



# HEALTHLINES

## SUMMER 2009



### CHAD'S

**O  
R  
N  
E  
R**

Jesse Vezina will be leaving Body Symmetry August 1, to attend Arizona State University to pursue his masters degree in Exercise and Wellness. Jesse has been a valuable member of the Body Symmetry family for nearly 2 years. We will miss him, but are excited for his new path in life!

Henry Hurwitz, our summer intern, has agreed to be our newest trainer at Body Symmetry. Once his internship is finished at the end of July, he will assume his new role in August. Henry will be training many of Jesse's clients, as well as accepting new ones. So, please welcome Henry to our staff.

We have bi-monthly staff meetings to address many things related to our business. Typically, we address client concerns, training issues, new projects, marketing and share new exercises we have recently learned. During our most recent meeting, we discussed trainer vacations and personal/business time away from work. This can sometimes be a concern for our clients when we have to be away and can't work with you personally. When this occurs, as it always does a few times per year, please be open to working with one of the other trainers. You might actually like the change of training styles! All trainers at Body Symmetry are very competent and possess their own respective style. So, the next time your trainer has to be away, please give one of the other trainers a shot at working with you. Remember, if you are not satisfied with your training session, *you don't pay!* Obviously, we know this and want to work hard to give you a professional training session!

Fitness can be confusing sometimes with all the misinformation in the media. In this months edition of *Healthlines*, I have streamlined the basic components of a sound fitness program. *Life is difficult enough, keep your fitness program simple and forget about all the glossy promises on television!*

Yours in Health,

Chad Marschik



**Take advantage of fresh, locally grown  
and delicious produce all season long!**

**DOWNTOWN FARMERS MARKET**

**Wednesdays and Saturdays through  
October**

**8am—1pm**

**ILLINOIS PRODUCTS FARMERS MARKET**

**Illinois State Fairgrounds Pork Pavilion**

**Thursdays through October**



**EXERCISE SPOTLIGHT**

McKenzie Press-Ups

The McKenzie Press-Up is an excellent way to counteract the negative effects of too much bending at the waist (lumbar flexion).

Lie on the floor face down with your forearms tucked under your shoulders and chest. Keep your head and neck neutral. Slowly press into your forearms and hands to gently lift your chest and shoulders up, as if you are peeling yourself up off of the floor. Keep your hips and pelvis on the floor and try not to tighten your glute muscles too much. You should feel a bit of tension release in your lower back. Do not push up to the point of discomfort.



**Puzzle Pieces**

Everyday habits to adopt for better health and vitality.



**THOUGHTS**—Find complete quiet. Some call this meditation, some call this rest. It's important to give your brain a rest, just like you give your muscles a rest. Quiet your mind and you may find strength you never knew you had.

**BREATHING**—During this complete quiet, focus on your breathing. A deep breath can do wonders.

**HYDRATION**—Even though ice cold water tastes great in the heat, try to drink more water at room temperature (or as warm as you can tolerate). More moderate temperature water is digested easier. Cold water will slosh around in your stomach and can make you feel sick...especially when exercising.

**FOOD**—Do you ever find yourself at a cookout where nothing is healthy?? Watch your portions. No sense in overeating the wrong stuff "just because". You have ultimate control, not matter what.

**MOVEMENT**—More yard work and summer activities can mean more back pain. Take breaks often and do the McKenzie press up (see above) daily.

**CIRCADIAN RHYTHM**—It stays light later and therefore its harder to wind down at the end of the day. Try not to veer off of your routine too much. Spend some down time relaxing before you go to bed

## A Common Sense Approach to Fitness

By Chad Marschik

Keeping abreast of the latest developments in the world of health and fitness is no easy task. During my 20 year career in the fitness business, I have seen many fads and trends come and go. The media, as well as countless info-mercials, typically don't do you any favors by portraying the next "big thing" as a panacea to all that ails you! No wonder the average consumer is confused with how to take care of themselves. Who hasn't been duped a time or two into believing the hype after watching a slick ad campaign on television!

After attending countless fitness seminars, reading monthly journals and watching dozens of health/fitness videos, I have recognized common trends that haven't changed much over the years. First, keep your exercise routine relatively simple and straightforward. The American College of Sports Medicine (ACSM) has not changed their general principles and guidelines of exercise prescription too much over the last 15 years. I recently compared the *ACSM's Guidelines for Exercise Testing and Prescription* 4<sup>th</sup> edition (1991) to their 7<sup>th</sup> edition (2006). Both editions still essentially recommend 2 – 3 non-consecutive days of resistance training and a minimum of 30 minutes of cardio-respiratory training on most days of the week at 50% - 85% of your age-predicted, maximal heart rate (220 - your age x the desired training intensity).

Resistance training, cardiovascular conditioning, flexibility and sound nutrition are the cornerstones to health. They need to be practiced on a near daily basis if you truly want to reap the benefits. I typically recommend (as does the ACSM) most of my clients perform 3 days a week of resistance training, 3 – 5 days a week of cardiovascular conditioning and some form of flexibility training on a daily basis. As we age, flexibility exercises performed on a daily basis become more important. It's quite common for me to spend 10 minutes stretching before I go to bed in the evening. A few studies have shown flexibility exercises performed prior to bed may be more beneficial in improving range of motion for some people. It saves me time to do it in the evening, plus, I sleep better after performing my stretching routine.

Carving time out of your busy schedule on most days of the week to devote to physical activity can be a tough thing to do. Personally, I have a lot of 12 hour days at work, but I still manage to fit in at least 30 minutes of fitness related activity 5 – 6 days per week. If you can't devote time to traditional forms of exercise on a busy day, try to figure out how you can expend some energy by doing a physical chore around your house. Maybe one day you have to push your lawn mower for 90 minutes. This counts as fitness related activity! Vacuuming my house takes me over an hour. No..... I am not slow, just very thorough!

773 S. Durkin Drive  
Springfield, IL 62704



## Grilled Sweet Potatoes

4 medium sweet potatoes (about 3 pounds), scrubbed well  
1 teaspoon kosher salt  
1 teaspoon ground cumin  
1 teaspoon paprika  
1/2 teaspoon ground cinnamon  
1/2 teaspoon chipotle powder  
2 tablespoons apple cider vinegar  
1/4 cup olive oil

COVER POTATOES WITH COLD SALTED WATER IN A LARGE POT, THEN BRING TO A BOIL. SIMMER UNTIL SLIGHTLY RESISTANT WHEN PIERCED WITH A SHARP SMALL KNIFE, 5 TO 7 MINUTES. DRAIN WELL. WHEN COOL, SLICE POTATOES LENGTHWISE.

MIX TOGETHER SALT, SPICES AND APPLE CIDER VINEGAR; ADD OIL IN A SLOW STREAM. BRUSH THIS MIXTURE ON SWEET POTATOES.

GRILL POTATOES ON A LIGHTLY OILED GRILL RACK OVER MEDIUM HEAT, UNTIL GRILL MARKS APPEAR AND POTATOES ARE COOKED THROUGH, ABOUT 15 MINUTES. SERVE POTATOES WARM.

### NUTRITION

Per serving (about 6oz/176g-wt.): 160 calories (30 from fat), 3.5g total fat, 0g saturated fat, 0mg cholesterol, 210mg sodium, 30g total carbohydrate (5g dietary fiber, 9g sugar), 3g protein