

HEALTHLINES

CHAD'S

ORNER



Winter 2011



A client approached me recently about a television reality weight loss show. She commented on the extreme amount of weight that contestants were losing on a near weekly basis. According to her, many of the obese participants were shedding anywhere from 10 – 25 pounds per week. One of the contestants on the show *only* lost 10 pounds in a week and was made to feel bad by one of the trainers for not losing more. I have intermittingly watched a few of these programs over the years and can honestly say I think they do a very poor job of educating the general public on healthy, as well as sane, ways of achieving long term weight management goals. In this edition of Healthlines, check out my article, “10 Nutritional Weight Management Commandments for Life”, where I discuss how you can achieve and/or maintain a healthy body for life without a scantily clad trainer yelling at you like a lunatic.

Congratulations are in order for Henry Hurwitz for passing his Certified Strength and Conditioning Specialist (C.S.C.S) examination. His new designation is considered to be very prestigious in the health/fitness field (plus, it’s a hard test to pass). Henry is closing in on his second year of employment as a trainer at Body Symmetry. He still has a few good time slots remaining to fill in his schedule, so if you know of anyone who might be interested in training, please contact him.

If you have noticed, Joy Guardia has not been around lately. This is because she recently gave birth to her precious daughter, Melody. Mother and child are doing well. They recently stopped in for a visit at the studio. Melody is so tiny, as well as cute!!!! Joy will return to work at some point in the future, but for now is busy being a first time mother.

Betsy Link will soon be in the same position as Joy, except this will be her second go around. She is expecting this spring and will take some time away from work to spend with her growing family. Many of you that currently train with Betsy, I assume, will want to continue with your fitness training. We transitioned a few of Joy’s clients to other trainers at Body Symmetry without much of a hitch and will of course do the same for Betsy’s clients. So, if you are currently training with Betsy and would like to discuss how the transition process works in terms of scheduling, please contact me. There is still plenty of time to figure out scheduling concerns before Betsy steps aside to have her baby.

Finally, thanks for your interest and feedback regarding our recently launched web site, FreeFitnessVideos.com. After 2+ years of planning, coding and design work, we finally achieved our goal of launching our web site. We still have much to do, but I don’t expect it will ever be completely finished. The last few years have taught me it will always evolve and morph into something better. Wish us luck!!

Yours in Health,

Chad Marschik



Exercise Spotlight

Rainbow Medicine Ball Slams

1. Stand upright and hold a medicine ball directly overhead.
2. Slam the ball to the floor on one side of your body.
3. Catch the ball as it comes up and take it back over your head and slam it down on the other side of your body.

Benefits: Whole body movement that primarily strengthens the core, shoulders, and hips.



Step 1



Step 2



Step 3

Motivational Quotes

- “To give anything less than your best is to sacrifice the gift” - Steve Prefontaine
- “Good luck is the result of hard work and preparation”
- Unknown
- "You miss 100 percent of the shots you never take." -
Wayne Gretzky, Former Professional Hockey Player
- "Don't let what you can't do interfere with what you can
do" – John Wooden, Former UCLA Basketball Coach
- "Being defeated is often a temporary condition. Giving up
is what makes it permanent." – Marilyn vos Savant,
Columnist

10 Nutritional Commandments for Life

By: Chad Marschik ACSM HFS, CSCS

1. Thou shall eat a diet primarily consisting of whole, unprocessed food. Whole foods are what our hunter/gatherer ancestors ate. Current day man's genetic make-up is no different from our nomadic forefathers from 10,000 years ago. Modern man is not physiologically suited to consume a steady diet of soft drinks, Pop-Tarts and Wheat Thins. If what you are currently eating was not around a few hundred years ago, don't eat it!

2. Thou shall *not* eat starchy carbohydrates after 12 p.m. each day. Potatoes, rice, bread, cereals, pasta, corn, etc.....are classified as starchy carbohydrates. In order to keep insulin levels in check, which will help maximize your body's ability to burn stored body fat as a fuel source, starch consumption should be limited to A.M. meals.

3. Thou shall consume a meal every 3 – 4 hours. In order to keep insulin levels from spiking or dipping too low, consume a meal consisting of 20 – 30 grams of protein and at least 10 – 15 grams of fat. You may also add a vegetable of your choice to each meal. A few specific examples of whole food protein and fat sources are as follows: 5 oz. of canned tuna, eggs (3 whole eggs equal about 20 grams of protein and about 15 grams of fat), 4 oz. of chicken, 2 oz. of nuts of your choice, ½ avocado, 1 T of Olive Oil, 2 T of peanut butter, 4 oz. of any lean meat of your choice.

4. Thou shall eat a healthy breakfast on a daily basis. Breakfast is quite possibly the most important meal of the day. It is important to consume a healthy protein source, such as eggs or a whey protein shake and a low glycemic carbohydrate source, such as cooked oatmeal. The protein (amino acids) will be used to break the catabolic (cannibalization of lean muscle tissue) state induced by long periods of fasting (sleeping 8 plus hours) and the low glycemic carbohydrates will provide a steady stream of energy for a relatively long period of time without spiking blood sugar levels.

5. Thou shall not fear consuming healthy fats. Fats such as olive oil, coconut oil, avocados, nuts and seeds, nut/seed oils, moderate consumption of butter, oily fish, fish oil, lean cuts of red meat, etc.... should be consumed on a regular basis. Fats should comprise 25 – 30% of your total daily calories. Fats promote the regulation of all sorts of hormones which contribute to your overall wellness. Additionally, regular consumption of fats throughout the day helps keep insulin levels in check, which aids in managing ones weight.

6. Thou shall limit the intake of sugars and artificial sweeteners. Sugars are hidden in many of the things we eat on a daily basis, from your morning glass of juice to the fruit you eat for a snack and even in something as inconspicuous as ketchup (high fructose corn syrup is often added to ketchup as a flavor enhancer/sweetener). Excess consumption of things like soda, juices, fruit, candy, pastries, etc...will wreak havoc on your insulin levels, promoting massive swings in blood sugar, which may cause large deposits of body fat from the calories you ingest.

7. Thou shall consume a pre and post workout meal. Ingesting 20 – 30 grams of carbohydrates, such as a small banana, and 10 – 15 grams of protein, such as 2 hardboiled egg whites (toss the yokes) or a half serving of whey protein mixed in water, will safeguard your body from the loss of lean body mass during your workout. Once you have completed your workout (within 30 minutes), consume 40 – 50 grams of a fast acting carbohydrate, such as 16 ounces of Gatorade and 20 – 25 grams of protein, such as a whey protein shake mixed with water. The post-workout recovery meal will help refuel your body and promote optimal muscle re-synthesis.

8. Thou shall not engage in fad or crash diets. Fad diets, especially the ones that drastically restrict calories, do little in the long term helping one manage their weight. Severe caloric restriction (sub-1,200 or so for most women and sub-1,500 or so for most men) may help you lose weight, but typically a higher percentage of the weight loss is lean body tissue (aka. Muscle). The precious loss of muscle creates a metabolic disaster. When you lose muscle the human body actually becomes less efficient at burning the calories you consume. If weight loss is your goal, moderately restrict your calories, not more than 300 – 500 less than your normal intake and exercise more.

9. Thou shall limit the intake of alcohol. Moderate alcohol consumption, 1 – 2 drinks per day, is currently considered to be beneficial from a health standpoint. However, regular excess consumption of alcohol can create a weight management nightmare. Excess alcohol calories will not benefit your long term goal of managing your weight. These empty, excess calories can be converted to stored body fat quite easily.

10. Thou shall ingest half your bodyweight in ounces of water on a daily basis. This is a simple formula: $\text{Bodyweight} / 2 = \text{Ounces of H}_2\text{O per day}$. Water aids in digestion and supports many other physiological needs of the body. Proper digestion requires one to be sufficiently hydrated and consuming half your bodyweight in ounces of water will ensure this function is carried out efficiently. When food is digested properly those calories (macronutrients), as well as vitamins/minerals (micronutrients), are easily assimilated (absorbed) and utilized for energy by the body.

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Greek Yogurt Parfaits

Yields Eight Parfaits

Ingredients:

- 1 Cup uncooked granola
 - 12 Cups water, divided
 - 1/4 Cup orange blossom honey
 - 1/4 teaspoon kosher salt
 - 4 cups plain 2% Greek-style yogurt
 - 2 cups fresh berries (such as blueberries, blackberries, or sliced strawberries)
1. Soak granola in 6 cups water overnight. Drain. Place in a medium saucepan with remaining 6 cups of water over medium-high heat; bring to a boil. Reduce heat, and simmer 20 minutes or until granola is just tender. Drain well. Stir in Honey and salt. Cool to room temperature.
 2. Spoon 1/4 cup yogurt into each of 8 parfait glasses. Top yogurt with 3 tablespoons granola and 2 tablespoons berries. Repeat layers with the remaining ingredients.

Breakdown:

- Calories: 228
- Fat: 3.1 g
- Protein: 14.1 g
- Carbs: 38.9
- Fiber: 4.8 g
- Cholesterol: 7 mg
- Sodium: 106 mg
- Calcium: 130 mg



Source: Cooking Light, July 2010