

Newsletter from ExercisePlace.org sent to you from The Exercise Place

Hello and Welcome!

Welcome to the April edition of The Exercise Place On-line Newsletter. In this newsletter, we hope to give you motivation, tips, and updates to the Exercise Place facilities.

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Exercise Place News and Updates

April Special: 2 for 1 Memberships

April is a special month for friends and family over age 55. For this month only, The Exercise Place is providing a special of 2 memberships for the price of 1. If your membership is coming up for renewal, please consider doing so this month; if you have friends or family members who would like to begin a gym membership let them know about our special.

**Price includes full use of facilities, and is applicable only to those 55 and older. Second person must also be 55 or older. Single person membership rates will apply. Special is available for the month of April only. To begin or renew your membership, please call your local Exercise Place.*

Attention Blue Cross Blue Shield Recipients!

Beginning January 2008, Blue Cross Blue Shield instituted a new gym reimbursement for holders of certain policies. You can receive up to \$20 for exercising at least 12 times per month (3 times per week for 4 weeks). To find out if you qualify for this reimbursement, please check with your local BCBS agent. If you qualify for the insurance reimbursement, please contact your local Exercise Place for the necessary forms.

For all members of the Exercise Place, please check with your insurance company or employer to see if you qualify for a reimbursement.

Want to Keep the E-Newsletter Coming?

The Exercise Place is working toward the e-newsletter becoming a monthly product released to our members, but we cannot proceed unless our members have signed up for it. Please let your fellow Exercise Place buddies know that there's an on-line newsletter by telling them to visit the new website at <http://www.exerciseplace.org>, and encourage them to sign up.

Exercise of the Month

Summer is almost here, the weather is getting warmer, the birds are singing, and the garden is calling! Now is not the time to stop your workout program, it is time to step it up. Allow the new, warmer activities to supplement your workout program, and you will see great results! April's **exercise of the month** features exercises for the arms. While lifting weights for your arms does not burn enough calories to burn fat, it does help to build muscle that makes gardening easier and those short-sleeved shirts look better. Remember: if you work the front of your arms (the biceps) you should also work the back of your arms (the triceps) in the same workout.

Standing Bicep Curl



Instructions:

- 1) Stand with feet shoulder width apart and knees slightly bent or sit in upright position.
- 2) Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl DB's up to approximately shoulder level. Keep elbows close to sides throughout movement. This exercise may be done one arm at a time.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

On the website you will find animated pictures of people performing exercises in different positions at different fitness levels, so you should always be able to find a way to incorporate the Exercise of the Month into your current exercise routine. Changing exercises, or routines, every 4-6 weeks is important to prevent stagnation. Your muscles will only adapt to the level they have to and no further, so changing things up will force your muscles to change and adapt to new circumstances. This will not only make you stronger, it will also allow your body to learn how to move in different ways, increasing your ease of daily living!

Food Market

Pineapple is a well-known fruit to most people, but is not often a staple in homes due to its price or the work of needing to cut it up. However, pineapple has many beneficial components that may make you look past these problems next time you enter the store.

Did you know that pineapple can help in the healing process? Pineapples are rich in many vitamins and minerals, including Vitamin C and manganese, which not only help shore up the body's immune defenses but also help build bone and connective tissues. Many people say that pineapple helps to heal bruises more quickly, although studies have yet to show any real proof of that. However, the fiber and other vitamins and minerals provided by pineapple are very good reasons to pick one up the next time you're in the store.

Did you know that canned pineapple tastes different from fresh? If you have never tried a fresh pineapple before, prepare to have a very different experience. You may not be able to go back to canned pineapple again, as fresh pineapple has a wonderful tart and juicy taste to it.

Trying new foods isn't only for kids who are picky eaters. Did you know that the average person only eats 20 types of food in a week, and those weeks tend to repeat? To get a full range of vitamins and nutrients, a person should aim higher. Decide to try one new food a month, or even each week. Make sure that food is a fruit, vegetable, or new recipe, and not the newest brand of cinnamon rolls!

Q&A

I have about 15 post-pregnancy pounds to lose and have been working out at The Exercise Place for about 4 weeks now without any results. I have also been trying to eat healthier, but I don't feel like I'm getting anywhere. Do you have any ideas?

There are several things to keep in mind when you're working out. **First**, a good exercise plan is very important. Make sure you're coming in regularly, at least 3 times per week, although coming in 5-6 times will help you see more results. **Second**, track what you are eating. Most people underestimate their calories by 25%, which can translate to 200-300 calories per day extra. Even just the act of writing down what you are eating can help rein in your calorie intake. Nutrition is very important when you are trying to lose weight, because if your body does not think it is getting enough of what it needs, it will work to keep what you have (translation: bad eating choices=no fat loss). So work diligently at increasing your fruit and vegetable intake, trying for at least 5-9 servings per day. One way to do this is to include a vegetable or two at each meal. Veggies are the best because they fill you up without giving you a lot of calories, so you don't feel deprived. **Third**, realize that you have only been working out for 4 weeks. Your body still doesn't quite realize what's happened yet, and it is possible that you're not able to move quickly/intensely enough to burn the calories you need to be burning. Don't worry, as that will pick up over the next few weeks, so long as you keep working at increasing the intensity

each time you go in. If you increase the intensity, you should not have to increase the amount of time. However, if you don't think you can work any harder, then either increase the time or allow your body to catch up.

Weight loss is often simple but not easy. It requires work on your part, not only to keep your diet as nutritionally high as possible, but also to put in the work on your exercise program. If you need ideas or a workout program, please contact your local Exercise Place or visit the website at <http://www.exerciseplace.org>.

Every week, a new question comes up about health, fitness, and mindset. These questions are extremely important, so if you have a question, do not hesitate to ask. There are several ways to ask Exercise Place personnel questions, including talking to your local trainer, calling your local Exercise Place phone number, or leaving a comment in the Contact Us area of the website. Questions will be answered individually, and some may even make it into this newsletter. The Exercise Place strives to give each person the tools they need to attain success, but we cannot address your issues if we do not know you have them.

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This newsletter is written and edited by Carrie Moritz, Volga trainer, and is supported by ThatHealthyPerson.com. Please visit THAT Healthy Person to learn how to incorporate healthy living into your daily, everyday life.