

The Core

an e-newsletter from

Baby  Fitness Solutions
Boomer

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July 2009

From Belinda

WELCOME TO "THE CORE" ...This is your monthly health/fitness newsletter, designed to keep you updated regarding the newest exercises, best nutrition ideas, medical/health discoveries, awesome fitness gadgets, general health & fitness situations. I hope you enjoy the varied info, and I welcome questions concerning "Health/Fitness" subjects you are interested in learning about. Please email your informational requests to info@babyboomerfitnesssolutions.com.

July's issue of "The Core" contains pertinent information concerning Core Strengthening Exercise, UVA & UV-B Rays and Eye Health, a Nutritional Recipe, free Food Diary offer, and Sneaker wear and tear, along with a sincere wish toward your health and fitness goals.

Warmest regards!

Belinda Balogh

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

Exercise Tip

If you are interested in an effective exercise to strengthen/tone your abdominal girdle, increase your core strength, decrease back/neck pain, and enhance cardio endurance, learn more about how to perform the "CRISS-CROSS."

1. Lie on back w/hands on backside of your lifted head (do NOT lift head with your hands/simply cradle head; knees bent toward chest in a 90-degree position from your bottom/butt.

2. Fully extend your right leg with pointed toe, above mat.

3. With elbows behind ears, stretch/twist your nose/upper body toward the outside of your left leg.

4. Make certain you are reaching your chest across your body with your chest and shoulders, not using your hands on the back of your head to push your body upward. As much as possible, lift right shoulder off of the floor during the twist to the leg knee.

5. Exhale deeply, as you stretch to your knee; inhale as you roll back to starting position. Head and legs never touch the floor until you have completed five to ten sets in each direction. Rotate twists from side to side.

6. Slowly lower head to floor with knees pulled to chest, gently and slowly rocking your head from side to side for 15 seconds. Next rock the hips in a circle (knees still pulled to chest) pulling up on the knees, as to stretch the lower back. Rock for 20 seconds in each direction.

Any questions about the above Exercise Tip are to be directed to info@babyboomerfitnesssolutions.com

Save 20%!!!

"Heat Up/Tone Up Your Body" Summer Specials

- 1:1 sessions, semi-private classes and Bootcamp/Circuit classes **from \$14 to \$85 per session.**
- Semi-private classes, along with Bootcamp/Circuit classes **Summer pricing from \$14 to \$20.**
- Based on the commitment to your health/fitness goal, **Summer 1:1 personal training from \$52 to \$85 per session.**

Offer valid through September 30, 2009*

New Classes

Boomer Bootcamp Blast

Saturdays @ 8:15a to 9:15a

Challenge yourself regardless of your current fitness level though fun/energizing individual & team movements. The hour will breeze by, leaving you feeling accomplished, strong, physically connected, while burning an incredible amount of calories. Each class will enhance your muscle tone and leave your feeling great - guaranteed!

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U-V Safety Month

According to www.healthfinder.gov, July is observed as “UV Safety” month. Long-term exposure to ultraviolet radiation (sunburn rays), can contribute to serious eye disorders, such as macular degeneration, and/or blindness due to cataracts.*

It is important to protect your eyes from continued damage, which can occur from “even a single outing on a very bright day.” The article states that “similar to sunburns, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life”, especially as we mature into our 50s, 60s and beyond.

In an effort to make certain your eyes are protected from these harmful sun rays, wear sunglasses, and a broad-rimmed hat. Select sunglasses with lenses stating a 99 to 100% block of UVA AND UV-B rays. If this isn't clearly stated, don't purchase glasses based on the darkness of the lense or the price tag.

Protect your eyes!

* Source: American Academy of Ophthalmology

Nutrition

Delicious Recipe for Health, Comfort & Convenience

HEARTY WILD RICE/ SALMON CHOWDER

This yummy, as well as, nutritionally well-balanced chowder is excellent for those evenings at the coast, or on chilly, cloudy days. The recipe below combines both beneficial whole-grains and the healthy oils of salmon, to create a healthy, hearty, comforting meal. As an added bonus, this meal can be prepared in one pot, so clean-up is quick and easy!

INGREDIENTS

2 tbsp of extra-virgin olive oil
8 scallions, chopped
1 tbsp all-purpose flour
2 cups of 1% milk
½ tsp of kosher salt

¼ to ¾ tsp of freshly ground black pepper (use sparingly, but add to taste)

2 cups cooked wild or brown rice

1 pound of fresh salmon, skin removed & cut into bite-sized pieces

*If interested in turning up the heat, you may add 1 to 2 tsp of Hot Sauce to the ingredients to the chowder.

PREPARATION

Heat oil in large, deep skillet over medium heat.

Sauté scallions for 2 minutes.

Sprinkle-in flour, and whisk-in milk.

Gently cook, while stirring frequently, until sauce thickens (takes about 3 to 5 minutes). **DO NOT LET THE SAUCE BOIL!!!**

Season sauce with salt and pepper (may add *Hot Sauce, at this point, to spice up the chowder).

Stir in precooked rice, and reduce heat to medium-low (**AGAIN, DO NOT LET THE INGREDIENTS BOIL**).

Add bite-sized salmon pieces, gently cooking until fish is thoroughly cooked, stirring at 3 minutes (~ 5 minutes).

ENJOY!!!

Make four 1½ cup per servings.

Each serving contains 350 calories, 13 grams of fat, 31 grams of protein, 28 grams of carbohydrates, 2 grams of fiber, and 60 milligrams of cholesterol, and 380 milligrams of sodium.

Fun Facts

- Most Yoplait yogurts have more sugar in a 6-oz cup than two Reese's Peanut Butter Cups.
- Replacing your sneakers every 500 miles, is necessary to maintain proper foot support, and reduce the possibility of hip, knee, ankle and foot ailments, especially if you are a runner. However, active walkers also need to commit to the “500 mile” guideline to maintain proper support and alignment.
- If an individual commits to exercise with a friend, the successful completion of the program is

usually 80 to 95%. If an individual embarks, solo, on a workout program, the success rate for successful completion of the program, usually drops as low as 20%.

- Keeping an accurate, daily food diary can provide up to a 75% success in “goal set” weight loss, and a 45% success in **DOUBLE** the “goal set” weight loss. To locate a free food diary/menu planner, contact NHLBI (National Heart, Lung & Blood Institute) Website, located in Bethesda, Maryland: www.nhlbi.nih.gov/guidelines/index.htm

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