

Baby Fitness Solutions Boomer



We're
having
an Open
House!

Friday, October 15
4pm-7pm

**We're proud to announce an
Open House/Client Appreciation
event at our Beaverton studio!**

FRIDAY, OCTOBER 15 :: 4P TO 7P

You and your family and friends are invited to attend!

**Pop in any time between 4 and 7 for
a bite to eat and a beverage!**

We look forward to seeing you!

You might even win a door prize!!!

RSVP at our event page: <http://ht.ly/2RSOL>

The Core

an e-newsletter from

Baby  Fitness Solutions
Boomer

503.860.7178

info@babyboomerfitnesssolutions.com

October 2010

From Belinda

Welcome to the September/October issue of The Core. Fall is already in the air. The dry days of exercising outside are limited. Try out one of Baby Boomer Fitness Solutions (BBFS) classes to get that blood pumping and your energy level "sky-rocketing".

The primary focus of this particular issue, discusses that exercise/physical exercise is more than weight loss. Physical activity allows us to improve/enhance the "quality" of our daily lives. Back pain, headaches, leg pain, the inability to bend down to our toes, feeling winded when we walk up a hill, as well as noticing that the physical strength you had a few years back is declining are all signs/symptoms that it's time to get involved in an exercise

program.

At BBFS, our unique and fun fitness programs insure you feel better and get hurt less from daily activities. Our classes include Boomer Bootcamps, Mat Pilates, Flexibility and Core Strengthening, Stability and Balance training, and Plyometrics/ Bone Density Enhancement, all within a positive, supportive training environment of one-on-one training, couples training, and/or semi-private classes. Corporate training and "in-home" routines are also available. Additionally, at BBFS there are no long term contracts to participate in. Clients sign up via punch cards or on a monthly basis... simple... easy. If you or anyone you know would benefit from our unique services, your referrals are always welcomed and

appreciated. Opportunities to receive "free classes" are a part of the BBFS "referral system." As always, I am available to answer your questions and concerns, whether you are a current client or just seeking answers.

Lastly, and most importantly, thank you for your continued support in Baby Boomer Fitness Solutions. Over this past year, the company is a success because of YOU. I am grateful to every one of my clients. THANK YOU. May the Fall season and the Halloween season bring you joy and love. Wishing you and your loved ones a beautiful "change of seasons."

Warmest regards,

Belinda Balogh

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

Fall 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 9/1/2010 - 1/31/2011

11 Classes Now Available!

Check the website www.babyboomerfitnesssolutions.com, under "Fitness Programs and Classes" to verify the best class/ time and day for you! I look forward to seeing you in class soon.

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Pilates Class Added!

Per client request, an additional Pilates class has been added to the "Semi Private Classes" - Tuesday evenings at 6pm.

If you are interested in these classes, but are not yet ready to sign up, call for a complimentary class. It's a great way to sample a class. This is another way we insure that your fitness program is structured around your needs!

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Why is Physical Activity So Important?

Is it about weight loss or is there more?

While weight loss is an important factor to one's health, it is simply a by-product of physical movement. As we move into our 40s, 50s, 60s, 70s and 80s, core strength, flexibility, bone density, muscle strength, and cardiovascular health become essential keys to a daily quality of life. Without core strength, flexibility and overall muscle strength, we lose the ability to walk upright comfortably, to maintain balance, to pick up simple items from the floor, etc. Declining bone density causes bones to break easily, which stops daily mobility. Lastly, poor cardio vascular health inhibits our ability to properly breathe, which in turn inhibits our ability to walk, hike, go shopping, and/or think clearly, and move about our day with joy and ease.

Per an article in The Oregonian, (date unknown, but is a recent article) regular exertion movement/ exercise enhances good HDL cholesterol, lowers blood pressure and stabilizes blood sugar levels, increases metabolism, decreases risk of fatal cancers, and reduces physical aches and pains per Dr. Mehmet Oz. Additionally, Dr. Oz states on his website, "While I recommend different kinds of physical activity in different circumstances (including resistance exercise, walking, and stretching), the way to improve heart function is to sweat more than a kid in the principal's office. Cardiovascular activity lowers both the top systolic (the pressure being exerted when your heart contracts) and the bottom diastolic (the pressure in the arteries when the heart is at rest) numbers of your blood pressure. Cardiovascular exercise may also be helpful because it makes your blood vessels more elastic by forcing them to dilate."

In other words, while weight loss is a definite benefit to the body, the most important results from exercise is the reduction of illness, decline of insomnia and/or fatigue, the decrease of overly emotional stress (which also

reduces, for many, colon distress), and the potential for keeping the body younger than it's current age.

Exercise Tip

Dumbbell Lateral Raises

This exercise is an excellent strengthener/ toner/ shaper for the tops of the arms, the shoulders and neck. This exercise can be performed by all levels of exercise experience. However, as a word of caution, individuals with rotator cuff issues and/or neck problems, should consult a doctor prior to performing this exercise.

Step 1

Starting Position: Stand with your feet shoulder width apart. Keep your knees soft, but not bent. Pull your shoulders back, with arms straight down at your sides. Use anywhere from 1 to 5 pound weights, depending on your resistance training experience (If you do not have weights available to you, soup/vegetable cans work well).

Step 2

Upward Phase: First inhale. As you exhale, pull your "belly button toward your back/spine". With straight arms and wrists flexed slightly upward, lift your arms slowly out front of your body, so that the weights/hands are even with your shoulders. Avoid arching your back and/or shrugging your shoulders (If you do any of these two movements, lower the number of pounds you are lifting). Make sure to keep your head looking "forward" (not turned to one side or looking downward). Hold this position for a count of 2.

Step 3

Downward Phase: As you exhale, with straight arms, slowly lower your arms back down to your sides. Once your arms/weights are at your side, repeat Step 2.

Repeat this exercise 8 to 12 times with 2 to 3 sets.

If you experience shoulder pain and/or lower 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

Sweet Potato Chips with Greek Yogurt Ginger Dip*

If you are looking for a tasty, healthy alternative to potato chips, try these sweet potato chips. These baked slices are high in fiber, potassium, iron, manganese, copper, and Vitamins A and C.

Total Time Investment:

Prep: 15 to 20 minutes

Cook: 5 to 7 minutes

Ingredients:

- 1 medium sweet potato, peeled
- Sea Salt & Ground Pepper, season to taste
- ½ cup of low-fat Greek Yogurt
- 2 teaspoons of Honey
- ½ teaspoon of grated Ginger

Directions:

Sweet Potato Chips ~

Preheat oven to 400 degrees.

Use a vegetable or mandolin slicer to cut potatoes into very thin slices.

Sprinkle slices with salt and pepper.

Bake in oven for 5 to 7 minutes.

Make certain to check at 5 minutes for doneness, and then every minute afterwards if potato slices are not cooked after 5 minutes.

Greek Yogurt Ginger Dip ~

In a medium bowl, whisk together the greek yogurt, honey and ginger.

Serve with chips.

Makes 2 servings

Calories: 140

Total Fats: 1 g

Saturated Fats: 0.5 g

Cholesterol: 5 mg

Sodium: 60 mg

Carbs: 23 g

Fiber: 2 g

Iron: 0.5 mg

Sugars: 8 g

Protein: 7 g

*Sweet Potato Chips with Greek Yogurt Ginger Dip” recipe is from “Oxygen Magazine”, August 2010, as insert between pages 58 and 59.

Fun Facts

- Per HealthyWoman.com, “each egg yolk is filled with 213 milligrams of cholesterol. If you have elevated cholesterol, the National Cholesterol Education Program recommends to keep your cholesterol consumption under 200 milligrams per day.” Egg substitutes such as Egg Beaters are an excellent source of protein, while containing lower levels of cholesterol.
- According to www.RealAge.com, “research suggests that the powerful probiotic bugs within yogurt -- called Lactobacillus casei (L. casei) -- may increase body levels of immune substances involved in seasonal allergies. So every cup of goodness means fewer sniffles and “achoos.”
- August’s Oxygen Magazine states “3.5 million skin cancers are diagnosed every year in the United States.”
- An article on www.oprah.com/omagazine/Solving-the-Emotional-Crisis/2, “Solving the Emotional Energy Crisis” named eight common emotional situations as huge daily energy drains, and suggests how to fix these energy drains. These energy drains include Envy, Worry, Deprivation, Over-commitment, and Other’s Expectations of Us to name a few.
- From the website, DrOz.com, an article states that the “eyes have over 2 million working parts and the ability to process 35 bits of information every hour.” AMAZING!!!



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Belinda Balogh is the Owner of Baby Boomer Fitness Solutions. You can reach her at belinda@babyboomerfitnesssolutions.com. Baby Boomer Fitness Solutions © Copyright 2009-2010. All rights reserved.