

# The Core

an e-newsletter from

Baby  Fitness Solutions  
Boomer

503.860.7178

info@babyboomerfitnesssolutions.com

## December 2009

### From Belinda

During November, I attended an incredible four-day Health/Fitness Symposium, through my personal training certification, the American Council on Exercise (A.C.E.) in beautiful San Diego. It was informative and grueling. I learned a lot, both through lectures and hands-on exercise classes that I am now incorporating in both this newsletter and in my training sessions.

Much of the informational focus was on Baby Boomers (born between 1946 to 1964), and the various health/body limitations Boomers

find themselves facing now, and in the future, as their bodies age. One knowledgeable individual in particular, Dr. Nicholas DiNubile, discussed what he calls Boomeritis®. This is Dr. DiNubile's term recognizing the "wear, tear, vulnerabilities and injuries that most of us have or will develop with our musculoskeletal system, as we age." Dr. DiNubile has written several books, pertaining to the musculoskeletal frame of a Baby Boomer. Visit his website at [www.drnick.com](http://www.drnick.com) to read up on Boomeritis® and learn about the books he has published. Likewise, I encourage you to check out the

American Council on Exercise ([www.acefitness.com](http://www.acefitness.com)), which will provide various links to exercises you can do at home, as well as information pertaining to health, fitness, diet, etc.

In closing, I extend my sincere heartfelt holiday wishes to you and your family. Here's to a magical winter holiday, and an awesome start to 2010! Be safe and have fun!!! Happy Holidays!

Belinda Balogh

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



## Holiday Specials!!!



### Holiday Gift Cards & Gift Certificates

- Purchase a 20 semi-private/small class gift card at regular price and receive another 10 sessions for yourself or someone else @ 50% discount (\$70 savings).
- Purchase a 10 semi-private/small class gift card at regular price and receive another 5 sessions for yourself or someone else @ 40% discount (\$55 savings).
- 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).

Pricing Effective 11/1/2009 through 1/31/2010

### Nine Class Offerings!

Baby Boomer Fitness Solutions offers individual personal training, semi-private and small group sessions for adults of every age and every fitness level. All sessions use a variety of techniques to enhance each participant's fitness level and injury prevention, with regard to one's current health and/or fitness situation.

Check the website: [www.babyboomerfitnesssolutions.com/fitness-classes-pricing.html](http://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!

Baby  Fitness Solutions  
Boomer

3800 SW Cedar Hills Boulevard  
Suite 171

Beaverton, Oregon 97005  
503.860.7178

[www.babyboomerfitnesssolutions.com](http://www.babyboomerfitnesssolutions.com)  
[belinda@babyboomerfitnesssolutions.com](mailto:belinda@babyboomerfitnesssolutions.com)

## Ice or Heat After Injury?

Many individuals are confused about type of treatment to use after a sprain or strained muscle injury. We've heard on TV or from our doctors to use ice, other times heat. So which method is correct?

Per Dr. Nicholas DiNubile, a well-known orthopedic surgeon, both are actually correct. It's simply the knowledge of "when" to use each method that is important. Both ice and heat are very effective in the treatment of both acute ("short in duration" injury) and chronic (injury/pain persisting over a long period of time) orthopaedic and sports medicine problems. Both affect the circulation deep in your tissues, muscles and joints. Dr. DiNubile states for any acute injury where there is swelling, ice is the preferred method.

*continued on page 2*

Futhermore, he suggests to switch over to heat after 48 hours, but is clear that ice should be continued as long as there is swelling.

Ice reduces pain and minimizes swelling especially when combined with elevation of the injured part.

When dealing with more chronic injuries, Dr. DiNubile has found that some patients do better with heat, and some with ice. Usually he prefers heat to help relax sore stiff muscles or to to regain mobility to a chronically injured area. Heat can be used in either the dry or moist varieties and physical therapists and athletic trainers have ways of applying even deeper heat to your tissues.

Ice should not be used longer than 30 minutes at a time and can be repeated every few hours. Heat can stay on longer. Individuals with impaired sensation (i.e. diabetics or nerve damage) must be especially careful with the use of ice or heat, due to the lack of feeling, leading burns or frostbite.

## Exercise Tip

### Front Plank

This exercise is an excellent "full body" strengthener. It targets the muscle groups of your back and abdominals (a.k.a , your "CORE"), while working your arms, shoulders, chest, butt and hamstrings (back of legs), without exercise equipment.

#### Step 1

Starting Position: Lie prone (on your stomach) on an exercise mat/floor with your elbows close to your sides and directly under your shoulders, palms down and hands facing forward. Extend your legs and flex your ankles (pull toes towards your shins). Contract your core and abdominal muscles to stiffen your torso.

#### Step 2

Upward Phase: Slowly lift your entire torso off the mat/floor, maintaining a stiff torso and legs. Avoid arching/sagging in your low back, pushing your hips/butt upwards or bending in the knees. Relax your shoulders. Keep your shoulders positioned directly over your elbows with your palms facing down. You want a long, straight back from head to toes. Continue to breathe while holding this position for 10+ seconds. Hold this position long enough to feel your body shake with exhaustion.

#### Step 3

Downward Phase: While maintaining a stiff torso and extended knees, gently lower your body towards the mat/floor.

Repeat this exercise 1 to 2 more times.

If you experience any pain in the low back with this exercise, stop immediately and consult with your doctor.

If you have any questions or concerns about exercises, please contact [belinda@babyboomerfitnesssolutions.com](mailto:belinda@babyboomerfitnesssolutions.com)

## Nutrition

### Chicken w/Roasted Sweet Potato Salad\*

It's that time of the year, when "sweet potatoes" are everywhere... as Burgerville fries, a side dish for Thanksgiving Day meals, and now as a great "SUPERFOOD" in scrumptious recipe. This particular dish has more than 100% of the RDA requirements of beta-carotene for the eyes, through both the sweet potatoes and spinach. Likewise, "Chicken with Roasted Sweet Potato Salad" is also high in calcium and protein, while low in sugar and carbohydrates.

Total Time Investment:

Prep: 10 minutes

Cook: 30 minutes

Ingredients:

- 1 pound of sweet potatoes, peeled & cut into thin wedges
- 1 thinly sliced red onion
- 1 tablespoon olive oil, divided into recipe\*\*
- 1 teaspoon kosher salt, divided into recipe\*\*
- ½ teaspoon pepper, divided into recipe\*\*
- 4 6-oz boneless, skinless chicken breast
- 1 bunch spinach, thick stems removed (~ 4 cups)
- 2 teaspoons fresh lime juice

Directions:

Preheat oven to 425 degrees.

Toss together sweet potatoes, onion, ½ tablespoon olive oil\*\*, ½ teaspoon salt\*\*, and ¼ teaspoon pepper\*\* on foil-rimmed baking sheet. Roast 20 to 25 minutes or until tender.

Heat remaining ½ tablespoon olive oil\*\* in skillet over medium-high heat. Season chicken with remaining ½ teaspoon salt\*\* and ¼ teaspoon pepper\*\*. Cook for 5 to 6 minutes per side or until chicken is golden and cooked through.

Toss sweet potato/onion mixture with spinach and fresh lime juice. Serve warm with chicken.

Makes 4 servings.

Serving Size: One 6-oz Chicken Breast  
w/~ 1½ cups of vegetables

Calories: 325

Fat: 11g

Sodium: 412mg

Cholesterol: 94mg

Carbs: 19g

Fiber: 4g

Iron: 3mg

Calcium: 81mg

Sugars: 6g

Protein: 37g

*\*Chicken with Roasted Sweet Potato Salad recipe  
is from December, 2009 "Health" Magazine, page  
130.*

## Fun Facts

- Worried about bathroom germs? Per Health Magazine (December 2009), "there are more germs on the floor in a public bathroom (hang up your purse!) than on the toilet seat. However, "when a toilet flushes, it sprays germs and microscopic fecal matter into the air." Mmmmmm... you might want to consider flushing the toilet as the very last thing you do, as you turn away to get out through the stall door.
- Musculoskeletal injuries are now the No. 1 one reason for seeking medical care in the United States, according to an article in the *New York Times' Health Section*, entitled "To Avoid 'Boomeritis', Exercise, Exercise, Exercise."
- From his November 13th show, Dr. Oz reveals the three vending machine snacks that won't derail your nutritional plan/diet as (#1) popcorn, (#2) multigrain chips, and (#3) peanuts.
- Per the *Strive for Healthy Living/ AARP, Fall/Winter 2009 magazine*, garlic might help lower blood pressure, while peppermint oil may reduce digestive symptoms, such as stomach cramps. Ginger may ease stomachaches, while cinnamon can help with blood sugar. Interesting fact, considering that many of us eat foods that are not typically included in our diet during the holiday season.



3800 SW Cedar Hills Boulevard  
Suite 171

Beaverton, Oregon 97005  
503.860.7178

[www.babyboomerfitnesssolutions.com](http://www.babyboomerfitnesssolutions.com)

*Belinda Balogh is the Owner of Baby Boomer  
Fitness Solutions. You can reach her at [belinda@  
babyboomerfitnesssolutions.com](mailto:belinda@babyboomerfitnesssolutions.com). Baby Boomer Fitness  
Solutions © Copyright 2009. All rights reserved.*