

# The Core

an e-newsletter from

Baby  Fitness Solutions  
Boomer

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## September 2009

From Belinda

Welcome to your September issue of The Core. As we move from Summer into Fall weather, with the kids heading back to school and cooler mornings, it's time to think about changing up our typical exercise routines. As many of you are aware, the goal of this newsletter is to keep you informed/updated with current, effective exercise modalities, incredible nutritional ideas, concerning health & fitness complications, fitness gadgets, etc. Remember, this is your newsletter and any questions concerning Health and Fitness are always welcomed - please email them to: belinda@babyboomerfitnesssolutions.com

In this issue of The Core the main Health/Fitness article discusses the prevention and rehabilitation of Ankle Sprains. These sprains are more common as we mature, since the ligaments, tendons and muscles of the ankle and foot tend to lose strength and flexibility. (October's issue will clarify Plantar Fasciitis, a common and painful foot disorder, involving the heel of the foot.)

As Baby Boomer Fitness Solutions continues to grow, I want to remind my readers that we are a full service personal training studio. Our unique services include Bootcamp, Pilates classes, personalized one-on-one training, couples training, Flexibility & Core Strengthening, Stability/Balance training, Corporate training, and in-

home training, all in a fun, positive, supportive environment. If you or anyone you know would benefit from our unique services, your referrals are welcomed and appreciated. :)

Lastly, remember you always have the option to decide if you want to receive any type of email. While I am honored that you have reviewed this issue of The Core, if you decide to stop receiving this newsletter simply click the SafeUnsubscribe at the bottom of the page.

Thank you for your continued support/belief in Baby Boomer Fitness Solutions. Warmest FALL wishes to you and your family!

Warmest regards!

Belinda Balogh

A.C.E. Certified Personal Trainer & Pilates Instructor

## Save up to 30%!!!

### "Change Up Your Routine into Fall Fitness" Specials

- \* 1:1 sessions, semi-private classes, Bootcamp/Circuit classes, Pilate classes, Educational Topic classes from \$14 to \$90 per session.
- \* Semi-private classes, along with Pilates, Bootcamp/Circuit, Flexibility, Core Strength, Balance/Stability classes Fall pricing from \$14 to \$20.
- \* Based on the commitment to your health/fitness goal, Fall 1:1 personal training prices from \$57 to \$90 per session.

Offer Expires: November 30, 2009

## New Classes

"Flexibility/Strength" Fusion : Mondays @5:45p - September 21st

Start your week with a lengthening/strengthening/invigorating routine. Class involves flex bands, free-weights and focused controlled stretching. Guaranteed to start your week, feeling, energized, stronger and taller!

"Become Your Own Successful Personal Trainer" Seminar  
Thursdays @ 5:45p - starting October 1st

This four-week class is designed to empower you with all of the practical and effective info you would gather from your one-on-one training with a personal trainer. SEE DETAILS ON PAGE 2!!!

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## "Become Your Own Successful Personal Trainer" Seminar

Thursdays @ 5:45p

Starting October 1st

This four-week class is designed to empower you with all of the practical and effective info you would gather from your one-on-one training with a personal trainer. You will then be able to use this info to enhance your workouts, whether it's within your own home or at your current gym. If you've ever desired to have the knowledge of a personal trainer, or felt the need to insure that each time you work out, the exercise regime was entirely effective and congruent with your desired goals, this class will provide you with the information you seek, in order to:

- Design your own 2 times weekly, effective workout routines, to implement strength and balance;
- Create your own in-home, fully-functional, personalized gym w/ minimal equipment;
- Effectively plan a 12-week personalized cardiovascular routine, insuring you lose in fat pounds, not muscle.
- Form your personalized 4 times weekly, flexibility routine;
- Discover your personal caloric intake, based off of your own activity level;
- Learn how to modify exercises to work with your personal injuries/weaknesses and strengths.

If you require additional information after the seminar, I am available to provide additional coaching at no cost to you! The total cost for this fully-informative, 4-week plus "additional coaching outside of class" class is \$199.

If you are a motivated individual, looking for a cost-effective, highly informative, well supported, trainer-provided exercise regime that motivates you forward in creating a successful, personalized fitness/health environment, this is your class! FYI, if you are unable to attend October's seminar, but are interested in this

seminar, please note that the next seminar will be scheduled for January 2010. Each seminar is designed to work with all fitness levels.

As a special offer, individuals from October's seminar who return for a revised/new workout within 1 year of your initial sign up for the class have the opportunity to revamp/change up your workout for a 20% discount from the current price list. Please know that I am here to support your successful efforts toward your health/fitness goals.

Attendance is limited to insure smaller, focused, individualized classes. Please register at your earliest convenience by contacting [belinda@babyboomerfitnesssolutions.com](mailto:belinda@babyboomerfitnesssolutions.com)

## Exercise Tip

### Side Plank with Bent Knee

Side Planks focus on the oblique abdominals (a.k.a., muscles along each side of your waistline), as well as your gluteal muscles (a.k.a., your butt). By strengthening these muscles, you decrease lower back pain, and aid in minimizing your waistline.

#### Step 1

Starting Position: Lie on your right side with your left leg lying directly over your right leg and bend your knees to a comfortable position. Raise your upper body to support yourself on your right arm, your right elbow should bend to 90 degrees directly under your shoulder. Align your head with your spine and keep your hips and lower knee in contact with the exercise mat.

#### Step 2

Upward Phase: Exhale, gently contract your abdominal/core/tummy muscles to stiffen your spine and lift your hips off the mat, while keeping contact with your knee, and head aligned with your spine. Hold this upward position for 15 to 30 seconds.

#### Step 3

Lowering Phase: Inhale and gently return yourself to your starting position. Rest for 5 seconds, then begin the Upward Phase for another 15 to 30 seconds.

Complete this Upward & Lowering

Phase 5 to 8 times before starting with your left side.

Exercise/Intensity Variations: You can increase the exercise intensity by increasing the length of time you are in the raised position, and by raising the non-supportive arm straight out to your side.

FYI: This exercise should take less than 10 minutes to complete and can easily be done upon getting out of bed. Perform this exercise 4 to 6 times weekly, and after a few weeks, notice the strength and flexibility you gain... and your back and waistline may thank you! ;) If you have any questions or concerns about this exercise, please contact [belinda@babyboomerfitnesssolutions.com](mailto:belinda@babyboomerfitnesssolutions.com)

## Ankle Sprains – Prevention and Rehab

Ankle Sprains account for 10-30% of injuries, occurring most frequently during activities such as basketball, volleyball, soccer, running, and even walking across a parking lot. Sprains to the outer side of the ankle account for 85% of all ankle sprains, while sprains to the inner side occur less often. If you have or have had a history of turning/spraining your ankle, your continued risk is increased, especially if you don't take action with exercise specific to ankle sprains. Sprains to the outer side of the ankle typically involve a pop/tearing sound with mild swelling, may include tears in the ligaments, or a complete tear of the ligaments with rapid and severe pain, swelling and discoloration.

According to the American Council on Exercise (ACE) "Certified News" (Volume 15, Issue 4, July 2009), an exercise program which incorporates both flexibility and strength can be started as early as two weeks after the injury, depending on the intensity of the sprain and the tolerance to ankle exercises. When you begin these exercises, be aware that it is not uncommon to experience mild to moderate discomfort and swelling after the first few exercise sessions. While strengthening the muscles of the foot and ankle should be postponed for one more week,

depending on the severity of the injury, all strengthening exercises should be completed with an emphasis on the muscles that control the foot and ankle.

Exercises for flexibility include pointing and flexing the foot. Do not stretch the ankle in directions that stress the injured ligaments. Much like the flexibility exercise mentioned here, using a stretch band over the ball of the foot as a point of resistance, then pointing and flexing the foot will aid in strengthening the ankle. Additionally, taking the same ankle with a light flex band and turning the ankle gently to one side with a 5 to 10 second hold, will aid in the rehabilitation process. However, be very careful not to overstress the injured ligament. Some soreness is typical, but pain is not. Listen to your body - if you are feeling PAIN, stop the exercise.

As always, if you have any questions or concerns about these exercises or the article, please contact me at [belinda@babyboomerfitnesssolutions.com](mailto:belinda@babyboomerfitnesssolutions.com)

## Nutrition

### Zesty Salsa Salmon: Dinner Dish

By using a low-sugar, pre-packed salsa, along with fresh salmon, you can put this low-calorie, protein-packed meal on the table in less than 25 minutes! Serves 2 to 3 adults.

Ingredients:

- 1/2 lb fresh Salmon
- 16 oz container of Fresh Salsa (you pick your spice ... mild, medium or HOT!)
- Fresh lemon juice (w/pulp) or Real Lemon® juice
- Sea Salt
- Black Pepper

ON THE SIDE:

- Sliced or diced Tomato
- Sliced Cucumber

With 1/4 cup of lemon juice (or Real Lemon® juice), two cups of water, sea salt & black pepper to taste, wrap unfrozen salmon, loosely, with two sheets of heavy-duty foil.

Place on wrapped salmon on grill on medium heat for 10 to 15 minutes, depending on the pinkness of the meat, checking meat color every 5 minutes (Slight pinkness is when you move to the next step).

Open foil package, spoon on pre-packaged salsa, on top of the salmon.

Cook for another 5 to 8 minutes on low heat, being careful not to overcook the meat, but instead to warm the salsa and allow it to seep into the Salmon.

To add to the decor of the food, add sliced fresh lemon slices to the top and sides of each piece of salmon served ... and or squeeze juice & pulp of fresh lemon to the top of the salmon.

Serve with a side of tomatoes and cucumbers.

## Fun Facts

- If you draft your "Fitness Bucket List," you will be up to 95% successful in obtaining your health/fitness goals? What it takes is selecting one of these fitness adventures from your list, and initiating your training regime with that "Fitness Bucket List" adventure in mind. Success is not far away!!!
- Can you guess what the weakest joint in the human body is? This question comes from the professional chiropractic wisdom of Dr. Kimberly DeAlto, Chirocentric in Beaverton. Experts claim it is the knee. The knee joint is a hinge joint (much like the mechanics of your refrigerator door), which is held together solely by your muscles, ligaments and tendons (aka rubber bands of the body/joints). It is amazing that our knees hold up all our body weight, yet they are the weakest joints within our bodies. Now that you know the importance of keeping your leg muscles strong, it might be beneficial to know what exercises to perform to insure those muscles are supportive to your upright walking movements. :)
- Both male and female golfers,

between the ages of 40 to 79, who walked (no golf carts included... sorry) 36 holes regularly each week, burned enough calories to potentially lose 40 pounds in one year per an article in Parade Magazine, "Get Fit Now" (Michael O'Shea, August, 2009). Of course the weight loss potential is altered depending on alcohol and food consumption during each of these golfing weeks. :)

- It takes a total 3500 calories to gain ONE POUND. Compare that to the fact that most women require between 1200 to 1800 calories daily to maintain their weight; while men require between 2000 and 2500 calories to maintain their weight, depending on activity level of each sex/individual. If you find yourself gaining one to two pounds, it could either be too much sodium in your daily diet OR that you truly did eat/drink an additional 3500+ calories to gain that additional pound. It's all about being aware. :)



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