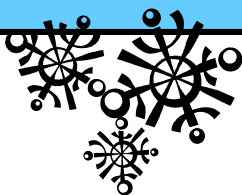


HEALTHLINES



WINTER 2009

CHAD'S

O Happy New Year! Many new things are in store for Body Symmetry in 2009. I am most excited about launching the latest version of freefitnessvideos.com by the end of spring. Our latest version of freefitnessvideos.com will feature a new interface that will allow users to do many things, such as, view 100's of exercise video clips, print exercise handouts, create and manage workouts, watch our locally produced television program (Personal Health and Fitness), and upload new exercises that aren't in our database.

R We hope freefitnessvideos.com will be used as a tool and resource by personal trainers, physical therapists, physicians, chiropractors, athletic trainers, dieticians and the general population around the world.

Many of my clients seem to be excited about their New Year resolutions. It's funny how everyone gets revved up at the beginning of the year to shed those extra pounds they gained during the holiday season. Make sure to keep things in perspective; the key is proper pacing! Like a towering inferno that engulfs a building quickly, don't lose your drive by over-training at the beginning of the year! Consistency of effort over the course of the entire year is critical for long-term weight management success. Try to focus on making healthy food choices throughout each week, allowing yourself the occasional splurge too. Give yourself a day or two off from heavy physical exercise to allow your body time to rest and regenerate. Exercising too hard and too frequently can wreak havoc on your immune system and joints. Proper rest and recovery is critical!

We are still developing our Sports-Specific Training program for young athletes. If you know any young athletes who might be interested in our program, please refer them to Jesse Vezina. Additionally, Jesse is continuing to build his client base and would welcome your referrals.

Please read my article in this edition of Healthlines on personal training. I thought it might be a good idea to write an informative piece on our industry.

Finally, I would like to thank you for your continued loyalty to Body Symmetry! The economic downturn hasn't been pleasant. However, your best investment in the world is in your health and fitness! Without it, you really have nothing!

Yours in Health,

Chad Marschik

New Year's Resolve

I will seek elegance rather than luxury, refinement rather than fashion.

I will seek to be worthy more than respectable, wealthy and not rich.

I will study hard, think quietly, talk gently, act frankly.

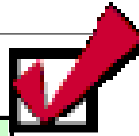
I will listen to stars and birds, babes and sages, with an open heart.

I will bear all things cheerfully, do all things bravely, await occasions and hurry never.

In a word I will let the spiritual, unbidden and unconscious grow up through the common.

- William Ellery Channing



CHECK OUT WHAT'S NEW....**Yoga is Back!!**

Hatha Yoga

Saturdays @ 9:30am

Starting February 7th

NEW WEBSITE

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!

**EXERCISE SPOTLIGHT****The Get Up**

Do you ever have trouble getting up off of the floor. The more you practice, the better, and stronger you get. Start by standing up on a carpeted or padded floor. Step back with your right leg and kneel down on your right knee. Let your left knee follow suit. Now you are kneeling on both knees. Put the right foot forward and lift yourself up to a standing position. Then step back with your left foot and kneel down on your left knee. Let your right leg follow suit. You are back in a kneeling position. Now put the left foot forward and lift your self up to a standing position. Continue this sequence, alternating right and left lead leg. It is important to put pressure on your whole front foot as you are lifting yourself up. This engages all of the muscles of the leg and ensures joint stability. And as always, be sure to use proper posture and active core muscles in any lifting or transfer you do.

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

THOUGHTS—practice meditation for at least 1 minute every day. Sit in a relaxed position and clear your mind. Any thought that comes into you mind, gently escort out. Nothing but space. You'll be surprised how fast a minute can go, and how productive it can be.

BREATHING—If you succeed at meditating for a minute, try to sit for another minute and take notice of your breath. Shallow and fast? Deep and slow? Which one feels better?

HYDRATION—Our bodies are exposed to so many toxins today that it is essential to give your body the tools to dilute these toxins. Water is your main defense against toxicity. Drink up.

FOOD—Take the whole food challenge. Try to make at least one meal a week primarily from foods that do not come in a box, a can, or have an ingredient list. (see our recipe this month to get you started)

MOVEMENT—Can't fit in a full exercise session everyday? Try to take 10 minutes to lie 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—The next time you find yourself wide awake at 2am, take it as a sign. Your body completes most physical restoration in the early stages of sleep between 10p and 2a. The remaining time is for mental and emotional restoration (the brain stuff). If you constantly awaken at this time, you may have some deep issues to work through concerning mental fatigue and/or emotional stress.

PERSONAL TRAINING—“A BRIEF HISTORY”

BY CHAD MARSCHIK

Next year will mark my 20th year in the fitness industry. Much has changed in that time. Personal training was in its infancy when I started working as a part-time trainer at Springfield Racquet and Fitness Club in 1990. I was hired as their “first” personal trainer by fitness director, Linda Renehan (my friend Linda is still their director). Actually, I went to them and pitched my proposal persuading them to hire me. I really think I was hired because they liked my ideas of generating revenue on an hourly basis. In the 80’s and 90’s, initial sign-up and monthly membership fees were most health clubs money makers. Charging members an hourly rate for personal training services was rather nouveau at the time.

Soon after I started training, I realized how much I loved helping people achieve their health and fitness goals. Simultaneously, I realized how much I didn’t know. Personal training certifications and university health/fitness programs were essentially non-existent at the time. A 4-year degree in physical education or exercise physiology probably was the best way to prepare for a career in the fitness industry.

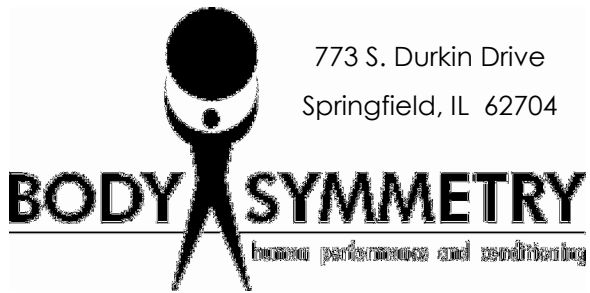
Today, there are hundreds of organizations offering personal trainer certifications as well as excellent university programs for health, fitness and exercise science. Consumers need to be aware, however, of the “watering” down of personal training certifications offered by many organizations. Some organizations are no more than personal trainer certification mills, much like a sketchy degree from an unaccredited university.

However, there are a few legitimate certifying bodies that are internationally recognized by the medical and university community. These are: American College of Sports Medicine, National Strength and Conditioning Association, National Academy of Sports Medicine, IDEA, American Council on Exercise, Cooper Clinic and the CHEK Institute.

The above organizations have stringent standards which require one to pass both written and practical tests (which are proctored), as well as maintain their certifications by acquiring annual or bi-annual continuing education units. Required maintenance of continuing education units ensures certified individuals remain current and up-to-date with any changes in the health/fitness industry.

Currently, there are no laws in the United States requiring anyone who calls themselves a personal trainer to possess any credentials (degree and/or certification) whatsoever. The consumer needs to be fully aware of this lack of oversight, which is all too common in unregulated industry. The best trainers will typically possess a minimum of a 4-year college degree in an exercise related discipline, 1 or more fitness/trainer certifications from an internationally recognized organization, professional liability insurance and a CPR certification. These are minimum standards. Many top-shelf trainers have multiple certifications, advanced degrees and regularly attend continuing education workshops and seminars around the country.

Personal training is ubiquitous! A trainer should possess excellent credentials at the very least, but equally important is their commitment to helping you find your way to better health and fitness! Seeking the services of an excellent, well-qualified personal trainer is just like utilizing the services of any other professional, such as a physician, attorney, engineer, physical therapist, etc... Find someone you feel comfortable with, who has an established track record, possesses liability insurance and has acquired the proper credentials.



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Featured Recipe



Salmon Cakes

Makes four large cakes.

1 7.5-ounce can wild-caught salmon
1 medium yam
1 egg (optional)
2 tablespoons brown rice flour
2 scallions, chopped
1 stalk celery, chopped
2 tablespoons extra virgin olive oil
½ teaspoon sea salt
Pinch paprika

First, steam yam until soft. Drain canned salmon, reserving the liquid for soup stock or other uses (my cats are big fans). Using a fork, mash and combine all ingredients. Separate into four patties and place on a lightly oiled baking tray. Bake until golden, about 45 minutes.