

Exercise Place Update

Your Health is Our Goal!



Welcome!

Welcome to the Exercise Place Update! In this newsletter, we hope to give you motivation, tips, and updates to The Exercise Place facilities.

We welcome feedback from our readers on future issues, whether you have questions, would like to see certain sections, or have suggestions.

At the Exercise Place, we believe that exercise is a necessary part of life, whether you are exercising to lose weight, gain muscle, get in condition for athletics, prevent future health issues or combat current ones. It is also fun, and helps everyone feel refreshed! If you need help with accountability or injecting fun back into your exercise, call Tim through your local Exercise Place phone number or set up an appointment through your local Exercise Place Trainer.

What's Your Goal? By Carrie Moritz

It is human nature to have some type of goal at all times. Some goals are easier to attain than others. Others are able to succeed at some goals while "failing" at others. Has this happened to you? Think about a goal you have succeeded at. Was it difficult, or did it come easily? Now think about when you set that goal in the first place. If you found that you were able to take just a few steps and you accomplished it, then it means that your goal was an attainable one because you only needed to take those few steps. Now think of a goal you haven't attained. How many steps do you need to take to attain it? Is it more than three? If so, then it may still be beyond you, and you may need to set a sub-goal that is closer to where you are at currently. For example: Lynn wants to lose 80 pounds. In order to do that, she must learn to like vegetables, cut back on snack foods, and exercise for 30 minutes 5 days per week. However, there are more steps involved than she thinks. First, if she doesn't like vegetables, that means she doesn't know how to buy, store, or prepare them (three steps right there). Second, she begins exercising 5 days per week (when she hasn't exercised at all previously). If she starts both of these things too quickly, she will become easily frustrated and give up. There are too many steps in her goal right now. She may be more successful if her overall goal is the 80 pounds and her sub-goals (the steps she must take to achieve it) are: try one new vegetable a week for 6 weeks or walk for 10 minutes two times per week. Once she has accomplished one of those goals, she will be successful and will find it easier to move on to the next step, which may be to increase her exercise time to 20 minutes two times per week.

Don't be afraid to take it slow! You may have steps that need to be taken before you can accomplish your big goal, but by taking those little steps you will achieve it!

In this Issue:

Welcome

Exercise: Incline Push-up

Nutrition Tips

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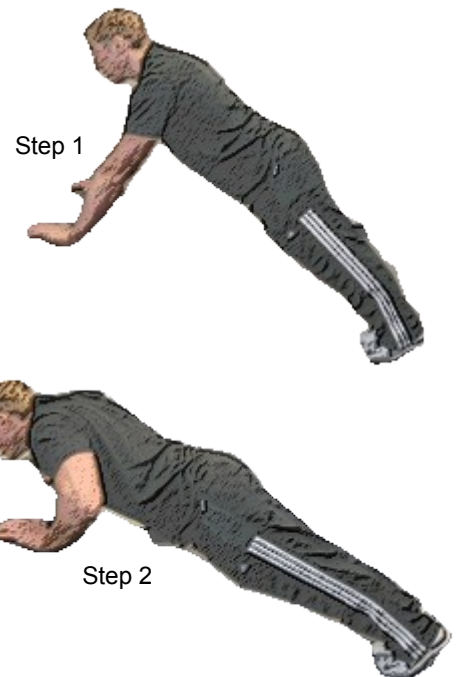
Will lifting heavy make me “bulky?”

There are several factors that come into play with building muscle. A person who has not been exercising, or someone who has been doing hours of steady-state cardio without any resistance training, will develop muscle very quickly when weight lifting exercises begin. However, most people will not be able to get “bulky” from lifting weights. For both males and females, nutrition plays a very large role in not only losing weight but in building muscle. A person who wants to increase muscle size should eat approximately 20% more calories of good quality, whole foods than is needed for maintenance. However, if many of your calories are sugar-laden or full of fat, fat can build on top of the newly-built muscle, giving you a bulky look (and causing your jeans to fit more tightly). A person who is weight training to lose weight will benefit from eating quality, whole foods at approximately 20% less than maintenance level for calories, causing the fat to be burned off the newly-built muscle and creating a lean, healthy look. Females also do not have enough of the hormone testosterone, which plays a major role in the creation of new muscle. So, for both males and females, you can lift heavy to increase metabolism and build muscle without worrying about looking like Arnold.

To know how much weight you should be lifting, contact your local trainer. If you have more questions, or would like more training, nutrition or accountability, call Carrie at (605) 360-7092 or email carrie_dr@hotmail.com. I offer sessions in packages of 1, 5, 10, and 15. **Please follow directives from your physician. This is advice only.*

Exercise of the Month

The push-up is a highly effective upper body exercise which works the muscles of the arms, chest, back, and core muscles (abs). Push-ups can be modified in several ways depending on fitness level, and can be done almost anytime and anyplace. Beginners can start by pushing up off the wall and progressing down to a chair, then down to the floor on the knees. Advanced fitness enthusiasts can perform a full-body push-up off the floor, a decline push-up, or one of many other varieties. An incline push-up can be done at any fitness level, and causes the abdominals to activate more fully than a kneeling push-up off the floor. To do an incline push-up, locate a chair, bench, or surface that is approximately hip or knee level (higher for lower fitness levels). Place hands shoulder-width apart, making sure that the wrists are in line with the shoulders. Tighten abdominals as though someone is about to punch the stomach. Lower until upper arms and back are in a straight line and then raise until arms are straight but elbows are not locked out. Repeat for 8-15 repetitions, 1 to 3 sets.



Going Au-Natural

Squash is a popular vegetable this time of year. There are several different types of squash, including acorn, yellow, butternut, and zucchini. Squash can be used in a variety of ways, including baked, roasting, and pureeing. According to whatscookingamerica.com, a cooked and mashed squash can subsequently be used in soups, main dishes, or breads and muffins.

Squash is incredibly high in nutrients and antioxidants, such as beta-carotene (precursor to Vitamin A), folate, Omega-3 fatty acids, and are low in calories. Try a new squash recipe in your meals today!

<http://whatscookingamerica.net/squash.htm>; <http://www.whfoods.org>