

June-July, 2011



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GR8FITness on the MOVE!

August 2—Valley Park School District

August 3—City of Effingham Leadership Team

August 14—Washington U. Bears Football Practice Starts GO BEARS!



Happy Belated Birthday, America!!

Start off the second half of 2011 with a BANG!

It is hard to believe that 6 months of 2011 have passed. If you let that time slip by and haven't yet begun your healthy exercise and fueling plan, today is the start of the rest of the year and the beginning of the "new YOU". Decide to fuel up with lots of fresh vegetables. Try some of the newer ones, like spaghetti squash, for example. You just bake it, and then start shredding its insides with a fork...add some low sodium spaghetti sauce and you have a healthy and really good meal! Summer is also the perfect time to

Enjoy the outdoors—walking, canoeing, swimming, hiking, jogging, mowing, weeding, badminton, croquet, camping, tai chi in the park (or in the back yard), softball,

Frisbee, disc golf, tennis, the list goes on. Then, if you want to cool off, head to the bowling alley and bowl a couple games. Remember the sunscreen protection and hydrate more often throughout the summer! By the end of the year, if you want to lose weight, at 2 pounds a week, you could be almost 50 pounds lighter. If you want to be stronger, you could gradually increase the amount of pounds you benchpress. If you want to be faster, just commit to a plan. Most of all, just do it!



Fitness Equipment Choices by Gender

The American College of Sports Medicine (ACSM) included an article about preferences in equipment choices by gender. Would you have thought there would be a difference?

The article was directed at those who would be setting up a fitness center to help them plan for equipment that would appeal to members and help them achieve their fitness goals. Some of the findings are as follows:

Women are joining health/fitness programs and, in fact, often outnumber the male membership in many clubs. Because men tend to exercise to gain muscularity, definition and

Leanness and women tend to focus on losing weight and body fat, different proportions of machines are required. 80% of the men used strength equipment and 20% used cardiovascular equipment; women were just the reverse, with only 20% using the strength equipment and more using the treadmills, elliptical, stepmills, and bikes. Men using the cardio machines favored the elliptical over other choices and, in fact, the elliptical was the most favored by both men and women as the cardio equipment. Of the strength equipment, 31% used

free weights, 24% plate loading, 25% selectorized machines, and 20% used benches. Of the 20% of women using strength equipment, only 5% used benches, 9% plate loading, 13% free weights and 73% used the selectorized machines. One interesting comment was that, among seniors whose goals are functional fitness, rather than improved appearance, there were fewer sex differences in equipment usage. Not surprising results in this study. We all need at least 2 days of strength training per week and 4 days of cardio, whatever machines we choose!

THOUGHT FOR THE DAY from Pilar Garasimo, Experience Life, July/Aug., 2011

Even small doses of pleasure can raise our levels of immune-boosting chemicals. Are YOU getting enough Vitamin P? Take time to stop and appreciate what is going on right in the moment! A little bit of Vitamin P will raise the feel-good neurotransmitters like dopamine and serotonin and reduce the pro-inflammatory effects of stress hormones like cortisol. Remember to take that Vitamin P!

RESEARCH

FACTOIDS

According to Thrive author Dan Buettner, "the happiest people in America socialize about 7 hours a day...each new friend will boost your happiness about 10 percent."

Want to know how healthy your county is? Check out www.countyhealthranking.org, a database created by the Robert Wood Johnson Foundation and the university of Wisconsin Population Health Institute. You can see things like adult smoking and obesity, the annual number of poor air quality days, the percentage of residents who have access to healthy food and more.

The National Academy of Science researchers reported that adults between 55 and 80 who walked for 40 minutes three times a week for a year had a roughly 2 percent increased in hippocampus volume in both the left and right sides of the brain. Just stretching without the aerobic exercise didn't show the increase. It's never too late.

TIPS from the TRAINER by Brett Fischer, NASM CPT

This tip from the trainer, is going to be a tip from a "green." Sorry blues and golds, you are just going to have to trust me on this one and step outside—and outside of the cliché box for a minute...

Gyms are nice, and exercise equipment makes working out much simpler (assuming you can decipher the directions and descriptions now printed on the machines). But our Western lifestyle keeps us indoors for what seems the entire day. We wake up inside, we prepare for work inside, we drive to work inside a vehicle, most of us work inside, then we drive home inside that same vehicle, and finally we eat dinner and go back to bed...inside. I, as a green, cannot handle all this indoors business, and even I do not get enough Vitamin D, so I must supplement (as I would recommend the rest of you should).

I do however get to work and to

work out quite often outdoors. Once you walk outside, you will not find a treadmill but you will find pavement; you will not find a pull up bar but you will find a tree branch or a bench; you will not find dumbbells but you will definitely find logs and rocks and if you are lucky, even tires—and if you are at a park/jungle gym, the sky is the limit on what you can do! Every body weight exercise you can do indoors at a gym, you can do outdoors in nature where humans belong.

- push ups
- pull ups/modified rows
- dips
- squats
- lunges
- jumps
- running/walking
- etc...

So next time you feel the urge to do something good for yourself (exercise-wise, not pampering wise), walk outside and get the health trifecta:

1. Sunlight and Vitamin D (will also help with the aforementioned P).
2. Walk around in the grass barefoot. There are several good bacteria in grass that are synergistic with the human body (will also help with the aforementioned P). Do as many things barefoot as you can; we were meant to be barefoot and as such corrects much of our posture problems.
3. Exercise (which yet again will help with the aforementioned P). On page 5, you can try a very quick body weight routine you can do most anywhere.

Enjoy the "Gr8 Outdoors!"

What About Your Type Can Get You Voted Off the Island?

Sue Blair and Nicky Gumbrell worked with some teens on personality preferences as part of a leadership program. As part of an assignment they were asked to tell why they would likely get voted off the island. Their answers are revealing of type:

- ENFJ would get voted off because of not thinking through ideas, our integrity, how we organize the group
- ENFP would get voted off because we're too boisterous and act on feeling rather than strategy.
- ENTP because we take risks, are up front leading and promoting the

- big picture that might seem threatening to others
- ESFJ—because we are overpowering and intimidating. We don't consider others' ideas and we may not accept things that don't go according to the plan
- ISTP—because we don't express our ideas at the start; we take time to develop critical ideas
- ISTJ—because we may seem too independent, think too much and controlling in all situations
- ISFP—because we'd be seen as too quiet; we'd win because we'd not give others a reason to vote us off

- ESTJ—because of jealousy
- INFP because we're values driven, curious, emotional, have trouble deciding
- INTP—we wouldn't be voted off, we are too competitive
- ISFJ—because we have a lack of communication, avoid the spotlight, can't easily delegate
- ESTP—because we tell it like it is, our strong willed personalities can be seen as a threat
- ESFP—because if someone hurts us, it may hold us back, we may be too laid back

How about you?

Finishing the Race

*Let us run the race that is before us and never give up. Hebrews 12:1

Strain toward what is ahead. Keep trying to reach the goal and get the prize for which God called you... Philippians 3:13-14

Did you know that July 1 kicks off **Anti-Boredom Month**? Sounds like a good time to try some new recipes, fitness or mind challenges. Here are a few to get you started:

Try a weighted hula hoop.

Sign up to walk a 5k race.

Call a friend and arrange for a bike ride and picnic.

Plan a healthy lunch and invite people over to enjoy it.

Decide to learn a whole song by heart on the musical instrument of your choice.

See if you can volunteer to help with Meals on Wheels.

Learn to say ten words in a foreign language.

Plan a weekend getaway and go.

Bake something healthy for the neighbors and surprise them.

See if you can still play jacks.

Go through your closets and take what you don't wear to Good Will.

On June 26 Jim and I finished a race. On that same day, a really good friend of ours also finished a race. Jim and I finished a 5k race. Our friend passed away at the age of 57. Our friend's skill at finish lines far surpassed ours. A funeral director, he had spent a lifetime helping families of others who had made it to their finish lines. In fact, he had been there at the finish line for three of our four parents, a grandmother, an aunt, and countless numbers of friends. He knew the importance of preparation and had grounded himself in a faith that assured a victory. We, on the other hand, were ill-prepared for our race. We finished our race June 26 but lived to race again. He finished his race and died to live again. What does this have to do with any-

thing we usually write about? I contend it has everything to do with it..

Whether it's for the race we didn't necessarily choose to run or in the races we sign up for, we should make our best effort to prepare. The races we run now that improve our fitness have the potential to allow us to run life's race longer and continue with the relationships we value and the people we love and who love us. No guarantees...just probability, increasing the odds.

Our friend ran his race well. At his finish line, he was surrounded by folks who loved him. At our finish line, there was one person we recognized. He happens to be our neighbor and was in charge of the

race, which was appropriately subtitled, "A Dash to the Cross". We ran to an actual 200 feet tall cross, erected along the Interstate on the edge of our town to commemorate the life and death of Jesus Christ. Our friend ran his own race to the Cross right into the arms of his Savior.

Our friend finished a race. We finished ours, waited around to see if we'd placed, and were told the final results would come in the mail. We all finished a race, but our friend claimed a victory of eternal life.

Preparation leads to the ultimate victory. Run your races well. At life's finish line, be prepared to claim your prize!* We want to introduce you to our F/friend.

Try this AQUA FRESCA with a Salmon Wrap

Shape magazine featured this refreshing recipe for a Mexican fruit drink.

AQUA FRESCA

Puree 4 c of cubed watermelon (Did you know watermelon is a great source of lycopene, vitamin C and potassium? According to Prevention magazine—July, 2011 issue, p. 68—it is up to 40% higher in cancer-fighting lycopene if kept at room temperature as opposed to in the fridge.), honeydew or cantaloupe in a blender. Strain the pulp through a fine sieve or a piece of cheesecloth. Divide the leftover liquid among four glasses and mix with an equal amount of water, club soda, or iced tea. With just 50 calories, it is lighter and more thirst-quenching than a glass of soda!

Prevention magazine featured this tasty grilled recipe

ZESTY SALMON WRAPS

1 Tbsp chili powder
2/3 c. lime juice
2 Tbsp olive oil
1 lb center-cut salmon fillets
3/4 c 2% Greek yogurt
1 clove garlic, minced
1 lb plum tomatoes, seeded and chopped
1 sm red onion, sliced
6 kalamata olives, pitted and quartered
2 Tbsp finely chopped fresh oregano
24 Leaves radicchio
12 leaves butter lettuce
2 scallions sliced

Mix chili powder, 1/3 c. juice, 1 tablespoon oil, 1/4 tsp salt, and 1/8 tsp pepper. Rub over fish and let stand 1 minute.

Stir together yogurt and garlic. Coat grill grate lightly with oil and heat grill to medium heat.

Combine tomatoes, onion, olives, oregano, the remaining lime juice and oil, and 1/4 tsp salt and 1/8 tsp pepper. Mix well and set aside. Grill fish skin side down 4-7 min. Flip and grill 4-6 min.

Stack 2 radicchio leaves with a lettuce leaf and fill with some of the fish, tomato mixture, yogurt mix, and scallions. Repeat to make 12 wraps.

265 cal. 20 g. pro 10 g carbs, 2 g fiber, 16.5 g fat, 3.5 g. sat fat, 323 mg sodium

Bridging the Gap—From Goals to Results



GR8FITNESS

Mailing address:
2105 Red Bud
Effingham, Illinois 62401-4916

Email address:
mail@gr8FITness.net

Website:
http://gr8FITness.net

2105 Red Bud Street
Effingham, Illinois
62401

Gr8 is looking forward to proposing just the right program for your workplace. Call us!! We have a couple open dates left in August!



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.

REVIEW OF TYPES AND COLORS

Thought you might need a little reminder about the link between the four-letter preference code of the MBTI and the 8 Colors color assigned to each preference.

Blues are ISTJ (blue efficient) and ISFJ (blue harmony)

Goldes are ESTJ (gold efficient) and ESFJ (gold harmony)

Whites are INTJ (white efficient) and INFJ (white harmony).

Purples are ENTJ (purple efficient) and ENFJ (purple harmony).

Silvers are ENTP (silver efficient) and ENFP (silver harmony).

Saffrons are INTP (saffron efficient) and INFP (saffron harmony).

Greens are ISTP (green efficient) and ISFP (green harmony).

Reds are ESTP (red efficient) and ESFP (red harmony)





Sample body weight routine for the jungle gym:

Do the following exercise in order, ALL to (safe) failure. Keep repeating the routine until you can only do two or three reps to failure on any one exercise. As the exercise fails, drop it out of the circuit and keep going until the only exercises left are body weight leg exercises. By the way, the leg exercises will not be to failure, I am not quite that mean (I might be in the winter time though), we will limit the leg reps to 25 on the squats, and 20 on the lunges/step ups. If the legs are too easy, feel free to grab some weights, such as logs, rocks, kids, a backpack filled with the daily requirements like water, protein shake, and fruit...

- A. Squats
 - B. Pull ups/Inverted rows
 - C. Lunges
 - D. Dips
 - E. Step ups
 - F. Push ups
 - G. 200m "sprint"
- 