

# The Core

an e-newsletter from

Baby  Fitness Solutions  
Boomer

503.860.7178

info@babyboomerfitnesssolutions.com

## October 2009

### From Belinda

Welcome to your October issue of The Core. The temps are dropping, but the sunshine is still out. Get a head start on the caloric intake from holiday parties from now through New Year's Eve. Know that if you get started now, you will feel more in comfortable and aware of what you are snacking on during this upcoming holiday celebration. Start now on your fitness goals, instead of waiting until you feel bad about your celebrations come January. No New Year's resolutions about your health/fitness/weight goals? Get started now! I invite you to look at what Baby Boomer Fitness Solutions (BBFS) has to offer you in the manner of getting an effective/comprehensive weekly workout. If there is a class you want to see become a part of BBFS, contact me at [Belinda@babyboomerfitnesssolutions.com](mailto:Belinda@babyboomerfitnesssolutions.com), and we'll make it happen. I am here to support your health and fitness goals, and support your open input.

The primary topic of this issue of The Core discusses Plantar Fasciitis, a common and painful foot disorder, involving the heel of the foot. Additional topics include an "Exercise Tip," a yummy/healthy recipe included in the "Nutrition" section, as well as the "Fun (and interesting) Facts."

At Baby Boomer Fitness Solutions, our unique fitness programs include Boomer Bootcamp, Pilates classes, personalized one-on-one training, couples training, Flexibility & Core

Strengthening, Stability/Balance training, Corporate training and in-home training, all in a fun, positive, supportive environment. If you or anyone you know would benefit from our unique services, your referrals are welcomed and appreciated. There is an opportunity to receive "free classes" as a part of the "referral" system.

Lastly and most importantly, thank you for your continued support and belief in Baby Boomer Fitness Solutions.

This company is successful because of you. I am grateful to every one of my clients. May the Fall/Halloween Season bring about compassion and giving to your heart. Wishing you and your loved ones a beautiful "change of seasons"! Belinda Balogh

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

### Plantar Fasciitis

Plantar Fasciitis is an inflammatory condition of the thick connective tissue that runs from the heel bone of your foot, out toward the bones of your toes. According to the American Council of Exercise (ACE Certified News/July 09/pg 14-15), "this condition is the most common cause of heel pain and accounts for 10 percent of running injuries." Additionally, Plantar Fasciitis is most common for individuals "40 to 60 years old," as well as those who are overweight.

Risk factors for Plantar Fasciitis include either a low or high arch of the foot, improperly fitting shoes,

## Save up to 30%!!! "Change Up Your Routine into Fall Fitness" Specials

\* Includes 1:1 sessions from \$70 to \$90 per session. CONTACT [Belinda@babyboomerfitnesssolutions.com](mailto:Belinda@babyboomerfitnesssolutions.com) for specifics.

\* Semi-private classes include Morning & Evening Pilates, Boomer Bootcamp, Lunch Hour Circuit-Pilates, Flexibility/Strength Fusion Balance/Stability classes pricing from \$14 to \$20.

Offers Expire: November 30, 2009

## Fitness Classes for Every Lifestyle

Baby Boomer Fitness Solutions offers private, semi-private and small group sessions for adults of every age and every fitness level. All sessions use a variety of techniques to further each participant's level of fitness and injury prevention, regardless of specific fitness level. For a current class list, please visit: [www.babyboomerfitnesssolutions.com/fitness-classes-pricing.html](http://www.babyboomerfitnesssolutions.com/fitness-classes-pricing.html)

continued on page 2

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)

decreased strength and/or poor flexibility of the calf muscles, and long periods of standing/walking/running on hard surfaces.

Common symptoms of Plantar Fasciitis include foot pain when standing, walking, or running. Pain may worsen after rest, but improve 10 to 15 minutes after the start of activity. Other symptoms may include the first few steps in the morning being excessively painful; and/or one may experience stiffness and muscle spasms in the lower leg/tightness in the Achilles tendon. With this type of condition, activities such as running, jumping, lifting heavy weights, and/or standing on concrete floors should be avoided.

While rest may ease the pain, the condition will intensify if steps are not taken to rectify the problem causing the stress on this connective foot tissue. Items to consider to improve Plantar Fasciitis are reduced body weight, proper shoe fit, orthotics, in addition to stretching and strengthening through physical therapy and/or personal training. If the situation is extreme, a doctor may be required for pain management.

The following exercises will aid in managing Plantar Fasciitis:

- Flexibility exercises for the arch and bottom of the foot involve rolling the foot over a golf ball or baseball.
- As a strengthening exercise, lift a marble from the floor with your toes.

As always, if the pain is intense, see your doctor. In the meantime, if you find your physical symptoms leaning toward Plantar Fasciitis, you may consult your doctor to verify the symptoms. Also consult a physical therapist or personal trainer to learn about the appropriate exercises to remedy the situation.

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

## Exercise Tip

### Blast Out

Side Planks focus on the oblique. In an effort to increase your caloric burn during a workout, BLAST OUT one minute of Jumping Jacks or intense Running In Place cardio, midway through your workout. Likewise, before the start of your next set of exercise, BLAST OUT another one minute segment of Jumping Jacks or Running In Place. An additional benefit of this “cardio blast” is a rapid increase of physical endurance.

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

## Nutrition

### Banana Chocolate Chip Cookies

This recipe comes from Health Expert, Celebrity Chef Bethenny Frankel's Collection. According to the Health Magazine article (August 2009), this is one of Susan Sarandon's favorites! This recipe incorporates a yummy Fall/Winter comfort food with a healthy twist.

Preparation Time is 10 minutes

Cooking Time: 25 minutes

Makes ~ 16 yummy cookies/  
Approximately 90 calories per cookie

#### INGREDIENTS

- 1 cup Oak Flour
- ¾ cup old-fashioned Rolled Oats
- ½ teaspoon of Baking Powder
- 1/3 teaspoon of Baking Soda
- ½ teaspoon of Salt (or a tiny pinch less of refined sea salt)
- ½ cup of Raw Sugar
- 1/3 cup of Canola Oil
- 1/3 cup of plain Soy Milk
- ½ teaspoon of Vanilla Extract
- ½ Ripe Banana
- ¼ cup of chopped Walnuts/ Pecans (or slivered Almonds & 1/4 teaspoon of Almond extract)
- 1/3 cup of semisweet chocolate chips

## PREPARATION

- Preheat oven to 350 degrees. Combine the first 6 ingredients thoroughly.
- Whisk together oil, soy milk, and vanilla in a separate bowl. Then add this wet mixture to the dry ingredients.
- Fold in the Banana, Nuts (or use the ¼ cup of slivered almonds and ½ teaspoon of almond extract), and Chocolate Chips.
- Scoop dough onto cookie sheet with a SMALL ice-cream scooper (remember, you want to get ~16 cookies from this recipe... larger cookies means increased calories per cookie and less cookies to eat).
- Baked ~25 minutes or until golden brown.
- Allow cookies to sit on cookie sheet for 5 minutes, before moving them to cool on a wire rack.
- You can add one tablespoon of ground flaxseed to batter (provides fiber and omega-3 Fatty acids). If you decide to add flaxseed, add 1/3 of a tablespoon of water to wet ingredients.

## Fun Facts

- Lifting weights is a great way to stimulate your metabolism. For “every pound of muscle, your body burns 35 to 50 calories” daily; whereas “every pound of fat burns only 2 calories per day.” source: [www.healthcoachtraining.com](http://www.healthcoachtraining.com)
- Did you know that each gram of protein (depending on the quality of the protein i.e. lean beef, chicken, fish, etc) equates to four calories, whereas each gram of fat equals eight calories. You decide how you want to add up your daily calories. Remember “fat” is good for your body... the key here is to simply be aware. Knowledge is power.
- As most of you are already aware, exercise is a great stress releaser. Physical activity releases endorphins (body hormone) that

improve your mood. So, why aren't you out there moving that body of yours?

- Do you know the correct percentage of proteins, carbohydrates and fats needed in your daily caloric intake (i.e 2000 calories/day)? The answer is Carbohydrates at 40 to 45%, along with Protein and Fats at ~25 to 30% each, according to <http://www.nutritiondata.com>. Most importantly, make certain that the carbohydrates you are eating are quality carbs - veggies, fruits, brown rice, etc. (not cookies, doughnuts, French fries, white rice, etc).



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.*