

The Core

an e-newsletter from

Baby  Fitness Solutions
Boomer

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From Belinda

2009 and 2010 is and has been a fantastic year for Baby Boomer Fitness Solutions. I am grateful to my clients who continue to use my services to better their health and fitness levels, as well as their continued support toward the company. The business itself has seen inspiring growth, and continues to prosper, thanks to fantastic clients like you! Baby Boomer Fitness Solutions' goal is to provide exceptional services to each and every client, through education and caring support/direction.

In closing, I wish you and your family relief from the rain, and the freedom and warmth through the various celebrations that summer provides. Happy sunshine!

PS - Remember, Baby Boomer Fitness Solutions provides fitness support through both one-on-one personal training sessions, as well as "small" semi-private group sessions!

Warmest regards,

Belinda Balogh

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

Women & Muscles

I often get questions regarding women's concerns about whether or not women can build muscles like men. Many ask, "If I work out with weights, will I have a bigger body/bulgy muscles?" "Does it matter if I use lighter weights versus heavier weights?" Many women avoid resistance/strength training with weights, because of their fear of developing a masculine body type.

Per an article from the American Council on Exercise (ACE), "How Women Build Muscle" (February, 2010), "muscle building" is a genetic situation. Genetics dictates the type of muscle fibers and where they are

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Summer 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).

Pricing Effective 6/1/2010 - 9/4/2010

Tuesday Evening Pilates Now Available!

Baby Boomer Fitness Solutions is now offering a Tuesday evening Pilates class.
The class is from 6pm to 7pm each Tuesday. Call now to register!

This brings our total class schedule to eleven class offerings! Check the Fitness Classes & Pricing page (see <http://ht.ly/1ZtrP>) for details, to verify the best class/time and day for you! I look forward to seeing you in class soon.

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located within the body. Additionally, where fat mass is deposited within the body also has to do with family genetics. As you've seen on various TV shows, magazines, etc, women's body shapes are categorized in three "types" or body styles.

Mesomorph body types tend to be more on the muscular side, usually with broader shoulders and a natural muscular frame. This body type responds to resistance/strength training much quicker than the other two body types. If not careful, these body types build muscle, which sometimes leads to tighter jeans. Cross-training/Cardio exercise is suggested to lower the intensity of muscle building.

Endomorph body types are less likely to build uncomfortable muscle mass, and generally have round/voluptuous bodies. However, when they do develop muscle mass, it is covered by whatever fat is on the body, leading to the jeans getting tighter in the butt and legs, without any real muscle definition. Generally, if Endomorphs want to see the results of their resistance/strength training, they need to lose fat pounds to see the muscular definition.

The Ectomorph body type usually has a slim or linear shape, and while they become stronger with resistance/strength training, they are less likely to build excessive muscle mass.

Please note that even though these body styles are depicted into three types, this does not mean that you are fixed into a specific body type. Depending on the goal of your exercise program, know that you most like will experience a 20 to 40% increase in muscular strength after several "consistent" months of resistance/strength training. Both Mesomorph and Endomorph women may notice that their pants are feeling tighter rather than looser with resistance training only. While Ectomorph body types will most like gain a more slender-type of muscle mass, evenly over their bodies.

One of the priorities of Baby Boomer Fitness Solutions is that all women are different and all women have different

priorities when it comes to choosing an exercise program and trainer. Please keep in mind, NOT to compare your body to others, and remember that every body responds to exercise differently. This is why cross-training is so important. While resistance/strength training is important to shape and strengthen muscles, build stronger bones, decrease fat mass, and increase endurance, exercise methodologies such as Pilates, Flexibility, Balance, Yoga, and Cardio-resistance are vitally important to overall health, and aid greatly in shaping the body. Exercise is fun and allows you to feel confident within your body. If you keep your exercise routine rounded out with different exercise methods, you will see results that work well with your optimal goals.

Exercise Tip

Side Plank

Last newsletter, we covered the "Front Plank, as an excellent "full body" strengthener, targeting the entire core. This newsletter we will discuss the Side Plank, as "increased intensity" exercise to strengthen the core. This exercise is suggested as the "next step," after you have mastered the Front Plank.

This exercise is an excellent "full body" strengthener, with a focus of working one side of the body at a time. It intensely targets the muscle groups of your back, abdominals, and obliques (a.k.a , your "CORE"), while working your arms, shoulders, and chest, without exercise equipment.

Step 1

Starting Position: Lie on the right side of your body, on top of an exercise mat/floor with your right elbow, for shoulder support, directly under your right shoulder. Place the forearm of the right arm, in front of you. Place your right palm down on the mat. Fully extend the left arm up and out toward the ceiling, pointing the fingertips upward.

Step 2

Upward Phase: Contract your core muscles and slowly lift/push the right

side your body and hip into a bridge pose, with upper body off the mat, feet stacked on top of one another, on the mat. Maintain a stiff torso and stiff straight legs. Avoid arching/sagging at the waist or bending the knees. Relax your shoulders. Keep your shoulder positioned directly over your elbow with your palm facing down. Continue to breathe while holding this position for 10 to 30 seconds. (You must hold this position long enough to feel your body shake with exhaustion for at least 10 seconds.)

Step 3

Downward Phase: While maintaining a stiff torso and extended legs, gently lower the right side of the body until it touches the mat.

Repeat this exercise on the left side of the body.

If you experience any pain in the shoulder and/or 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.

Nutrition

Slow Cooker Black Bean/ Mushroom Chili*

Here's a healthy, delicious evening meal or leftover for lunch. This Chili recipe includes black beans, mushrooms, tangy tomatillos, along with a variety of spices & chipotle peppers. This recipe is Diabetes Appropriate, Gluten-Free, High in Calcium, High in Fiber, High in Potassium, Low in Cholesterol and Low in Sodium.

Total Time Investment:

Prep: 25 minutes

Cook: Simmer 5 to 8 hours on HIGH in a 5 to 6 quart slow cooker.

Ingredients: (grocery list is a bit extensive, but worth it!)

- 1 pound of dried black beans (2 & ½ cups), rinsed
- 1 tablespoon of extra virgin olive oil
- ¼ cup of mustard seeds

- 2 tablespoons of chili powder
- 1 & ½ teaspoons of cumin seeds or ground cumin
- ½ teaspoon cardamom seeds or ground cardamom
- 2 medium onions, coarsely chopped
- 1 pound of sliced mushrooms
- 8 ounces of tomatillos, husked, rinsed and coarsely chopped (usually small green tomatoes found in the produce section.
- ¼ cup of water
- 5 & ½ cups of mushroom or vegetable broth
- 1 6-ounce can of tomato paste
- 1 to 2 tablespoons of minced, canned Chipotle peppers in adobo sauce (Ground Chipotle chile peppers are found in the specialty section of many grocery stores. Chipotle chiles in adobe sauce are dried, smoked jalapeno peppers packed in a flavorful sauce, usually found in the Mexican food aisle of most grocery stores.)
- 1 & ¼ cups of grated Monterey Jack or Pepper Jack cheese
- ½ cup reduced-fat sour cream
- ½ cup of chopped fresh cilantro
- 1 lime, cut into wedges

Directions:

Step 1: Soak beans overnight in 2 quarts of water.

** (Alternative to speeding up the “bean preparation” process)** Place beans and 2 quarts of water in a large pot. Boil for 2 minutes. Remove from heat and let beans sit in the pot for 1 hour.

After either bean preparation, drain the beans while discarding the liquid.

Step 2: Combine the oil, mustard seeds, chili powder cumin and cardamom in a 5 to 6 quart Dutch oven. Place pan over high heat and stir until the spices sizzle (about 30 seconds). Add the onions, mushrooms, tomatillos and water. Cover and cook, stirring occasionally, until the vegetables are juicy (5 to 7 minutes). Uncover and stir often until the juices evaporate and the

vegetables are lightly browned (10 to 15 minutes). Finally, add broth, tomato paste and chipotles. Mix well.

Step 3: Place the beans in a 5 to 6 quart slow cooker. Pour the hot vegetable mixture over the beans. Turn heat to “high”. Put the lid on the cooker, and cook until beans are creamy (5 to 6 hours).

Step 4: Garnish each serving with cheese, a dollop of sour cream, and a sprinkle of cilantro. Serve with lime wedges.

Makes 10 servings

Calories: 306

Fat: 10g

Sodium: 415mg

Potassium: 735mg

Cholesterol: 20mg

Carbs: 40g

Fiber: 13g

Protein: 18g

**Slow Cooker Black Bean/Mushroom Chili recipe is from www.acefitness.org/healthyrecipes/947/slow-cooker-black-bean-mushroom-chili*

Fun Facts

- Laughter triggers the release of endorphins, those chemicals in the brain that induce feelings of euphoria. A good giggle can also suppress the production of cortisol, a hormone released when you’re under stress. Cortisol can influence blood pressure, causing your body to retain salt, and (in some studies) an increase of fat mass. Remember that laughter is nonfattening, as well as contagious, and while engaging in it frequently will contribute to a nicer world. *Source: “Be Happy, Be Healthy,” United Health Foundation, www.unitedhealthfoundation.org.*
- On an interesting note, alleged “cures” for alcoholism have included the so-called “Gold Cure” of Dr. Leslie Keeley, whose secret formula included a gold salt, which was popular from about 1890 into the 1920’s. On the same interesting note, Grape-Nuts cereal was advertised, in its early years, as an aid to achieving and

maintaining sobriety. Currently, powered Cudzu Vine Root is being touted (and marketed) as a cure. *Source: David J. Hanson, Ph.D., Professor Emeritus of Sociology of the State University of New York at Potsdam.*

- Per the American Council on Exercise Website (www.acefitness.com), nutritional fiber is a string of sugar molecules that are bonded together in such a way that they cannot be digested. There are two types of fiber: “Soluble” fiber dissolves in water and has been linked with lowering levels of “bad” low-density lipoprotein (LDL) cholesterol. “Insoluble” fiber cleans out your gut and is associated with a reduced risk of cardiovascular disease
- It is important to be aware of when your sneakers need to be replaced. If they are no longer absorbing pounding/jarring action and the bottom of your feet hurt or are sore after exercise, you need to consider new shoes. Athletic shoes usually lose their cushioning after three to six months of regular use, or 350 to 500 miles of speed walking/running. Additionally, take a look at the wear patterns of the bottom of your shoes, as an indicator for replacement and/or ideas of areas your feet need support.



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