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GR8FITness on the MOVE!

Oct. 10—Wabash College vs. WUSTL Bears Football @ IN

Oct. 9-10—Millikin U. Homecoming—'61 Undefeated Football Team Honored

Oct. 17—gr8FITness begins School Fitness Challenge

Oct. 15—Wooster vs. WUSTL @ home

Oct. 22—Oberlin vs. WUSTL @ Ohio

Oct. 29—Carnegie Mellon vs. WUSTL @ PA



SLEEP, SLEEP - PERCHANCE TO DREAM? NO! TO LOSE WEIGHT

How many people enroute to bed casually say, "Good night." Yet, few of those people actually have a "good" night. A survey of 400,000 adults indicated 11 percent reported insufficient sleep for 30 nights in the previous month. Another online poll showed 38% rarely or never get a good night's sleep. Without 7-8 hours of sleep a night, you are more prone to workplace accidents and heart disease. You are hungrier with your appetite controlling hormones lowered so sticking to a healthy eating plan is difficult. So, what do you do? Do you try to "make up" for a bad night's sleep by

catching up by sleeping late the next morning or going to bed early the next night? Dr. Shelby Harris of the Behavioral Sleep Medicine Program at New York's Montefiore Medical Center, says this does not work. So, what can you do?

Eating a sleepy-time snack to promote sleep is one idea. Some good snacks might be a banana with peanut butter, turkey or chicken breast, or hummus on wheat crackers. Having a protein snack before bed stabilizes the blood sugar for several hours. Examples of good protein snacks would be a nut butter on

high-fiber bread, a hard-cooked egg with whole wheat crackers, string cheese, low or no fat Greek yogurt or Honey Cinnamon Milk (see recipe on p. 2).

Herbal tea can help. Good choices would be chamomile, passion-flower, lemon balm or lavender, sweetened with a touch of honey.

Maintain a nighttime ritual. Here is an example of a 5-step approach.

1. Brew some tea.
2. As it steeps 10-15 minutes, take a bath.

(continued on page 2)

A Recipe to a Healthy Lifestyle by Leanna Ray, Gr8's Guest Student Writer

If I made a recipe for a healthy life, the three main ingredients would be making good food choices, doing exercise and getting sleep.

I love food. In fact, there are times when I can never stay full. In the mornings I make banana or strawberry smoothies. This saves time from cooking and the smoothies are healthy. They also keep me full until lunch. I love pasta but I make myself not eat a lot of it to save room for other good foods. Fast food can be a problem. I don't get to eat out

much, but, when I do, I view it as treating myself.

Walking is my favorite exercise. It gets me out of the house and I need it. I try to make exercise fun. It's fun when I have my friends with me. Also, I am in the Flag Corps so I take my flag walking with me and practice my routines. In the mornings and on weekends, I walk my dogs. I think of their health too. I have a 3-year-old sister and like walking her to the park. Some days, when she's good,

my sister Brooklynn is full of energy and keeps me moving even if I don't want to. I choose to walk because it doesn't take money, it's easy and it is never too hard a workout. Walking also helps relieve stress and depression.

Sleep is the third ingredient. I aim to get the right amount of sleep. My body is not used to the new hours at school though I do my best to make my room the quiet zone. My room is where I can get

(Continued on page 3)

Miss Leanna Ray is a senior at Sandoval Jr. Sr. High School. When asked about her goals following graduation, she shared that she liked to write. Leanna is a member of the Flag Corps and serves on the PBIS (Positive Behavior Intervention Systems) Student Advisory Council. Thanks for your contribution, Leanna!

TIPS from the TRAINER by Brett Fischer, NASM CPT

Smoothies—A Gr8 Start

Just blend and serve.

Strawberry Banana Smoothie

10 medium strawberries
2 c. skimmed milk
1 tsp vanilla
2 ripe bananas, peeled
3 tablespoons peanut butter
1 1/2 c. ice

Green Tea Melon Cooler

2 c. cold green tea
1/4 honey dew melon
1/2 cucumber
1 cored apple
1 c. ice

Montel's Top Five Healthy Drink

3 med. vine ripe tomatoes
1 red pepper, seeded
1/4 piece of jalapeno
2 small carrots
Sea or table salt to taste
1 1/2 c ice cubes
1/2 c. water

Montel Kid Smoothie

Bag of spinach
2 small beets cleaned
2 c red seedless grapes
2 small red apples cored
1 c blueberries
3 c. water

Montel's Green Fruit Smoothie

2 bananas
3 peeled oranges
1 bag spinach
1 mango peeled and seeded
4 c. water

Smoothies & Power Drinks

Montel Williams, HealthMaster

There is a chill beginning to fill the fall air...sadly, we only have a short period of time before winter is upon us and we are stuck indoors. But even in good weather we still must workout indoors either by choice or circumstance. Either way, if you have been on the treadmill, chances are you are a bit bored right now, but help is on the way to break through the treadmill plateau.

Few things can seem as repetitive as traditional treadmill cardio. And once you're bored, the gym can feel more and more like a prison cell (especially when it's nice outside and you are stuck indoors). Break free by trying some treadmill pushes.

Be sure the water is lukewarm, not hot. 3. Sip the tea, dim the lights and listen to relaxing music (try Enya or nature CDs) 4. Quiet your mind by breathing deeply and slowly. Focus on your breathing and let worry drift away. Try this for at least 5 minutes. 5. Once you get to bed, if necessary insert soft foam earplugs to block noises.

Having the room dark is important. Light interferes with sleep by suppressing melatonin, the hormone of darkness. Ban the electronics. Even if it's on silent

These are performed with the machine's power turned OFF; instead of running, you simply drive the unpowered belt with your feet. It's guaranteed to give you some of the best cardio you have ever done...along with a whole new way of looking at a treadmill.

FORWARD PUSH

Hold onto the dashboard of a regular treadmill and keep your head up, and your spine in a stiff, neutral position. Drive the belt with your legs by "pawing" at it with your feet. Drive through your heels as you move the belt to work the glutes and hamstrings, or get on your toes to put more emphasis on your quads.

BEAR CRAWL

Assume a push-up position facing away from the dashboard, with your hands on the floor behind the treadmill and your feet on the belt. Brace your abs and drive the belt. This position also provides great core work as you have to keep your abs tight the whole time.

The bear crawl will be the most challenging, but also the most rewarding in the fat loss department...enjoy!

GO CARDS!!

Sleep, sleep, perchance to dream? NOT! (continued)

It emits a light into the room. Turn off the TV. Keep the bedroom cool (somewhere in the 60's) Be sure you have good bedding. Scratchy sheets, lumpy pillows or some sheets' fabrics will keep you awake. Test pillows and mattresses before you buy. Keep your pets out of the bedroom. Don't exercise within 2 hours of bedtime. Don't nap or drink alcohol or caffeine four to six hours before bed..Hopefully, some of these ideas will enable you to actually have a GOOD night!

Honey Cinnamon Milk

Prep time: 10 min. Serv. 1
1 c. fat-free milk
1 cinnamon stick (3 in)
Dash nutmeg and allspice.

In a saucepan, combine milk, cinnamon stick, nutmeg and allspice. Cook and stir over medium heat until heated through. Whisk in honey. Serve with a cinnamon stick.1 c is 17 cal; 5 mg cholesterol, 103 mg sodium, 21 grams of carbs, trace fiber, 8 g protein.
Healthy Cooking, Aug/Sept. 11

Avoiding Weight Loss Failure

“Some people plant in the spring and leave in the summer. If you’re signed up for a season, see it through. You don’t have to stay forever, but at least stay until you see it through.”

Jim Rohn

Garlic— Health Hero!

For centuries it’s been worshiped for its protective powers and culinary potential. Allicin, the phytonutrient that gives garlic its odor, is a powerful antibacterial and antiviral agent. To get the best benefits, wait at least 5 minutes after chopping or crushing it before eating, cooking or adding acidic foods to it.

Researchers say obesity could be a chronic state of low-grade inflammation. Garlic is an anti-inflammatory so it may help keep our fat cells in line.

For an unusual drink, blend a whole grapefruit (peeled and seeded), the juice of one lemon, a tsp of olive oil, an inch of peeled gingerroot and 6-7 peeled garlic cloves. Smaller cloves have more intense flavor. After drinking this, you might want to hang out with other garlic lovers. : D

Reviewing some commonsense dietary rules may help you lose weight. First of all, we know that losing weight and keeping it off has no shortcuts. Here are a few reminders to keep us going:

1. Don’t skip meals. You will get too hungry before the next meal and end up overeating.
2. Avoid a diet too low in calories. The body goes into a starvation mode and holds onto fat.
3. Severely limiting carbs reduces your body’s ability to metabolize properly.
4. Denying your body some fat keeps it from making use of nutrients such as vitamins A, D, E and K..
5. Eat protein. Too little and you jeopardize lean muscle formation.
6. Grabbing a lunch meat sandwich on the run can be disastrous. Avoid processed foods, including potato chips, which are high in fat.
7. Sometimes just eating slower will help, allowing more time to feel “satisfied”.
8. Eat out sensibly. Ask them to keep the bread or rolls. Share entrees. Take some home.
9. Consuming low fat but high sugar food will cause a spike in your blood sugar levels. You may feel good for a while and then you will crash. [Note to self: Avoid the bargain—those huge sweet teas.]

Gr8’s Trainer often says, “Remember, a calorie is still a calorie. You can eat all good things but eating too much of a single good thing can also cause weight gain.”

Personal Note to Readers:

Not many of you are as old as I am, but it seems that, the older I get, the harder it is to keep weight under control. It’s like the pilot light on the calorie burner is out and, like the hot water heater’s pilot light, I have a tough time re-lighting it. Old habits are strong forces. One day at a time, journaling, checking in, & doing some fitness even if I’m tired works. A 20 minute walk over the lunch half-hour does wonders!
LB

Recipe for a Healthy Lifestyle (continued from p. 1)

away to relax. I keep it dark and quiet. I’ve thought about buying a nature CD to help me drift off to sleep. I make my bed comfortable. I sleep with eight pillows because I move around a lot. I make sure my bed is made, clothes are picked up and the stuffed animals are put aside. I also light incense. Some of the smells help me relax and go to sleep faster.



portant because they help me make a positive change. A person has to work with what she has. These three ingredients - eating right, exercising, and sleeping well—are all things I can do and so can you. They have helped me make big changes. Being fit is important and it makes me happy. I hope **you** choose to be fit.

All of these ingredients are im-

More studies are linking diet soda consumption to weight gain, higher BMI and other issues, such as calcium loss, neurological damage and the increased risk of developing metabolic syndrome, which is a group of symptoms that include extra weight around the midsection, elevated insulin levels and increased blood pressure. [Darn.] Drink more water, less diet soda.

Bridging the Gap—From Goals to Results



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Gr8 is looking forward to proposing just the right program for your workplace. Call us!!
Booking now for November!



Linda and Brett

Get it at
Amazon.com

We are now in our fourth 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.

F2L³ Launching in Sandoval, Illinois

F2L³, Fit to Live, Learn and Lead will debut October 17 at Sandoval Junior Senior High School led by the gr8FITness team. Research shows that fit students achieve more and that stress is relieved through daily exercise. In July Sandoval was notified they had been selected for a three year Federal School Improvement grant to raise student achievement. A team is onsite daily to help teachers learn to structure lessons based on the Common

Core Standards resulting in more effective instruction and assessments. The other part of the grant emphasizes social emotional learning, behavior management and building students’ leadership skills.

Coach “Fisch” and the PE teachers will enact a plan designed to build students’ mind-body fitness. The students will also take part in especially designed lessons on self and social awareness and

self and social management. In addition, the team will work with the school nurse and a nutritionist to teach students healthy food choices.

After years of talking about what needs to be done, gr8FITness is excited to build the program. The students and staff at Sandoval Jr.-Sr. High School will reap the rewards of integrating academics and fitness, resulting in more effective learning..

