

STRAIGHT TO THE CORE NEWS

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"Failure is the condiment that gives success its flavor."

-Truman Capote

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Your kitchen will make or break your weight loss results.

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EXERCISE OF THE WEEK



A kitchen stocked with the makings for healthy meals and snacks will keep you on track, even when late-night cravings strike. On the flip side, a kitchen filled with unhealthy munchies will derail your weight loss efforts every single time.

So what should your cupboards hold and what should be off limits? We've designed this self-guided kitchen raid to help you sort out the good from the bad.

Go ahead, grab a garbage bag, print out the list below, and then head to the kitchen.

The Refrigerator

Let's start with the fridge, the heart of your kitchen. If you find something in your fridge that is on the "Dump this" list, then you know what you have to do. Get that garbage bag ready.

Dump this: Beverages with high fructose corn syrup or sugar. Drinking calories is one of the quickest ways to gain weight, so quickly rid your fridge of any beverage that lists HFCS or sugar on the ingredient list.

- **Replace with:** Water. It is a well known fact that most people are partially dehydrated, a condition that is harmful to your health and wreaks havoc on your weight loss efforts. Keep plenty of cold water on hand for proper hydration.

Dump this: Rich dairy products. We know that cream cheese tastes amazing, but fat-filled dairy products are extremely high in calories and should not reside in your fridge. Eliminate high-fat cheese, milk and yogurt from your kitchen.

- **Replace with:** Fresh Vegetables. The produce drawer in your fridge should be overflowing with colorful nutrient-rich veggies. In fact, your fridge should hold more veggies than the drawer can hold. Veggies are filled with fiber, vitamins and nutrients and are a vital part of a healthy well-rounded diet.

Dump this: Fatty meats. It is important that you be selective about the meats that you eat. We may tell you that chicken is a great source of protein, but if you take that as a license to eat fried chicken everyday then the benefit of the protein will be lost in all the extra fat calories.

- **Replace with:** Lean meats. Skinless chicken breast, lean ground turkey, white fish - there are numerous choices when it comes to lean meats.

Dump this: Fruit-flavored yogurt. We hate to break this to you, but that cute individually packaged yogurt is going to do more harm to your waistline than you think. More than 50% of the calories in fruit-flavored yogurt come from sugar. Check out the ingredient list and you likely find both high fructose corn syrup AND sugar.



CHEST FLY - CABLE 1 ARM ROTATION

Preparation :

- * Maintain tall posture throughout the exercise and good stability through the abdominal complex.
- * Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

Movement :

- * This exercise involves a side step with a 1 arm chest rotational fly
 - * In a standing position with the cable set at shoulder height, grab the handle in one hand
 - * Walk away from the machine so that the weight is lifted from the stack
 - * In a simultaneous and fluid motion, perform a side step and chest fly (with only a slight bend in the elbow) - as shown
 - * Allow the pelvis and shoulders to rotate towards the step leg
 - * Step back as you bring the hand to starting position (as shown)
 - * Ensure that you toe out slightly with the step leg as this will facilitate rotation about the pelvis
 - * TRAINERS: watch for: hiking of the shoulders, excessive lordosis in the lumbar curve, and excessive bending or straightening of the elbow complex ... these are good indications that the weight is too heavy

- **Replace with:** Plain low-fat yogurt, Greek yogurt, or low-fat cottage cheese. If you love yogurt, then get the low-fat plain version. You can even chop up some fresh fruit and stir it in. Another option is to have a scoop of low-fat cottage cheese with chopped fruit on top.

The Freezer

Next let's take a look into your freezer. Anyone who has walked the freezer aisles at the store knows how plentiful frozen temptations are. How does your freezer measure up?

Dump this: Ice cream. We may as well get this one over with. Hiding a gallon or two (or even a pint) of your favorite ice cream "for a rainy day" is NOT a good idea. Save yourself from that temptation and don't buy ice cream.

- **Replace with:** Frozen fruit. When your sweet tooth starts acting up, throw an assortment of frozen fruit into the blender and whip up a healthy fiber-filled smoothie.

Dump this: Frozen Pizza. This is another one of those items that is just too tempting to keep around. Why would you bother to make a healthy dinner when a frozen pizza is calling your name? Ban frozen pizza from your home and watch as your waist starts to shrink.

- **Replace with:** Turkey or Veggie Patties. For quick dinners keep your freezer filled with lean turkey patties and veggie patties. Serve on a bed of brown rice or on a whole grain bun.

Dump this: TV Dinners. We doubt that you need me to go into too much detail on this one. The next time that you are tempted to buy a pre-packaged frozen meal, please turn the package over and read the nutritional facts. You will be shocked by the staggering number of calories and less-than-healthy ingredients.

- **Replace with:** Home-made Portioned Meals. Spend some time on the weekends to cook up healthy meals, and then freeze them in portioned containers. Then throughout the week you simply need to reheat and enjoy.

Dump this: Frozen Breakfast Food. French toast, waffles and pancakes are popular items in the freezer aisle. Don't fall for the pretty photos and tasty-sounding names. These items are highly processed and contain loads of unnecessary sugar.

- **Replace with:** Sprouted Whole Grain Bread and Muffins. It is just as easy to throw a slice of sprouted, whole grain bread into the toaster as it is a frozen waffle. Spread it with some natural peanut butter and pair it with a piece of fruit. Now that's a much healthier breakfast.

Trainer Tip

By Jim MacWhinnie

Nutrition for Endurance Athletes

It's racing and competition season. A strong training program and a solid nutrition plan are key factors for performance, recovery and overall health if you're an endurance athlete. From a nutrition standpoint, success lies in using high quality 'ingredients' at the correct times. Here's a quick summary of what you need, why you need it, and when it's most effective.

Carbohydrate (Carbs)

Why: Carbs are the primary fuel source for muscles during exercise. It is important to keep muscle glycogen levels high in order to perform optimally and avoid "hitting the wall", or "bonking."

When: Contrary to popular belief 'carb loading' and glycogen replenishment isn't a day long project. The body and muscles are most receptive to a carbohydrate load immediately post-workout. Additionally, some fast-digesting carbs before and during workouts may be necessary to maintain glycogen stores during long workouts and races.

What: The best carb choices aren't the first that come to most people's minds. While they may taste good; pasta, bread, bagels, cereal, and other grain products are not the most optimal fuel sources. When placed against fruits and vegetables such as yams, sweet potatoes, and bananas they are comparably low in vitamins, minerals and fiber.

Protein

Why: Muscle breakdown naturally occurs following exercise and protein is key in reversing this process. Protein is built from amino acids; the Branched Chain Amino Acids (BCAA's), valine, leucine, and isoleucine, are the 'Big Three'

The Pantry

Last, but not least, we come to your pantry. This may be the most painful part of your kitchen raid, since most junk food ends up here. So take a moment to give yourself a pep talk before grabbing that garbage bag and opening your pantry.

Dump this: Sugar-filled cereal. If sugar or high fructose corn syrup are listed as ingredients on your cereal box, it's got to go. Sugar-filled cereal is basically another form of junk food, and will only add inches to your waist.

- **Replace with:** Whole Grain Oatmeal. There is a huge difference between instant, sugar-filled oatmeal and whole grain oatmeal.

Dump this: Refined/White Bread/Rice/Pasta. These highly processed products promote weight gain and a plethora of other health problems. Do not buy "white" bread, rice or pasta - especially if you want to lose weight.

- **Replace with:** Whole Grain Bread/Rice/Pasta. Whole grain is the best choice you can make. It is filled with healthy fiber, and is less likely to contain harmful, waist-expanding ingredients.

Dump this: Chips/Crackers. While refined chips and crackers are fun to munch on, the extra calories will quickly add up. Do yourself a favor by not allowing these into your pantry.

- **Replace with:** Almonds. The key to making this snack a winner is to practice portion control. Place a handful of almonds into individual bags for pre-portioned snacks.

Dump this: Packaged Sweets. I don't really have to explain this one, do I? Cookies and cakes and candies shouldn't be a regular part of your diet, so keep them out of your house. It's one thing to enjoy a dessert once in a while, it is quite another to routinely eat processed sweets at home.

- **Replace with:** Dried Fruit. When you want to munch on something sweet, turn to a bag of dried fruit. Make sure that you purchase dried fruit that does not contained added sugars.

That completes your self-guided kitchen raid. We encourage you to raid your kitchen every couple of months as a way of keeping yourself on track. Talk with your family members about the healthy changes that you're making, and try to get everyone's support.

You know that weight loss comes as a result of healthy eating and consistent, challenging workouts. Call or email today to get started on a fitness program that will get you on the fast-track to your best body ever.

when it comes to muscle building and repair.

When: Like carbohydrate, the BCAA's are most effective in the immediate post-exercise period. Combining high quality animal protein with high quality carbohydrate helps the muscles both refuel and rebuild, resulting in improved recovery and a stronger next workout. Additionally, it is important to consume adequate protein throughout the day in order to keep the muscles in an anabolic state.

What: Animal proteins from lean, grass-fed, omega-3 rich, organic meats and wild caught fish, are the best sources of BCAA's and the most effective for muscle recovery. Replacing grains and starches with high quality animal sourced protein both post-workout and throughout the day is a great way to reduce recovery time and enhance performance in your next workout.

Fat

Why: Fat is often treated as the "Bad Guy", but it is simply not true! The body needs fat for energy, absorption of fat soluble vitamins - A, D, E and K, cell formation, temperature regulation, healthy skin, and much more. Fat also promotes satiety and adds enjoyment and flavor to meals.

When: Fat should be incorporated in all meals and snacks with the exception of heavy loads immediately pre- and post-workout, as it slows nutrient absorption and digestion. Rapid delivery and absorption of carbohydrate and protein during these periods is necessary to promote optimal refueling and recovery for performance focused athletes. **What:** Focus primarily on long chain mono- and polyunsaturated fat sources. Avocado, fatty fish, walnuts, and macadamia nuts make good choices. Although highly saturated, coconut is also an excellent choice. Coconut, coconut oil, coconut milk and other pure coconut products are

Shop Your Way Thin

Here's your grocery shopping cheat-sheet. Take this with you as a reminder of what to buy and what not to buy.

Don't buy food items that:

- Are filled with sugar or high fructose corn syrup.
- Are highly processed and contain unidentifiable ingredients.
- Are full of fat.

Do buy:

- Whole, fresh fruits and vegetables.
- Whole grains.
- Lean proteins.

Best Spinach Salad Ever

rich in medium chain triglycerides which among other benefits help to support healthy immune function.

Now you've got the full recipe for training, racing and competition success. As with all recipes, quantity and quality of the ingredients can make or break the finished product. And a very wise person once said, "You can't out train a cruddy diet."

These guidelines are geared toward a performance focused athlete. If weight loss and leaning out are your goals the recipe looks a little different.

Massage Therapy

NEXT TIME YOU FEEL PAIN AND NOTHING YOU DO FOR THE AREA HELPS ASK YOUR MASSAGE THERAPIST ABOUT TRIGGER POINTS!!

Dr. Janet Travell, author of Myofascial Pain and Dysfunction, identifies a trigger point (TP) as a hyperirritable neuromuscular point that is painful when compressed, and is associated with dysfunctional neurological reflex circuits. Put simply, this is an area that gets so irritated that the body misinterprets the signal, causing the person to feel as if the pain is coming from somewhere else.

Deactivating a trigger point can happen through injection, or more commonly, deep tissue and neuromuscular therapy style massage. By pressing on a trigger point area, pain-reducing chemicals are produced in the spinal cord that both relax the muscle tissue and reduce the pain from the referral pattern.

By Antonia Mennis

Core Dynamics Associates

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The first thing that you'll notice about this salad is that it tastes amazing. It also doesn't hurt that spinach is an extremely nutrient-dense food. The recipe calls for raspberry vinegar, which is a flavorful and refreshing alternative to traditional, oily dressing. The fruit and nuts add flavor, fiber and healthy fat.



Servings: 8

Here's what you need:

- 8 cups cleaned spinach leaves
 - 3 oranges, peeled, sliced and quartered
 - 2 cucumbers, peeled sliced and quartered
 - 1/8 cup macadamia nuts, coarsely chopped
 - 1/8 cup sunflower seeds
 - 2 Tablespoons poppy seeds
 - 1 cup strawberries, sliced or whole raspberries
 - 1/2 cup white balsamic raspberry blush vinegar
1. Combined the spinach, oranges, cucumbers, macadamia nuts, sunflower seeds, poppy seeds and strawberries in a bowl.
 2. Add the vinegar and toss well.

Nutritional Analysis: One serving equals: 99 calories, 3g fat, 14g carbohydrate, 2.6g fiber, and 3.5g protein.

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