

HEALTHLINES



CHAD'S

ORNER

Body Symmetry recently signed a contract with Illini Country Club in Springfield to become their exclusive provider of personal fitness training services at their new fitness facility. Additionally, we will create and provide staffing for an assortment of fitness programs. I have been working closely with their General Manager, Joe Burden, as well as members of their fitness committee for several months to create an outstanding facility that is sure to make their members proud. I would like to personally thank Jim and Pat Mullin for speaking so highly of us to one of the members of the fitness committee. I believe this gesture opened the door for us. There were several other Body Symmetry clients that spoke so well of us too and I thank you for your kind words. We hope to provide many years of quality service to the members of Illini Country Club.

Our new relationship with Illini Country Club will certainly demand our attention. However, I promise that it will not detract from our ability to serve the needs of our clients that train in-home and at the Body Symmetry studio. To meet the needs of our growing client base, I recently hired Eric Spenner as a new trainer. Eric recently worked for the Fit Club as a personal trainer for about a year. He has both his bachelor and master degrees in Exercise Science from SIU-Carbondale. Additionally, he is certified by the American College of Sports Medicine as a personal trainer. Eric plans to spend quite a bit of time training at Illini Country Club, as well as at the studio. Please welcome Eric aboard!

In March, Justin Knoedler and Henry Hurwitz attended the National Strength and Conditioning Association's annual personal trainer convention in Las Vegas. They both learned a bit, as well as had a good time! I am a big believer of both.....learning and good times! In this month's edition of Healthlines, check out Eric Spenner's article on medication and exercise. Most Americans regularly take some form of medication, but few realize the effect some drugs have on physical activity. Learn what influence drugs may have on your body when you exercise.

Finally, Betsy Link gave birth to her second child, a girl (Graciella Rose), in April. Congratulations to Betsy and Brad! Betsy plans to return to work part-time in early July.

Yours In Health,

Chad Marschik



Exercise Spotlight

Kettlebell Sit Up Punches

1. Lie flat on the floor while holding a kettle bell in one hand with your arm fully extended directly over your shoulder.
2. While leaving your hips and the opposite shoulder on the ground, use your abs to raise the kettle bell as high as you can toward the ceiling.

Benefits: Abdominal and trunk movement.
Improves core strength.



Step 1



Step 2

Motivational Quotes

- “A wise man will make more opportunities than he finds.”
- Francis Bacon
- “If you don’t know where you are going, you’ll end up someplace else.” - Yogi Berra, Former New York Yankees Catcher
- "The way to gain a good reputation, is to endeavor to *be* what you desire to appear." - Socrates
- "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will " – Vince Lombardi, Former Green Bay Packers Coach

Medication and Exercise

By: Eric Spenner M.S., ACSM CPT

As the world evolves, so do the advances in medicine. These advances allow people to live longer; however, this extension of life sometimes comes at the cost of using medications. An increased use of medications in the general population not only affects day-to-day routine of those on medications, but those medications can alter normal exercise response. As we increase activity, our hearts will attempt to pump out more oxygenated blood, to accommodate the increased demand, by increasing the volume of blood expelled with every beat of the heart (stroke volume) and heart rate.

Two common types of medications used today are beta blockers and ACE inhibitors. Beta blockers slow your heart rate, which can prevent the increase in heart rate that typically occurs with exercise. This means that you are unable to reach your target heart rate range—the number of beats per minute that ensure you will be exercising at the desired intensity level. ACE inhibitors basically create a net result of reduced vasoconstriction, reduced sodium and water retention, and increased vasodilation. ACE inhibitors allow for excretion of excess water. During exercise, the body sweats, losing more water, which could lead to dehydration.

Many adults are not only on prescription medication but are also taking over the counter nutritional supplements. Because these supplements are sold without a prescription, most people fail to mention using these products to their doctors. Researchers from Intermountain Medical Center Heart Institute and Utah State University, both in Salt Lake City, interviewed 100 patients with atrial fibrillation to determine how well they understood potential interactions between commonly used nutritional supplements and medications. Patients taking blood thinners are especially at risk for drug interactions because nutritional supplements can compete with these medications while being processed in the liver, which could intensify or reduce the effect of active blood thinner ingredients. Vitamins (92%), glucosamine/chondroitin (28%), fish oil (26%) and coenzyme Q10 (6%), were the most popular supplements that patients used. As well, 69% of the 100-most common supplements interfere with warfarin's effectiveness (<http://www.clinicaladvisor.com/>).

With all of the advances in medicine and the prolonging of life, prescription medications and nutritional supplements are being used more often. As well, exercise is being performed by people of all ages, most of them taking some of these medications and/or supplements. Therefore, it is beneficial to know what you are taking, how those medications interact, and how those medications alter exercise response.



Italian Chicken Salad

Instructions

1. Combine the marinade ingredients in a medium-size bowl and whisk them to blend. Set aside 1/2 cup of the mixture for basting the chicken on the grill.
2. Place the chicken breasts in a gallon-size zip-lock bag and pour in the remaining marinade. Press the air out of the bag and seal it. Turn the bag to thoroughly coat the chicken, then place it in a bowl and refrigerate it for at least 1 hour, turning it occasionally. Remove the meat from the refrigerator 20 minutes before grilling.
3. Prepare a charcoal fire or set a gas grill to medium-high, close the lid, and heat until hot -- about 10 to 15 minutes.
4. Remove the chicken from the bag and discard the marinade. Grill it uncovered, basting with the reserved marinade. Cook the chicken until it is no longer pink inside, about 2 minutes per side on a gas grill. Transfer the breasts to a cutting board and let them rest about 5 minutes before thinly slicing them crosswise. Serve the chicken over salad greens and cherry tomatoes. Serves 6 to 8.

Ingredients:

- **MARINADE**
- 1 (8-ounce) bottle Italian dressing
- 2 tablespoons Worcestershire sauce
- 1 tablespoon lemon juice
- 1 teaspoon Creole seasoning (optional)
- **CHICKEN SALAD**
- 8 thin-sliced boneless, skinless chicken breasts
- Mixed salad greens
- Cherry tomatoes

