

The Core

an e-newsletter from

Baby  Fitness Solutions
Boomer

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August 2009

From Belinda

Here's your August edition of "THE CORE." Again, as your monthly health/fitness newsletter from Baby Boomer Fitness Solutions, varying topics brought to my attention from your fellow readers will be covered. Remember, this is your newsletter, keeping you informed of the "latest and greatest" in health & fitness. Questions concerning "Health/Fitness" subjects are always welcomed. Please email your informational requests to: info@babyboomerfitnesssolutions.com.

Look forward to the September issue of The Core, where I will cover information pertaining to Ankle Sprains and Plantar Fasciitis.

This issue contains pertinent information concerning walking, how to purchase the cool guidebook, "Walk There! 50 Treks In and Around Portland and Vancouver," the importance of Vitamin D, getting a better night's sleep, and my sincere best wishes toward your health, reaching your fitness goals, and a fun, healthy and active summer!

Warmest regards!

Belinda Balogh

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

Exercise Tip

This tip is for those of us who are interested in the most effective AND least expensive method of burning fat calories... this month's tip is about moving your body through walking. Any walking sport should include 30 to 45+ minutes of increased "heart-rate" movement at least 4 to 5 times weekly, with a total daily goal of 10,000 steps walked.

"Walk There! 50 Treks In and

Around Portland and Vancouver" is a small, extremely useful book that promotes walking as a physically safe activity, is easy on the pocketbook, enhances emotional health, and suggests multiple, fun/interesting treks throughout the area.

This easy-to-use book supports the importance of walking, while providing fascinating walking paths and a well mapped-out guide of how to get to each trail/path/scenic tour. Additionally, at the bottom of

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

Mid-Day Circuit Pilates - Energized

Tuesdays & Thursdays @ 12:30p to 1:30p

This "mid-day" hour of power is guaranteed to boost your energy through the roof, and throughout the remainder of your day. Strengthen, lengthen, relax and feel invigorated via a one hour, twice weekly class. This class is designed to work with all fitness levels, allowing you make changes in your focused areas of health. Take your lunch hour, and burn an incredible amount of calories. Each class will enhance your muscle tone and leave you feeling great - guaranteed!

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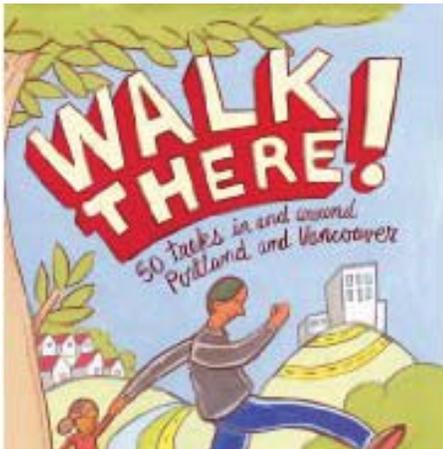
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each “walk,” guidelines provide info regarding the number of miles to be walked, approximate number of steps walked, and a difficulty meter so that you’ll be fully aware of the demands of the trail. This book provides information about incredible paths, from easy to difficult. Designated treks include neighborhood nature parks/greenspaces, challenging power walks with longer distances/elevated terrain; City Center & Commercial District strolls; and historic neighborhood walks. Another bonus, for those interested in a cardio-lunch hour, are treks including one hour routes.



“Walk There!...” is a project of Metro’s Regional Travel Options program, intended to reduce pollution and improve the health and mobility of those living or visiting in the Portland/Vancouver area. You may purchase a copy of this popular guidebook in bookstores or online for a minimal cost of \$9.95. If you would like to know more about the “Walk There!” walking guidebook, you may visit www.oregonmetro.gov.

Happy cardio adventures!

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

Nutrition

Vitamin D: The Sunshine Vitamin
Are you getting enough?

New disclosure of multiple benefits of Vitamin D...

As we age, the question of getting enough Vitamin D becomes serious. Our skin, as well as our kidneys’ ability

to produce Vitamin D, declines. Vitamin D is good for establishing good bone mass density, but the question is how much should you take, what foods should you eat, and what else does Vitamin D do to improve your health?

According to an article from September’s AARP magazine, a study by a team of Harvard scientists suggests that Vitamin D may help “ward off a whole host of illnesses, including cancer and heart disease.” This study suggested that men with the highest levels of Vitamin D in their bloodstream, were least like to have heart attacks. Other studies suggested that high levels of Vitamin D decrease the risk of colorectal cancer, hip fractures and tooth loss, while possibly increasing muscle strength, while some suggest that illnesses such as depression, birth defects, skin cancer, and multiple sclerosis may be instigated by low levels of Vitamin D in the blood.

Currently, researchers are discovering a trend for decreased “blood level” Vitamin D within their patients, mainly due to our awareness of the sun and skin cancer. Doctors recommend 10 to 15 minutes of sunshine, a few times weekly as a way to increase Vitamin-D levels.

According to July’s Women’s Health, some doctors are recommending 1,000 IU daily of Vitamin D supplements, along with 2 glasses of skim milk. While it is difficult to get all of the daily Vitamin D needed from food only, one of the following food sources are your best choice:

3.5 oz of Salmon

3 oz of Tuna

1 cup of Orange Juice

1 Egg

Fun Facts

- According to the AARP magazine (Sept/Oct, 2009), the top five best places to live, based off of “rich culture, great food and low stress” are Tucson, AZ; Greenville, SC; Montpelier, VT; Logan, UT; and Ames, IA.
- According to Women’s Health, (July, 2009), a study found

countries where women lived the longest was Japan, Monaco, Andorra, Australia and Spain. Ready to move? :)

- Sleeping better may be as easy as lowering the room temperature to 60 to 68 degrees fahrenheit, according to an article in the Oregonian. According to the article, temperatures in the range, help to facilitate a decreased body core temperature, which in turns initiates the body to sleep.
- Remember that as you move through your day, stop several times, sit comfortably in a safe, quiet place and take in two SLOW breaths. This will bring down your stress level, and the added oxygen will allow you to feel more alert.

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