

The Core

an e-newsletter from

Baby  Fitness Solutions
Boomer

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From Belinda

Welcome to the Baby Boomer Fitness Solutions' (BBFS) November/December issue of THE CORE. First of all, I want to thank all of those who attended the October 15th's Open House/Client Appreciation Celebration and Beaverton Chamber of Commerce Ribbon Cutting Ceremony. It was an incredible event with awesome people, great food and drink, along with incredible prizes. Dr. Kimberly DeAlto, owner of Chirocentric, performed foot scans, while Hand & Stone Massage provided complimentary neck and shoulder massages. There were also incredible gift certificates given by a host of fantastic health professionals, ranging from Acupuncture, Chiropractic Services, Hormonal Consults and



Emotional Freedom Technique (EFT), to Massage, Reflexology, and BBFS Complimentary Semi-Private Training sessions, just to name a few. The 92+ attendees included clients, friends, business partners, and even some who became new clients. I am grateful for the support and kindness that was extended to my daughters and myself during this event. I am so fortunate to have such a wonderful group of people around me. I welcome you to review the photos of the event on my website, www.babyboomerfitnesssolutions.com. Again, thank you to all who came out on a Friday evening to celebrate with me!

The primary article of this particular issue discusses the use of Stability

continued on page 2

Winter Specials!!!

- • Bring in friend/family for 20 semi-private/small class session sign up, and receive two free sessions.
- Purchase 8 one-on-one sessions and receive an addition two sessions at 40% discount (\$68 savings).

If you have an interest in any of these classes, but are not yet ready to sign up, call BBFS for a complimentary class. It's a great way to become acquainted with your "class of interest" as well as the class environment.

Pricing Effective through 3/31/2011

11 Classes Now Available!

Check the website www.babyboomerfitnesssolutions.com, under "Fitness Programs and Classes" to verify the best class/time and day for you! I look forward to seeing you in class soon.

Check the website: www.babyboomerfitnesssolutions.com/fitness-classes-pricing.html to find the best class/time and day for you! I look forward to seeing you in class soon!

Pilates Class Added!

Per client request, an additional Pilates class has been added to the "Semi Private Classes" - Tuesday evenings at 6pm.

If you are interested in these classes, but are not yet ready to sign up, call for a complimentary class. It's a great way to sample a class. This is another way we insure that your fitness program is structured around your needs!

Belinda Balogh is the Owner of Baby Boomer Fitness Solutions. You can reach her at belinda@babyboomerfitnesssolutions.com.

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Balls for both non-exercise as well as exercising environments, to enhance/intensify basic core workout routines. Stability Balls come in a variety of sizes, and were, originally, used in Physical Therapy. If after reading the article you have further questions about the use of Stability Balls, please contact me.

With the winter holidays/weather are on the way, the usual outdoor exercise routines could be more difficult to participate in. Additionally, if you are looking for a gift for that special someone who already has everything, call for a BBFS Gift Card. Many people are interested in working with a trainer, but are concerned about what they are getting involved in. You can help them by providing them with the opportunity of fitness from BBFS. Gift Cards/Gift Certificates are available at Holiday pricing. Please let me know if I can answer any of your questions or concerns.

Lastly, and most importantly, I wish you and your family/friends great health and incredible magic during this upcoming holiday season. May the Winter Holiday season and the start of 2011, bring you plenty of love and laughter.

Merry Christmas and the happiest New Year to you!

Warmest regards,

Belinda Balogh

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

Stability Ball

“Use the stability ball as an effective training tool to increase muscular strength and joint range-of-motion. The focus of the ‘ball program’ is on muscular strength and endurance with the goal to complete between 12-15 repetitions.”

These balls, originally called “Swiss Balls,” were designed in 1963 by an Italian plastics manufacturer, Aquilino Cosani. His goal was to perfect a process for molding large puncture-resistant plastic balls. In Switzerland, Swiss Balls were first used in treatment programs for newborns and infants, and later integrated into orthopedic and “medical issues” programs for adults. Eventually, American physical therapists brought the ball to the states for various therapy programs, which include athletic training, general fitness routines and alternative exercise methods, such as Pilates and Yoga.

The benefits received from regular use of the Stability Ball versus exercising on a hard flat surface is that the exercise intensity is upped while working on the ball, which in turn creates quicker, more effective results. The ability to become more stable on the ball is due to the core muscles (those of the abdominals and back) become stronger. Stronger core muscles means reduced back pain, better posture, increased balance, and stronger abdominal muscles. Additionally, performing exercises that use the core muscles along with arm or leg muscles can add to the fun and increase the challenge. Furthermore, this piece of exercise equipment is easy to transport and is always ready to use.

Exercise/Stability Balls are constructed of elastic PVC, in sizes of 35 to 85 centimeters when filled with air, and comes in a variety of colors. On a funny note, this ball is known by a number of names, including balance ball, birth ball, body ball, fitness ball, gymnastic ball, physio ball, Pilates ball, Pezzi ball, sports ball, stability ball, Swedish ball, therapy ball, and Yoga ball, just to name a few.

When purchasing a ball for your

own personal use, as a general rule of thumb, if you are between 5’ and 5’5” in height, purchasing a 55cm (centimeter) ball would fit best. Those between 5’6” and 5’10”, purchase a 65cm ball. When looking for a ball for individuals from 5’11” and up, or looking for a Stability Ball as a chair, the 75cm ball should work well.

Recently, the popularity of using Stability Balls as chairs, in place of the traditional office chair, has taken off. After reviewing several articles about the usage of Stability Balls as office chairs, the findings are controversial. Some experts say that these balls significantly benefit those who sit regularly at their desk. Others disagree. On a professional level, I have clients that love the ball as the regular office chair, and want to use “only the ball” as their office chair, at both work and home. After reading several Stability Ball articles, I did notice that many exercise experts believe that short bouts of the stability ball as a chair are beneficial to core strengthening, with a word of warning that spending your entire “sitting” time on a stability ball can cause some back pain or glut soreness due to the pressure on the soft tissue of your tush. Sounds like it’s a personal issue from person to person.

From a trainer’s point of view, please be aware of this “Word of Warning” ... there have been a few stability ball manufacturers, who have skimmed on the quality of these balls. These balls have been known to explode when being sat upon, leaving the “sittee” on his behind, possibly with injuries. Look for balls that are designed for heavy-duty use, AND have a burst-resistance rate of up to 350 pounds. If after reading this article, you have further questions about the use of Stability Balls, please contact me.

Info from “Exercise Ball”/Wikipedia <http://en.wikipedia.org>

<http://walking.about.com/cs/fitnesswalking/a/ball-chair.htm>

<http://performbetter.com/stabilityball>

Exercise Tip

Stability Ball Shoulder Bridge (Butt Lift)

This exercise is an excellent strengthener/toner/shaper for the core, gluts (butt), hamstrings, calves and thighs. This particular exercise is rated at beginner/intermediate exerciser. If for any reason, your back starts to hurt while performing the exercise, discontinue this particular exercise. Know that when you first start this exercise, you may experience hamstring (back of legs) cramping. If this happens, stop for a moment, stretch out your legs, and begin again.

The website to view this particular exercise is via my professional certification, American Council on Exercise (ACE). This webpage will walk you through the exercise with photos and a description of each movement.

<http://www.acefitness.org/exerciselibrary/66/stability-ball-shoulder-glute-bridge/>

If you have any questions or concerns about exercises, please contact belinda@babyboomerfitnesssolutions.com.

Nutrition

Oven Roasted Squash w/ Garlic & Parsley*

Total Time Investment:
Prep: 15 minutes
Cook: 30 to 45 minutes

Ingredients:

- 5 pounds of Winter Squash (butternut, buttercup, kabocha or hubbard), peeled, seeded and cut into 1" chunks (can also use sweet potatoes in place of squash)
- 2 tablespoons of extra-virgin Olive Oil, divide into two separate dishes
- 1 & ½ teaspoons Sea Salt
- ¼ teaspoon of freshly ground Pepper, divided into two separate dishes
- 3 cloves of Garlic, minced
- 2 tablespoons of chopped Italian Parsley

Directions:

Preheat oven to 375° F.

Toss squash with 4 teaspoons of oil,

salt and ¼ teaspoon of pepper. Spread evenly on a large baking sheet.

Roast, stirring occasionally, until tender throughout and lightly browned, for approximately 30 to 45 minutes, depending on the variety of squash.

Heat the remaining 2 teaspoons of oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant, but not brown for 30 to 60 seconds. Toss the roasted squash with the garlic and parsley. Taste, adjusting the seasoning and SERVE.

Sprinkle slices with salt and pepper.

Bake in oven for 5 to 7 minutes. Make certain to check at 5 minutes for doneness, and then every minute afterwards if potato slices are not cooked after 5 minutes.

Makes 10 servings

Serving Size: ¾ cup each

Calories: 104

Total Fats: 3 g

Saturated Fats: 0 g

Cholesterol: 0 mg

Sodium: 357 mg

Potassium: 555 mg

Carbs: 21 g

Fiber: 6 g

***"Oven Roasted Squash w/Garlic & Parsley" recipe is from EatingWell.com/recipes/roast_squash_garlic_parsley.html*

Fun Facts

- Per www.realage.com, a recent study disclosed that "CLOVES" are an excellent source of antioxidants. This particular spice is high in phenolic and other antioxidant agents that reduce inflammation of cells that are connected with illnesses such as diabetes, cancer and heart disease. So add a little zest to those holiday drinks/coffee/tea with a spicy antioxidant!
- According to May, 2010's MORE magazine (pp 140), the "number of calories the average woman should eat per day to maintain a healthy weight is 1600." Of course, this number can vary based

on one's age and activity level. Investing time with a certified nutritionist is great way to learn about your caloric needs.

- AARP's November/December 2010 magazine (pp 53, 54, 55, 78, & 79) states "loneliness has increased from 20% to 35% over the past decade, within the United States." Via an AARP "The Magazine" survey, it was revealed that today more than 44 millions adults over the age of 45 suffer from chronic loneliness". This type of loneliness is most prevalent between the ages of 45 and 59, and effects all genders, race and education levels equally. Unfortunately, the side effects of chronic loneliness are heightened increase for diabetes, sleep disorders high blood pressure, higher levels of the stress hormone (Cortisol), weakened immune system, and Alzheimer's disease, and other life-threatening problems which can cause early death.
- An article on www.oprah.com/health/How-to-Make-Sure-You-Are-Getting-Enough-Vitamin-D suggests that everyone should get tested to make sure their Vitamin-D levels are where they should be, especially if cancer or autoimmune disease is a part of the family history. It was also noted that many Vitamin-D fortified foods' labels do not accurately list the percentage of Vitamin-D included. A safe recommendation was to take 2,000 IU daily for adults and 1,000 IU for kids. In Oregon, many of us don't get enough Vitamin-D, since much of it can come from sunshine. Again, it is recommended that you check with your doctor to verify your Vitamin-D levels.

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