

December, 2009

*Celebrating the second year of
informative
newsletters
for our clients*



Bridging the Gap—Goals to Results

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**Joy to the World and to all of you!
May 2010 be your healthiest year ever!**

Brett and Linda

Applying Physics to Build Muscles

Special points of interest:

- Kettlebells, p. 1 and p. 3
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Most wouldn't believe it, but you don't need weight equipment to build muscle. Also, did you know using it might even inhibit the process? Why? Because if you are using equipment, you have to be in a certain place in a certain position, but you can run anywhere. So, think about physics and these 5 Laws of Body-Weight Training courtesy of MensHealth.com

(1) The longer your body, the weaker you become so more strength is needed. To prove that a long body requires more strength, raise your hands above

your head so your arms are straight and do a lunge or a squat. If that's too hard, shorten the distance and place your hands behind your head.

(2) The farther you move, the more muscles you work..

To increase the distance your body travels, move the floor farther away. Try a lunge with your back foot on a step. Put your hands on books or your feet on a chair doing pushups.

(3) As elastic energy decreases, muscle involvement increases. When you

lower your body during any exercise, you build up "elastic energy" like a coiled spring. This helps you bounce back up. Eliminate the bounce and you'll get more muscle fibers firing. Pause 4 seconds in the down position of an exercise to discharge all the elastic energy of a muscle.

(4) Moving in two directions is better than moving in one.

We move in three planes: sagittal (front-to-back, up and down);

Continued on p.5

Let Kettlebells Ring In Your New Year!

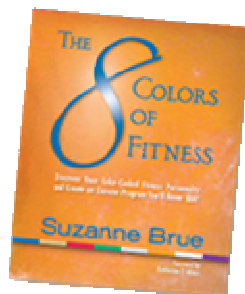


Over Thanksgiving we received a private kettlebell demonstration by Sara Cheatham, M.S., Sr. RKC, Level IV ZHealth. Kettlebells look like cannonballs with round handles on top. They come in various weights like dumbbells. Our first experience was a warm-up to connect our brain to each joint in our bodies—no easy task for a

Saffron. Gold, however, took to kettlebells quickly since the swing starts in the same position as a football center prior to hiking the ball to the quarterback. The swing is the basic move and, in fact, Sara says it is "the unparalleled drill to tap into efficient hip-driving athletic mobility."

Another move we learned was the "Get Up," which is a full body conditioner in which you are supposed to move "effortlessly" from the ground to a standing position. I can't say it was "effortlessly," but it was possible. If you haven't tried kettlebells, it's an interesting fitness activity.

Check out
Suzanne's website
www.the8colors.com



The future belongs to those who believe in the beauty of the dream.

Eleanor Roosevelt



Joy to the World and to all of you!

Reminders of Type

	Thinkers Efficient	Feelers Harmony
Blue	ISTJ	ISFJ
Gold	ESTJ	ESFJ
Green	ISTP	ISFP
Red	ESTP	ESFP
Saffron	INTP	INFP
Silver	ENTP	ENFP
White	INTJ	INFJ
Purple	ENTJ	ENFJ

It's time for some low calorie snack items for the Christmas buffets! Try these:
Cheesy Fruit Spread
 cream cheese; 1/3 c. 100% fruit spread, any flavor.
 With a butter knife, scrape around the inside wall of the tub to loosen the cream cheese. Flip it onto a dessert plate. Spoon the fruit over the cheese. Use fat-free RyKrisp Crackers or Wasa Light Rye Crispbread or 100% whole wheat crackers and spread away!

Makes 8, 2.5 TBS servings. 52 cal per serving, 4 gr. protein, 8 g. carbs, 0 fat, 4 mg cholesterol, and 172 mg sodium



.Party Rye "Pizzas"
 Brown turkey sausage. Blot out grease. Mix with some low salt marinara sauce.

Place a TBS on little party rye breads; sprinkle with low fat mozzarella and broil.

Turkey Rollups

1 whole wheat flour low-carb tortilla (7.5 in. diameter); 1 TBS light garden veggie cream cheese, 2 oz thinly sliced low sodium, oven-roasted turkey. Spread cream cheese, lay turkey evenly over cheese. Roll into a tube. Slice into 8 equal pieces. 130 cal, 17 g. protein, 8 g. carbs, 3 g. fat, 28 mg cholesterol, 3 g fiber, 720 mg sodium
 Source for spread and turkey rollups; Biggest Loser Cookbook, (2006) pp. 82 and 73.



Fab Food to Replace Same Ol' Same Ol'

Some "new" foods to consider if your diet is as boring as the new year re-runs:



1. Bok Choy... If you like broccoli, try bok choy. Similar to broccoli, this leafy vegetable has a crunch and less than half the calories and carbohydrates. To prepare, separate, wash and dry the leaves of one head of baby bok choy. Heat a tablespoon of olive oil on medium high. Saute the leaves with a thinly sliced garlic clove for about 5 minutes or until tender.



2. Persimmon... If you like apples, try persimmons. This sweet Asian fruit is a better source of vitamin C than your average apple. The most common persimmons are always deep orange and should be

very soft when ripe. To eat one, cut it in half and spoon out the goods. Served chilled, it's a tasty dessert.



3. Buckwheat. If you like oatmeal, try buckwheat. According to a Turkish study in 2008, buckwheat may have more disease-fighting antioxidants than oats, barley, or wheat germ. Try buckwheat pancake mix or organic creamy buckwheat cereal.

4. Goat [You've got to be kidding!] If you like steak, try goat. Half the calories of a porterhouse steak and more protein! Try it barbecued kebab-style or slow roast a bone-in cut. Buffalo or bison steaks aren't bad, but goat???



5. Edam Cheese. If you like muenster cheese, try edam cheese. This Dutch cheese is semi-firm and has more protein, fewer calories and a richer, nuttier flavor. Cube it and eat it with a fresh pear. Try it in a grilled-cheese sandwich with apple slices (or persimmon) and stone-ground mustard. Try different foods. Some types can eat the same food day in and day out; others need variety! It is an innate preference and a learned behavior we can change! Enjoy! Goat?????

Read more: http://www.menshealth.com/mhlists/muscle_building_food_options/bok_choy.php#ixzz0ZDxHbncE



Everyone knows it; few like it. Practice makes perfect. Practicing the fundamentals in a committed and correct way is crucial to achieving success. Enthusiasm gets us going, but commitment to prepare to succeed separates those of us who win from those who only wish.

Vince Lombardi, Jr.



Happy Hanukkah!

Volume II, Issue 3 Gr8FITness



Rules for Eating Christmas Cookies

1. Don't (in great quantities). OK, so now that is out of the way... let's have some fun!
2. If you eat one fresh out of the oven, it has NO calories because this is the "test" and is calorie free.
3. If you drink a diet soda after the second cookie, that cancels out the cookie calories.
4. Any calories consumed while walking fall to your feet and eventually fall off as you move. This is due to gravity and the density of caloric mass.
5. Green cookies have five calories (5 letters in green) so eat red cookies.
6. Cookies eaten while watching Miracle on 34th St. have no calories; they are part of the entertainment package and not personal fuel.
7. Cookies consumed from someone else's plate have no calories since the calories belong to the person with the plate and will cling to the plate. You know how calories love to cling!
8. Cookies eaten for medicinal purposes never have calories. Eat them to relieve stress.
9. Cookie pieces have no calories because the process of breaking causes leakage.

Source: beckynel51@gmail.com

Thinkers vs. Feelers Efficient vs. Harmonies (See p. 2 for your type.)

Did you know that, according to **Jack Speer in a recent MBTI™ Club Newsletter**, about 60% of people are "feelers" compared to 40% who are "thinkers"??? Feelers make a decision on how it impacts people and groups. They consider relationships and values and strive to "keep the peace" or maintain harmony. Thinkers decide based on logic. They prefer consistency and predictability.

Think of Dr. Spock on Star Trek and you "know" a thinker. Today where working collaboratively with teams is more the norm, thinkers are learning to use "feeling" qualities. But Speer says, "sometimes the **outcome** is more important than the people when everyone suffers if the outcome is not achieved." He jokingly asserts, "How do you want me to tell you in a nice way that your pants are

on fire?" Thinkers are often called "insensitive" when they are merely "telling it like it is." They hate to see rampant incompetency sustained by feelers who are reluctant to hurt the ineffective person's feelings. Remember that when things get tough, those same feelers not only expect the thinker to "take care of things." but, in fact, admire him for doing so. Virtually hug a thinker today!

How long does it take to burn it off?

You might want to think twice before you grab that candy bar. A (2 ounce 271) calorie chocolate candy bar, or a cup of vanilla ice cream (274 calories) takes 65 minutes of walking or bicycling at a moderate pace, if you are 125 pounds, or 28 minutes of running, biking, or swimming at a fairly intense level. This is according to the December 2009 issue of the Mayo Clinic Health Letter. A me-

dium apple (72 calories) or a cup of strawberries (53 calories) only takes about 17 minutes for the apple or



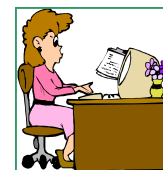
13 minutes for the strawberries of moderate activity and only 8 minutes or 6 minutes of intense level

activity. How about that Caffe' Mocha, made with 2% milk and whipped cream (12 oz. 270 calories)? Would you believe it takes 65 minutes of moderate and 28 minutes of intense activity? So, you can see the choices you make about foods or drinks can mean the difference in time and intensity of the exercise to work off those calories. Make wise choices and save time on the treadmill!

If you want to learn more about kettlebells from a Senior Russian Kettlebell Challenge RKC Trainer, Sara Cheatham's kettlebell book and/or DVD entitled Strength by Sara are available at SaraCheatham@hotmail.com. Her blog is <http://SaraCheathamsblog.blogspot.com>

If you would like to read more of **Jack Speer's** columns, sign up with [Lana Newlander Membership Director at LanaNewlander@delta-associates.com](mailto:LanaNewlander@delta-associates.com)

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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.

ALERT! ALERT! ALERT! THE gr8FITness.net mailboxes are the only ones that will get us your message. We are no longer using the .com address.

SEEING SAFFRON?

Did you happen to see the comics in the St. Louis Post Dispatch Saturday, December 5 newspaper? The cartoon character had to be a saffron; she was skating on rollerblades on the treadmill, with her IPOD jamming. Now, that's flow! [also an accident waiting to happen] DO NOT TRY THAT AT THE GYM!



Gr8FITness on the Road

January 26, 2010 Decatur gr8ACHIEVEment presents "Fit to Live, Fit to Learn"

January 27, 2010 Decatur gr8ATHLETICS presents "Using Type to Build Team Synergy"

March 2010 Belleville gr8FITNESS presents "People's Types and Fitness Stripes"

Open Letter to Dr. Oz

Dear Dr. Oz,
If you truly want to motivate your viewers to live more fit lives and engage in appropriate and satisfying exercise based on who they are, you should invite Suzanne Brue and Brett Fischer to appear on your television show!

Send your request to doctoroz.com!

Gr8FITness

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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, Gr8Gyms, Gr8Wellness, Gr8Athletics, and Gr8Motivation. **Gr8 Achievement** helps teachers and students identify their personality preferences to improve academic achievement. **Gr8Gyms** provides training to personal trainers and gym owners to improve client recruitment, retention and results. **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 and increase winning. **Gr8Motivation** empowers people to determine goals, understand change processes and exchange bad habits for good ones.

We have **new** email addresses!!!
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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!

Check out gr8FITness on Linked In and Facebook!

Gr8ACHIEVEment—Type, Fitness and Student Success

Imagine a school where less than 3% of the students are obese, compared to a national average of ten times that amount. These students are motivated to learn. They are physically fit, and they know how to communicate and respect others. They make good food choices in the school cafeteria and you won't see them or their teachers super-sizing their fried food and soft drink orders at a local fast food restaurant. They have a solid basis of study skills based on sound educational research. They know how to read and analyze text and they confidently read for information and enjoyment. The students are self-

confident leaders who find ways to serve in their school and community. They know how to select classes that are appropriate for their styles of learning and they even know how to interact positively, or at least cope, with teachers and others—even parents—whose personalities differ from their own. Now, imagine the teachers who know - really know- how to first reach and then teach their unique learners...the ones who are introverts for whom class participation grades are tough; the ones who detest brainstorming out loud; the solitary ones who aren't "lonely;" the perceivers who keep tweaking long after the project is due; the

intuitive ones who need the big picture first; the "critical" ones whose ideas may actually BE best; the caring ones who want to save the world or at least a tree; the sensing ones who are satisfied with just the facts; the ones for whom life is a spontaneous competition; the ones who don't plan ahead as those who do plan three years out; the ones who have no need or even desire to elaborate in words; and the ones who talk all the time because to be isolated from social experience is punishment after a couple of hours. Got the picture? If you do, you've seen the bridge. We plan to span the gap from what is now to gr8ACHIEVEment tomorrow.

The Five Laws of Body Weight Training (continued from page 1)

frontal (side to side); and transverse (rotational movements). Most weight-lifting movements—the bench press, squat, curl, lunge, and chin-up, for example, are performed on the sagittal plane; others occur on the frontal plane. For example, the side bend or the lateral lunge occur on the frontal plane. Rarely is the transverse plane trained although we all rotate constantly in everyday life. For example, we rotate when walking. Add a rotational component and you will work more muscle, since you'll get that core in gear. To apply this rule, twist your torso to the right or left when you lunge, sit-up or pushup. You can also rotate your hips in exercises such as the reverse crunch.

Consider the pull-up—the standard by which all body-weight exercises are measured. Everyone gives the pull-up high marks for its effectiveness. Why is it so effective? It takes advantage of the laws of motion and leverage, placing your body in a position that forces your back and arms to lift your entire body weight.

(5) The Less Contact Your Body Has With the Floor, the More Your Muscles Must Compensate

The smaller the percentage of an object's surface area that's touching a solid base, the less stable that object is. That's why SUVs are prone to rolling, and tall transmission towers need guy wires. Fortunately, humans have a built-in stabilization system: muscles. And by forcing that internal support system to kick in—by making your body less stable—you'll make any exercise harder, while activating dozens more muscles. Try holding one foot in the air during virtually any exercise, including pushups, squats, and dead lifts. You can also do pushups on your fingertips or your fists. (Courtesy of *Men's Health* magazine)

A Saffron aha moment! Having just read this article contributed by the personal trainer side of the training duo, I have witnessed the ultimate display of muscle-building prowess—multiple pull-ups with rotations, moving from the frontal to the transverse plane in one of the most graceful demonstrations of muscle building skill. To be able to do that is awe inspiring and actually “flow” personified. To one who is totally unaware of which muscles move what body part, the control of the body and the strength required for the fluidity and repetitions of movement, is incredible. I, on the other hand, have learned how to use the assisted pull-up machine and discovered that, if you have placed the peg properly and draped your sweat suit jacket over the weight bars to conceal where you have placed the peg, you can look like the strongest person in the gym pulling your body up and lowering it down multiple numbers of times. To further inspire anyone who might be watching you accomplish this magnificent series of moves, you can make it look easy by crossing your legs as they rest on the rising and falling knee seat while whistling “Dixie” at the same time. My advice to those of you who are beginners or who view exercise as “fun” is this: use all the machines you can to help you feel successful or you won't stay at the gym long enough to build any muscle! Just a saffron thought or as Randy Jackson says on *American Idol*, “just keeping it real.” In the meantime, keep an eye out for the guys or gals who actually do these things because they are awesome to watch and they give the rest of us high expectations for goals to attain.