



# HEALTHLINES

## SPRING 2008

### CHAD'S

**O** Betsy Link gave birth to her daughter, Karigan Rose Books, on April 28<sup>th</sup>. She weighed 7 lbs., 4 oz. Mother and daughter are just fine. Congratulations to Betsy and her husband Brad! Let the sleepless nights begin!

**R** Betsy will be gone on maternity leave for awhile, so, Jesse Vezina is now training most of her clients. Those of you training with Jesse will probably notice a slight difference in training style and types of exercises. Some of the new exercises you may be doing probably come from the recent 3-day seminar he attended in Chicago at McCormick Place, hosted by the Perform Better series of fitness presenters. Jesse got the chance to speak with many of the presenters as well as watch their presentation and participate in various workshops.

**N** Our Sports-Specific Conditioning program will be in full force starting June 2. Jesse and I will be running the classes. We have several class times available during the summer months and hope to fill the 24 spots quickly. So, if you have a young athlete in your family that might be interested in improving their athleticism, please contact us for more details. You also can check out the program online at our website.

**E** This spring I am doing something I haven't done in a long time and that is plant a garden (Sara Mansfield is too). My family always had a garden when I was a kid. Each year we would can over 100 quarts of tomatoes, freeze over 100 quarts of beans and corn, as well as enjoy the taste of onions, beets, carrots, radishes, cucumbers, sweet peas, peppers and various types of mixed greens. I actually enjoyed working in the dirt, weeding, watering and of course picking the "fruits" of my labor. Plus, it was great exercise!

**R** Planting a garden is something all of us can and probably should do. Not only do the fresh vegetables nourish our bodies, but also we get the opportunity to do something good for the environment. Every time you grow something from a seed, you reduce your carbon footprint. I like the fact that you save money too, since you decrease your reliance on food purchased from the store and don't have to drive your car to the store or farmer's market as frequently.

Yours in Health,

Chad Marschik

### If a Dog Were Your Teacher

If a dog were your teacher you would learn stuff like:

Never pass up the opportunity for a joyride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

When it's in your best interest, practice obedience.

Let others know when they have invaded your territory.

Take naps and stretch before rising.

Run, romp and play daily.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back in the grass.

On hot days, drink lots of water and lie under a shade tree.

When you are happy, dance around and wag your entire body.

No matter how often you are scolded, don't buy into the guilt thing and pout.... run right back and make friends.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm.

Stop when you have had enough.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

And most of all...When someone is having a bad day, be silent, sit close by and nuzzle them gently.

-Author Unknown



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## EXERCISE SPOTLIGHT

### Progressive Relaxation

Lie on your back in a comfortable position.

Be as still as possible and settle into an easy, deep breathing rhythm. Focus your concentration on your right leg and gently contract then relax the muscles in your right foot and lower leg a couple of times, ending in a full relaxation. Now do the same on your left lower leg. Next is the right thigh, followed by the left. Then right glute and left glute. Abdominals. Right forearm and fist, then left. Right shoulder, left shoulder. Finally your facial muscles (yes, this will look a bit strange, but who's watching?) With one final scan, release any tension you feel. The only movement should be the slight rise and fall of your belly as you breathe. Stay here for a few minutes or even longer to really feel fully relaxed.



## Puzzle Pieces

*Everyday habits to adopt for better health and vitality.*



**THOUGHTS**—Concerning energy.....are you spending more than you earn? Negative thoughts require a lot of energy, resulting in stress, poor digestion and fatigue. Increase your earning power by focusing positive thoughts inward.

**BREATHING**—Try this trick....focus your breathing through your nose only. This might be a challenge if you are a mouth breather, but if you can make the attempt it can positively affect your health by filtering the air. Once you focus on nose breathing, see if you can concentrate your inhalation and exhalation to only one nostril at a time. Keep the breaths long and even while you try this.

**HYDRATION**—Bottled spring water is great, but make sure that you only refill a plastic bottle once. The longer you reuse, the more toxins from the plastic can leach into the water. Also, as the temperature gets warmer take care not to keep water filled plastic bottles in your car or a hot garage. Cool or room temperature water is best for health and digestion.

**FOOD**—Next time you go to the grocery store, try to only buy products that are found in the perimeter of the store. You should find everything you **NEED** for a healthy and tasty diet.

**MOVEMENT**—Got a tight muscle? Build up an intuition about relaxing that muscle. Experiment with stretches until you find a way to relieve the tension you feel. Once you are relaxed, stay there and enjoy!

**CIRCADIAN RHYTHM**—Try to go to bed at the same time each night and wake at the same time each morning.

# YOU ARE WHEN YOU EAT

By Sara Mansfield, M.S.

You should be familiar with the advice Body Symmetry trainers give you about how a healthy and balanced diet is an important part of your exercise program. If you want results that are evident and lasting, you can't have one (exercise) without the other (nutrition). You've heard the old adage, "*you are what you eat*". Quality food possesses the proper nutrient combinations that help our bodies stay healthy. They are the tools necessary for a long and vital life.

Sometimes, however, we can get so focused on WHAT to eat that we neglect the timing of meals and snacks; WHEN to eat. In our busy lives it is easy to forget to eat until our body roars back at some point (usually in the evening when fatigue sets in and chips, fast food or other goodies are within reach).

Consider the shape of a triangle. If you eat in a triangle shape (nothing for breakfast, a quick lunch and no afternoon snack) guess where the majority of calories come from...the base of that triangle, commonly referred to as dinner. Most people get over half of their calories for the day from this one meal. At the end of the day you are tired because 1) you haven't fueled yourself properly AND 2) you have worked throughout the day. Now, consider how most people are shaped. From head to toe, the body fits into the mold of that triangle, with the distribution of body fat at the stomach and hips. Eating to "catch up" like this will result in a body that is shaped like a triangle.

When you are tired and undernourished, good decisions are rare. Physiologically, the brain just isn't equipped at that point. Suddenly, ordering a pizza sounds like a pretty good plan. Have you ever eaten while doing something else, and before you realize it, your plate is empty and you haven't REALLY tasted your "meal".

So, if you want success in weight management/loss, sports enhancement, and/or managing daily energy levels MAKE SURE YOU EAT!! That means a well-planned, sit-down meal at breakfast, lunch **and** dinner that includes the right amount of protein, fat and carbohydrates.

All of these nutrients deserve a place in the human diet. They each play a role in not only keeping you alive, but also in the work you do in the gym to stay healthy. Proteins (particularly branched-chain amino acids from quality protein sources) build and repair muscles. Carbohydrates provide energy and fall into a rating system known as the Glycemic Index This is essentially a measure of how quickly they raise blood sugar levels. Quick energy is found in higher glycemic carbs, whereas sustainable energy is found in low glycemic carbs. Fats promote strong immunity, healthy cells and strong connective tissue. If you are not getting a proper amount of all three of these, your body talks back in the form of pain, inflammation, fatigue and general breakdown.

Here are a few tips to consider next time you think skipping a meal is in your best interest.

**PRE-WORKOUT:** Coming in to an exercise session without adequate fuel stores makes your work that much harder. Would you go on a road trip without putting gas in your car? What do you expect to use for energy? Many of us don't want to work out on a full stomach, which we shouldn't do anyway. But, you do need to have a bit of fuel in you to get your engine running properly. Try low-fiber fruit (bananas, peaches) or pure fruit juice to provide carbs, plus an easily absorbed protein source that contains about 10-15 grams of quality protein such as whey. Some of the protein enhanced energy drinks like Naked Juice or Boathouse Farms meet both of these needs, however be aware that a whole bottle is about 2.5 servings, so ration your intake.

**POST WORKOUT:** Neglecting to eat after a workout hinders the recovery process and slows progress. Your exercise session has broken down muscle tissue and used up your stored energy. You need to fill up again and kick start the process of repair. The quicker this happens, the quicker you recover and can be ready for the next thing that comes along. Recent studies have shown a window of 30-45 minutes to re-fuel effectively. Ideally, this should be done with high glycemic carbohydrates (3/4 g/lb of body weight) and quality proteins (egg or whey products). The protein promotes a re-synthesis of muscle tissue, building more strength and lessening soreness. The less sore you are, the faster you can get back to another effective workout. Refueling with carbohydrates enables your muscles to replenish lost energy. The amount of each of these depends on body weight, lean body mass and exercise intensity, but a general guideline would be a 4:1 ratio of carbohydrate to protein. This is easier to measure in the form of a workout drink of juice/sport drink and protein powder.

Talk with your trainer about finding the right combination of nutrients for you throughout the day and the appropriate amount of each macronutrient specifically for your size and activity. Finding the right foods is a challenge, but once you have done the groundwork, you will find that you get more bang for your buck out of your workout and will definitely see and feel positive results.

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## CONFETTI SPRING SALAD

### Salad

1 pound (dry) whole wheat rigatoni pasta  
1 bunch broccoli florets (1/2 cup)  
3 red radishes, sliced  
1 small bunch green onions, sliced (1/2 cup)

2 carrots, chopped (1/2 cup)  
1 pound fresh asparagus  
8 ounces baby spinach leaves, washed

1/2 cup fresh peas  
1 red bell pepper, chopped (1/2 cup)  
1 pint cherry tomatoes, halved

### Dressing

4 tablespoons extra virgin olive oil  
sea salt and ground pepper to taste

1 1/2 tablespoons balsamic vinegar

1/4 cup fresh basil leaves, chopped

Cook the pasta according to directions on package.

While pasta is cooking, bring 2 inches of water to a boil in a saucepan. Place carrots in water and lightly blanch in water for 1 minute, or until bright orange. Remove with slotted spoon and place in large mixing bowl. Repeat blanching process with peas. Add peas to mixing bowl. Blanch broccoli, remove from water and place on cutting board. Chop and add to mixing bowl.

Blanch asparagus, remove from water, place on cutting board and cut into 1 inch pieces. Add to mixing bowl. Add drained pasta to mixing bowl. Mix gently with blanched vegetables. Add bell pepper and radishes. Toss to mix.

Mix dressing ingredients of olive oil, balsamic vinegar, basil, salt and pepper. Add to salad and toss gently.

Place one fourth of the spinach leaves on each serving plate. Top with pasta salad and garnish each salad with tomatoes and green onions.

### NUTRITION INFO:

Per Serving (10 oz.-wt.): 230 calories (90 from fat), 10g total fat, 1.5g saturated fat, 8g protein, 29g total carbohydrate (5g dietary fiber, 4g sugar), 25mg cholesterol, 45mg sodium