

# HEALTHLINES



Fall 2009

**CHAD'S**

**ORNER**

Many of you know by now, but our dear friend, and my longest tenured employee, Sara Mansfield, recently left Body Symmetry for a research position at SIU School of Medicine.

Sara began her career at Body Symmetry on October 15, 1996. She left briefly for a couple of years as she pursued her husband to Missouri for his career in broadcast journalism. Soon though, she returned to the area and after a brief stint as an exercise physiologist at St. John's Hospital, returned full-time as a trainer at Body Symmetry. You may infrequently see Sara at the studio training a client or two on Wednesday evenings and some Saturday mornings. We wish Sara the best in her new pursuits at SIU!

Fortunately for me, Sara gave me plenty of advanced notice of her impending departure which allowed me to search for someone really competent to take her place. Luckily, after several interviews, meetings and phone conversations, I found such a person. That person is Katie Fowler.

Katie began working as a personal trainer at Body Symmetry on September 8. Katie is originally from Unionville, Missouri, a small town in the north-central part of the state. She attended Truman State University in Kirksville, Missouri and received her Bachelors degree in Exercise Science. She was also a member of the basketball team for 4 years. Katie also graduated last summer with a Master of Education in Intercollegiate Athletic Leadership from the University of Washington in Seattle. Additionally, Katie is a Certified Strength and Conditioning Specialist. Her work experience consists of a 4 month internship at Athletes Performance in Las Vegas for her undergrad degree and a year spent at Iowa State University as a Graduate Assistant Strength and Conditioning Coach as part of her Masters program.

Many of Sara's clients chose to continue training and were divided amongst Betsy, Henry and Katie. A few clients decided to try something new. If you are one of those individuals that decided to try something new, I would like to thank you for giving us the opportunity to help with your fitness program and I wish you the best in your new wellness endeavors!

Communication has experienced a paradigm shift in our society over the last few years. Social networking sites on the Internet are part of that societal shift. In this edition of Healthlines, Katie Fowler wrote an excellent piece on the ways one can communicate and connect with others utilizing one of the many social networking sites on the Internet. What does this have to do with health and fitness? Well, first off, Body Symmetry now is using Twitter and Facebook as communication tools with our clients. Additionally, once freefitnessvideos.com is fully operational, we hope to be a part of the social networking fabric on the Internet.

Don't fear change, embrace it!

Yours in Health,

Chad Marschik



## Exercise Spotlight

## Hand Walks

Begin in a standing position. Slowly bend at the waist, reaching your hands toward the floor. Without bending your knees, walk your hands away from your feet until you reach push-up position. Once in this position, without bending at your knees, slowly walk your feet toward your hands. When a stretch is felt in the back of your legs, walk hands back out and repeat. Make sure you keep your core nice and tight while walking your hands away from your body.

## Q&A with a Trainer

Get to know the trainers at Body Symmetry...



### Chad Marschik

What is your favorite exercise?

**Romanian Deadlift**

Who has had the biggest influence on your career?

**My family.**

What's your favorite part about working at Body Symmetry?

**Helping others and being a mentor.**

Favorite dinner?

**My Aunt Bug's meatloaf and mac'n cheese!**

Last book you read?

**4-Hour Work Week**

Favorite sports team?

**Cubs...of course!**

Best part about living in Springfield?

**Friendly people!**

Favorite restaurant in Springfield?

**Hickory River**

### Betsy Link

What is your favorite exercise?

**Running**

Biggest pet peeve?

**People that drive slow in the fast lane**

Favorite restaurant in Springfield?

**Sebastians**

Who has had the biggest influence on your career?

**Richard Simmons :)**

What's playing on your ipod right now?

**Anything country**

Favorite dinner?

**Pizza**

Last book you read?

**The Guardian**

Favorite sports team?

**Iowa Hawkeyes!!**

What was your first job?

**Lifeguarding**

### Henry Hurwitz

What is your favorite exercise?

**Wide Grip Pull-Up**

How often do you train?

**5 days/week**

Favorite restaurant in Springfield?

**Saputos**

Who has had the biggest influence on your career?

**Chad. Worked with him since I was 16.**

What's playing on your ipod right now?

**Jay-Z**

Favorite dinner?

**All you can eat sushi at Hunan**

Favorite sports team?

**Cardinals**

What's your favorite part about working at Body Symmetry?

**Working with people**

### Katie Fowler

What is your favorite exercise?

**Snatch or Deadlift**

Who has had the biggest influence on your career?

**Andrew Moser, Pete Link, Corey Goodwin, JD Gravina**

What's playing on your ipod right now?

**Counting Crows, John Mayer**

Favorite dinner?

**Buffalo wings**

Last book you read?

**Strong Enough**

Favorite sports team?

**Mizzou Tigers and UIS Prairiestars**

How often do you train?

**5-6 days/week**

Biggest pet peeve?

**False rah-rah**

### Justin Knodler

What is your favorite exercise?

**Core strengthening exercises**

Favorite restaurant in Springfield?

**Jimmy Oh's**

Who has had the biggest influence on your career?

**Claude Kracik**

Best part about living in Springfield?

**Home sweet home**

What's playing on your ipod right now?

**Zach Brown Band**

Favorite dinner?

**Sushi**

Last book you read?

**Golf's Sacred Journey: 7 Days at the Links of Utopia**

Favorite sports team?

**Chicago Bears**



## Staying Connected



By: Katie Fowler M.Ed, CSCS

This morning, I woke up and went through the normal morning routine, get dressed, fix some breakfast, brush the teeth, and locate my car keys. But there was one more thing I had to do to before I could leave my apartment and officially start my day: check up on Twitter. So, I whipped out my laptop and logged onto Twitter.com where I was instantly greeted with status updates from my friends, family members, and celebrities. Lance Armstrong read a book to his son's fourth grade class yesterday. Jay Cutler is busy studying film on the Lions. My best friend's workplace just added a new recreation area that includes wiffle ball!

Like myself, millions of people around the world have made visiting social networking sites such as Twitter, Facebook, and Youtube part of their daily routines. These sites are appealing to the masses because they help to condense information into one central location. Internet users no longer have to spend hours and hours sifting through all the information the world wide web has to offer, but can instead turn to social networking sites to bring the information to them. For example, if you're interested in politics you might sign up to get updates from President Barack Obama, the National Public Radio, or Senator John McCain. Their statuses, which oftentimes include links to proposed legislation, news on current popular topics, and updates on their personal lives, are then delivered instantly to your home Twitter page.

The popularity and growth of these sites in the past year is remarkable, with recent research released by The Nielson Company indicating that in the month of August alone, 17% of time spent on the Internet was done on a social networking site. As the daily traffic to these sites continues to skyrocket, business professionals can't help but take notice of the potential marketing outlet social media can play in their advertising and promotional campaigns. Businesses such as Best Buy, Starbucks, and Zappos.com are three such businesses with Twitter accounts that see the value of social media as a platform to deliver product and promotional information directly to the consumer.

Businesses receive not only the benefit of direct and controlled communication with their target audience, but also the added benefit that these sites are FREE for everyone! As we slowly emerge from the current lowly state of the economy, marketing personnel can't help but get googley eyed at the thought of reaching millions of their customers at no expense to their company's budget.

Social networking sites are great tools that allow individuals and businesses to share thoughts, ideas, and resources in one central location with no added costs. In the fast paced world we all live in, I think the ability to connect, communicate, and keep up with our friends and family is the best feature of these sites. If you don't have a Twitter or Facebook account already, I encourage you to give it a shot!

Aren't you curious to see what I'm tweeting about right now? Follow me at:

[www.twitter.com/kfo2](http://www.twitter.com/kfo2)

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## Turkey Burger

### Ingredients:

- 1 1/4 lb lean ground turkey (93% lean)
- 1 pkg instant plain oatmeal or 1 oz flaxseed meal
- 1/2 tsp cayenne pepper
- 2 oz lite soy sauce
- 2 oz worcestershire sauce
- 2 Tbsp garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp dried basil

### Preparation:

1. Mix all ingredients in a bowl until well blended.
2. Make into patties and put in freezer to firm up (approx 20 minutes). Preheat grill while burgers are firming up. Spray grill with non-stick spray. Place burgers on grill on first side for approximately 3 minutes.
3. Turn over and grill other side for 3-5 minutes.

### Breakdown:

- Cook/Prep Time: **40 minutes**
- Serves: **4**
- Calories: **450**
- Protein: **36g**
- Carbohydrates: **34g**
- Total fat: **17g**
- Saturated fat: **5g**

