



“THE MESSAGE”

Health & Fitness Newsletter

February/March 2006

~IN THIS ISSUE~

WHAT'S NEW WITH FIT FOR YOU? 1

TURBO CHARGE YOUR WALKING 2

PEP TALK 2

SPORTS SPECIFIC TRAINING ... 2

RECIPES 3

THE BALANCED BODY 4

RESEARCH & REPORT 5

Information contained within this newsletter and any other related information is intended to help educate those afflicted by movement disorders such as Parkinson's, etc. and their caregivers about their conditions, and to allow them to access useful information about movement disorders on the "Information Highway". It is not intended to provide treatment or replace appropriate medical care by a licensed, qualified physician. If you intend to act on any information found, this should only be done after consultation with your physician.

For more information about Fit For You contact:
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Phone: (717) 579-8257
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WHAT'S NEW WITH FIT FOR YOU?

➤ TOTAL BODY FITNESS CLASSES

All Classes Held At – Schappell Chiropractic Bldg. (Downstairs Studio) 3301 Schoolhouse Lane, Just off Progress Ave., Harrisburg, PA (717) 579-8257

Wanted! All Body Types...

- ... In Need of Losing Weight
- ... That Need To Get Fit & Strong Fast
- ... Who Want Both a Great and Effective Workout
- ... Looking for Satisfying Results

This Is It! Shed those extra pounds with any of these classes and build that lean tone body with my Smart Body Workout Program®. All workout classes:

- Are led by a Personal Trainer & Fitness Expert
- Feature the exercises you really need to see the results you want
- Are full of variety, break through plateaus, keep the results coming
- Include cutting-edge exercises you won't find anywhere else

So challenge yourself and find all of the answers you are looking for now by trying a class out today. To ensure a great workout come workout with a personal trainer ...and find out what your friends are missing. **Weightless Workouts, Pilates, Smart Body, Fitness Challenge and more, it's all here... Call today to Reserve Yourself a Space! * 579-8257 ***

The best part is the commitment! The biggest commitment you'll make is to yourself to show up, BECAUSE:

- The cost is just \$9.99 per class
- There are NO Membership Fees or Gym Dues
- There are NO Hidden Costs, You Pay When You Attend Class
- You need something new that really works, and this is it!

continued on page 2

CLASS SCHEDULE

- February 23 Thursday @ 5:30pm
- February 24 Friday @ 6:00pm
- February 25 Saturday @ 11:30am & 1:00pm
- February 27 Monday @ 6:00pm



TURBO CHARGE YOUR WALKING

By: Joe Green, CPFT, CSNC

Walking is one of the very best exercises available. It burns quite a bit of calories and all muscles in the body are at work when walking. So how can we get even more out of walking for the benefits of health and fitness you ask...

1. Interval Walking – I made this tip Number 1 because if you only read this one then you got a great tip and something to try that can really work well for you. Interval walking involves walking vigorously with short recovery periods, which are short periods of time where you walk a little slower before returning to the vigorous pace you started out with. (Example: Walk briskly for 5 min, then moderately for 30 seconds and back to the brisk pace for 5 min and repeat these intervals for the duration of your walk)
2. Walk and hold your glutes tight and if you're up to it, hold your abdominal muscles tight at the same time. Note: holding your abs tight is not sucking in your stomach, rather it's the process of flexing those muscles and pushing them outwards and

holding that flexion. Add in your walk at the same time and you've just amplified your walk up a couple of notches.

3. Walk in reverse – that's right turn around and back pedal. Of course walk some where safe where danger or injury is eliminated. Do this going up hill and you'll certainly feel those calf and hamstring muscles in the back of the legs start to work hard. This is a great exercise!
4. Bring ice cold water and drink it every 20 minutes or so during the course of your walk.
5. Vigorous walking is more productive than casual strolls or slow walking so step it up. You don't have to run but walk briskly, it makes a big difference both in exercise and calories burned. Get that after burn going, it works better towards your goals of weight loss and tone.
6. Walk on uneven terrain, such as hills, grades etc, hiking is always a good choice. Just be certain to wear the proper footwear before doing so. This is great for the leg muscles and creates more exercise for the body.

As always if you are new to exercise or you have not exercised for quite some time check with your doctor first.

PEP TALK

*Fear knocked at the door, faith answered...
and no one was there!*

- Unknown

SPORTS SPECIFIC TRAINING

By: Joe Green, CPFT, CSNC

Sports Specific Training is a program that involves preparation for participation in a particular sport. It is not only for the serious and competitive athlete on a team it is also for the recreational or weekend warrior type who wants to improve and play at their top notch capabilities.

continued on page 3

Exercising in general to get ready to play a sport is unheard of nowadays. We know that athletes for the Olympics in skiing, gymnastics and skating surely train specifically for their sport of competition. We know that basketball and football players who are at the top of their game all train specifically to compete in that sport. But it goes even deeper than that.

The training is not only for the sport in which you participate it is also for the position(s) you will play. Speed, power, acceleration, agility, quickness, lateral movement, vertical jump, explosiveness, core strength and more are all apart of becoming the very best you can be.

I run a sports camp for ages 8-14 and it's far from early when it comes to getting fit and ready to play. In fact I consider it a matter of extended coaching and safety. Coaching wise young athletes learn the mechanics of how to coordinate their bodies in accordance with the sport and position(s) they might play. This is so very important as the volunteer coaches might not have the time or the expertise to teach these necessary skills. As they master their own skills and body so to do they master the game and level of competition around them.

It's certainly a safety issue. Getting in the proper physical shape and condition to play the sport of choice is like practicing preventative medicine. The likelihood of injury decreases while the recovery time from most injuries decreases, certainly worthwhile for both the serious and conscientious athlete.

I've improved the speed, coordination, running and explosive power of many athletes. This applies to all sports, volleyball, soccer, football, basketball, tennis, racquetball, hockey, lacrosse, bowling, golf, swimming, dance, cheerleading, running a race, baseball, horseback ridding, broad jump and the list goes on.

Remember Sports Specific Training, it's a great Self-Investment!

RECIPES

BARBECUE BURGER

8 oz extra lean ground beef
8 oz lean ground turkey
2 tbsp ketchup
2 tbsp barbecue sauce
1 tbsp. Worcestershire sauce
1 small onion, chopped
1 tbsp imitation bacon bits
¼ tsp chili powder
2 egg whites, lightly beaten, or liquid egg substitute
½ cup dry breadcrumbs
Nonstick cooking spray

Mix all ingredients except cooking spray in a large bowl. Form into four patties. Spray barbecue grill with nonstick cooking spray and preheat to medium-high. Place patties on grill and cook about eight minutes per side or until cooked through. Serve on buns with low-fat cheddar cheese, tomato and additional barbecue sauce. Makes 4 servings.

Nutrition Facts: per patty – 333 calories, 23g protein, 12g carbohydrates, 21g fat, 1g fiber.



We always hear about carbohydrates, how about protein? Here is a protein packed – quick and easy meal you can enjoy!

GRILLED CHICKEN & BEAN SALAD

1 can whole green beans (16oz drained)
1 can garbanzo beans (15 oz drained)
1 can kidney beans (15 oz drained)
2 grilled chicken breasts (8oz each/chopped)
1 can whole-kernel corn (12 oz drained)
1 medium red onion (chopped)
1 cup fat-free French salad dressing

Rinse beans with cold water in a colander and then drain thoroughly. In a large bowl, combine the chicken, corn, onion and beans. Add salad dressing and toss to combine. Cover and marinate in the fridge overnight. Salad lasts 2-3 days when refrigerated. Makes 8 servings.

Per Serving: Calories 338, Protein 31g, Carbs 44g, Fat 5g, Fiber 5g

THE BALANCED BODY

Color Therapy, Natural Healing All Around Us

By Jane Crowley

Color therapy uses the energy of color to assist us in rebalancing the energy in our bodies restoring our health physically, mentally, emotionally and spiritually. Color therapy is part of light therapy and sound therapy. Color therapy uses color from food, clothing, and our environment for healing. Color breathwork and visualization may also be utilized. Color therapy is not a quick fix or cure because it is balancing the body energetically as a whole, not working on only one part of it. Sometimes a shot of color will work quickly; sometimes it takes a while for the body to absorb the color energy needed for balancing.

Our physical body and our energetic body are intertwined. What affects one affects the other. Physical pain may occur in our bodies due to surgery, an accident, emotional trauma, aging, or a combination of factors. Doctor prescribed pain medication, over the counter medicine, exercise, and physical rehabilitation may be used to help us feel better physically. This in turn improves our emotional, mental and physical health. However, our energy fields have been traumatized as well as our physical bodies and must also be healed.

How can color help us to rebalance ourselves? First, we must listen to our bodies consciously. Keep a journal of what colors you are surrounding yourself with. For example, write down what you eat at every meal. Are certain colors appearing? Are you craving oranges instead of apples, dark berries instead of green grapes? Do you want green salads or vegetables more than red meat?

Second, keep a list of what clothes colors you are wearing. Look to see if there is a theme in your closet. I have gone through a red period, a black/white period, and am now in a turquoise/purple period. For physical pain or exercise, you might work with clothing colors or particular foods before and after working out. When I don't feel well or am recovering from surgery I wear colors that will help my body rest or relax so the pain is not so intense. Blue can be

used. However, there is a range of blue from midnight to turquoise to aqua. Each person is unique and it is important to work with the colors that are right for you specifically.

Third, how have you decorated your home? Are you drawn to certain flower color types for your garden? What colors have you painted your walls? In my house every room is painted a different color. However, there is a method used to create my "painted house." For example, the living room faces north and is dark. It has a shade of yellow orange on the walls so in the winter it now always feels sunny there. My office is a lovely shade of pink. My clients feel safe, secure and warm when they come for an appointment.

Too much of one color can be just as bad as not enough of one color. It can lead to negativity emotionally or mentally because of the color attributes that a particular color has. Also, the length of time one uses color is important. I worked with an adult with ADHD. We used certain colors for limited times with her to help her focus at work.

The best color book for laymen is an older book by Linda Clark called The Ancient Art of Color Therapy. Her bibliography includes many famous color therapists such as: Dr. Edwin Babbitt, a Harvard professor; Col. Dinshah Ghadiali, a color therapy teacher; and Faber Birren, a psychologist. In the United States, color therapy was first used by the medical profession in the early part of the 20th century. Later it was banned by the Food and Drug Administration. Today color therapy seems to be making a quiet comeback as a complementary therapy to allopathic medicine. I trained as a color counselor in England where color therapy is a recognized therapy.

What I like about color is that it is all around us. Color works with what is and shows us how energy can be transforming. Our bodies not only become balanced, the energy uplifts us to a new energy vibration that reflects the new people we have now become.

Jane Crowley offers Color Reflection Readings. If you would like to schedule one, please call her office at 717-652-6099.

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RESEARCH & REPORT CORNER

The Shell Oil Company recently issued a warning after three incidents in which mobile phones (cell phones) ignited fumes during fueling operations.

In the first case, the phone was placed on the car's trunk lid during fueling; it rang and the ensuing fire destroyed the car and the gasoline pump.

In the second, an individual suffered severe burns to their face when fumes ignited as they answered a call while refueling their car.

And in the third, an individual suffered burns to the thigh and groin as fumes ignited when the phone, which was in their pocket, rang while they were fueling their car.

You should know that: Mobile Phones can ignite fuel or fumes

Mobile phones that light up when switched on or when they ring release enough energy to provide a spark for ignition

Mobile phones should not be used in filling stations, or when fueling lawn mowers, boat! , Etc.

Mobile phones should not be used, or should be turned off, around other materials that generate flammable or explosive fumes or dust, (i.e. solvents, chemicals, gases, grain dust, etc.)

To sum it up, here are the: Four Rules for Safe Refueling

- 1) Turn off engine
- 2) Don't smoke
- 3) Don't use your cell phone - leave it inside the vehicle or turn it off
- 4) Don't re-enter your vehicle during fueling

Bob Renkes of Petroleum Equipment Institute is working on a campaign to try and make people aware of fires as a result of "static electricity" at gas pumps. His company has researched **150 cases of these fires**.

His results were very surprising:


- 1) Out of 150 cases, almost all of them were women.
- 2) Almost all cases involved the person getting back in their vehicle while the nozzle was still pumping gas. When finished, they went back to pull the nozzle out and the fire started, as a result of static.
- 3) Most had on rubber-soled shoes.
- 4) Most men never get back in their vehicle until completely finished. This is why they are seldom involved in these types of fires.
- 5) Don't ever use cell phones when pumping gas
- 6) It is the vapors that come out of the gas that cause the fire, when connected with static charges.
- 7) There were 29 fires where the vehicle was re-entered and the nozzle was touched during refueling from a variety of makes and models. Some resulted in extensive damage to the vehicle, to the station, and to the customer.
- 8) Seventeen fires occurred before, during or immediately after the gas cap was removed and before fueling began.

Mr. Renkes stresses to NEVER get back into your vehicle while filling it with gas.

If you absolutely HAVE to get in your vehicle while the gas is pumping, make sure you get out, close the door **TOUCHING THE METAL**, before you ever pull the nozzle out. This way the static from your body will be discharged before you ever remove the nozzle.

Joe Only Recommends the Best - To Meet Your Home
Fitness Equipment & Cycling Needs...

Holmes Cycling and Fitness



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