

It's All About Your Attitude!



We all know that vigorous exercise gives you a better attitude. Now switch it around: A better attitude will give you vigorous workouts!

Try it; you might like it!

What Causes A Stroke?



A stroke occurs when a blood vessel carrying blood and oxygen to the brain becomes blocked (ischemic stroke) or bursts (hemorrhagic stroke). A heart-healthy lifestyle cuts your risk of stroke. Therefore, it's important to eat right and exercise.

When was the last time you did something good for yourself to prevent strokes and other serious diseases?

'Under Pressure, Pushing Down On Me...'



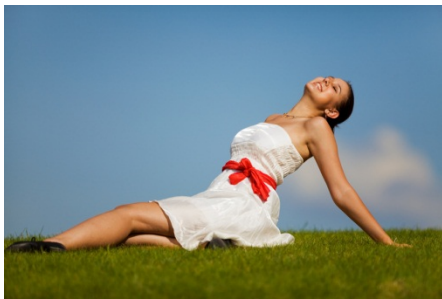
Normal blood pressure is lower than 120 mmHg (systolic pressure) over 80 mmHg (diastolic pressure). Keep those numbers tightly in check to help avoid a stroke. A proper weight training program integrated with regular cardio exercise will lower and help regulate your blood pressure, therefore reducing your risk of a stroke.

Chill Out, Relax... After Your Workout



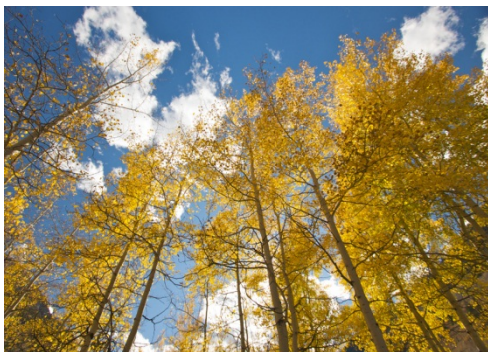
Depression can increase your chances of a stroke and can lead to a higher chance of dying from that stroke. Exercise in all forms, but mostly structured exercise, raises your endorphins which in turn increases those positive feelings that reduce or eliminate depression. If you suffer with bouts of depression, time at the gym can help lift you out of the doldrums! Why not come see us? :)

Stay Content



Serenity in some studies has been found to reduce stress and anxiety, hence lowering your blood pressure and the chance for a stroke. Most people think they need to be absolutely quiet in order to be serene, but if you can be contently happy on a treadmill or as you prepare to do your next set, you may find that your workouts are not only physically but emotionally fulfilling as well.

Don't Breathe It All In



Air quality can have a direct effect on your stroke risk factors. If you live in a region that is known for having bad air quality, check the indicators--daily. If the index is high, keep your workouts indoors.

Ditch The Cancer and Stroke Sticks



It's hard quitting cold turkey, but to stop smoking, that's how you might have to do it. Replace your bad addiction with a good one...EXERCISE! Let's face it, smoking gives you a "feeling" or "high," if you will. Replace that feeling with a better "high," the one of being pushed to your limits with massive amounts of blood and euphoria coursing through your veins! So, ditch the cancer and stroke sticks, and say hello to a better way of living.

Oatmeal + Strawberries = A Healthy Heart



Oats contain two important phytochemicals called avenanthramides and phenolic acids. These compounds have been shown in research to work synergistically with vitamin C to reduce the harmful effects of "bad" LDL cholesterol and help prevent the plaque build-up that can lead to heart attacks, reports state.

Stay-Well Strategy: Enjoy a half cup of sliced strawberries with your morning bowl of oatmeal.

Get Off Your Duff!



Feeling smug about hour-long gym workouts? Here's another newsflash: A single exercise session makes little difference to health and longevity when the rest of your day is sedentary. In an earlier blog, I suggested "Two-A-Days" to lower your body fat and increase muscle mass. Well, get a move on! That which is at rest, remains at rest. Increase your longevity and reduce your risk for illness by simply being more active.

Pump It, Push It, Move It!



Stronger bones. Lower blood sugar levels. A better lipid profile that is good for the heart. These are just some of the documented benefits of lifting weights. The American College of Sports Medicine suggests resistance training two to three days per week with eight to 10 exercises for major muscle groups. We suggest at least one of those days be spent with a trainer for more effective results. How about coming to see us? Have you

stopped in this week yet? If not, why not?

Lower Fat for a Better You



Lower your saturated fat consumption for a better looking you! Scientists discovered that women eating higher amounts of saturated fat had more visible aging of skin (crow's feet) than women eating less of these fats. Stay away from the marbled meats and ice cream, but not the gym. Ask us how we can help you eat better. AHA guidelines call for limiting saturated fat to 7% of calories; 16 grams for a 2000-calorie-per-day diet. And opt for healthy fats, like avocado, peanut butter, olive

oil, and nuts.

A Recipe for a Long Healthy Life



When you add up all the evidence, the key factors to a longer lifespan include a commonsense approach to eating and activity. Eat plenty of fruits, vegetables and whole grains. Choose lean proteins like fish, particularly fatty fish, and ease up on sugar and processed foods. Just as importantly, increase your activity levels. A structured weight training program and aerobic pursuits, such as from our cardio area, will do the trick!

Cinnamon + Whole Grain Toast = Increased Energy and Speedier Slimming



Sprinkling on this spice may help keep your blood sugar at a healthier level, which prevents dips in your energy and spikes in your hunger level, researchers state. In a study published in the American Journal of Clinical Nutrition, cinnamon was found to slow the rate of stomach emptying after meals and reduce the rise in blood sugar to negate more noshing later.

Stay-Well Strategy: For a healthier version of that childhood staple, cinnamon toast, use whole grain bread, trans-free margarine and a study-backed teaspoon of cinnamon. Note: Experts say you'll nab more protective compounds if your cinnamon is fresh. Whole sticks last up to a year; ground cinnamon for six months.

Git Yo Sweat On!



Did you know that strenuous exercise may reduce the effects of stroke? It can! However, if you do not lead a lifestyle that includes daily exercise and a healthy diet, then you need to immediately make changes to your habits. Your loved ones are counting on you to stick around for a good, long while. Quitting smoking, avoiding alcohol and staying at a healthy weight can also reduce stroke risk considerably.

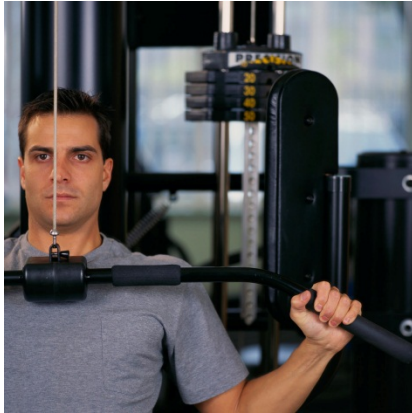
So, what do you say? Get to the gym and git yo sweat on!

Must-See Results



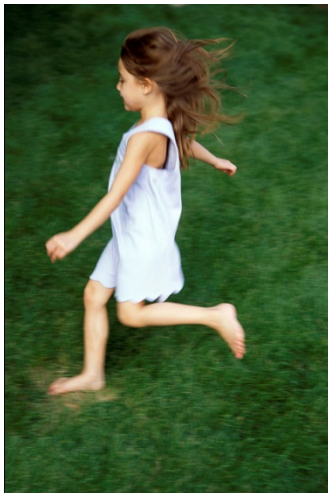
Do you really want to burn extra calories? Chances are, gym hours are available during your favorite show, the big game or the concert you missed in high definition. Schedule your cardio hour during whatever you absolutely, positively have to watch. What would you rather do, melt into your couch, or melt your fat away AND catch "must see TV?"

The Last One



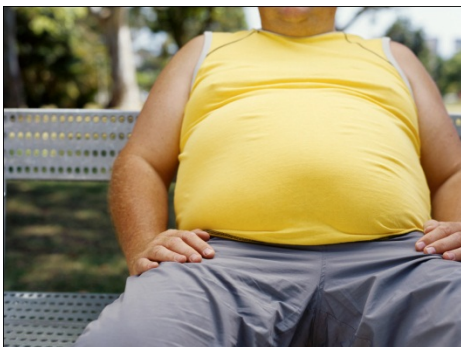
Do you find yourself the last one in the gym? I was always the last one. Maybe because I couldn't get enough of it. I guess I knew I wanted to own my own gym someday. Now I do. One of the things I found myself doing was putting away all the weights that were left off the racks. What I didn't realize until I was older and wiser was that at that time in my life I was stronger than ever. It was from constant "Farmer's Walks" when carrying all the heavier weights no one else was willing to put away. You carry enough pairs of 100 pound dumbbells and 45 pound plates around, it's going to make a difference.

Childhood Obesity



In an AP Report, after decades of being on the rise, childhood obesity rates recently have essentially been flat. A few places — Philadelphia, New York City and Mississippi — reported improvements in the last couple of years. But the report from the Centers for Disease and Control Prevention shows signs of wider-ranging progress. I'd like to think we are helping that statistic. Kids programs and family memberships have had an increase in enrollment and attendance, and we want to help kids--of all ages--stay happy and healthy.

Obesity: The Other National Crisis



Obesity continues to be one of the nation's leading public health problems — health officials call it a longstanding epidemic. A third of U.S. children and teens and more than two-thirds of adults are obese or overweight...but we have the solutions. Let us help you reach your fitness goals. Our staff can put you on the path to better health and guide you to results you never deemed possible.

Did You Know?



Did you know that losing weight can be as simple as not eating after 7:30 p.m.?

Trying eating your dinner and dessert a bit earlier and notice the change it will bring.

Monkey See, Monkey Do



Moms and dads, lead by example. If you have an active lifestyle or include your children in your exercise routine, chances are they will be fit adults. Start them off early, and start them off right!

Why not bring your child next time with one of our free passes? Just call us to ask how!

Salt/Sodium... Same Stuff!



Salt raises blood pressure, a major factor in causing strokes. Read your labels. Take the time at the grocery market, check the SODIUM (SALT) content. 100+ mg's of sodium per serving, especially in sauces, condiments etc. can really spike your salt intake. Therefore, try to eat lots of fresh produce, and avoid the canned and prepared foods that are quick and easy--but are death on a platter. Making good choices at the grocery store could help save your life, so monitor your sodium intake if you are not doing so already.

Kid Fitness



Is your child or children taking part in some form of organized fitness? Child obesity rates are too high! One in eight preschoolers is obese in the United States, and it's even more common in black and Hispanic kids. Ask us how we can help. Our experts can guide you and your children to a happier and healthier way of life.

Yogurt + Bran Cereal = Better Digestion



This breakfast is a natural immunity booster. Full of good bacteria, yogurt acts as a probiotic. It encourages healthy bacteria to flourish in your digestive tract, keeping sickness-causing bugs at bay. But probiotics work even better when paired with the prebiotics found in wheat bran. Why? Prebiotics act as nourishment for probiotics, helping them better thrive in the gut so they can do their immunity-boosting magic, says registered dietitian Dave Grotto, author of the book, *101 Foods That Could Save Your Life*.

Stay-Well Strategy: To get in on this good-gut action, first look for probiotic-rich yogurts that sport the label “live and active cultures.” Then, mix one cup of this yogurt with three quarters of a cup of wheat bran cereal.

An Easier Way



Want an easier route to weight loss? Try not eating after 7:30 p.m. and hitting the sack at 10 p.m. In a 2-month study, subjects lost an average of 15 pounds by following this advice along with a guided fitness routine.

Get Your ZZZ's



Did you know:

- 7 to 8 hours of sleep is the optimal amount of sleep to promote weight loss
- an average of 7 to 8 hours of sleep is the optimal amount of sleep to promote muscle recovery after strenuous exercise
- an average of 10 to 12 hours of sleep is the optimal amount of sleep to promote proper growth of children ages 6 to 12
- an average of 8 to 9 hours of sleep is the optimal amount of sleep to promote proper growth of teens ages 13 to 18

Sleep can be a lifesaver, and can help you feel and look your best. So, make sure you get your zzzz's each night to promote good health and fitness.

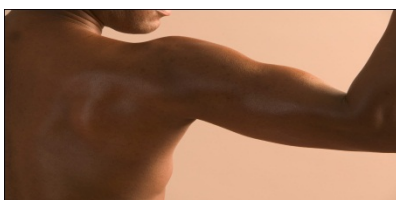
Garlic + Onions = Head to Toe Protection



These aromatic veggies both contain a number of organo-sulfur compounds, heart-healthy plant chemicals that help keep arteries flexible and free of plaque, researchers state. Some of these compounds have even been studied for their power to detoxify carcinogens (cancer-causing substances) in the body. Eating both at the same time means you're "covering your bases" and boosting your chances of getting more of these healthful compounds.

Stay-Well Strategy: Cooked together, they make a delicious base for soups and sauces or simply sauté veggies like broccoli in a mix of olive oil, garlic and onions.

Simple But Effective, Part 1



bicep.

When performing "supinated bicep curls," push and squeeze with the pinky side of your hand at the end of the movement. Your bicep has 2 muscle heads (hence the name bi-cep). Most people perform curls with an up and down motion by rotating their pinky inward. This will create the "peak" at the top of the

Simple But Effective, Part 2



When performing "straight bar curls," push and squeeze with the pinky side of your hand at the end of the movement for full muscle contraction. This will create the "peak" at the top of the bicep.

Simple But Effective, Part 3



When performing squats, push off the floor with your heels to concentrate on your upper thigh and glutes. For the athlete, this will give you more power and explosiveness and increased speed. Aesthetically, especially for my female readers, this will give you that "Brazilian Butt" that looks great in...ANYTHING!

Simple But Effective, Part 4



A new twist to tricep pushdowns: tricep pulldowns. Switch from an overhand to an underhand grip. This creates a different contraction to the triceps.

Is Your Instructor Fun and Exciting?



All the certifications in the world are worthless if your instructor isn't engaging and motivating. A personal trainer, group ex instructor, boot camp coach, etc. should be an “entertainer” that keeps the workouts fun and exciting and has the attention of his/her audience.

Your Mother Doesn't Work Here



How do you feel when you go to the gym and the equipment you want to use is not in the proper place? Well, just imagine everyone feels the same way. Wouldn't it be nice if EVERYONE placed their weights on the proper rack when done with their set? Tidiness goes a long way, my friend. Less mess, less stress.

Avocado + Green Salad = Complexion Protection



You'll absorb more skin-protecting plant compounds called carotenoids from your veggie salad by adding a little avocado. “Carotenoids reduce free radical damage to effectively protect the skin from the harmful effects of UV rays,” experts state. In a recent study at Ohio State University, people who ate avocado in their salad of lettuce, spinach, and carrots absorbed up to 15 times more carotenoids than those who didn't eat their salads with avocado. Studies show carotenoids require some fat to be optimally absorbed by the body; therefore, avocados, which contain solid stores of healthful monounsaturated fats, healthfully fit the bill.

Stay-Well Strategy: To nab this nutrition perk, slice a half of an avocado into your next green salad.

This Is Your Gym



This is YOUR gym!

- Promote it: utilize all our amenities
- Care for it: please remember to return weights & equipment to their racks
- Build it: bring your friends
- Be a star: give us your testimonial
- Volunteer: earn membership credits
- Run it: Inform our dedicated staff if there are any needs for the facility

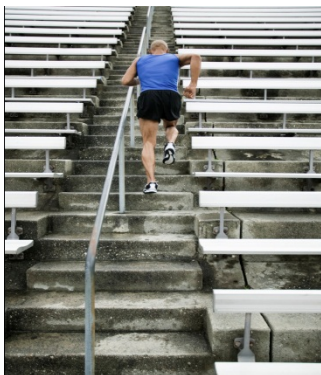
As a member, you can do your part to keep the gym successful.

White Is Right



White fleshed fruits and vegetables not only can help in reducing and fighting against the risk of a stroke, they are also helpful with pain and inflammation. Quercetin, found in apples, pears, cucumbers, garlic, cauliflower, bananas, and other fruits and vegetables, is an antioxidant that helps reduce inflammation. Struggle with arthritis or sore joints? Try adding more white foods to your diet. Let me know if you start to see the difference.

Two A-Day's



Cardio in the morning, weights/strength training in the early evening can do a body good. Intensify your goal for lean muscle mass. A 30 to 40-minute early morning cardio workout before breakfast and a total body strength routine 3 days a week for 2 months, along with a great eating plan, will lower your body fat and increase muscle and have you ready for those summer days on the beach.

100 Rep Workout



If you are one to separate body parts on lifting days, for a change of pace, try a 100 rep workout. Pick an exercise for that body part, preferably one that utilizes the full range of motion for that muscle group, i.e., hack squats (squatting type exercises incorporate all the leg muscle groups). Use about 75% of the weight you normally do for that particular exercise. Do as many reps as you can with a 20 second break in between sets until you get to 100 reps. If you reach 100 without a break, that is totally fine. It improves your endurance. Remember, endurance can build strength, but strength does not necessarily build endurance.

An Energy-Filled Breakfast



Want an energy-filled complete breakfast? Try mixing chunky peanut butter and your favorite fruit with your morning oatmeal. I always use skim milk for a creamier texture with a single serving. As soon as the oatmeal is done and piping hot, mix in a tablespoon of peanut butter. Then, add your favorite fruit. I prefer a half of a banana sliced thin and two tablespoons of crushed pineapple. Mango, peach and blueberry are also delicious. A friend, who is a competitive bodybuilder, adds two to three egg whites before the peanut butter for the extra protein. The egg whites cook while being mixed into the hot oatmeal.

Where Do You Park?



It always amazes me how people will drive around the gym parking lot to wait for a spot close to the entrance. Come on, people! Take advantage of every opportunity to burn calories, utilize muscles and breath in fresh air. For those able-bodied members, put a smile on someone's face. Try leaving the close parking spots for those that are not so able.

You Say Tomatoes, I Say Exactly



...and to watermelon, guava and other fruits and vegetables high in lycopene. Tomatoes get their red coloring from the antioxidant lycopene. "Sunday Sauce" or for the real Italians, Spaghetti and meatballs in "Gravy" is a meal high in lycopene and if carefully prepared with low fat and low salt can be a part of your regimen to lower your chances of a stroke.

Who knew that such good eating could help save your life?

Fitness Crazes



The evolution of group fitness has catapulted the fitness industry into a world phenomenon. How many of you remember the movie "Perfect" or the 80's UHF college hit "The 30-Minute Workout?" "Perfect" and its star Jamie Lee Curtis can take much of the credit for the aerobics explosion that swept the nation. Of course, like all fitness crazes, it started on the West Coast and hit the shores along the East at maximum heart rate! Now more than ever, there

are a large variety of "Group Ex" classes that fit the needs of all fitness levels. This is one fitness craze that, no doubt, will last and evolve forever!

Tracking Your Results



Tracking your results is now easier than ever. There are several free apps for iPhones, Droids and any other smart phones that can track, store and calculate your progress in the gym. It's a far cry from the days of keeping a little spiral notebook in your gym bag. Those notebooks kept workouts fresh and allowed many a gym rat and fitness minded patron to get a grip on their cardio and muscle growth over their many years of hard work in the gym. Now with smart phone technology and all the apps

available, going to the gym and tracking your workouts is so much easier. Everybody has their phone with them, but not everyone remembers to bring a little book that is only used for one reason. I don't know about you, but when my phone is in my hands, I have my whole world at my fingertips.

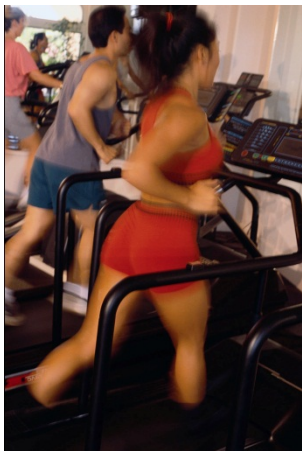
Just Not Into It?



"I'm just not into it today!" How many times have you come through our doors and said to yourself, "I'm just not into it!" Right then and there you have two choices: Turn around, walk out and go home, or go through the paces of a lackluster workout and complain the whole time that you are "just not into it today." Our suggestion: Stick it out, suck it up and quit whining. You'll thank us in the long run. Even that lackluster

workout did you good. When you are "not into it", do something different. Change your routine, try a group exercise class or get a personal trainer to motivate you. Even if you stick with your same ol' routine, drop the intensity level and get yourself through it. Every little bit truly does help!

The American Epidemic of Obesity



Obesity continues to be one of the nation's leading public health problems; health officials call it a longstanding epidemic. Did you know that a third of U.S. children and teens, and more than two-thirds of adults, are obese or overweight? We have the solutions. Let us help you reach your fitness goals. Our staff can put you on the path to better health and guide you to results you never deemed possible.

Radicchio + Kale = A Stronger Skeleton



Cup for cup, kale is the king of calcium (it contains three times more than spinach). However, food scientists say you'll soak up even more of this bone-building mineral by combining kale with some radicchio. Why? The crimson veggie is a rich source of inulin, a carbohydrate that naturally enhances calcium absorption in the intestines, according to a recent study in the journal Nutrition Research.

Stay-Well Strategy: To shore up your skeleton, toss these tasty greens together in a salad.

Green Tea + Black Pepper = A Whittled Waistline



Forget drastic diets: At your next meal, sip a cup of green tea and shake some black pepper over your entree. “A study recently found that the combo boosts the absorption of EGCG, a key antioxidant in tea tied to calorie burning, by a whopping 130 percent,” explains registered dietitian Cynthia Sass, author of the new book "Cinch!: Conquer Cravings, Drop Pounds, and Lose Inches." Bonus: According to research published in the *Nutrition Journal*, people who drank green tea with their meal reported feeling more full and were less likely to want a second helping than those who drank plain water. Experts say the compounds in green tea can affect the hormones that regulate hunger and fullness. Studies say as little as a half-teaspoon of black pepper can increase the absorption of tea’s beneficial compounds, so brew a cup of tea to sip, then take out your mill and get grinding!

The Ten Wackiest Diets of All Time



The pursuit of weight loss leads us down some seriously strange roads. Let us counsel you along the right path and develop a nutritional program that is catered towards your needs and lifestyle.

Read more for some great laughs. #7 is my favorite: <http://xfinity.comcast.net/blogs/lifestyle/2013/08/02/10-wackiest-diets-of-all-time/>

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Eggs + Mango = A Firmer Façade



Want to improve the overall look and strength of your skin? Try consuming this power couple. Eggs are naturally rich in two special amino acids (the building blocks of protein) that are essential for the formation of skin-plumping collagen. “And foods rich in vitamin C, like mango, work with these acids to boost collagen production. This helps build back lost stores in the body, which can significantly improve the appearance of

skin,” explains Keri Glassman, a registered dietitian in New York City. To give a boost to your next breakfast, pair an omelet with a cup of fresh mango chunks, which supply nearly an entire day’s supply of vitamin C.

Super-Broccoli



According to Jessica Chou of TheDailyMeal.com, a new type of broccoli helps increase your metabolism and fight aging. Regular old broccoli just isn’t good enough anymore. There’s a new type of broccoli in town; this one with more than two times the amount of anti-aging compound glucoraphanin. Sorry, boring broccoli.

Read more: <http://xfinity.comcast.net/blogs/lifestyle/2013/08/05/superfood-broccoli-to-keep-you-forever-young/>

Green Tea + Lemon = A Healthier Heart



Green tea has been linked to a reduced risk of heart attacks, thanks to catechins, the brew’s powerful antioxidants. But studies show only about 20 percent of these healthful compounds are available for our bodies to absorb. The good news: Recently, when scientists added lemon juice to green tea, the availability of health-enhancing catechins skyrocketed to a whopping 80 percent. Why not try a cup of green tea and lemon today? It will do your heart good!

A Stay-Well Strategy



After brewing yourself a cup of green tea, squeeze in the juice of one whole lemon (you can also use an orange, lime or grapefruit). Don’t want to DIY? Look for bottled green teas that list “ascorbic acid” (also known as vitamin C) among their ingredients. Scientists state that the vitamin C in citrus fruits can also improve catechin absorption, and can help your immune system stay strong during those nasty cold and flu months of winter and spring.

Broccoli + Tomatoes = Cancer Control



Broccoli and tomatoes are both cancer-fighting all-stars, but research reveals eating them together may offer even more protection. In a recent study, scientists found consuming tomatoes and broccoli at the same time was more effective at slowing the growth of cancerous prostate tumors than eating either vegetable alone. The amount of produce used in the study translates to about one and a half cups of broccoli and two and a half cups of fresh tomato (or one cup of tomato sauce). To tap into their potent powers, order a pizza generously topped with broccoli or sprinkle some florets over your next plate of spaghetti.

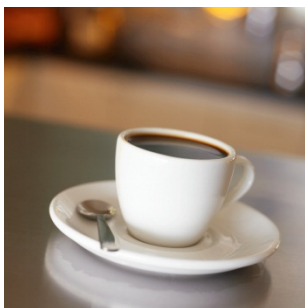
Red Pepper + Black Beans = Improved Immunity



Eating more meatless meals lately to do your heart a favor? You'll absorb more immune-boosting plant iron by adding in some red bell peppers. That's because the iron in picks like beans exists in a form called non-heme iron that's harder for your body to absorb than the iron found in red meat (heme iron). But, adding a dose of vitamin C-rich produce like red peppers converts the iron into a type that's easier for the body to use, explains registered dietitian Heidi

McIndoo, author of the book, "When to Eat What." In one study published in the American Journal of Clinical Nutrition, women absorbed nearly three times more iron from their meal by adding just 63 milligrams of vitamin C. This amount translates into about a half cup of chopped red bell peppers. To tap into their healing powers, toss these health-enhancing peppers into your next pot of chili.

Hang Out With Joe!



Drink coffee in moderation. In a recent analysis, moderate daily coffee consumption (1-3 cups) actually protected against ischemic stroke. Downing six or more cups a day had no effect on stroke risk. "Coffee in moderation (1-2 cups) is OK," says Wayne M. Clark, MD, director of the Oregon Stroke Center and professor of neurology at Oregon Health and Science University in Portland. "More may increase blood pressure," a major risk factor for stroke, he said.

Yogurt + Blueberries = A Stronger Body



Spoon up this tasty snack after a sweaty workout. The reason: Research reveals blueberries possess brain-boosting benefits to keep you better focused during your fitness routine, while yogurt's hefty stores of protein help repair the little tears in your muscles that naturally occur during exercise. As if that's not enough, the carbs in both the yogurt and fruit naturally replenish your muscles with glycogen, a stored form of energy (dipping too low in glycogen can quickly trigger fatigue). Yogurt's protein also stimulates a hormone that transports those energizing carbs into your muscles to give your next workout more get-up and go. Stay-Well Strategy: If you're engaged in intense exercise and need to be at the top of your game, be especially speedy about eating this recovery snack. Why? Your body's most efficient at stashing away glycogen in the first 15 minutes after your workout, researchers state.

Load Up to Bring Down



Green and black tea, strawberries, blueberries, garlic, AND YES, even dark chocolate are high in antioxidants called flavonoids. Who says healthy food has to taste bad?! So go ahead, have that dark chocolate brownie after dinner, but remember, it's all in moderation. We're not talking about chocolate brownies every night. Remember: Load up on the good foods to bring down your weight. It's simple...and tasty.