



# Newsletter

February/March, 2011

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## What's New?

- The newsletter is **back!**
- The **Super Circuit** class is still going on and going strong! Give it a try! Great way to get your exercise in on the weekend! Fun, non-intimidating atmosphere! Only \$10! Every Saturday morning at 6:30am. All fitness levels! Non-members are welcome!
  - We recently got some **New Equipment—TRX suspension training system**
  - We recently **re-hired two trainers**, Ashley and Melissa. Their bios should be up on the website soon!

## Trainer adventures!

- Bree has a very informative and fun **nutrition blog** that she updates frequently in her free time. Get great tips and advice and easy recipes for super nutrient dense foods that support your workouts at APF! Check it out...

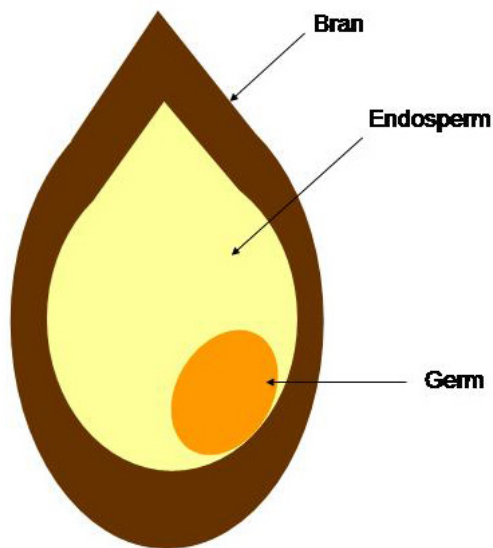
[www.deliciouslydense.com](http://www.deliciouslydense.com)

- **Misti's birthday** is February 7th!

## Nutrition Tip

### Whole Grains

- What are they? - a **whole** grain is a grain that contains all 3 parts...the outer coating or the **bran**, the nutritional powerhouse aka the **germ**, and the energy-packed **endosperm**. All 3 parts are essential. When a grain is refined, most of the time the bran and the germ are removed, and all that is left is the endosperm. This does provide your body with energy through carbohydrates, but extremely important micronutrients, phytochemicals, and dietary fiber are lost!



- Best choices - whole grains in their **WHOLE** state! The more processing that occurs, the more nutrients that are lost! Many products are now labeled “made with whole grains” but this doesn’t necessary mean that this is a superior product. The best way to include whole grains in your diet is to cook them as is, for instance, have some brown rice with a veggie stir-fry, make a tasty tabouli (a bulgur wheat salad), or mix some quinoa with black beans and pesto. YUM! Other whole grains include barley, farro, and millet.

## Fitness Tip

### Get your cardio in!

There are many **TYPES** of cardio that you can do at APF. You can get on three different stationary machines... we have 4 ellipticals, 4 treadmills, and 2 bikes, and you can do many different cardio programs. Here are some explanations of some of the **programs** we recommend.

**Intervals**—if you don’t have much time, but want to squeeze a little something in, this is what you should do...warm up for 5 minutes at a moderate intensity, increase the intensity for 30-90 seconds (increase the level and/or move faster), get your heart rate up, then recover for 2-3 minutes, let your heart rate come back down. Repeat this 3-5 times. A good pre-set program for this type of cardio is fat-burn or strength on the bike

**Increased Intensity**—start on a lower intensity and increase the level every 5 minutes, end on a high intensity, then cool-down for 5 minutes. This is good for a 30-40 minute workout on the elliptical.

**Slow & Steady**— this is great if you have a lot of time. Keep a moderate intensity for 50-60 minutes. Do this walking on the treadmill with a challenging incline.

## Client of the Month!

### Tim Patterson

Not settling for just one fitness goal, Tim came to APF to “get harder”, increase his flexibility, decrease the effects of aging, and improve his body composition. When asked if he has accomplished those goals, Tim came up with one of the best answers I have heard in a while! “It is a moving target,” he explains. He admits that he may never get to the “Arnold” point and there is



always room for improvement, but he also feels that not only did he improve his body composition, he has, in addition, observed a big difference in his functionality while doing everyday things. He feels more fluid through simple movements, and he acknowledges that he didn't even realize that it was a goal of his until he started working with a trainer! Tim feels that lack of flexibility and poor balance, along with excess bodyweight, can be very limiting to everyday movements. He enjoys working on these disciplines with his trainers...yes, Tim has worked with 3 trainers! He states, “they are all different, and they are all good.” He commends them for expanding his understanding about what fitness can really be... “it is not all about bodyweight and appearance!” He stresses that if you are thinking about your own functionality for the next 20 or so years, APF is a great place to keep you mobile! Not only does Tim feel that APF has great trainers, he also praises the gym for its mature setting and atmosphere. It is social when you want it to be and serious when it is time to train. Tim has come a long way. He loves the “push” he gets from his trainers, and is not scared to ask for more! He is diligently working on being consistent with complimenting his diet to his training, and he is excited for his future in fitness at **Athens Personal Fitness!**