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GR8FITness on the MOVE!

Sept. 3 –Washington U. Bears Football Team defeat Knox College 28-10

Sept. 10–Wittenberg College Game Time 1 PM HOME

Sept. 19–gr8FITness begins a School Fitness Challenge Leading to Improved Student Achievement



IF 30 MINUTES IS JUST TOO LONG, HOW ABOUT 15?

The World Health Organization recommends that adults get at least a half-hour of moderate workout most days of the week. This can include brisk walking, bike riding, water aerobics and a variety of other ways of moving. To make it “easier”, we were told we could break it up into 3 10-minute exercise periods. People still don’t exercise. Excuses? No time, no willpower. So researchers determined just how long would a person have to exercise in order for it to have some positive effect on health. A study in Taiwan suggests

that 15 minutes of moderate exercise a day can lead to a longer life. 416,000 Taiwanese adults were interviewed regarding their exercise habits the previous month. Then they were put into 5 groups of varying activity levels. Researchers kept track of their progress for eight years. Those who exercised just 15 minutes a day or 90 minutes a week cut their risk of death by 15 percent and extended their life expectancy by 3 years. The best part is that each additional 15 minutes of exercise reduced the risk of death

by another 4 percent compared with the inactive group. In another study, people who did 15 minutes of exercise had a 14 percent lower risk of heart disease compared with inactive people.

Work toward the 30 minutes daily (or more), but doing it gradually works great too! Just get moving, live longer, be stronger, feel happier and lessen the chance of getting diabetes or heart disease. No guarantees, but why take unnecessary risks for only 15 minutes???

CALORIE COUNTS of LIFE’S ACTIVITIES

Want to burn about 500 calories fairly easily? Sleep 8 hours! Lying down/sleeping burns about 60 calories an hour. Sleep is also valuable for the body to repair itself. Most of us don’t get enough sleep.

Standing burns about 100 calories per hour, while sitting burns 80. Doing office work burns around 140 per hour. These are considered “light activities” (burning 140 or less per hour).

To amp the calorie burn up to moderate activity levels (burning 150-350 per hour), you would need to consider grocery shopping (180), vac-

uuming (220) , light housework (250) or walking at 3 mph (240) or 4 mph (300). Swimming 20 yards in a minute will stoke 290 calories in an hour and tennis (recreational doubles) will burn 310 calories.

If you really want to burn serious calories, try some vigorous activity (350+ calories burned in an hour). Examples of this would be step aerobics (440), bicycling at 13 mph (37%) jogging at 5 mph (560), or water aerobics at 400 calories per hour. The ultimate calorie burner is???? (drum roll)...weight training. Allow 30 sec. between sets and you

burn 760 calories per hour. Leave 60 seconds between sets and 570 calories are zapped. The best part of this is that you will keep burning calories for an extended period of time even after you quit lifting weights. Now that IS good news!



Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.

Orison Swett Marden



Scoliosis?

Who hasn't had back pain at one

time or another? Sprains, strains or spasms are often the problem, but one cause of back pain that is often overlooked is scoliosis, or lateral (side-to-side) curvature of the spine. Scoliosis occurs in about 6% of Americans over age 50, but 15% over 60 who have lower back pain may have it. It is more common in women than men.

What causes it? In people over 40 it usually results from age-related degenerative changes to the spine, such as osteoporosis, vertebral compression fractures, degenerative disk disease and spinal stenosis. These conditions cause the spine to lose its structural stability. In other cases, there seems to be no cause.

To diagnose it, you need a physical exam to check for spinal irregularities and asymmetries in the height of your shoulders and hips and the length of your legs. Your range of motion may also be assessed along with spinal x-rays to pinpoint the exact location of the curve, the degree of the curvature and any degenerative changes in the spine. There are a variety of treatments, depending upon severity.

TIPS from the TRAINER by Brett Fischer, NASM CPT

Yes, summer is coming to an end—sadly. I know it is not beach season anymore, but your abs and core are still just as important.

My challenge to you: DO NOT do another crunch, sit up, twist, side bend, etc. until AFTER thanksgiving.

Your crunch-free ab/core training consists of three basic categories of core exercises: static stabilization, dynamic stabilization, and integrated stabilization (also known as strength).

Static Stabilization:

This type of stabilization puts the body into a position in which you must stabilize the spine and pelvis, holding them in a position for a specific amount of time.

- A. planks
- B. side planks

Dynamic Stabilization:

This category of stabilization requires you to move one or more limbs while keeping the spine in a neutral position; you will be using more fast twitch fibers than with the static stabilization.

- A. mountain climbers
- B. stability ball roll outs
- C. stability ball jack knife

Integrated (strength) Stabilization:

This is the category of stabilization that is often overlooked (but not by us). It will appear as if you are not working your core...but you will be more than ever. Integrated stabilization is designed to develop core strength and stability by forcing the core muscles to stabilize an unbalanced load.

- A. renegade rows
- B. DB one arm shoulder press

- C. DB one arm chest press
- D. alternated grip inverted rows

The workout plan:

Integrate this routine into your lifting schedule. Hopefully it is done at least twice per. Each week up the ante. (for example)

One set...

Week 1: 15 sec, 10 reps, 10 reps

Week 2: 30 sec, 12 reps, 12 reps

Week 3: 45 sec, 15 reps, 15 reps

Week 4: 60 sec, 18 reps, 18 reps

Week 5: failure, failure, failure
3 sets...

Week 6: 45 sec, 15 reps, 18 reps

Week 7: 60 sec, 18 reps, 15 reps

Week 8: 75 sec, 20 reps, 12 reps

Week 9: 90 sec, 25 reps, 10 reps

Week 10: failure, failure, failure

Enjoy!!

...GO BEARS!!

What counts as “cardio”?

Often people speak of “cardio” when referring to running, biking, cycling, swimming, rowing, skiing, or pedaling the elliptical for extended periods of time at a steady pace. They are doing traditional aerobic conditioning that raises the heart rate and gets them breathing hard. Truth is you can do almost any kind of activity, including resistance training, to accomplish these same purposes.

The big distinction is that *all aerobics are cardio, but not all cardio is aerobic*. If you amp up

the intensity of the activity, you enter **anaerobic** territory. You get all the benefits of cardio but you just can't last as long.

Two anaerobic methods of doing cardio include circuit training with weights and high-intensity interval training (HIIT). Both include brief rest periods so your heart rate doesn't drop much. If you are wanting to lose fat and build muscle in a short amount of time, use circuit training as your cardio. It has a positive effect on lean body mass and basal meta-

bolic rate. Do at least 2-3 days of circuit training and 1-2 days of HIIT training. On the 5th day, do a low-impact aerobic conditioning.



Source: “Your Qs” [Experience Life](#), September, 2011, p. 27

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.

Jack Welch

7 Steps to Help Good Bacteria Feel at Home

1. Eat several small meals a day and drink plenty of water to keep the food moving.
2. Choose whole foods, such as vegetables, fruits, nuts and legumes.
3. Eat probiotic foods such as yogurt, kefir, miso or tempeh. Look for "contains live cultures" on the label.
4. Bulk up on fiber. Aim for 25 to 38 grams a day (gradually).
5. Cut back on sugar. Some bad bacteria feast on sugar and bile acids.
6. Relax. Stress breeds inflammation and upsets the parasympathetic nervous system, which controls intestinal contractions.
7. Sleep 7-8 hours a night.

Feeling Thirsty? You may already be dehydrated!

Cynthia Sass, R.D., Shape magazine contributing editor and author of Cinch! Conquer Cravings, Drop Pounds and Lose Inches tells us that thirst is our body's way of letting us know that our optimal water volume is down by about 2 percent which is significant.

The Institute of Medicine recommends 11 cups of fluid a day. When we are working out or sweating, we need more.

All liquids count, even tea and coffee. However if you drink caffeinated beverages regularly, your body is used to processing them so you will only experience a diuretic effect if you drink more than usual.

Don't forget that fruits and veggies add up since most of them are about 80 percent water. A cup of watermelon is about a half cup of water.



Try to sip 6 to 12 ounces of water every half hour to stay hydrated while exercising. Even if you don't think you need it, getting a drink is a nice distraction if you are one who believes exercising is work!

SWEET POTATO OVEN FRIES

Missing French Fries? Try these:

2 large sweet potatoes, skin on, scrubbed

1.5 Tbsp best quality olive oil

1/2 tsp sea salt

4 cloves garlic, pressed

Freshly ground black pepper

1 Tbsp dried oregano, crumbled

1 Tbsp fresh rosemary, chopped

Preheat oven to 450F. Cut potatoes into finger-like wedges. Line a cookie sheet with Silpat or parchment paper. Place wedges on cookie sheet. Bake 30 minutes.

107 calories in 5-6 wedges, 0 fat, 1.5 g protein, 14.5 g carbs

Neuroscience of Personality by Dario Nardi, Ph.D.

Tomorrow is a big day. We will be interviewing the author of Neuroscience of Personality, a book we are reviewing for the World Type Alliance e-newspaper. Hope you have all subscribed to WTA by now. If not, check it out <http://worldtypealliance.com>.

Dr. Dario Nardi is an award-winning professor at UCLA. He also happens to love working with the Myers-Briggs and has authored many books and even a Mobile Trainer for the Apple iPhone/iPad. You can check that out at www.apple.com/itunes. It has 3 type assessments and lets you do side-by-side comparisons according to type. Since the Myers Briggs plays a huge role in everything that gr8FITness does, having a chance to speak to a neuroscientist who has validated various types characteristics

through actual brain tests is fascinating. Dr. Nardi's work proves that each personality type shows patterns of brain activity that strongly influence their experience. However, one of the most interesting (to me, anyway) outcomes of his research is that (are you ready???) everyone is capable of "creative flow" though what evokes that flow varies. In our quest for school improvement in the project mentioned in last month's newsletter, we often hear a high school teacher say "I just don't know what to do to make this lesson interesting. I am just not that creative." The key to "being creative" is to find and work at what you are passionate about. When the self-confessed "non-creative" teacher started talking about the history of the early people of our country, it was obvious he was accelerating into "flow".

Dr. Nardi suggests we can all move into flow and even lists 15 ways. The book tells us in layman's language about the intricacies of the neocortex, the newer layer of the brain and most cognitive one. Then he describes what processes happen in each of the 16 neocortex regions, which are the workhorses of the mind.

If you want to know what motivates certain personality types and values each type holds, you will find Dr. Nardi's chapters on temperament interesting. See if **you** are you a Catalyst, Stabilizer, Theorist or Improviser.

The book is available for 24.95 + \$7.50 s/h from Radiance House, P.O. Box 691971, Los Angeles, CA 90069

<http://www.radiancehouse.com>

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 October!



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.

Tool and Tricks from The 4-Hour Body by Timothy Ferriss

Sometimes it is fun to take a look at websites that relate to losing weight, getting strong, etc. Here are some that Tim Ferriss included in his book.

Grossly Dramatic and Realistic Fat Replicas
(www.fourhourbody.com/fatreplica)

Services for Posting “Before” and “After” Pictures

Posterous (www.posterous.com)

Evernote (www.evernote.com)

Flickr (www.flickr.com)

Habit Forge (www.habitforge.com) is an email check in tool for instilling new habits. Decide on the habit and it will email you for 21 days straight. If you don’t follow through, the cycle starts again.

StickK (www.stickk.com) creates incentives and assigns accountability for

completing a goal. If you don’t fulfill your commitment with StickK, it automatically tells your friends and opens you up to endless mockery and derision. (Now that sounds uplifting, doesn’t it?)

If all else fails, consider this quote:

“Know the rules well, so you can break them effectively.”

Dalai Lama XIV

