. Most healthy adults need approximately 14 - 16 calories per pound of bodyweight per day to properly fuel all systems in their body. Younger adults and high-performance athletes may need slightly more calories per pound of bodyweight.

Do you now have more nutrition questions? Hopefully, you do. Better nutrition is a journey that should be refined and tweaked for a lifetime. We're here to help!



**Body Symmetry, Inc.  
Human Performance and Conditioning**

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**RECIPE OF THE  
SEASON**

**Cranberry Walnut Quinoa Salad**

2 cups quinoa (dry measure)	4 cups water (for cooking quinoa)
2 TBS butter	1/4 cup minced shallots
1/2 medium onion	1/2 cup dried cranberries
1/2 cup walnuts (raw)	3 cups spinach or any other greens
2 TBS tamari soy sauce	1 medium lemon (juiced)
1/2 cup fresh parsley (chopped fine)	Sea salt and pepper to taste

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Rinse quinoa thoroughly in a small strainer and let it drain well.

In a large heavy saucepan, over medium-high heat, add quinoa and water; bring to a boil

Reduce heat to simmer, cover and cook until all water is absorbed (10-15 minutes) When done, the grain appears translucent.

While quinoa is cooking, in a medium skillet melt butter over medium heat. Saute minced shallots and onions until translucent and sweet.

Add soy sauce, chopped spinach, cranberries and walnuts. Saute for 1-2 minutes to soften the spinach. Do not cook too long or too hot for the walnut's essential fatty acids may turn to trans fat.

Transfer quinoa to a large bowl and cool.

In a large mixing bowl combine cooled quinoa and the sautéed mixture. Add fresh squeezed lemon juice, fresh parsley and your favorite spices to taste.

Salad may be made 1 day ahead and chilled, covered. Bring salad to room temperature before serving.

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