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INSIDETHIS ISSUE

Winning Attitudes.....1

Extraversion/Introversion.....1

Gr8 On the Move.....1

Trainer's Tips.....2

Judging/Perceiving.....2

Future Thinking.....3

Whole Grains' Servings.....3

Is Your Life a Circus?.....3

Healthy "Vegetable Cake"3

GR8 Teams Are Made.....4

About Gr8FITness.....4



Gr8FITness On the Move

Hats Off to You, Belleville Lady of Snows Shrine **Mar. 17**

Effingham Noon Rotary Program for Business Associates **Mar. 23**

City of East St. Louis Department Heads Team Analysis **Mar. 30**

National Association of Health & Fitness Bd. Mtg. **April 21**

Employee Health and Fitness Month **May**

National Association of Health & Fitness Bd Mtg.. Mtg. **May 19**

Building Gr8 Personal and TEAM Power

“Ability is what you’re capable of doing. Motivation determines what you do. ATTITUDE determines how well you do it!” Lou Holtz, former Notre Dame Football Coach

Attitudes are important to the success of any endeavor. Like a coach said once to his players, when the team was having a bad season, “Your abilities say ‘win’, but your attitudes say ‘lose’.” According to leadership expert, John Maxwell, “an attitude is an inward feeling expressed by behavior. It is visible without a person saying a word.” How does attitude affect our health?

First of all, our attitude determines our approach to life. Two people can look at the same bucket of water: one says it is half full and the other says it is half empty. Does this matter? You bet it does. If you view the world as excellent, you will get excellent results. Optimists are happier people and so are the people around them.

Secondly, our attitude determines our relationships with people.

Teddy Roosevelt said, “The most important single ingredient to the formula of success is knowing how to get along with people. If you want to experience less stress, try for one week to treat every person you meet, without a single exception, as the most important person on earth. You’ll find they reciprocate.

Our attitude may be the only difference between success and failure. Maxwell calls this the principle of the slight edge. Resources minus the right attitude results in defeat. The right attitudes with resources create victory

Our attitude at the beginning of a task will affect its outcomes more than anything else.

Let’s apply these axioms about attitude to our healthful living regimen. If your attitude is positive,

you will be optimistic that the exercise program or eating plan will work. You will know that when you consume too many calories or you didn’t get the full workout in, you can start again from where you are. Optimists look forward. Maybe you’ve lost weight before and you gained it back plus some. Rather than stay discouraged and give up, focus on the success you celebrated when you lost it and begin anew. How we see ourselves reflects how others see us. Maxwell says we “will never go beyond the boundaries that stake out our true feelings about ourselves.”

Take it a day at time. Assess where you are and where you want to be. Share your goals with others so they can give you support. Don’t let another’s negativism bring you down. A positive attitude + effort + self-control leads to gr8FITness.

Extraversion or Introversion = Our Energy Source“

It’s time for a little review of some of the Myers Briggs© personality preference descriptors. Let’s start with E (extraversion) and I (introversion). To determine what could be your preference, look at the following lists and decide which seems more like you.

You will recognize extraverts by how they are:
-Engaging others

- Being expressive
 - Thinking aloud
 - Socializing
 - Taking the initiative
 - Having a breadth of interests
 - Taking action
 - Partaking in large group activities
- Introverts, on the other hand, will be:
- Reflecting on what is being said
 - More contained

- Thinking quietly
- Letting others take the initiative
- Having depth to interests
- Contemplating
- Partaking in smaller, more intimate groups.

If you want to know what the extrovert is thinking, listen; for introverts, however, ask.

Future Thinking...

By 2030, the number of older Americans will double from 35 million to 70 million. Those age 65 and over will make up 20 percent of our population in 2030. 18 percent of those over 65 now are obese and another 40 percent are overweight, putting them at substantially increased risk for diabetes, high blood pressure, heart disease, and other chronic diseases. So, what does this mean? For one thing, it means many people will not have the quality of life that they might have had, but it is not too late. It also means that our public health system, medical and social services will have to meet increasing demands to take care of the growing number of unhealthy citizens. *It is not too late to ensure that you are not on the list of unhealthy senior adults.* Start now, right now, to move more, eat less, eat better, quit smoking (if you do), interact more, and work those crossword puzzles, Sudoku, bridge, and other mind-using games.

Most people who have health issues wish they did not. There are times when I think, "I'm too tired to go walk today." It helps me to follow up with a quick thought, "what if I couldn't walk?" I get up and go and feel better when I'm done! You CAN do this. START!!

TIPS from the TRAINER by Brett Fischer, NASM CPT

The majority of us are concerned with fat loss. Whether we want rock hard abs, shapely shoulders, or long lean legs, there is not one correct way to do so. The fitness world will lead you to think there is: chicken, brown rice, broccoli, 4 sets of 8-12 reps, and lots of long-slow-boring cardio. Fortunately for us who read gr8FITness' newsletter, we are a step ahead of the rest, uninformed world.

The two keys to fat loss, and thus "beach bodies," are nutrition and muscle. Diet is such a negative word because of fitness magazines and professionals. Nutrition (not diet) accounts for close to 70-80% of fat loss, not exercise modalities. Muscle accounts for 10-20% of fat loss. The more muscle mass we have, the more fat we burn and

the better chance we have at attaining the "beach body."

...4 x 8-12 is not the key...

As we have learned, each of our personalities are different, just as each of our bodies, both inside and out, are different. Changes in our bodies are reliant upon hormonal response to "stressors." We each respond differently to stressors, which also means our bodies release the different hormones to different stressors. Three key hormones are cortisol, HGH, and testosterone. Cortisol is surrounded by negativity because in excess it can lead to fat storage. HGH, human growth hormone, is our "fountain of youth." (Well, technically, telomere are but that is a whole new

topic.) Testosterone is a must for men AND women to develop muscle. Naturally men have more testosterone than women which is why they have more muscle and are typically leaner. Women need testosterone too in order to become a fat burning furnace.

Generally speaking:
 -If you are not getting sore from your workouts, you are not stressing your body enough. If you are sore for more than two days, you are stressing your body too much and excess cortisol can build up.
 -Lighter weights and higher reps with little to no rest increase a greater HGH response.
 -Heavier weights with fewer reps and longer rest periods increase a greater testosterone response.
 (continued)

JUDGING or PERCEIVING

Preference for Relating or Orienting to World Around Us

Part II of our review of personality type descriptors has us taking a look at the J and P preferences.

People who lean toward Judging will:

- Use milestones
- Schedule
- Take a structured approach
- Express decisions with confidence
- Are systematic
- Plan ahead
- Focus on the outcome
- Justify changes in plans

Those who lean toward Perceiving will:

- Use deadlines
- Adapt
- Take a more flexible approach
- Sound open
- Go with the flow
- Let plans emerge
- Focus on the process
- Change plans without justifying

You will see judges planning and using their plan. They like to know what will happen next. They work first, then relax and have fun. They make decisions quickly and tend to complete one project before starting another.

Perceivers on the other hand, like to be flexible and change if

needed. They appear to be playing around but they are still getting work done. They like to be surprised and will actually focus better as the due date approaches. They prefer to keep their options open because a better, new idea might come to them. You will see perceivers tweaking a program right up to when it is time to present it. Being adaptable and flexible is how they control their world. They roll with the punches..

It's easy to see how some conflict could arise when a devout detailing planner encounters a free-wheeling improvement specialist. Mutual trust gives great results!





What's a Serving of Whole Grains?

One serving of whole grains can look like any of the following:

1/2 c. cooked brown rice, wild rice, quinoa (keen wah), oats, barley (not pearled, which is a form of refining), buckwheat, faro or wheat berries

1/2 c. cooked 100% whole grain or 100% whole wheat pasta



1 slice 100% whole grain (or 100% whole wheat) bread

1 c. 100% whole grain ready to eat cereal

1 1/2 tbs. whole-wheat flour

3 c. popcorn, popped

“Most people are very close to becoming the person God wants them to be.”

John C. Maxwell

Is Your Life a Circus Right Now?

Jones Loflin and Todd Musig, in their book, *Juggling Elephants*, uses circus analogies to help us get our most important things done. If your life seems to be juggling elephants, you probably aren't pleased with the performance. Let's see how you might improve your situation.

1. Remember that the ringmaster has the greatest impact on the success of the circus; yet the ringmaster cannot be in all three rings at once.
2. The ringmaster always reviews the next act before bringing it into the ring.
3. The key to success is to have three quality acts in each of the rings.
4. The ringmaster prioritizes the order that the acts will appear, but every act must serve a purpose.
5. Major acts must be scheduled at different times for full focus. Some acts don't even belong in the circus.
6. Every member of the circus is important to the success of the circus.
7. The ringmaster constantly praises when deserved and corrects when needed. He knows people need to laugh and relax some too.

8. The Ringmaster seeks input to evaluate what needs to be done to improve the quality of the acts in the rings and then, with other circus employees, leads the improvement effort because he knows that this circus is only as good as its next performance.

You have been entrusted with many tasks to complete. You must prioritize and focus to get the best effect. Be sure that what you are working on still has value. Work with your team and remember to take some time for yourself, preferably exercising in some way!

Eating Healthier “Vegetable Cake”

Do you have trouble passing up a delectable-looking piece of yummy carrot (vegetable) cake? Well, here is a calorie saving recipe from Cooking Light [April, 2011, p. 172] for you to try. Makes 20 servings of 284 calories each.

2 1/4c all-purpose flour
2 tsp baking powder
1 1/2 tsp ground cinnamon
1/4 tsp salt
2 c grated carrots
1 c Splenda or sugar
1/2 c packed brown sugar or
1/4 c. Splenda brown sugar
6 tbs. butter, softened
3 large eggs
1/2 c. low-fat buttermilk
Cooking Spray

FROSTING:

7 oz. fat free cream cheese, softened

2 tbs. butter, softened
1/2 tsp. vanilla extract
1/8 tsp salt
3 c. powdered sugar
1/4 c chopped pecans, toasted

1. Preheat oven to 350.
2. Combine flour, 2 tsp baking powder, ground cinnamon, and 1/4 tsp salt in a med. bowl. Whisk. Add 2 c grated carrot.
3. Place granulated sugar, brown sugar and 6 tbs. butter in a large bowl. Add eggs, 1 at a time, beating well after each. Stir in 1 tsp vanilla. Add flour mixture and buttermilk, alternately to sugar mixture, beginning and ending with flour mixture. Spread into a 13X9 metal baking pan, coated with cooking spray. Bake at 350 for 28 minutes

or until a wooden pick inserted in center comes out clean. Cook cake completely on a wire rack.

4. To prepare frosting, place softened cream cheese and next three ingredients (through 1/8 tsp salt) in a medium bowl. Beat at medium until fluffy. Gradually add powdered sugar, beating a medium speed. Don't overbeat. Spread evenly over top of cake. Sprinkle evenly with toasted pecans.

CALORIES 284; FAT 9.7 g; PROTEIN 3.6 g; CARB 46.6g; FIBER: 0.9g; CHOL 49 mg; IRON 10mg; SODIUM 172 mg; CALC 68 mg. By Kathy Kitchens Downie, Registered Dietician

Bridging the Gap—From Goals to Results



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GR8 News! We had a gr8 time meeting IAGC (gifted) teachers and administrators and school secretaries recently! We welcome many of them to our readership list!



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.

Get it at Amazon.com!

GR8 TEAMS AREN'T JUST THROWN TOGETHER

When a team functions as one working unit, it is a beautiful thing. When teams work, there will be:

- An atmosphere of trust
- Obvious support for one another
- Full participation of each member
- Recognition
- Goals that are set and met
- Minimal drama or trauma

Success comes from melding all the

strengths of a team into one powerful, producing entity. How does one build teams that work like this?

Research says that only one in ten organizations successfully executes their strategic plan. The teams just aren't working effectively.

Gr8FITness uses an instrument called a Functional Type Decoder© to discover each team member's strengths and then through placement of each-

on a matrix, we can show you the combinations that will ensure that the task you are needing done is accomplished most effectively. Call us for more information or to schedule!

GR8FITNESS would love to have the opportunity to help plan your organization's Employee Health and Fitness Month! Call us or email us for a no obligation quote!

Remember, these are still generalities. It is important to incorporate high reps, heavy weight, and failure into all workouts. Our bodies were meant to move and to adapt. In the past, we hunted for food, or were hunted...in both cases our “fight or flight” response kicked into high gear. Those were our only two stressors. If we weren't fast or strong enough to catch our dinner, then our bodies adapted to become faster and stronger. In the 21st century we do not hunt (unless for leisure) and we are most certainly not hunted (unless by mosquitoes on a summer night); our stressors are work, family, life in general...and hopefully exercise. These new stressors are not a physiological response, so we must create the “fight or flight” within our workouts to change our bodies.

...muscle up and watch the fat “melt” off your body...