

The Core

an e-newsletter from

Baby  Fitness Solutions
Boomer

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November 2009

From Belinda

Welcome to November's issue of The Core. With darker evenings, the physical adjustment of daylight savings time, chilly temps and the rainy days, we all know Fall is here. Likewise, as the holiday season ramps up, starting with Halloween, be aware of what you put in your mouth, AND enjoy every bite of what you do consume. Studies have proven that if you take the time to fully chew whatever's in your mouth, you will take in fewer calories. Another tip for those who want to make the most of "holiday eating without the 10-pound spread," remember that a serving-size 'portion' of any food (i.e., a serving of turkey, a serving of mashed potatoes, a serving size of veggies, a serving size of pie, etc.) is what will easily fit in the palm of your hand (not "heaped up" in your hand).

As many of you are aware, I am not a trainer who believes in counting every calorie that enters your body. Thus, I firmly believe that this time of year is a time to enjoy all that is a part of holiday celebrations... and with all that celebrating comes awareness and moderation of how to enjoy without overdoing it. ;-)

With that thought, take a moment to read the "Exercise Tip" and review Baby Boomer Fitness Solutions' class offerings. Keep in mind that many of us believe that exercise is boring, painful, and is necessary to lose weight. Remember that weight loss is what happens while you are busy

having fun, moving your body with others in a class environment. BBFS offers only fun, challenging-appropriate exercise in an energizing, interactive environment.

May your November holiday celebrations be warm, fun, stress-free and festive! ENJOY!

Warmest Thanksgiving wishes to you and your loved ones.

Belinda Balogh

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

Achilles Tendonitis

Achilles Tendonitis is an injury to the tendon that connects from the heel bone of the foot to the lower end of the calf muscle. Typically, 30 to 50 year old men, who are runners, dancers or are particularly active, complain of pain that is two to six centimeters above the tendon that connects into the heel bone. Usually, individuals complain of initial morning pain that is either sharp or burning. Additionally, there can be pain from vigorous activity, which in turns stops the individual from exercise. As stated in the ACE Certified News (July/June 09/ pg 15-16) "Rest will often alleviate the

pain, but as the condition worsens, the pain becomes more constant and begins to interfere with activities of daily living."

Physical factors that exacerbate this injury are:

- Age
- Body Weight
- Leg Length Discrepancies
- Outer Side of Ankle Weakness

Continued on following page...

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.

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

Nine Class Offerings!

Check the website: 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!

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Image Source: WebMD.com

Other factors that aggravate Achilles Tendonitis:

- Poor Footwear
- Prior Injuries
- Inflexibility
- Muscle Weakness
- Improper Training

Early intervention, such as a referral to a physical therapist with a goal of controlling pain/tendon inflammation via rest and anti-inflammatory medications, is important for a speedy recovery. Once the pain has been managed, an exercise treatment program, via a physical therapist or experience personal trainer, is a must to ensure continued mobility and a return to previous activities.

Exercises will focus on the flexibility and symmetrical lengthening of both calf muscles, as well as the strengthening of the calf, knee and hip muscles. Returning to your sports activities after an Achilles tendon injury should be gradual, pain-free process. One must be cleared via their physician/physical therapist before returning to previous activity levels.

As always, if you are experiencing heel pain or pain that radiates from the heel up toward the calf muscle, consult with your doctor. Early intervention is important, due to the fact that if the painful symptoms continue, the Achilles Tendon can tear or rupture, leading to surgery and a lengthy recovery time (see photo).

Exercise Tip

Exercise Partners

As we move closer toward the holiday season, many of us start to think about what this next year's holiday resolution may be. If your New Year's Resolution pertains to losing weight or incorporating exercise into your weekly schedule, note the following ... always take an exercise partner with you, regardless of the exercise mode you decide to pursue. Multiple studies have shown that a person who has an exercise partner or is involved in a well-connected group class, are 95% more likely to continue with their exercise plan and see the results they desire. That's why at Baby Boomer Fitness Solutions (BBFS) class participants connect with their fellow classmates. Success is the goal.

If you have any questions or concerns about exercises, please contact belinda@babyboomerfitnesssolutions.com

Nutrition

HG's Perfect Pumpkin Bread

Here's a Fall/Halloween holiday appropriate recipe for Pumpkin Bread from www.hungrygirl.com. Please use the Hungry Girl website to check on calories of your favorite foods, restaurant foods, and find delicious health-conscious recipes.

Ingredients:

- One 15-oz. can pure pumpkin
- 1 & 1/4 cups whole-wheat flour
- 1/4 cup all-purpose flour
- 1/2 cup fat-free liquid egg substitute (like Original Egg Beaters®)
- 1/2 cup Splenda® No Calorie Sweetener (granulated)
- 1/4 cup brown sugar (not packed)
- 1/4 cup Ocean Spray Craisins® Original Sweetened Dried Cranberries (or regular raisins), chopped
- 2 & 1/4 tsp. baking powder
- 1 & 1/2 tsp. cinnamon

- 1 tsp. vanilla extract
- In a medium bowl, mix together pumpkin, egg substitute, and vanilla
- 1/2 tsp. salt
- 1/3 tsp. pumpkin pie spice

Directions:

Preheat oven to 350 degrees.

In a large bowl, combine both types of flour, Splenda®, brown sugar, baking powder, cinnamon, salt, and pumpkin pie spice (in other words, all dry ingredients except for the Craisins® or raisins).

In a medium bowl, mix together pumpkin, egg substitute, and vanilla extract (all the wet ingredients). Add this mixture to the bowl with the dry ingredients, and stir until just blended.

Slowly sprinkle chopped Craisins® or raisins into the batter, making sure they don't all stick together, and mix to distribute them.

Spoon batter into a large loaf pan (about 9" X 5") sprayed with nonstick spray. Bake for about 50 minutes, until the top of the loaf is firm to the touch. (Bread may be moist inside. This doesn't mean it's undercooked.) Allow to cool, and then cut into 8 slices. Enjoy!

Makes 8 servings

Serving Size: 1 (thick!) slice

Calories: 143

Fat: 0.5g

Sodium: 281mg

Carbs: 31g

Fiber: 4.5g

Sugars: 9g

Protein: 5g

To make this bread into MUFFINS, evenly distribute the batter among 8 cups of a muffin pan sprayed with nonstick spray. Cook for 35 minutes at 350 degrees, let cool, and enjoy!

Fun Facts

- According to Health Coach Training (www.healthcoachtraining.com), "Omega 3 fatty acids can balance blood sugar and reduce inflammation... Some good

sources of Omega 3 fatty acids are fish oil, flaxseed oil and walnuts.”

- Real Age-Live Life to the Youngest (www.realage.com/tips) states in its 10/12/09 health tips that “the protein source that helps one avoid DEMENTIA, is Fish.” A recent study suggests that “eating fish a few times a week may reduce dementia risk by as much as 19 percent.”
- A study by Dr. Emma Varkey, of the Cephelea Headache Center, Sweden (*Journal of Head & Face Pain*, 49, 4, pg 563-570, 2009) suggests that vigorous AEROBIC exercise (such as 40 minutes of indoor cycling), three times weekly over 12 weeks, may help relieve AND even reduce the pain of migraine headaches. Through this structured aerobic/ cardio exercise régime, the study demonstrated that the participants’ quality of life improved by reducing head pain, decreasing the amount of migraine medication needed, and improving cardio endurance.
- Per a brief article in *Women’s Health Magazine* (pg 30, October, 2009), “... don’t trust your nose” to figure out if the leftovers in your refrigerator are still okay to eat. Instead, check out www.stilltasty.com, searching by the food category and you’ll find the answers to your food safety questions.



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