

# HEALTHLINES

FALL 2007

## CHAD'S

**O** This fall marks our 15<sup>th</sup> year of business! I wanted to take this opportunity to thank Matt and Alyssa Kuhn for being my first clients. They were the first ones to give me a chance to do something I so dearly love. Without them, I wouldn't be here writing this. There are many other long-term clients too, you know who you are, thank you as well for giving all of us a wonderful opportunity!

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**R** Continuing education is so important to us at Body Symmetry! All of the trainers are constantly reading, watching DVD's, surfing the net, and regularly attending workshops. In fact, Sara Mansfield just returned from England. She attended the 5-day CHEK Holistic Lifestyle Coach (HLC Level 2) workshop in Eastbourne, England. In this edition of Healthlines, Sara shares some of the great things she learned.

Many of you know the professional baseball players that train at Body Symmetry, Justin Knoedler and Ryan O'Malley. Justin and Ryan have a new sports-specific program they have put together for individuals that are interested in taking their game to the next level. The program sessions will take place here at Body Symmetry and will be held most days of the week at 4 and 5 p.m. Each session class will be limited to 6 participants and will cost \$100 per week. The program is intended for anyone, regardless of sport, sex, ability or age. So, if you know anyone who might be interested in personally training with Ryan and Justin, please contact us or check out the full program description online at our web site.

freefitnessvidoes.com is officially up and running quite well. Again, this is our new fitness video based web site that features the trainers here at Body Symmetry demonstrating all the cool things we have most of you do. The majority of the videos are approximately 2 minutes long. We also have many nutritional video tips and our local television show, "Personal Health and Fitness", available for viewing. Once again, this is a free site, available 24/7. We have a lot more work to do and would welcome your comments on how we could make the site better.

Yours in Health,

Chad Marschik

### SCHEDULE A MASSAGE!

Our own Ryan Tosh is now available to take massage clients here at the studio. Call us for more information.

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.

-Denis Waitley

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

-William London

### Mark your calendar

Our Holiday Open House is Saturday, Dec. 8th at 7:00pm

Come by the studio and have some good food and fun.

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Check out [www.bodysymmetry.com](http://www.bodysymmetry.com)

Call 793-9972 to register.

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Access video clips and descriptions of over 200 exercises, as well as other health and nutrition information.

Add it to your favorites.

**EXERCISE SPOTLIGHT****BIOFOAM ROLLER CHEST AND SHOULDER STRETCH**

If you don't have a foam roller, you can purchase one through us or simply use a rolled up beach towel lengthwise. The towel must be thick enough to elevate your body off the floor slightly.

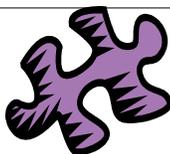
Lie lengthwise on the roller with your tailbone on one end and your head resting at the other end. Your spine should be in contact with the roller, knees bent and feet on the ground. Stretch your arms out to your side and rest them on the floor. If you cannot touch the floor with your knuckles, you definitely need this stretch. Also, holding light dumbbells (2-4#) can assist in this stretch. If you need to, bend your elbows and hold your arms in a goal post position. Hold this position for 30 seconds. Try to relax the rest of your body, keeping the spine in a neutral position. You should not arch your back to get your arms to the floor.

**CREATE BALANCE****BREATHING SERIES**

Lie down on your back (or sit in upright, supported posture). Place both of your hands on your stomach and relax your shoulders. Take a deep breath in, all the way down to your belly. Then, exhale fully. When you inhale, you should take in the breath deep to your diaphragm. Your hands are there to feel your belly rise (yeah, that's right, you can let the belly relax). Then when you exhale, feel your belly fall and those muscles tighten to forcefully push air out. Complete this series for 10 times 3 times a day. When you bring deeper breathing into your awareness, it comes back to you in stressful times when you need it most. Oxygen feeds your body, but you have to invite it in.

# THE PUZZLE

BY SARA MANSFIELD



Do you ever feel overwhelmed that there are so many bases to cover when it comes to a healthy lifestyle that you throw up your hands and bury your face in a plate of nachos? Well, you aren't alone. Leading a healthy life is sometimes a puzzle. But hey, who doesn't enjoy a good puzzle now and then. This is a simple puzzle with only 6 pieces. Simple, however, doesn't always mean easy.

Recently, I completed a holistic lifestyle certification in Eastbourne, UK. This was 5 days of a wild ride. Being a small town girl from the Midwest, I was a bit out of my element. After all, that tree hugging, granola-eating, self-reflecting and chanting meditations stuff is for Californians right? I didn't need to find myself. I didn't think I was lost. In the wide open spaces of the Midwest, there's not a lot of places to hide. Yet, I found out that there are. Most people hide within themselves. We are taught to be tough and not complain. Well, the fact is that most of the unquantifiable stress and tension we experience throughout the day (and night) adds up. We may not know it right away, but most research points to the fact that disease takes 10-15 years to just get to the point where you experience symptoms. What is going on in your body right now that you may later discover?

So, here are the six easy pieces to this puzzle. Each represents an important aspect of health.



First: **THOUGHTS**. James Allen wrote a small book called *As a Man Thinketh*. In it he says that your mind is a garden. Do you want weeds or flowers? We all have a bit of weeding to do. Negative thoughts have a huge effect on every part of your body (cells, tissue, organs, nerves). Stress, worry, fear, anger. These find a home in your body unless you provide a doorway for exit (restorative exercise, meditation, or purposeful relaxation).



Second: **BREATHING**. Do you want to improve your health? Then get rid of a bad habit—shallow breathing. Practice the relaxation exercise on the opposite page 3 times a day for 10 deep breaths. If you can, do this before you eat. This relaxes your body and lets it switch gears for better digestion and nutrient absorption.



Third: **HYDRATION**. Cut out soda and scale back on coffee and you are already ahead of the game. If you read last issue's article on the dangers of soda, you hopefully have already been convinced. Besides sugar and an absence of nutrients, caffeine is a diuretic that puts you at a hydration deficit. Replacing these drinks with spring or filtered water will improve every function in your body. Even just one soda a day can have a negative effect.



Fourth: **FOOD**. This is easy? Eat the way you want if you must, just remember to chew your food fully (that means until its liquid). Starting the digestive process in your mouth helps ease digestion down the pipe. That means less bloating, gas, reflux and fatigue. This is an example of a simple solution. You don't have to buy anything, you just have to concentrate and give yourself a little self care.



Fifth: **MOVEMENT**. Exercise is catabolic. You are breaking down muscle tissue. The next day, when you rest, you build that tissue back up, and then some. This helps you come back stronger to your next session of exercise. Exercise doesn't always have to be highly intense. Sometimes it's a 10 minute break from the computer to just stretch and move your body in ways that are different from the repetitive patterns of the work day.



Finally: **CIRCADIAN RHYTHYM**. Ahhh, sleep. We love it, but we don't get enough of it. One simple thing to do...get the television out of your bedroom. Even though you "fall asleep" to the TV, it is unlikely to be quality sleep. Your body needs 8-10 hours to fully restore. The initial hours are for physical rebuilding (10p-2a) but the next 4-5 hours are for mental and emotional rebuilding. Give yourself a good start by turning off the TV early.

So, there you have it. These are the six areas of health that humans need to address. Many of these points are logical and not new to most of you. If that's the case, then you should already be well on your way to a completed puzzle with no health problems. If you still have some work to do, try a few changes for 2-3 weeks and see if you feel an improvement. Look for more puzzle points in our next issue of *Healthlines*.

773 S. Durkin Drive  
Springfield, IL 62704

Body Symmetry  
Holiday Party  
Saturday, Dec. 8th  
7:00 pm at the studio



### Roasted Sweet Potatoes with Macadamia Nuts

Sweet potatoes get a modern, sleek, delicious update in this dish that's sure to become a favorite at your table. The simple flavors of sweet potatoes, toasty nuts and sharp vinegar go together beautifully.

- 1/4 cup macadamia nuts
- 4 medium sweet potatoes, peeled
- 1/4 cup extra virgin olive oil, divided
- sea salt, to taste
- ground pepper, to taste
- 1/4 cup macadamia nuts
- 1/2 tablespoon fig or pomegranate balsamic vinegar
- 2 teaspoons maple syrup
- 1/2 teaspoon Dijon mustard

Preheat oven to 350°F. Spread macadamia nuts on a baking sheet and toast in the oven for 5 to 8 minutes, until fragrant and lightly browned. Remove from oven, cool and chop. Increase oven temperature to 400°F. Oil a baking dish. Cut the sweet potatoes lengthwise into wedges and toss them in a tablespoon of olive oil. Place potatoes in the baking dish and season with salt and pepper. Bake for 45 to 60 minutes, stirring occasionally, until tender. When potatoes are done, remove from oven and let cool for a few minutes. Transfer to a serving platter. Whisk together the remaining oil with the vinegar, maple syrup and mustard. Drizzle over the sweet potatoes and garnish with toasted macadamia nuts.

**NUTRITION INFO:** PER SERVING (ABOUT 5OZ/143G-WT.): 290 CALORIES (190 FROM FAT), 21G TOTAL FAT, 3G SATURATED FAT, 3G PROTEIN, 27G TOTAL CARBOHYDRATE (5G DIETARY FIBER, 12G SUGAR), 0MG CHOLESTEROL, 350MG SODIUM