

February, 2011

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Gr8FITness On the Move

Illinois Association for Gifted Children Conference, Chicago	Feb. 7-8
National Association of Health and Fitness Bd.Mtg	Feb. 17
National Association of Health and Fitness Bd. Mtg; Hats Off to You, Belleville Shrine	Mar. 17
Effingham Noon Rotary Program	Mar. 23
City of East St. Louis Department Heads Team Analysis	Mar. 30
National Association of Health & Fitness Bd. Mtg.	April 21
International Employee Health and Fitness Month	May
National Association of Health & Fitness Bd Mtg..	May 19

Matters of the Heart



February is Healthy Heart Month!

Healthy Heart Tidbits

Heart disease is the number one cause of death in women. Take care of your ticker. Check out the right foods and cardio moves at fitnessmagazine.com/heart health.

“Be who you are and say what you feel because those who mind don’t matter and those who matter don’t mind.” Dr. Seuss.

Cardio isn’t the only way to help your heart! Your blood pressure actually stays lower longer after lifting weights. So, do cardio and hit the “bells or weights” two or three times a week!

Power breakfast: 1 c cooked steel cut oatmeal, 1 scoop of protein powder, and one Tablespoon each

of almond butter, flaxseed and blueberries. Yummy!

Try this healthy indulgence...The antioxidants in dark chocolate help boost heart health and lower cholesterol, according to [The Journal of Nutrition](#).

Dark Chocolate Pistachio Apricots
 1/2 c. semisweet chocolate chips
 24 dried apricots
 4 tablespoons chopped pistachios

Melt chocolate chips. Dip half of each apricot in melted chocolate.. Place on waxed paper and sprinkle with pistachios. Cool in the fridge. If you want more guilt-free recipes, check out fitnessmagazine.com

Try a cardio STAIR Blaster!

Ascend taking every other step. You will burn up to 90 extra calories an hour than if you go one by one because you are using bigger muscle groups when you skip a step. Try standing at the bottom, tap your right foot on the second step and bring it back. Do 10 taps, standing up onto the second step with your left foot on the final rep. Alternate legs until you reach the top; repeat for 7 minutes. To target your glutes, put your whole foot on the step so your knee is over your ankle when you land. Try not to use the railing, but be careful.



“D’FENSE WHEN THE SUN DOESN’T SHINE

You have probably read about the importance of Vitamin D and may even know that milk is a good source. The recommended amount just increased from 200 IUs to 600 IUs (international units) but it takes a lot of milk to get 600 and, according to Women’s Health (3/2011, p. 72) some doctors think that may not even be enough. Vitamin D affects some 2000 genes and can help you fight off depression and even cancer. Based

on new research, you should get 1,000-2,000 IU a day.

Vitamin D regulates the growth of cells so if a cell gets abnormal or malignant, D will try to make it normal or even kill it off by blocking the blood supply to that cell. It seems to work with colorectal and breast cancers, but is not as effective with ovarian, endometrial or esophageal cancers. People with more D have lower

death rates, in general. It also seems to cut a woman’s overall MS risk by 40%. It helps your bones by promoting calcium absorption and defending against osteoporosis. It seems to stave off depression. Not having enough of it could make you prone to coronary problems. In fact, if you are low in D, you are at twice the risk of having a heart attack. Taking Vitamin D is good D-fense! Ask your Dr.!

“Only winners are truly alive. Winning is living. Every time you win, you’re reborn. When you lose, you die a little.”

George Allen, former Washington Redskins Coach

If it doesn't leave you hurting, how good could that workout be?

According to Women's Health, [March 2011, p. 18] a person doesn't need to experience aching muscles in order to prove that the workout was effective. The reason we get sore in the first place is that little tears occur in muscle tissue when we try a new or tough workout, but if you are in pain every time you make a trip to the gym, you may be training too hard or overtraining. This is one reason why it is so important to mix up your exercises. First of all, include cardio and strength exercises. You can also mix it up by working on different parts of your body each time in sequence. After you can successfully complete 3 cardio exercises, try increasing your speed about 10% and add some time—say 3-5 minutes to the length of your workout. If you are easily doing the weights you have chosen, increase those weights by 2-5 percent or add a rep or two. Remember that rest is also important. The body is a remarkable machine if cared for and exercised often and effectively.

TIPS from the TRAINER by Brett Fischer, NASM CPT

Can Your Shoulders Handle Your Workouts?

If your shoulders don't move correctly, you will never fully benefit from your workouts. If you're under 30 years old, your shoulders can probably handle any workout the magazines throw at you. If you're over 30, we probably need to do some shoulder maintenance.

If you can't do these big movements, your workouts are going to suffer:

- 1.) Pushing (dumbbell bench press, pushups, shoulder press, push press)
- 2.) Pulling (Dumbbell Bent Over Rows, Pull-ups)

- 3.) Squatting (Barbell Back Squats, Kettlebell Goblet Squats, Step Ups, Lunges)
- 4.) Hip Hinge (Kettlebell Swings, Deadlifts, Single Leg Deadlifts)

Pushing movements, especially overhead, require tremendous shoulder flexibility and stability. However, most people who work at a desk have terrible flexibility and stability in their shoulders. Bad posture stretches and weakens all the good stuff, and shortens and tightens all the bad stuff...sitting at a desk with bad posture is a recipe for disaster.

If your shoulders are fine now: Take a preventative approach; do the stretches and exercises twice per week.

If you work at a desk: Do the YTWL's, 2 sets of 20 each, at the end of a workout, but a total of three times per week. Do the stretches, 3 x 30 seconds (in a circuit: Pectoralis Left, Pectoralis Right, (or both), and Latissimus) once every day, twice on workout days (immediately after the workout and some other time throughout the day).

If you are tight, weak, and your posture needs some work: Do the exercises and stretches as often as possible. Do the YTWL's, 2 sets of 20 each, at the beginning **AND** at the end of every workout. Do the stretches, 3 x 30 seconds (in the above mentioned circuit), three times per day, every day.

See page 5 for details....

CONQUERING the SUGAR MONSTER!

You have been really good all day. You had the protein-based breakfast. You limited the number of cups of coffee. You did not stuff yourself with the donuts your colleague offered. You did not eat any of the celebratory birthday cake in honor of your boss's birthday! You went to Subway and you looked over the grams of fat carefully before you chose the lowest calorie offering and asked them to serve it up "skinny" (with the bread hollowed out to leave room for more veggies). You bypassed the Southern sweet iced tea and opted for water. You chose apple slices instead of the baked chips. Everything was going well and then, mid-afternoon, like a ton of bricks—sugar cubes, perhaps—

hit you. The sugar craving...You begin to look around the office for some remnant of delectable sweetness. You check your purse to see if maybe there is something there that would satisfy that sweet tooth, like maybe a whole packet of sugar-free gum, to chew stick-by-stick in rapid succession.

What is the matter? Why is that urge for sugar soooooo strong? Well, according to Dr. Faith Huntington, it is because you need an energy boost. You know candy will raise your blood sugar and, for a brief time, you will be energized (right before you crash...about 20 minutes later!)

What will help you overcome this urgent need for "speed"?

Eating a breakfast and lunch with lean protein and complex carbs will help you feel satisfied longer. For breakfast, consider a cup of oatmeal with cinnamon, a handful of walnuts and half a banana; for lunch, go for the turkey sub you had planned, but lay off the mayo, cheese and special sauces! If you still want those cookies—the ones you left in the trunk of your car to keep from eating them the day before—grab a piece of fruit. That natural sugar should save you. 95 calories buys you a medium apple. A banana with a hint of green (lower calories) will stick to your ribs. Raspberries work and are about 1 calorie each. So, stand up to the Sugar MONSTER! You CAN! Just do it!

“The most important thing in life is to learn how to give out love, and to let it come in.”

Morrie Schwartz

REDUCING STRESS

Heart disease is the leading cause of death in the U.S. Healthy eating habits, regular exercise and stress reduction can help diminish your risk of heart disease; To reduce stress, try these:

Live by your values. Not living by your priorities can cause internal conflict and increase stress.

Do less. If there is never enough time in the day for you to get everything done, you need to cut back on your to-do list and make time available for you to “sharpen the saw”.

Get rest. You need 7-8 hours of sleep each night!

Eat better. Fill your plate with 2/3 veggies, fruits, grains and beans and 1/3 animal protein!

“I have found the paradox that if you love until it hurts, there can be no more hurt, only more love.”

Mother Teresa

Core Values A Winning Team Needs

According to John Maxwell in Success magazine [February 2011], winning is not an automatic process. You win because you purposely set out to win. You win as a team who practices five common core values.

1. Commitment—

Every member of the team must commit to the cause and share a common vision. Unwavering loyalty is essential for a winning team. The loyalty is earned by being honest and openly discussing issues when decisions are being made, but, once the decision has been made, supporting that decision as though it were your own.

2. Contribution—

Everyone must take part and everyone has to be willing to carry the ball. Gr8 players WANT the ball. Are you committed to make meaningful contributions to your team?

3. Competence -

Winning teams have players who know what they are doing. The weakest link on a team will determine the load the team is able to carry. According to Lou Holtz, “If

You have a bad coach and bad players, you have a bad team. If you have a bad coach and good players, you will have a fair team, but to have a winning team, you need a good coach and good players.” A weak link can cause you to lose opportunity as you squander time to cover for the weak link. A weak link results in lower morale when team members aren’t carrying their load. A weak link can reduce productivity. Maybe that weak link would be stronger in another position on the team.

4. Communication—

John Gardner said communication is the single, all-purpose instrument of leadership. That communication needs to be open and honest without hidden agendas. It needs to be direct, rapid, inclusive and consistent. Knowing personality preferences certainly helps in the communication.

5. Cooperation—

Cooperation means there is maturity and a commitment to understanding. It requires trust.

Trust must be extended 100 percent up front and then earned over a lifetime. Respect is also essential. Respect is related to trust, but trust deals more with character and respect is more related to competence. Martin Luther King Jr. said that “Life’s most persistent and urgent question is: What are you doing for others?” You cannot take a “me first” attitude to the team. If you focus on others, you will win. Maxwell ends with an old Chinese proverb:

If you want happiness for an hour, take a nap.

If you want happiness for a day, go fishing.

If you want happiness for a month, get married.

If you want happiness for a year, inherit a fortune.

If you want happiness for a lifetime, help others.

So, to win, be committed and competent, communicate and cooperate!

Eating Healthy

Need a dip? Mix fat-free plain Greek yogurt (twice the protein of regular yogurt) with salsa or zingy seasonings like horseradish or curry powder. Use hummus for dipping veggies.

Choose baked sweet potatoes, not sweet potato fries! Bake the sweet potato (a yam is even better), mash in 2 TBS of creamy fat-free dressing, eat the skin and you have 4 g of fiber and only about 100 calories!

Substitute with Egg Beaters or mix with whole eggs, throw in some mushrooms, fresh spinach, and a

Little salsa. Top with fat free cheese.

Remember this for a healthy salad. 3/4 should be fresh fruits and veggies and 1/4 should be lean protein, like chicken plus a complex carb like wheat berries or quinoa. Then you can add two tablespoons of calorie dense items such as walnuts!

Drinking coffee may reduce your chances of type 2 diabetes, but be sure to choose fat-free milk. Whether you use Splenda, sugar, or honey to sweeten, limit the amount to about a teaspoon.

Make some homemade slow. Go ahead with the bagged shredded cabbage, although fresh is better. Toss it with flavored vinegar or fat-free mayo and a little mustard. It is only 11 calories per 1/2 cup and is filling fiber plus loaded with vitamins such as C and B6 and antioxidants.

Source: Prevention, March 2011, pp. 47ff. Take a look at prevention.com for more healthy lifestyle hints!

Did you know? 72 oz of fluid is the recommended amount to drink during workouts to stay cool!

Bridging the Gap—From Goals to Results



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We welcomed the opportunity to speak with educators from IL and WI at a recent Chicago-based conference about integrating fitness and personality type to improve student achievement
Thanks, IAGC!



Linda and Brett

We are now in our third year of Gr8FITness newsletters. In an era when new businesses are difficult to maintain, we are justifiably, but humbly, proud to have made it this far. Thank you, readers, and thanks to those of you who invited us to present a program for your organization. We will work to continue to bring you information to assist you in your quest for continued good health and fitness.

Gr8FITness has several divisions. Our flagship offering is still the Gr8FITness Division, integrating physical fitness and personality preferences. We base our work here in the writing of Suzanne Brue, The 8 Colors of Fitness®, available at amazon.com. We help each client understand his/her personality preferences and specific motivators so each can choose a fitness program that ensures the highest probability of success. We teach people the process of change and provide encouragement and training tips.

Other divisions are **Gr8Achievement**, **Gr8Wellness**, **Gr8Teams**, and **Gr8Athletics**.

Gr8Achievement helps teachers and students identify their personality preferences to improve academic achievement through differentiated instruction leading to gr8schools! Our program "Coaching Students to Success" integrates personality differentiation, social emotional learning, and motivational techniques to move students toward greater achievement.

Gr8Wellness designs, delivers, and monitors employee wellness programs in corporate and hospital settings.

Gr8Teams helps employers and employees identify their work styles through discovering personality preferences and facilitates improved communication and teamwork, building on each person's strengths and learning to avoid roadblocks.

Gr8Athletics builds team synergy through individualized and team assessments of personality preferences to improve communication, increase winning, facilitate leadership, and improve health.

INTERNational Employee Health and Fitness MONTH—May, 2011

It isn't too soon to begin to plan for the 2011 National Employee Health and Fitness MONTH. It is OFFICIAL! The National Association for Health and Fitness has teamed with Be Active to promote a whole month for FITNESS, instead of just one day! So, MAY will be the International Employee Health and Fitness MONTH! In addition, because Dell Computers plans to include their employees world-wide, the event is going INTERNATIONAL!

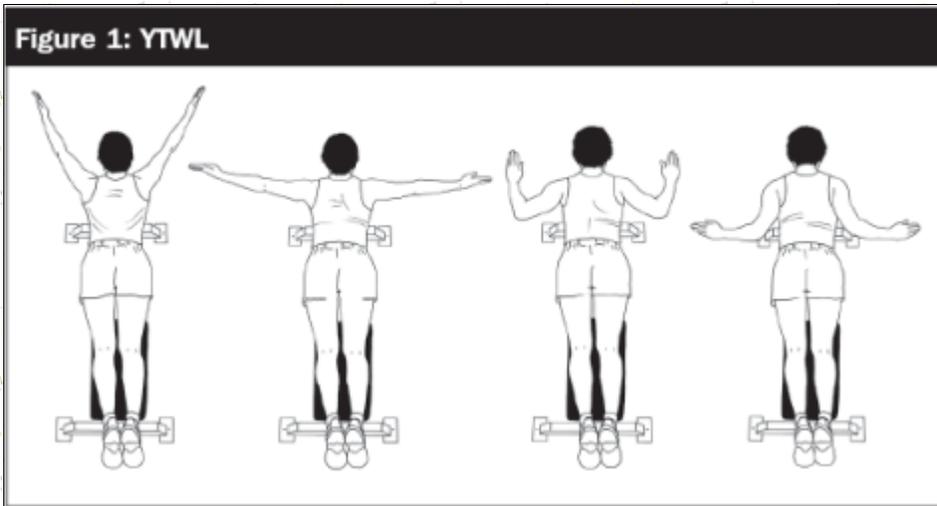
Soon there will be an updated planning packet available for download so that you can engage your employees or encourage your employer to engage you and your colleagues in a month-long emphasis on improving personal wellness. Gr8FITness is ready and able to assist you or your employer in this endeavor. Give us a call to schedule a consultation. As soon as the updated planning guides are available, we will let you know with a special e-release.

Good health is really something to celebrate! C'mon, get on board the Employee Wellness train!



Congratulations to the
2011 Healthiest Company!!!
St. Anthony's Memorial Hospital

The exercises: Y, T, W, L's



Start positions:

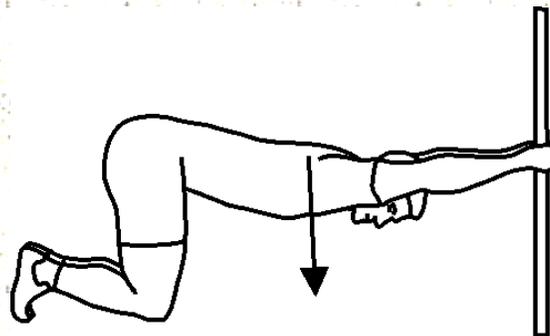
- Y - Arms extended at between 45 and 90 degrees above shoulder level, straight, with thumbs pointing up (to help external rotation)
- T - Arms at 90 degrees to the torso, palms facing down. Maintain 90 degree angle at the shoulder throughout (Note to trainer: If the scapulae are weak, the athlete will tend to overuse their lats, which in turn will result in them pulling their arms down to the sides)
- W - Humerus (upper arm) at 45 degree angle to the torso, elbow flexed at 90 degrees
- L - Upper arm is as close as possible to the side, elbow flexed 90 degrees. This combines retraction and external rotation.

Technique:

- In each case, slowly lift the arms moving the scapulothoracic joint, then lower down again under control.



Pectoralis Stretch, both arms.



Latissimus Stretch.