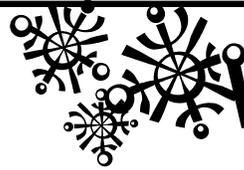




# HEALTHLINES



## WINTER 2008

### CHAD'S

**O** Winter months in Illinois can be pretty unforgiving! A few weeks ago in Springfield the temperature hit a record high of 71, then suddenly plummeted nearly 50 degrees in a matter of hours! Unfortunately, this type of unpredictable weather pattern doesn't typically create an ideal opportunity to get outside and move (exercise). Moving is vital to ones health, whether inside your warm, cozy home or outside in the Illinois tundra.

**R** My point is, whether you are a fair weather fan or don't mind braving the elements, MOVE! Don't let the weather get you down. Bundle up, if you prefer the outdoors, and take a stroll. Whether you choose to exercise in your home, take a walk outside or come in to the studio to use one of our cardio machines. As the Nike slogan says, "Just do it"!

**N** The winter is not a time to put your health and fitness on hold.

**E** I'm sad to announce that Ryan Tosh will be leaving Body Symmetry soon. He recently accepted a wonderful dual position with the University of Illinois at Springfield as their head athletic trainer and strength and conditioning coach. This is a tremendous opportunity for Ryan and we are happy for him! He has promised though to remain a consultant on special projects. So, you still may see him from time to time.

Justin Knoedler and Ryan O'Malley have done a wonderful job this winter with our new sports-specific conditioning program. We now have 7 to 8 regular weekly participants. Justin has left and Ryan will be leaving soon for spring training, which will leave a temporary training void. However, the program must continue and it will. We wish Justin and Ryan much success with baseball this season. Don't worry though; both will be back in the fall to help train our young athletes.

Jesse Vezina was recently hired as a new trainer at Body Symmetry. Jesse is a recent graduate of the University of Tampa. He has a Bachelors degree in Exercise Science and also is a certified personal trainer through the National Academy of Sports Medicine. Jesse will help us in many ways. First off, he will take over some of the clients Ryan Tosh had been training, assume the lead trainer role of our sports-specific conditioning program and will help train most of Betsy Link's clients when she takes maternity leave this spring. Please welcome Jesse to Body Symmetry. We are glad to have him aboard!

The other new face floating around the studio the last couple of weeks is our Illinois State University intern, Heather Hinz. Heather will be with us for 8 weeks. She is a senior at ISU majoring in Exercise Science. Heather has been a real help with our sports-specific conditioning program. In a few months, after graduation, she will leave for a tour of duty in Afghanistan with the Illinois National Guard. Please wish her well!

In this edition of Healthlines, I wrote an article on strength training. Strength training is one of the main things we help you with as trainers. How important is strength training? Of course you know that it's good for you, but why? There are a lot of pieces to the fitness puzzle and strength training just happens to be a huge piece. I hope you enjoy the article.

Yours in health, Chad Marschik

# Hello

Hi everyone. My name is Jesse and I am the new trainer here at Body Symmetry. I recently graduated from the University of Tampa with a B.S. in Exercise Science.

I grew up near by in Monticello and am excited about moving back to central Illinois, even though as I write this it is snowing outside and I hear it is 75 degrees back in Florida.

Nonetheless, I am excited to be back. It is nice to have such a good group of people to work with as well as having an amazing group of clients to train. I look forward to continuing to meet all of you as well as getting to know those I have already met better.

I would just like to finish by saying that I look forward to getting to work with everyone and hopefully helping you to meet your exercise goals, whatever they may be.



**CHECK OUT WHATS NEW....****Water Exercise**

Body Symmetry clients now have access to an indoor heated pool for supplemental workouts

Hale Chiropractic and Aquatic Center  
2061 Timberbrook

Ask your trainer for details



NEW WEBSITE

[freefitnessvideos.com](http://freefitnessvideos.com)

***"GUIDANCE ON THE GO!"***

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

Add it to your favorites!

Betsy's Baby Countdown....

8 WEEKS!!!!

**EXERCISE SPOTLIGHT****WALL SIT**

The wall sit is a simple exercise that can be performed without any special equipment.

Start by standing against a wall with your feet shoulder width apart and slightly out in front of you. Next lower yourself into a squat position while maintaining proper posture with your back. Your back should remain flat against the wall while your hips and knees form 90° angles. Your hands can be placed at your side or crossed in front of you but try not to place them on your knees. Try to hold this position for 20-30 seconds or longer if you can. Remember to maintain proper spinal alignment throughout this exercise.

**Puzzle Pieces**

Everyday habits to adopt for better health and vitality.



**THOUGHTS**—The ego can take a strong hold if you let it. Just by identifying when these negative thoughts are surfacing makes them a lot less powerful. Live in the moment, let the past go and the future be a mystery. Be present in each moment—this will increase your awareness and vitality.

**BREATHING**—The next time you are at a stoplight waiting for green, sit up tall with your shoulders and neck relaxed and take the biggest breaths you can. You'll be surprised how much energy it will give you.

**HYDRATION**—Did you know that by the time you start to feel thirsty during a workout, your body has already begun to dehydrate? Although everybody is different a general recommendation is to consume 2 cups of water for every pound of sweat you lose during a workout. This will help you to stay hydrated and energized so that you can get the most out of your workout.

**FOOD**—Did you know that the average American only eats 13 different kinds of food? This is because many of the processed foods we consume are really just the same basic ingredients (fillers) with chemically manufactured "tastes". Try a new food, just for the @#! of it.

**MOVEMENT**—Can't fit in a full exercise session everyday? Try to take 10 minutes to lay down on the floor with no distractions and just move. Stretch, roll, or do your favorite floor exercise. Anything is better than nothing.

**CIRCADIAN RHYTHM**—Try to limit fluorescent light exposure 60 minutes before bedtime.

# THE IMPORTANCE OF STRENGTH TRAINING

BY CHAD MARSCHIK

Last Saturday night I drove to Monticello and picked up my 90 year-old grandmother to take to the American Legion Hall in Cisco (9 miles west of Monticello) for the winter “Chicken Fry”. We also played 20 games of bingo after dinner. I won 2 games and was able to walk away with \$4. Not bad! However, the Cisco American Legion was paying \$2 to the winner of each game 33 years ago when my grandmother first took me. I suppose some things never change!

After a night on the town in Cisco (population 400), I drove my grandmother back to her home in Monticello. Typically, before I leave, I help her with her mail, answer questions regarding upcoming doctor appointments and perform some kind of menial task requiring “brute strength”. My “brute strength” task last Saturday was to unscrew the lid from a canister of mixed nuts. She had tried time and again with no success to unscrew the lid since I last saw her 3 weeks ago. So, with one little twist I was a hero. Don’t you wish it was always that easy to be a hero in the eyes of others!

Adequate strength can help you toss children around a swimming pool, climb a mountain, hit a golf ball, get up from a chair, push your lawn mower, lift your anxiety ridden 100 lb. dog into the tub for a bath and yes, even unscrew tight fitting lids from a canister of mixed nuts! Possessing adequate strength throughout ones life makes living that much simpler. You can do more and do it longer. That is the best way I can put it.

Acquiring strength, as well as maintaining it, can be best done by doing specific strength training exercises that address the major muscle groups and movement patterns in your body. Strength training should be done on average 2 - 3 days per week for most healthy adults, regardless of age, according to the American College of Sports Medicine (ACSM). Depending on your goals, fitness level and health history also will play a factor in determining the frequency, intensity and duration of your strength training sessions.

We strive at Body Symmetry to incorporate functional strength training movements into our client programs. Functional strength is real-world strength. An example might be if you had to carry a bag of groceries up a flight of stairs with one arm and a sleeping child in the other. So, all the different movement patterns we have you do with exercise tubing, medicine balls, weights, etc.... address the majority of your daily life needs.

The health benefits associated with strength training are numerous. According to the ACSM, regular resistance training has been shown to increase bone formation in young adults and slow bone loss in middle age, thereby reducing the risk of osteoporosis and possible bone fractures.

Additionally, and quite possibly most important, strength training promotes the development of lean body mass (muscle). Having more muscle enhances glucose metabolism. Enhanced glucose metabolism has been demonstrated to decrease all-cause mortality. Simply put, a higher percentage of lean muscle mass to fat mass (improved metabolism) reduces your risk for developing most diseases. According to a recent study in the prestigious British medical journal, Lancet, there is a strong link with being overweight and the development of 12 different cancers, including the big cancer killers of the breast and colon.

So, consistent, life-long strength training 2—3 days per week can help you maintain a more normal bodyweight, help stave off osteoporosis and reduce the risk of many other diseases and health consequences. Maybe most important, later in life when you need to have the strength to unscrew those unfathomably tight pickle jars, you won’t be calling me!

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Springfield, IL 62704



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### Slow Cooker Spicy Turkey & Tomato Stew Recipe

If you don't want to use a slow cooker, instead of following step 2 below, just add the remaining ingredients to the turkey mixture in the large saucepan and bring to a boil. Lower heat to simmer and cook, uncovered, about 30 minutes.

- 1 pound extra-lean ground turkey (6%-9% fat)
- 1 cup chopped sweet onion
- 1 1/2 cups finely chopped celery
- 1/2 teaspoon red pepper flakes (optional)
- 1 teaspoon ground cumin
- 2 (10.75 ounce) cans condensed low sodium tomato soup
- 2 cups low-sodium chicken broth
- 28-ounce can crushed tomatoes in rich puree
- 2 tablespoons ground chili powder (add more to taste, if desired)
- 1/2 to 1 teaspoon ground black pepper (add more as desired)
- 2 15-ounce cans kidney beans, drained and rinsed (or substitute pinto beans)

#### **Preparation:**

1. Add turkey, onions and celery to large nonstick saucepan and cook over medium-high heat. Cook and stir until turkey and onions are nicely browned, using a potato masher at times to break the meat down into small particles.
2. Spoon the browned turkey mixture into a slow cooker set on HIGH. Stir in the remaining ingredients (red pepper flakes, cumin, condensed tomato soup, chicken broth, crushed tomatoes, chili powder, black pepper and kidney beans).
3. Cook 1-2 hours or until stew is nice and hot. Once hot, you may reduce the slow cooker to LOW and keep the stew warm until ready to serve.

#### **NUTRITIONAL INFORMATION:**

**PER SERVING (IF 8 SERVINGS): 237 CALORIES, 17 G PROTEIN, 31 G CARBOHYDRATE, 6 G FAT, 1.8 G SATURATED FAT, 35 MG CHOLESTEROL, 9 G FIBER, 555 MG SODIUM. CALORIES FROM FAT: 22%.**