

HEALTHLINES

CHAD'S

Summer 2010

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It won't be long until we launch freefitnessvideos.com. We have been working on the site overhaul for over 18 months, but I think the additional time we have put into the project will be well worth it! The site will feature nearly 500 exercise video clips. Each video will feature a trainer (one of us) demonstrating, as well as explaining, how to perform the exercise. Additionally, a user will have the ability to create, save, view, print and send workout programs. We hope to add many more videos to the library. Users will be given the opportunity to upload exercises to our servers. The videos will be judged by our panel of experts for quality, safety and appropriateness prior to being accepted to freefitnessvideos.com.

Many of you know by now that one of our trainers, Katie Fowler, has left the humble confines of Springfield for the big city lights of Boston. Katie took a personal training position with a large club. She will continue to work with us from afar as a consultant for freefitnessvideos.com. Maybe this is fate, since Cole Shelton, my partner in the web site, is being transferred for his consulting job from his current home in Washington D.C. to Boston. So, Katie and Cole, who frequently work on the site together from a great distance, will now reside in the same city. We wish Katie all the luck and success in the world!

Katie's departure has left a void in our training staff, both figuratively and literally. We plan to accommodate her client base to the best of our abilities. Each trainer at Body Symmetry possesses their own unique style and mannerisms. Please be patient and bare with us as we learn what it takes to provide you with a great training experience!

Nutrition is a pet peeve of mine and in this edition of Healthlines I wrote a must read article on eating out at restaurants. It can be a very tough endeavor to find healthy fare at many restaurants, but there are some things you can do to help in your quest to make good choices.

Yours in Health,

Chad Marschik



Exercise Spotlight

Rotational Row

Rotational Row

1. Hold a dumbbell in one hand and position your feet in a staggered stance.
2. Lean forward and reach the dumbbell down toward the lead foot, while simultaneously pulling the opposite elbow back as high as you can.
3. Now row the dumbbell up as high as possible while reaching the free hand down toward the lead foot.
4. Alternate in this fashion for the desired number of reps.

Best Options When Eating Out

1. Bob Evans

An 8-oz. portion of fork-tender salmon served with a baked potato (plain) and steamed broccoli florets.

481 Calories /9g Fat/2g Saturated Fat/142mg of Sodium

2. Ruby Tuesdays

Plain Grilled Petite Sirloin, Brown Rice Pilaf and Sugar Snap Peas

587 Calories /20g Fat/39g Carbs/62g Protein/ 903 mg of Sodium

3. Olive Garden

Mixed Grill (all chicken)

Skewered chicken marinated in Italian herbs and extra-virgin olive oil. Served with broccoli and grilled vegetables.

660 Calories /20.5g Fat/30 g Carbs/89 g Protein/1225 mg Sodium

4. Panera Bread

Fuji Apple Chicken Salad

520 Calories /31g Fat/33g Carbs/31g Protein/930 mg Sodium



Making the Right Choices When Eating Out

By: Chad Marschik CSCS, ACSM HFS

Who doesn't like to go out to eat! You get to choose the restaurant, what to eat, how much to spend, plus no cooking or dishes! What's not to like? The problem with this common, everyday scenario boils down to choices most Americans make. Let's face the truth; a lot of us make really poor food choices when ordering. Now, there are times when we order well, say chicken or fish with mixed greens, dressing on the side.

Weight management is something most people have to pay attention to for their entire lives. This means everything we consume, beverages included, affect how our bodies respond. If we eat a high-calorie, high-sodium meal, our body's response is typically not a positive one. Have you ever felt like complete hell after eating something that you know you shouldn't have eaten?

I recently paid up on an old bet that I had lost to my good friend and co-worker, Henry Hurwitz. The loser (typically me when betting), had to eat a horse shoe and drink a few beers. Now this may not sound like a losing proposition, but I personally had never eaten a horse shoe out of great fear of what my body's response might be. For those of you not familiar with Springfield, IL food fare, a horse shoe is a local delicacy consisting of an unholy amount of layered bread, cheese, meat (hamburger, chicken, ham, etc...) and French fries. In my particular case, I ordered a horse shoe from a local restaurant, Darcy's Pint, which was featured on the Food Network's episode of "Man vs. Food". My extra-special horse shoe included onion rings, slabs of bacon, chicken strips, a large hamburger, bread, oodles of French fries, hot sauce, tomato slices (the only healthy thing on it) and two special types of mystery cheese sauce! How well do you think my body responded? You don't want to know all of the details. Let's just say I finished it and leave it that!

That was my first and last horse shoe. I estimated the horse shoe I ate was around 3,000 calories! Many people eat that way every few days. Unbelievable! No wonder we have a health crisis in our country! Most chain restaurants have calorie guides that are available to view online. KNOW exactly what you are eating before you eat it! This is so important to remember when trying to manage your weight.

Sometimes we eat at restaurants that don't have a calorie outline available. My recommendation is to keep things really simple when ordering. You typically can't go wrong when ordering chicken, fish or lean beef, with a side of vegetables, a mixed green salad, dressing on the side and a glass of water. Your entrée should typically be free of "goop": cheese, sauces, etc..... If in doubt on how something is prepared, ask the wait staff to tell you how it is made. Adjust your order if you don't like what you hear. Most chefs/cooks can easily accommodate any special requests. You may have to pay a modest up-charge if you tweak what's on the menu, but I think the return in terms of shaving hundreds of calories from what you eat is well worth the price!

You shouldn't have to avoid eating out if you take a disciplined approach to ordering, unless of course you lose a bet and have to eat a horse shoe! I highly recommend never making a bet with a member of the Hurwitz family!

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Seared Salmon with Jalapeno Ponzu

- Combine first four ingredients in a small bowl; mix well.
- Heat oil in a large nonstick skillet over medium-high heat. Add salmon, skin side down; cook four minutes on each side or until fish flakes easily with a fork or until desired degree of doneness.
- Arrange one fillet on each of four plates. Top fillets evenly with jalapeno slices. Spoon about two tablespoons of the soy sauce mixture over each serving; let stand ten minutes before serving. (Serves four)
- 310 calories, 8.8 grams of fat, 21.4 grams of protein, 36.3 grams of carbohydrates.

Ingredients:

- 1/4 cup less- sodium soy sauce
- 2 tablespoons fresh orange juice
- 2 tablespoons mirin (sweet rice wine)
- 1 tablespoon fresh lemon juice
- 1 tablespoon dark sesame oil
- 4 six ounce salmon fillets
- 1 large jalapeno pepper, cut crosswise into thin slices

Source: Cooking light May 2010

