

# HEALTHLINES



Fall 2010



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I am pleased to announce that we are currently in the midst of beta testing [freefitnessvideos.com](http://freefitnessvideos.com)! Beta testing is a fancy word for “bug testing”. So, we are going through the site picking apart the things that don’t work properly and fixing the respective code.

Most of you have heard me talk about [freefitnessvideos.com](http://freefitnessvideos.com) for over 2 years now, but if you are unfamiliar with it, let me explain the gist of it. The site will allow users to view over 500 exercise video clips, find pre-made workout programs, create and print workouts, save workouts, send and receive workouts, watch our television program (Personal Health & Fitness) and finally, upload exercise videos to our database for possible acceptance on our site.

I have found over the years that it is extremely difficult to communicate how to perform many exercises properly without me physically being there to correct any movement flaws. The web site will help solve this problem for many of our clients who like to workout on their own. Our clients, or any user for that matter, will be able to logon to the site, go to their own personal fitness library and open their workout program. A user will be able to watch each individual exercise video clip (with audio too) and see exactly what they are supposed to do. We think our system will minimize confusion by showing you what to do and how to do it. I personally think there is a huge medical connection too, having spoken to several area physicians, physical therapists and chiropractors who are excited about delivering rehabilitation protocols to their patients via an online source.

The best part of [freefitnessvideos.com](http://freefitnessvideos.com) is that it costs nothing to use. Hopefully, FREE implies that! A lot of domains that have “FREE” in their name actually aren’t free. I hope many of you will provide constructive feedback when we launch the site. You can always contact me via email, or simply call the office or my cell.

Over the summer we hired a new trainer, Joy Guardia. Joy came to Body Symmetry with a lot of experience. She has worked as a personal trainer for several years in the Springfield community and is an avid runner, having competed at the collegiate level in women’s track and cross country for 4 years. Joy possesses a BS in Education, with a Concentration in Physical Education-Exercise Science, as well as her MS in Education, with a Concentration in Physical Education-Sport Studies.

Justin Knoedler is back too with Body Symmetry as a personal trainer. Justin spent this past spring playing baseball with the Los Angeles Dodgers. After being released, he decided to come back to Springfield to be with his wife, help out with the Lincoln Land Community College Baseball team and start his personal training career with us. Justin is family though, having trained here for many years in the off-season, as well as training clients when his schedule allowed too.

Joy Guardia was kind enough to write our latest feature article in this edition of Healthlines. If you want to learn more about the very important macronutrient protein, make sure you read the article.

Yours in Health,

Chad



## Exercise Spotlight

### Overhead Dumbbell Squat

1. Hold a dumbbell in each hand with your arms fully extended above your head (directly over your shoulders).
2. While leaving your arms above your head, squat down so that your knees are at 90°, making sure to drive your hips back.
3. Press through your heels to raise yourself back up.
4. Make sure to keep your elbows/arms completely straight throughout the entire exercise.

**Benefits:** Whole body movement that primarily strengthens the legs, hips, back and shoulders.



Step 1



Step 2

## Protein Snack & Meal Ideas

The following snack and meal ideas, from your very own Body Symmetry trainers, have adequate amounts of protein, carbohydrates, and fats that will provide quality calories to carry through the day. *The highlighted meal should be consumed within 30 minutes of your workout to ensure proper recovery and is especially important after a strength training session.*

- Tuna (4oz.) mixed with light dressing, 5 whole grain crackers (i.e. Kashi)
- Protein bars that are low in sugar and fat, Chad chooses an organic/sprouted grain protein bar
- 14 baby carrots dipped in 2 tbsp of hummus -flavored or plain
- 1 oz. almonds, cheese stick, and an apple
- 100% whole wheat English muffin or 4 graham crackers with peanut butter
- Hardboiled eggs (can be prepared in advance)
- Beef or deer jerky (opt for healthy versions that are lower in sodium)
- 1 cup cottage cheese with fruit (raspberries, blackberries, blueberries, peaches)
- Plain yogurt with raspberries and chopped nuts
- ***1 Whey Protein Shake (18—25 grams of protein) mixed with 12 oz. of a sports drink (Gatorade, Powerade, etc...) or 3 T of powdered Gatorade can be substituted for the regular drink.***
- Mix peanut butter in hot cereals or chopped nuts in hot or cold cereals
- Add lentils and seeds to your salads
- Include grains (barley, cornmeal, oats, rice, pasta, whole grain bread), legumes (beans, lentils, peas, peanuts, soy), seeds & nuts (almonds, walnuts, other nuts, sesame seed, flax seed, & sunflower seed), or vegetables (leafy greens & broccoli) to every lunch and dinner

# Protein in the diet

By: Joy Guardia M.Ed, ACSM CPT

## *The importance of protein in your diet*

Protein is necessary for many important bodily functions: the repair and building of body tissues, production of enzymes & hormones, regulating body processes such as muscle contraction, and various other functions. Twenty amino acids make up protein, nine of which are essential amino acids that are not produced in the body and must be consumed through food. Protein is not used as a fuel source unless the body is in the state of energy deprivation. With all that protein does in the body it is essential that an active person get enough protein in their diet.

## *Complete vs. incomplete proteins*

Protein sources that contain all nine essential amino acids are called complete proteins. Foods that come from animal sources are *complete proteins*: chicken, turkey, beef, fish, milk, eggs, whey, and cheese. Soy is the one vegetable source that contains all essential amino acids. Most vegetables, legumes, fruit, grains, seeds, and nuts are *incomplete proteins* and each alone does not contain all nine essential amino acids. However, combining two or more of these types of food would supply your body with all nine essential amino acids.

## *How much protein do you need?*

The average exercising adult should be consuming about 25% of their daily calories in protein. If you eat 2,000 calories/day, 500 of them should be from protein. The timing is important for those engaging in high intensity training. Within 30 minutes of an intense exercise session one should consume protein and carbohydrates in order to help start the repair of muscle tissue. If you are not able to eat a full meal within 30 minutes of weight training or long distance exercise, be sure to eat a snack high in protein and carbohydrates.

## *Snacks and protein for post-workout*

Most snacks out there are convenient, easy to pack in your desk drawer, and are quite tasty. The problem is many pre-packaged snacks are missing nutrients, they cause you to crave more, and they do not fill you up, so you may end up eating 2-3 servings at a time. Including protein in your snacks will not only give your body proper nutrients but will satisfy you, eliminating your cravings for more sugar and fat.

What you eat after a workout is important in replenishing your energy and repairing muscle tissue. Have you ever experienced muscle soreness post-workout? During that period of muscle soreness your muscles are repairing themselves and need adequate amounts of protein to ensure that your body recovers properly. To speed up this recovery process be sure to eat something with carbohydrates and lean protein within 30 minutes of your workout.

Supplements, protein powders, bars, and pills, **are not** closely regulated by the FDA and should be purchased and used with caution. Research findings are inconsistent and little is known about the safety of supplements, so the ADA advises against individual amino acid supplementation and against protein supplementation overall. The average person is able to get the essential amino acids and the appropriate amount of protein through their diet.

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# *Blackbean and Butternut Burritos*

Baking Time: 15-20 minutes

- 1 Tbsp. oil
- 1 small or medium-sized onion, chopped
- 3-4 cups butternut squash, cut into ½" cubes
- ½ tsp. cumin
- ¼ tsp. cinnamon
- ½ tsp. salt
- 2 cups cooked, or a 15-oz. can, black beans, drained
- 8 tortillas
- 1½ cups grated cheese
- sour cream
- cilantro, if you wish
- salsa

1. In a large skillet or saucepan, heat oil. Sauté onions until tender.
2. Add butternut. Cover and cook over medium heat until tender.
3. Add cumin, cinnamon, and salt. Add beans. Cover, and heat through.
4. Put ½ of mixture in each tortilla, top with 3 Tbsp. cheese, and roll up. Place seam-side down in a greased 9 x 13 baking pan.
5. Bake uncovered in 350° oven for about 15-20 minutes, until heated through.
6. Serve with sour cream and salsa, and cilantro if you wish.

**Tips:** Tortillas freeze well with the mixture inside so I often make a double or triple batch. You can also freeze just the filling.

## Breakdown:

- **Cook/Prep Time: 45 minutes**
- **Makes 8 burritos**
- **Calories: 261**
- **Protein: 10g**
- **Carbohydrates: 44g**
- **Total fat: 5g**
- **Saturated fat: 1g**



Source: [vegetarianrecipes.com](http://vegetarianrecipes.com)