

Fit & Fabulous for You!

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Get Stronger to Stay Independent Longer!

Dr. Bortz, author of "Dare to Be 100" made this statement it started me thinking about my members. "The biggest predictor of whether you'll end up in a nursing home is not the strength of your heart, it's the strength of your legs" The reason is obvious, your legs can make your heart stronger, but your heart can never make your legs stronger. As I have said for years, strength training is the "fountain of youth" for adults over 40. ADL's, activities of Daily Living become less fatiguing and more do-able, such as getting out of chairs, carrying groceries, walking the parking lots for shopping and going up stairs. Sarcopenia (loss of muscle tissue) is increasingly recognized more as a result of "use it or lose it" rather than the result of aging only. Strength training is the key to maintaining and increasing muscle tissue. Remember you are never too old to get in shape! Before YOU lose it, let one of our staff set up a program for you for you. -Kedgy Larson, Owner

FACT:

Study after study has shown that exercise promotes mental health and reduces symptoms of depression. The antidepressant effect of regular physical exercise is comparable to the potent antidepressants like Sertraline.

EXERCISE OF THE MONTH

Hover for Core Strength and Endurance. Our Fitness Lady Staff will set your ExerciseRx.



"Fitness - if it came in a bottle, everybody would have a great body." ~Cher

Nutrition Corner:

What's the best snack to eat and how long before my workout should I eat it? In general, you don't need to eat before exercise unless you tend to run low on energy during your workouts or it's been more than a couple hours since your last full meal. The best time to eat is about 30 minutes before you begin to exercise, and the best snack is one that combines carbohydrates and protein (with an emphasis on the carbs). And you don't need a lot of food. Protein isn't a fuel for exercise, so you don't want to overdo it. For carbs, aim for the equivalent of a half bagel or a large banana; for protein, consider a couple tablespoons of peanut butter or a small cup of yogurt.

To get both if fresh food isn't an option, look for energy bars with 25 to 40 grams of carbohydrates and about 10 grams of protein. Steer clear of caffeine and warm fluids, which tend to speed food through your intestine, as well as dairy and high-fat or high-fiber foods, all of which can upset your stomach, slow down the absorption of carbs, and leave you feeling sluggish.

You should also stay well hydrated and avoid super-high-calorie snacks because you might end up consuming more calories than you burn off.

Introducing THE Pull-Up:

Pull-ups are categorized as a compound exercise, because they require the movement of more than one joint, and they work out a group of muscles. A standard pull-up where you grip a bar with your palms facing away from your body concentrates most of the work on your Latissimus Dorsi (a.k.a. wings, or lats), and also provides a secondary workout for the biceps, forearms, chest, traps (center back), and rhomboids (also center back).

If you have difficulty performing any pull-ups, there is another exercise that you can perform to build your strength. It is called a supine row, and it is basically a horizontal pull-up. If you have a bar, or a bench press, then lay down underneath the bar, stiffen your body and pull yourself up to the bar. You can perform underhanded or overhanded supine rows with a standard bench press bar. A homemade supine row could consist of a bar, supported by two chairs- just make sure that the bar or chairs do not move when you do your workout.

News Briefs:

Summer Circuit Program Ends September 1st, 2010.

Coming Soon:
20th Anniversary Celebration Program!

Is your company interested in a personalized corporate wellness plan? Please contact Becky to set up a time for a "Wellness Consult" by emailing us at fitnessladycw@yahoo.com.

ZUMBA®
FITNESS

Fitness Lady gives you another day to "Join The Party" NEW Saturday Zumba Class beginning August 7th at 10:45 A.M.