



Bridging the Gap—



Gr8 Recommends...

If you're looking for a good fitness magazine to read, consider subscribing to Experience Life, the magazine of the fitness chain, Lifetime Fitness. \$19.95/yr; \$29.95/2yr. 10 issues a yr. Life Time Fitness, 2902 Corporate Place, Chanhassen, MN 55317 800 897 4056. Each issue includes Fitness, Health, and Life Wisdom. Available to Lifetime Fitness members or by subscription only.

We hold these truths to be self-evident, that all men are created equal; that they are endowed by their Creator with inherent and inalienable Rights; that among these, are Life, Liberty, and the pursuit of Happiness. [Fit is happy and extends life.-Gr8]  
Thomas Jefferson

Happy Birthday, America!



## Food Synergy Pairing Nutritious Food to Maximize Health Benefits

Teams that perform like well-oiled machines are said to have synergy, but a new type of food-related synergy has emerged. According to Matthew Kadey, MSC,RD, reporting in the May 2010 issue of Experience Life magazine, nature has some powerful food synergies, occurring when two "random" foods are paired.

For example, using a passion fruit vinaigrette on a lobster salad helps protect the structure of the omega-3 fats present in the walnuts and seafood, resulting in improved omega-3 absorption.

Another example is combining green tea, which promotes wellness through antioxidants called catechins, known to help in reducing the risk of both heart disease and cancer with a splash of citrus. That ascorbic acid will stabilize the catechins in the stomach and increase absorption into the bloodstream.



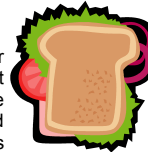
Some odd combinations also give added health benefits. Add capsaicin, found in chili peppers, to green tea and you just might have a more satisfying drink and a weight loss tonic. Green tea and lycopene found in watermelon, tomatoes and pink grapefruit, work together to help men avoid prostate cancer.

Add rosemary and other herbs to meat cooked at high temperatures and the formation of suspected carcinogenic compounds called heterocyclic amines (HCAs) are reduced by as much as 70%. You can also do this by marinating meat such as steak and chicken in an antioxidant-rich spice or wine blend.

Add some healthy fats from nuts, extra-virgin olive oil or avocado to your salads and you will increase the beneficial antioxidants, such as lutein in leafy greens, lycopene in tomatoes and red peppers, and beta-carotene in carrots. You will improve

absorption.

One great workout tip is to quell your hunger following a workout with a combination of protein and carbs. This will speed up muscle recovery by enhancing the blood insulin response. Higher insulin levels will supply muscles with a faster and larger dose of repair nutrients such as glucose and amino acids.) Result? Less muscle soreness and better fitness. Postworkout, try a carb/protein combo such as a turkey sandwich, yogurt and fruit, brown rice and grilled chicken or pasta with meat sauce.



A print resource that explains food synergy in detail is Food Synergy: Unleash Hundreds of Powerful Healing Food Combinations to Fight Disease and Live Well by Elaine Magee, published by Rodale, 2008.

## What Makes a Resistance Exercise Gr8?

There are tons of exercises to try, but some are superior to others. How can you tell a smart move from a fussy waste of time? Here are some characteristics to help you decide. First of all, is it **scalable**? The best exercises can accommodate any level of fitness. Are there easy versions that get gradually harder?

Secondly, is it **versatile**? An exercise gets extra points if you can make it harder or easier without having to rack and rerack weights. For example, a pushup can be harder if you elevate your feet or raise a hand. Last, is it **understandable**? Even newcomers should feel if the body moves and

grooves well during a given exercise. I like exercises that are **easy to change up**, like changing your grip from overhand to underhand or from wide grip to close grip. **Combined moves** are also fun, like lunges with curls, lunges with overhead presses or single leg RDLs with rows.

*Celebrating the second year of informative newsletters*

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**CHECK THESE WEBSITES:**

Experiencelifemag.com  
www.fatsecret.com  
www.hungrygirl.com  
www.MyDiettype.com  
www.thecaloriecounter.com  
www.therealage.com

**COULD THIS BE TRUE?**

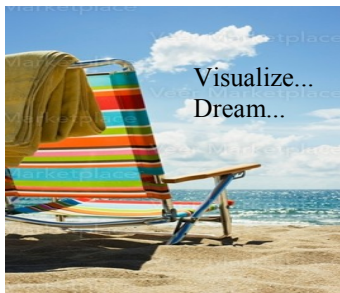
Surfing the web makes you smarter? Research from UCLA, says people who searched the Internet for an hour a day experienced a jump in brain activity. "The act of clicking through links and new info may build neural connections and gray matter," says study author Gary Small, M.D. "Over time that might help protect against dementia." So, surf away. Then go exercise!

"We must be free not because we claim freedom, but because we practice it."

William Faulkner

Happy 4th of July!





**Once a mind is stretched by a new experience or a new understanding, it never shrinks back to its original position. Grow those dendrites! Learn something new everyday.**

**Gr8 Training Tips**

**by Brett Fischer, gr8FITness President**



**How do you make your face and your heart younger?**

**READ THIS to find the answer:**

**Deep within man dwell those slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionize his life if aroused and put into action.**

**Don't wait for extraordinary opportunities. Seize common occasions and make them great. Weak men wait for opportunities; strong men make them.**

**Joyfulness keeps the heart and face young. A good laugh makes us better friends with ourselves and everybody around us.**

**by Orison Swett Marden, founder of SUCCESS magazine in 1897.**

**According to popular health magazines, there are six muscles you cannot afford to ignore: Serratus Anterior, Piri-formis, Psoas, Tensor Fasciae Latae, Supraspinatus and Subscapularis.**

**Serratus Anterior**

**Know it:** This muscle, located on the side of your chest along your ribs, attaches to and allows you to rotate your shoulder blade (a.k.a. scapula). It plays a vital role when you raise your shoulder to flex your arm and move it away from your body; that's why it's prominent in boxers but not your average guy. The reason? Blame the bench press. Because of the support provided by the bench, the serratus anterior doesn't receive much direct challenge during this popular exercise.

**Happy Birthday, America!**

Happy Birthday, America! If you're doing regular push-ups wearing a shirt and have someone look at your back during the move. If you have a winged scapula, your shoulder blade will stick out; this means your serratus is weak. A strong one suction your scapula in during the movement, eliminating the winged look.

**Improve it:** Standard pushups strengthen the muscle, but doing pushup variations is the quickest way to correct a weakness. Use a power rack to perform incline pushups on a barbell. Start with your body at the lowest incline that doesn't allow your shoulders to wing—which means placing the bar relatively high. Perform 3 sets of 8 to 12 repetitions. As you become stronger and learn to control, work your way down the rack until

you're doing regular push-ups with perfect body alignment.

**Piriformis**

**Know it:** This muscle near your gluteal (butt) region helps with thigh rotation and tends to suffer from overuse. Why? Because weak hamstrings and glutes force the piriformis to take on some of the work those big muscles should be doing. This creates back and hip pain, and weaker lower-body performance.

**Test it:** Sit on a chair and cross one leg over the other, with the crossing ankle of one leg resting on the bent knee of the other. If you can't get your top leg parallel to the ground, your piriformis is probably tight.

**Improve it:** Increase your [Continued on page 3]



**Super Foods**

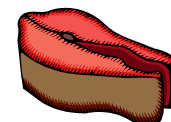
Gr8FITness loves to learn. So, in a recent appearance at the Greater Effingham Chamber of Commerce Employee Fitness Day, we had a chance to learn about 10 foods you need to include in your diet. We love to share with our readers, so here they are, courtesy of Carol C. Schlitt, Extension Educator Nutrition and Wellness for the University of Illinois. How

many do you already eat on a regular basis?

1. Apples
2. Blueberries
3. Garlic
4. Broccoli [Superman's fav!]
5. Spinach
6. Tomatoes



7. Beans
8. Whole grains
9. Nuts (in moderation)
10. Salmon



Look on p. 3 for a couple of recipes Carol shared.

**Gr8FITness welcomes new readers! Our website readers can now subscribe to the newsletter directly from our website! Welcome aboard, newbies! Let us know what you like to read about! Email us at mail@gr8fitness.net**



*Now is the time for all good people to come to the aid of their bodies and minds.*

*Get moving!*

## WORD BOX

### Match 'em up!

1. Serratus anterior
2. Piriformis
3. Psoas
4. Tensor Fasciae Latae

- A. Muscle in hip area; connects lower portion of back to top of thigh
- B. Muscle near butt
- C. Muscle in chest
- D. Muscle along outer edge of hip; affects lateral movement

1-C; 2-B; 3-A; 4-D



## Happy Birthday, America!

### Gr8 Training Tips, continued from page 2

mobility with windshield wipers: Lie on your back with your knees bent and your feet placed wider than shoulder-width apart on the ground. Press your knees together, and then return to the starting position. Do 2 sets of 10 to 15 repetitions. Now add some soft-tissue work: Sit on a foam roller with your weight shifted to your right butt, and place your right ankle on your left knee. Roll your right glutes from top to bottom, working any painful areas. Continue for 45 to 60 seconds, and switch sides. Do this daily.

#### Psoas

**Know it:** The psoas (so-az) muscle runs through your hips to connect the lower portion of your back to the top of your thigh. It's one of your body's main back stabilizers and hip flexors (the muscles that line your hips and allow you to bring your knees toward your chest). If you sit all day, the psoas becomes rounded like a banana; then, when you stand up, the psoas pulls on your back, making you more prone to pain and lower-back injury. A weak psoas also means you'll end up with assorted knee issues, because other secondary hip flexors take over and cause pain.

**Test it:** Lie on your back and pull one knee to your chest. Keep your other leg straight. If the psoas is of normal length, your straight leg will rest on the floor. If your leg sits above the floor, your psoas is either stiff or shortened.

**Improve it:** The only way to strengthen a weak psoas is by bringing your knee above 90 degrees. Sit with your knees bent on a low box or bench (6 to 10 inches high). Maintaining good posture and keeping your abs tight, use your hips to raise one bent knee slightly higher than your hips. If you lean forward or backward, you're not performing the exercise correctly. Hold for 5 seconds, and return to the starting position. Complete 3 sets of 5 repetitions per leg. Also, to help release some of the pressure you may feel, use your thumb to press on your hip flexor; it'll be on your side and a little lower than your belly button.

#### Tensor Fasciae Latae

**Know it:** This muscle (also known as the TFL) starts along the outer edge of your hip and can affect lateral movement (abduction), which is movement away from your body. A tight TFL can mean you're at increased risk for lateral knee pain, because it attaches directly to your ilio-tibial band--

tissue that runs vertically along the outsides of your thighs to help stabilize your knees. Weak or tight abductors means you're constantly getting beat off the dribble, or you're late getting to the ball on the tennis court.

**Test it:** Try old-fashioned leg lifts. Lie on your side with your legs straight, and raise your top leg to about a 40-degree angle. Then lower it. You should be able to lift your leg in a straight line, without your hip or thigh moving forward. Make sure you're using hip strength, though; many people substitute motion from their core and lower back to finish the movement.

**Improve it:** Stretching the TFL is the secret to improving your performance, say Robertson. To stretch your left TFL, stand with your left hip adjacent to a wall. Cross your right foot in front of your left foot. From this position, contract your core and left glute, and then push directly into your left hip. Don't let your hips move backward, and instead make sure your left hip pushes to the side. Hold for 20 to 30 seconds, and then switch legs so your other side faces the wall. Perform 2 or 3 reps on each leg every day.

## Check it out!!!!!!

[www.gr8fitness.net](http://www.gr8fitness.net)

Give a friend a free subscription to this newsletter. Just have the friend email us, telling us who recommended us to them and we'll add the name to the list!

### Coaching Students to Success

is our new workshop for teachers, coaches, and administrators. Using an NFL training day format, Gr8FITness leads participants through motivational strategies for each personality type, integrating social emotional standards that are so important to student success. Call today to schedule your school!

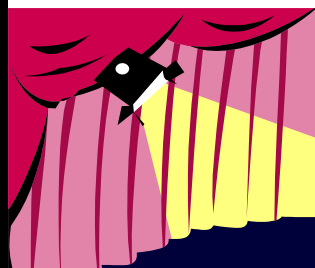
### Gr8FITness on the Road

**July 8**—"Fit to Live and Teach", Vandalia, IL

**Aug. 18** A Gr8 Way to Open the 2010-11 Year, Jasper County Schools, Newton, IL

**September**—TBA

**October**—Multiple-county Teachers' Institutes



Take the free "8 Colors of Fitness" personality quiz on our website at [www.gr8fitness.net](http://www.gr8fitness.net) to find out your strengths and stretches.



## Gr8FITness

2105 Red Bud Street  
Effingham, Illinois 62401

Brett: 314 591-4977  
Linda 217 663-6169  
Brett@gr8FITness.net  
Linda@gr8FITness.net  
mail@gr8FITness.net



A Company dedicated to helping people achieve better, live fit, and enjoy the benefits of goal attainment.

## Gr8FITness: Bridging the Gap Goals to Results

Gr8 News! Gr8FITness has evolved into several divisions. Our flagship offering is still the **Gr8FITness** Division, based on the work of Suzanne Brue, as found in her book, **The 8 Colors of Fitness**© We help each client understand his/her personality preferences and specific motivators so each can choose a fitness program that would ensure the highest probability of success.

Other divisions are: Gr8Achievement, Gr8Wellness, and Gr8Athletics

**Gr8 Achievement** helps teachers and students identify their personality preferences to improve academic achievement through differentiated instruction.

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

**Gr8 Athletics** builds team synergy through individualized and team assessments of personality preferences to improve communication, increase winning, and improve health.

Today is the day to be gr8.

For more info on any of the Gr8Fitness seminars, email us. Whether you have a huge or a small group, we can help you!

If you are interested in hosting a gr8FITness training for your business or group, give us a call @ 217 663-6169 or 314 591-4977 or email!

## Using Super Foods in Recipes

### Blueberries in Cream

- 1 pint fresh blueberries
- 2/3 c. non-fat plain yogurt
- 1/3 c. reduced-fat sour cream
- 2 Tablespoons sugar, divided
- 1/2 tsp finely grated orange rind
- 1/2 teaspoon vanilla
- 1/8 tsp almond extract

Orange zest and mint leaves, opt.

Wash berries and pat dry. Place in a small bowl and sprinkle 1 table-

spoon sugar over berries and set aside. In a small bowl combine yogurt, sour cream, remaining 1 tablespoon of sugar, orange rind, vanilla and almond extract.

Spoon berries into 4 goblets or dessert bowls. Top with yogurt mixture. Garnish with orange zest and a mint leaf, if desired.

4 servings

110 calories, 2.5 g. fat, 10 mg cholesterol, 40 mg sodium, 22 mg carbohydrate, 2 g dietary fiber, 3 g. protein

### Pomegranate and Citrus Broccoli Salad

- 1/2 c. low fat mayo
  - 1/4 c. orange juice
  - 1 tsp sugar
  - 1/2 tsp salt and dash black pepper
  - 1 med. orange, peeled and cut into bite-size chunks
  - 3/4 c. pomegranate seeds (can substitute raisins)
  - 1/2 c. roasted salted sunflower seeds
  - 2 tablespoons sliced red onion.
- Mix. Store covered in refrigerator. 9 servings, 1/2 c. @ 150 calories, 13 g. fat, 5 mg cholesterol, 240 mg sodium 7 g. carbs, 2 g protein, 2 g dietary fiber