

JUNE 2011

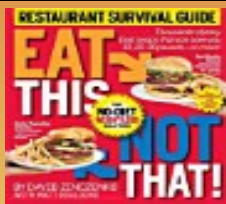
Get Fit—Stay Fit

Other Choices!

- Consistency
- Optimism
- Honesty
- Happiness
- Compassion
- Health

Marian Toups baby girl
Madilyn
Z graduated LSUS
B.S. Community Health

Celebrate!!!



Many people are clueless when it comes to the calories in the foods they eat and even when they guess, they usually underestimate the numbers. Sometimes the right choice is not always obvious. **The principle behind Eat This Not That! series, is to cut empty calories and choose foods that are more nutritious.**

Fast-food restaurants are given an overall rating based on the nutritious quality of their menus. Chick-fil-A earns an A+ with nothing on the menu more than 500 calories, while Pizza Hut gets a D- with its pan pizza containing 650 calories per slice.

There are 3 books in this series and Fitness Lady will be holding short, simple "How To" seminars in June. Check the info board for times and how to purchase your books.

Making better choices can save hundreds of calories and drop unwanted pounds.



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Focus on "Choices"

There are many changes taking place that we can see on a daily basis, but there is a specific change that is taking place daily that we don't see until we need it and it is not there. You don't see it missing when you look in the mirror, or when you step on the scale, but it is missing. I am talking about BALANCE.

Choose to make it better. The daily activities of our life help to keep us in balance. If you don't get enough physical activity, your heart, bones, and muscles will get weaker. This also applies to balance, if we stop putting our bodies in situations where we need

balance, our sense of balance will get worse. You literally are telling your brain, "balance is not important" and your body will adapt. Movement requires balance, sitting does not. The more we sit, the more our balance diminishes. As balance worsens, we avoid activities out of fear of falling and balance gets worse. Quality of life becomes limited. Many of our lower body exercises for strength are also balance exercises. They include plantar flexion, hip flexion, hip extension, knee flexion and side leg raises. **Choose** to include these in your exercise

program at least 3 times a week. Your Exercise Specialist is ready to help you be more balanced.

Trainer Tip: Stand on one foot, without support, for as long as possible (stand near a sturdy support in case you lose your balance). Record your time, repeat on other foot. Test yourself again in a month, your time should increase. **Choose** to reduce risk of falls, it's your **Choice!**



Kedgy Larson
Owner/Director

ACSM/HFS, CIAR/PFS

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

Glute Up and Go: How Strong Glutes Can Add Horsepower to your Workout

The glutes, comprised of the gluteus medius, minimus and maximus, are one of the most important muscle groups in the body. When in proper functioning balance, they are activated when performing everyday activities, and of course conditioning specific movements like squats and lunges. Glutes also play a vital role in sports, as they control hip movement when sprinting, jumping and moving from side to side. To train your glutes effectively, use a variety of exercises to strengthen the entire muscle group. A good glute workout can enhance athletic performance, prevent injury, and improve appearance. Start by learning to activate these powerful muscles, see Brianna today to add some 'vrrrrrooom' to your backside.