



Kindra's KORNER

OUR GOAL

TO PROVIDE A POSITIVE AND SAFE ENVIRONMENT WHILE CREATING HEALTHY LIFESTYLE HABITS.

MEET THE FITNESS STAFF

GARY WEST, HEALTHWAYS CERTIFIED, HEAD SPORTS FITNESS COORDINATOR, INSTRUCTOR

KINDRA SPIKER, NSCA-CPT/TSAC-F, TRX, WSI-ARC PERSONAL TRAINER, INSTRUCTOR, SWIMMING INSTRUCTOR

GENA ROSE, HEALTHWAYS CERTIFIED, AAAI, WSI-ARC PERSONAL TRAINER, INSTRUCTOR, SWIMMING INSTRUCTOR

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WHITNEE LEAR INSTRUCTOR

ROBIN LYON, TRX, AAAI-ISMA TRX AND PERSONAL TRAINER

JULIE BOYD, R.I.P.P.E.D INSTRUCTOR

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GAYLE SOFKA, AFPA-I, WSI AQUATICS AND SWIMMING INSTRUCTOR

BETH FLETCHER, AFPA-I, AAAI AQUATICS INSTRUCTOR

TANYA FROST, AFPA-I, AAAI AQUATICS INSTRUCTOR

LINDA HOLLINGSHEAD AQUATICS INSTRUCTOR

RODNEY GRANTHAM, IFA 5TH DEG BLACK BELT OKINAWA SEIDOKAN PERSONAL TRAINER, INSTRUCTOR

ED LANGRAND 4TH DEG BLACKBELT MOOSUL KWAN

CELEBRATE

HAPPY BIRTHDAY TO STAFF MEMBERS:

FEBRUARY: -Patrice, Billie

MARCH: Rodney

WWW.FACEBOOK.COM @ BILL HEDDLES

CARBOHYDRATES AND YOU

BY KINDRA SPIKER

Carbohydrates, Carbs, CHOs.... Depending on who you talk to that might sound like a four letter word! Why is everyone hating on Carbs? My guess is that they don't understand them. So, what is a Carbohydrate? A carbohydrate, also called a saccharide, is a molecular compound comprised of Carbon, Hydrogen, and Oxygen (CHO). Carbohydrates come in all sorts of molecular formulas. Monosaccharides and disaccharides are known as the simple carbs, or sugars. Larger chain carbs are called polysaccharides, and include starch and plant cellulose. Confused yet?

Here's what you need to know: Carbohydrates are the main source of fuel for working muscles and the Central Nervous System. They enable fat metabolism and prevent protein from being used as energy. When a CHO is eaten it is broken down into smaller units of sugar, with the help of insulin, that enter the blood stream, then sent to the liver to be broken down into glucose and transported throughout the body to be used as energy. Excess glucose is stored in the liver and skeletal muscle in the form of glycogen. Excess glycogen is converted to fat. Glycogen is the essential energy reservoir for athletic performance when blood glucose is depleted. Muscles can adapt to store more glycogen with training and proper carb intake. A well nourished adult can store approximately 500g of CHOs. The most important CHO for an athlete is the complex carbohydrate, starch. Starch is the major energy source in the body. Common starches include grains, fruits, and vegetables. Complex carbs take longer to absorb, provide longer lasting energy, and usually contain fiber.

Beware of refined carbs. Refined carbs, such as refined sugar, white flour, white rice, and anything made with them (including bread, cereal, cookies, crackers, cake, pasta, etc.) usually start out as a whole grain or even a vegetable. The processing not only simplifies the starches but strips it of all its nutrients, leaving you with just sugar. So, as I mentioned, when your stores are full, all that extra sugar gets stored as fat. Refined CHOs are the only ones you should avoid. The brain requires glucose as its energy source, a lack of carbohydrates will lead to weakness, dizziness, and mental and physical fatigue. Also, a lack of sufficient glucose and/or glycogen causes the body to have to shift to protein as an energy source. When proteins are broken down for energy they can't to be used as building blocks for muscles. Protein breakdown results in increased stress on the kidneys, where protein byproducts are excreted in the urine. A continual supply of CHO in the diet is necessary to provide an adequate supply of energy to support physical and mental activity.

Optimally, a meal high in carbohydrates (65-125 g), such as a whole grain bagel with tomato slices and cheese or a small portion of spaghetti with meat sauce, should be consumed about 2-4 hours prior to exercise. If exercise will be longer than 90 minutes, consuming carbohydrate 30 minutes into the workout (15-30 g every half hour), such as an energy gel, energy bar, or fluid replacement drink, will allow for longer and more intense exercise. After exercise, consuming carbohydrate along with some protein within the first 30 minutes optimizes replenishment of glycogen stores and provides some amino acids for building, maintenance, and repair of muscle. Try a protein smoothie. So don't fear the carbohydrate. Focus on the right ones, stay active, and avoid processed/refined food altogether to stay healthy and lean! Happy New Year!!

What's Happening

PROGRAMS FOR ALL AGES...NEW YEAR, NEW YOU!

LITTLE DRAGONS KARATE

5-8 years old

Taught by: Sensei Rodney Grantham
Saturdays, 11:00 -11:45 am Jan 10-Feb 7

WOMEN'S SELF DEFENSE

Taught by: Sensei Rodney Grantham
Thursdays 7:00-8:00 pm; Jan 8-Feb 5

ADULT DANCE

16yrs and up

Taught by: Gena Rose
Thursdays, 7:00-8:00 pm; Feb 19-Mar 19

CHILDREN'S DANCE (12 WEEK SESSION)

(Pre-school -12th grade)

Taught by: Linda Dysart
Tuesday-Saturday, beginning Feb 3rd

JUMP START YOUR 2015!

Personal Training – 5 sessions for \$100 or Dual Training – 4 sessions for \$160

GET IN THE GROOVE WITH TRX RIP!

BY ROBIN LYON

What's new in the "black and yellow" TRX Training Zone here in fitness at Bill Heddles? Partners in "all core all the time" is the TRX RIP Trainer! It is a 40" lever bar with an elastic resistance cord that attaches to a stable object. Pete Holman, a three time Taekwondo National Champion and physical therapist, is the creator of this most amazing piece of functional fitness equipment. While helping an athlete train for the X-Games Snowmobile Race in Aspen, CO, he was inspired to assimilate a snowmobile handle bar for a training tool and ended up using a closet rod with an attached sport cord bringing to life this ingenious fitness mechanism!

What makes the TRX RIP Trainer so ingenuitive and unique? To begin, RIP Training is for everyone-from the athlete to the beginner-Rip offers "build-ability" in that it meets you where you are at in fitness level with options to layer more complex modifications to challenge your personal fitness goals. Next, TRX RIP utilizes asymmetrical loads similar to what we encounter in everyday life such as: carrying groceries, picking up a child, throwing a ball, skiing, swimming, ...etc. and it trains to both control and to produce that rotational force. TRX RIP also trains in 3-D strengthening core, increasing sport performance, enhancing range of motion, and reducing the risk of injury. RIP Training in 3-D fosters creative license to the mapping of movements we do in real life to "groove our pattern" and truly personalize and get the most out of our workout. Posture dictates movement: TRX RIP focuses on core and trains good posture plus good stability equals good movement for life. If you are looking for a little more "get up and go" and/or "speed and power", the TRX RIP Trainer is definitely for you! Bottom Line: TRX RIP helps you do the things you already love to do...BETTER! Make your body your machine, groove your pattern, make your mark, live your life and let it RIP! Make an appointment with one of our trainers today!

BUILDING BETTER BONE STRENGTH

BY GARY WEST

About 34 million Americans are at risk for osteoporosis, according to research from the National Osteoporosis Foundations. There are several steps to offset bone weakening:

DO WEIGHT BEARING EXERCISE

Weight machines, bands, and dumbbells offer safe means of weight bearing and lifting. The workout should include: light/medium weight with many repetitions. This kind of workout strengthens and helps with range of motion.

GET CALCIUM AND VITAMIN D

Calcium is the building block of bones; while Vitamin D helps your body absorbs it. Calcium can be found in dairy products and foods such as green, leafy vegetables. Examples of Vitamin D sources in food are salmon and tuna. Check with your physician for blood tests and bone density testing.

SMOKING AND ALCOHOL

Both smoking and alcohol affects your bone cells and formation. Cut down to a drink a day and obviously stop smoking for other medical conditions.

If you are concerned about the health of your bones, please consult your Physician for the best ways for you to increase their strength.

STRAWBERRY SAUCED CRUNCHY FRUIT SALAD

BY ERIN WELFELT

2 ½ C crispy rice cereal	1 tbs vanilla sugar
1 ½ C chopped Hazelnuts	2 Red Delicious apples, cored/diced
¾ C packed brown sugar	2 Golden Delicious Apples, cored/diced
½ C margarine, melted	2 Granny Smith apples, cored/diced
1 lb fresh or frozen sliced strawberries	4 seedless oranges, peeled/diced
1/3 C Orange juice	1 can crushed pineapple, drained
2 tbs confectioners sugar	

Preheat oven to 350 deg. Place the cereal and nuts into a baking pan. Stir in brown sugar and margarine. Bake 10-15 min until toasty, stir occasionally. Set aside

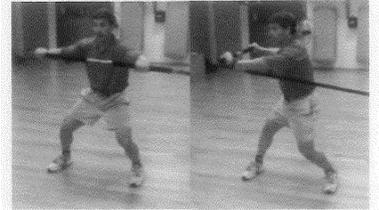
In blender or large food processor combine berries, orange juice, confectioners sugar and vanilla sugar. Puree into a smooth sauce. Set aside

To make the salad, toss the apples with the oranges and pineapple in a large bowl. Sprinkle with the nut crunch and spoon strawberry sauce over the top, or serve topping on the side.

EXERCISE TIP OF THE MONTH

TRX RIP TRAINER EXERCISES FOR SKI SEASON

BY ROBIN LYON



RIP STRAIGHT ARM TURN

- * stand facing sideways to anchor point
- * adjustment: palms down, mid zones, feet squat stance, arms extended
- * movement: keeping arms straight, turn entire body away from anchor then return to start position
- * perform complete set then repeat on opposite side



RIP LATERAL LUNGE ROW

- * stand facing anchor point
- * adjustment: power hand zone 4 palm down, base hand zone 1 palm down, vertical bar, feet shoulder-width apart, base hand at hip, power hand reaching towards anchor
- * movement: lunge laterally with leg same side as resistance cord (allowing that same leg to absorb the weight) while simultaneously pulling bar to chest-hold-then return to start position
- * perform complete set then repeat on opposite side

HOW MUCH? HOW MANY?

- * 15 reps (2 sets per side)
- * rest 30-60 seconds between each set