

What's Happening at CAC...

WELCOME Jason King!

Jason King recently joined our Sales Department and has been a great addition to the CAC family! Jason won the Biggest Loser competition we had for staff members, also. He is not only committed to his own fitness, but every member's health!

BIGGEST LOSER – MEMBER EDITION

Signup begins January 3rd and the contest begins on January 13th. Kicking off the biggest loser program will be an Aerobathon on the 13th. The Aerobathon will be held in the gym with all classes rotating from 9am till 11am. The members signing up will be assigned a trainer for weigh-ins on the 13th. Weigh-in will be once a week. There is a \$20 sign up fee for the program. You can sign up for this great motivational program at the Front Desk.

SATURDAY PILATES CLASS

Carrie will be the instructor for the new 8:30 a.m. Pilates class beginning on the 27th of January.

SALSA at CAC

Free Salsa lessons are scheduled every Monday at 7:00 p.m. in the gym. Sign up at the front desk if you are interested.

KICKBOXING GLOVES

There are kickboxing gloves available for sale at the Front Desk. The cost is \$20 per pair.

KEEP IT CLEAN!

Take a moment when on the fitness floor and notice the new wipe dispenser next to the fitness desk. Please be courteous and wipe down any equipment you use.

EARN FREE MONTHS!

CAC Members can earn one free month for each membership resulting from a referral. Each new member must sign up for a minimum of 12 months and tell the Membership Coordinator who referred them during signup. There is no limit to the number of months you can earn! Stop by the Membership Department if you have any questions.

WATCH FOR YOGA CLASSES STARTING SOON!



Benefits of a Belly Laugh

Laughter's benefits on your health are no joke. A sense of humor can't cure all ailments, but data are mounting about the things laughter can do.

Short-term benefits:

- Stimulate your organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Activate stress response. A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension and tummy aches. Laughter can also ease digestion and stimulate circulation, which helps reduce some of the physical symptoms of stress.

Long-term effects:

- Improve your immune system. Negative thoughts manifest into chemical reactions that can impact your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more serious illnesses.
- Relieve pain. Research increasingly shows that laughter may ease pain by causing the body to produce its own natural painkillers.
- Increase personal satisfaction. Laughter can also make difficult situations a little bit easier. One study of emergency room nurses found that those who use humor in dealing with patients and co-workers experience greater job satisfaction and feelings of personal accomplishment than do those who remain dour during their shifts.



A Common Misconception

By Blake Melton

Misconception - "Doing cardio within the "fat-burning zone", for at least 30 minutes, your body is burning 90-99% fat."

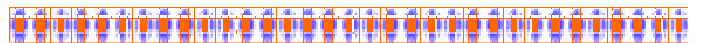
Reality - This is one of the more complex and misunderstood topics in fitness. Before I clear this misconception up, I would like to take a moment to clear up what the "fat-burning zone" is. Basically, the "fat-burning zone" is a predetermined range for one's heart rate in which the theory is that you will be burning a higher percentage of fat for energy. Now, on to the misconception.

First, I know that this idea might have been brought about in maybe a book that's out there or something like that. But I am here to tell you not to believe everything you read in a book; because anyone can right a book about anything— whether it is true or not. In other words, just because it is in a book does not make it fact—simply because books do not undergo the scrutiny of peer review by from scholars like research journal articles have to before they are published. As far as the "fat-burning zone" thing goes, I would not get too caught up in all of this. I say this because, for most people, just the fact that you will be burning calories for a sustained period of time is the more important thing—not which substrate you will be utilizing. There is some truth in the "fat-burning zone"; because it is true that the lower intensity you work at the higher the percentage of fat you will burn—the thing is though, it is a very gradual shift towards that percentage. But to say that you would be running on 90-99% fat in a 30 minute period is simply untrue. The research literature would actually suggest that first, it is unrealistic to ever think that anyone can run on 90-99% fat under normal circumstances and second, to be able to come anywhere close to that percentage in 30 minutes is almost impossible (1). In actuality, the

literature would suggest that in order to be able burn that much higher of a level of fat during exercise you have to be able to sustain exercise for 3-4 hours; and even then the percentage of fat used is still not 90-99%, it is more along the line of 60%--and this would be on the high end (1) (2). To indicate that you are running on such a high level of fat would suggest that you are completely out of your glycogen (carbohydrate) stores in your muscles; and this is highly unlikely since it takes about 2-4 hours for this to occur during exercise.

To conclude my point, most people do not ever work for a long enough duration to be able to run on a extremely high percent of fat. In my opinion, and in the opinion of most other personal trainers, if you are looking to lose weight you shouldn't be so concerned whether or not you are in the "fat-burning zone", you should instead be more concerned with how long you are doing your cardio (ideally around 30-45 minutes) to ensure optimal calorie burn. Keeping all this in mind there are a few exceptions to all this—but very few. But to keep from getting too long-winded I will save this for another time and/or place.

****If anyone would like to discuss this information further or has any other questions please feel free to pick up one of Blake's business cards from the fitness desk to schedule an appointment/contact him, or please just stop him at the club.*



References:

1. Holloszy, Jo, Kohrt, W.M., Hausen, P.A. :The Regulation of Carbohydrate Metabolism During and After Exercise". *Frontiers in Bioscience*. 1998 Sept. 15;3: D1011-27.
2. Bloomer, Richard. *Exercise Physiology*, Spring 2005: "Metabolism Lecture". Department of Health and Human Performance, University of Memphis.



Spotlight On:

Melissa Cole, Group Fitness Instructor

My association with Cordova Athletic club began as a member almost six years ago. A friend joined the club with me and we decided to attend SPIN classes together. After a few of these classes, I was hooked and made plans to become a SPIN instructor! From there, I also became certified to teach other group fitness classes such as KickBoxing, Pilates, Core Ball, and Body Sculpting. I have to give credit to the other fitness instructors at Cordova Athletic Club because they were definitely a very positive influence on my drive to pursue these additional certifications. All of the instructors have so much to offer and I learn great things from them ALL THE TIME!

Not only does participation in one of the classes boost your fitness level but it also provides a great mood lift and this is what I believe to be so powerful. I do love teaching at CAC but what I love most is interacting with the members and seeing them progress in their abilities to persevere and increase their fitness level. I am continually inspired by Cordova Athletic Club members and I hope that I, in turn, inspire them in their quest for meeting their fitness goals. During the day, I work at St. Mary's Episcopal School as the Director of Academic Technology. Basically, I train teachers and students on computer use. It is a fabulous job to have but each day that I'm scheduled to teach at Cordova Athletic Club, I look forward to working with all of my CAC class participants as it is this time that is the highlight of my day!

CAC MISSION STATEMENT

To provide a wholesome and energetic family atmosphere that is service driven in an environment where everyone is comfortable making fitness a part of their lifestyle.

Calcium Nutrition

Calcium is an important component of a healthy diet. A deficit can affect bone and tooth formation, while over-retention can cause kidney stones. Vitamin D is needed to absorb calcium. Dairy products, such as milk and cheese, are a well-known source of calcium. However, some individuals are allergic to dairy products and even more people, particularly those of non-European descent, are lactose-intolerant, leaving them unable to consume dairy products. Fortunately, many other good sources of calcium exist. These include: seaweeds such as kelp, wakame and hijiki; nuts and seeds (like almonds and sesame); beans; amaranth; collard greens; okra; rutabaga; broccoli; dandelion leaves; kale; and fortified products such as orange juice and soy milk. Calcium has also been found to assist in the production of lymphatic fluids.

Calcium is essential for the normal growth and maintenance of bones and teeth, and calcium requirements must be met throughout life. Long-term calcium deficiency can lead to osteoporosis, in which the bone deteriorates and there is an increased risk of fractures.

The Benefits of Walking



Walking can be an aerobic exercise that conditions your heart and lungs. It's best to walk at vigorous intensity for 30-60 minutes on most days of the week. But even moderate- intensity walking has both short- and long-term benefits. If done daily, you can help lower your risk of heart disease.

♥ Heart Healthy Recipe Corner ♥

Asian Sweet Potato Fries

Makes 4 servings
Prep: 1 hour

Ingredients:

- 2 medium-sized sweet potatoes, peeled
- 1 Tbsp, Chinese five-spice powder seasoning (available in the Asian section of most supermarkets)
- 1/2 tsp, granulated sugar
- 3/4 cup, plum sauce for dipping
- vegetable oil cooking spray

Directions:

With a sharp knife, cut sweet potatoes into strips three to four inches long and 1/4-inch thick. Line a baking sheet with aluminum foil or parchment paper, and spread fries on it in one layer. Spray them lightly with cooking spray. In a small bowl, stir together seasoning and sugar. Sprinkle this mixture on the fries, tossing gently. Bake at 350° for 45-55 minutes, until fries are soft. Serve with plum sauce for dipping. *Available in the Asian section of most supermarkets.

Serving Size: 1/4 recipe

Calories 160
Calories from Fat 0
Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Sodium 308mg
Total Carbohydrate 38g
Dietary Fiber 2g
Sugars 19g

FOCUS ON:

Blake Melton, Personal Trainer



Blake comes to us from Murfreesboro, TN and will be receiving his BS in Exercise Science in May 2007 from the University of Memphis. He is a Certified Personal Trainer through the American Council on Exercise (ACE) and has worked with a variety of populations including those with chronic diseases (ie- diabetes, hypertension, arthritis, etc.), as well as elite athletes, bodybuilders, strength/power athletes and those who are just looking to lose weight—all of which have seen tremendous results.

Blake is a member of both the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM), and has interests in: sport-specific training, nutrition, strength and conditioning research, physiology research, bodybuilding and Olympic weightlifting, and anything and everything to do with general fitness. If you are looking to not only get results but to make fitness a way of life, then Blake is the trainer for you!

Exercise Tip

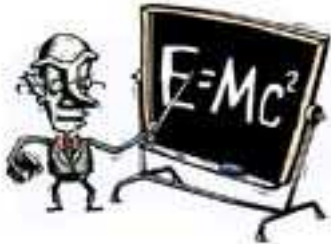
Q: Do I need to do vigorous exercise?

A: To achieve health benefits, no. Doing moderate-level activities often will help lower your health risks. If you want to attain a high level of cardiovascular fitness, you need to gradually work up to exercising on most days of the week for 30-60 minutes at 50-80 percent of your maximum capacity.



Health News:

Calories Explained



Calories are simply units of measure. They aren't actually things in and of themselves; they are labels for other things, just like how an inch really isn't anything, but it measures the

distance between two points.

So what do calories measure? Easy: they measure energy. Yup, the evil calorie – the bane of the dieter's existence – is really just a 3-syllable label for energy.

And it's important to highlight this, because the body itself, despite its vast intelligence (much of which medical science cannot yet understand, only appreciate in awe) does not really do a very intelligent job of distinguishing good energy from bad.

Actually, to be blunt, the body doesn't care about where the energy comes from. Let's explore this a little more, because it's very important to the overall understanding of how to boost your metabolism, particularly when we look at food choices.

In our choice-laden grocery stores, with dozens of varieties of foods – hundreds, perhaps – there seems to be a fairly clear awareness of what's good food, and what's bad or junk food. For example, we don't need a book to remind us that, all else being equal, a plum is a good food, whereas a tub of thick and creamy double-fudge ice cream is a bad food. Not bad tasting, of course; but, really, you won't find many fit people eating a vat of ice cream a day, for obvious reasons. So what does this have to do with calories and energy?

It's this: while you and I can evaluate our food choices and say that something (like a plum) is a healthy source of energy, and something else (like a tub of ice cream) is an unhealthy source of energy, the body doesn't evaluate. Really.

It sounds strange and amazing, but the body really doesn't care. To the body, energy is energy. It takes whatever it gets, and doesn't really know that some foods are

healthier than others. It's kind of like a garbage disposal: it takes what you put down it, whether it should go down or not. So let's apply this to the body, and to weight gain. When the body receives a calorie – which, as we know, is merely a label for energy – it must do something with that energy.

In other words, putting all other nutrients and minerals aside, if a plum delivers 100 calories to the body, it has to accept those 100 calories. The same goes for 500 calories from a (small) tub of ice cream: those 500 calories have to be dealt with. Now, the body does two things to that energy: it either metabolizes or convert the energy (calories) into cells/tissue, or it will use that energy (calories) to break down cells.

Now the link between calories/energy, metabolism, and weight loss becomes rather clear and direct. When there is an excess of energy, and the body can't use this energy to deal with any needs at the time, it will be forced to create cells with that extra energy. It has to.

It doesn't necessarily want to, but after figuring out that the energy can't be used to do anything (such as help you exercise or digest some food), it has to turn it into cells through anabolism.

And those extra cells? Yup, you guessed it: added weight!

In a nutshell, the whole calorie/metabolism/weight gain thing is really just about excess energy. When there are too many calories in the body – that is, when there's too much energy from food – then the body transforms those calories into stuff.

And that stuff, most of the time, is fat. Sometimes, of course, those extra calories are transformed into muscle; and this is usually a good thing for those watching their weight or trying to maintain an optimal body fat ratio.

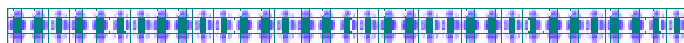
In fact, because muscles require calories to maintain, people with strong muscle tone burn calories without actually doing anything; their metabolism burns it for them.

This is the primary reason why exercising and building lean muscle is part of an overall program to boost your metabolism; because the more lean muscle you have, the more places excess calories can go before they're turned into fat.

HUMOR



"I'm watching carbs. Do you have a filet mignon house?"



Tongue In Cheek!

I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me.

I have flabby thighs, but fortunately my stomach covers them.

The only reason I would take up exercising is so that I could hear heavy breathing again...

If you are going to try cross-country running, start with a small country.

Newsletter Submissions

If you have a comment, question, or would like to submit an article to the Cordova Athletic Club HealthyNews newsletter, please send us an email at newsletter@cordovaathleticclub.com.

MENTAL FITNESS

Puzzle of the Month: Sudoku

	6		1	4		5	
		8	3	5	6		
2							1
8			4	7			6
		6				3	
7			9	1			4
5							2
		7	2	6	9		
	4		5	8		7	



*Happy
Valentine's
Day!*