

AUGUST 2011

Get Fit—Stay Fit

Upcoming Events

Bye Bye to Zumba Class on Monday at 5:30 pm!
See new schedule in the Fall

Our **August seminar** brings to Fitness Lady a very distinguished guest, Dr. Antonio Pizarro MD. Check information board for dates and sign up.

Join **Brianna Wednesday August 10th** and **Kedgy on Wednesday August 24th** for a 20 minute "Power Lecture" at 8:40 am prior to the 9am classes. Check the information board for details and RSVP for all 3 events. Thank you for your positive response, one more way "We Are Making Your Day Better" **Race for the Cure training**

starts this month, so get on a team to walk, run, or financially support, Team Fit and Fabulous!

Go to Facebook and click "Like" then check in when you workout letting everyone know you are committed to a healthier life.

Go Greek with fabulous fresh Spinach Salad:

16 oz boneless, skinless cooked chicken breast, chopped or shredded

6 oz marinated artichoke hearts coarsely chopped

3 tbsps olive oil

1/2 tsp salt, optional

1/2 tsp fresh ground blk pepper

1 pint cherry tomatoes, halved

2 cups of baby spinach shredded



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Choose Healthy...no more excuses

Ever wonder what is meant by the phrase "Healthy Aging"? Well it is almost impossible to experience this if you are still using excuses such as, "No time", "No motivation", "No success with previous attempts at diet and exercise", or "I am too tired". Try these tips:

Begin with the right mind-set by setting a start date and put it on your calendar. Plan ahead, how you can modify your daily habits: go to bed earlier so you can work out in the morning, start with 20 minutes of walking, or stretching. Can you make a healthy lunch and take it to work? Add in the **SMART** goal strategy: Specific, Measurable, Attainable, Realistic, and Time Specific. 1-2 pounds a week or 30 minutes 3 times a week is reasonable. Ignore negative thoughts about your body or comments made by family or friends. Change your thinking to "I can", and mentally prepare for the obstacles you'll run into which may cause you to fail. (junk food at the office, no time to cook, gym too far away). Embrace thoughts that bring you joy, set out a plan to overcome your obstacles. Don't think about the big job ahead, rejoice in the small changes you see taking place, ie. more stamina and endurance, faster speed on the treadmill, heavier weights used, sleeping better, or better attitude. Ask your friends to hold you accountable, and see yourself loving your body again. Self acceptance of where you are now, and excitement for where you will go is the greatest motivation.

Is your motivation or goal keeping type 2 diabetes under control, or keeping up with the grandkids, or traveling? Make it a long-lasting goal. Make sure you have proper workout clothes, especially supportive shoes, Clean out your cupboards! If you cannot resist the ice cream and chips, get them out of the house! See our dietitian for help, keep a food journal, enlist all your friends so they help you make better food choices when you go out to eat. If you only have 15 minutes to work out, just do something! Walk the halls, stand and sit on a stool, stretch, or put on some music and dance while you clean the house.

Healthy aging is something we ALL can do and it starts with the first step called **Choose Healthy, no more excuses!** You will get out of your exercise what you put into it, so put forth a diligent effort and be ready for success. Your body was made for movement, let's all move just a little bit more!

I look forward to seeing all of you setting new goals with fresh motivation and commitment as we accomplish our healthy life together.



Kedgy Larson

Owner/Director

ACSM/HFS, CIAR/PFS

Thanks to all of you who are part of the solution...by **RECYCLING** your plastic bottles at Fitness Lady.

Check your ability to "Think outside the Box" and **WIN BIG!!** See details in Lobby display.

The Trainer's Corner: Brianna Larson, B.S., ACSM/CHFS— Health/Fitness Specialist

"Why Do I have "Crunchy Knee's"?"

There are many issues that could cause swelling, pain/discomfort and noise when performing recreational activities but especially when doing exercise. One of the most common is Crepitus. Crepitus, the medical term, happens when cartilage, the connective tissue between bones, starts to age. This cartilage is slowly deteriorated from use, age,

and injury. The progressive wearing away, transforms the smooth quiet cartilage of youth into aged gray cartilage that is not able to regenerate itself as efficiently. Most people older than 30 can have some mild form of crepitus. Some contributors that exacerbate premature wear and tear are weakness in the quadriceps group or a

chronically tight iliotibial band (tendon) that can pull the kneecap out of alignment. Cracking knees can possibly lead to arthritis. You can minimize the chance of injury, and increased breakdown, by strengthening all of the the muscles that control the movement of the hips and knees.