

STRAIGHT TO THE CORE NEWS

7/15/2010



"When you know what you want, and you want it badly enough, you'll find a way to get it." -John Rohn

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GET READY FOR THE "FRESH" EVENT

CORE DYNAMICS IS HOSTING
THE "FRESH" EVENT

ON AUGUST 13th from 3:00pm to 8:30pm

EXERCISE Demonstrations, EAT Locally produced food
with Local Wine and WATCH the screening of "FRESH"

Presented by: [TURTLE SHELL HEALTH](#)

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CORE DYNAMICS

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EXERCISE OF THE WEEK



GET TUFF BOOT CAMP

TUESDAY, THURSDAY

SATURDAY AND SUNDAY'S @ 10:00AM

SUNDAYS are **BRING A BUDDY DAY for FREE**

**Run, Jump, Push, Pull and Swing your way
to a better body!!**

Takes place Outside in our Beautiful Outdoor Area.

For information on Pricing stop by the front desk or call
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CHECK OUT OUR WEBSITE coredynamicsgym.com AND

CLICK ON THE_ BOOTCAMP LINK TO SEE ONE OF OUR
INTENSE BOOT CAMP WORKOUTS!

Drink This Not That

Changing what you drink just may be the magic weight loss bullet you've been looking for.

David Zinczenko and Matt Goulding sure think so. But then they did write the book on it: Drink This Not That. They've even gone so far as to claim that you could lose up to 32 pounds in a year just by changing what you drink.

What most people don't know is that it's a lot easier to drink extra calories than to eat it. So you really need to pay attention to what you're sipping on.

Here is a sampling of what their book has to offer. The following are 5 of the worst things to drink, followed by 5 slimming alternatives.

Breakfast

While a cup of hot coffee or a glass of lowfat milk are both great ways to start your day, beware of the smoothie trap. More often than not smoothies are closer to milkshakes than protein shakes.

Worst beverage: Smoothie King Peanut Power Plus Grape (40oz)

- 1,498 calories / 44g fat / 214g sugar



SUPERSTAR PRESS

* Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

* The visual gaze should be straight ahead with feet shoulder width apart, toes pointing out slightly

Movement :

* This movement involves using one end of a barbell (the other end anchor in a corner on the ground) to perform a shoulder press

* Start with one hand firmly gripping the end of the barbell on top of the shoulder (as shown)

* During the 'load' phase (the decent), the body will rotate slightly towards the barbell hand and the trail leg will rotate slightly (at this point the knee and toe on the planted side should be in alignment), while the arm still remains on top of the shoulder

* As you squat back up, the body rotates and returns forward, as force is summated from the ground up and is transferred into the shoulder press (as shown)

* As you bring the barbell back down to the shoulder, the kinetic chain 'loads' again by squatting down with slight rotation (as shown)

* Perform desired number of reps and switch hands

* TRAINERS: ensure that the toes are pointed slightly out during the exercise (as this will ensure proper alignment

Drink This Instead: Smoothie King High Protein Banana (20oz)

- 322 calories / 9g fat / 23g sugar

Lunch

A study done at Virginia Polytechnic Institute showed that people who drink 17oz of water before sitting down for a meal ended up eating 9 percent fewer calories. Those calories can really add up over time.

Worst beverage:

SoBe Green Tea (20oz)

- 240 calories / 0g fat / 61g sugar

Drink This Instead: Honest Tea Organic Honey Green Tea (16oz)

- 74 calories / 0g fat / 18g sugar

Afternoon

When the afternoon rolls around most of us are ready for a pick-me-up. Too often these caffeinated drinks are loaded with waist-expanding calories.

Worst beverage: Starbucks Venti Peppermint White Chocolate Mocha with whipped cream

- 660 calories / 22g fat / 95g sugar

Drink This Instead: Starbucks Venti Caramel Cappuccino

- 170 calories / 6g fat / 18g sugar

Postworkout

There's no good reason to follow up a great workout with a sugar-filled beverage, even if it makes claims for quick recovery and muscle growth. After exercise your body is in need of protein, carbohydrates and potassium, so choose a beverage filled with these three.

Worst beverage: Naked Protein Juice Smoothie (15.2oz)

- 418 calories / 4g fat / 53g sugar

Drink This Instead: Horizon Organic Chocolate Reduced Fat Milk (8oz)

- 180 calories / 5g fat / 27g sugar

Alcoholic beverages

There are known benefits to drinking alcohol in moderation (one or two drinks per day) such as raised HDL (good) cholesterol, boost in bloodflow, and improved sugar

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

Trainer Tip

By Joao Monteiro

In many instances conventional low-/moderate intensity aerobic exercise produces no growth hormone response at all. Best to stay with high intensity interval training.

Contrary to what you have been told, you need not spend a long time in the gym doing continuous, monotonous (boring) exercise in order to burn fat. Instead, you should exchange duration for intensity and your cardiovascular training sessions should be composed of short, intermittent bursts of activity, mixed with rest periods.

Nutrition Tip

metabolism. A recent study in the journal BMC Public Health reported that people who have a daily drink were 54 percent less likely to be obese. However, it's called a beer belly for good reason, since many alcoholic beverages are loaded with calories.

Worst beverage: Red Lobster Traditional Lobsterita

- 890 calories / 183g carbohydrates

Drink This Instead: Red Lobster Classic Martini with Gin

- 140 calories / 0g carbohydrates

Recent studies are reporting that most of us drink 21 percent of our daily calories. That adds up to an average of 460 calories each day. It's easy to see how these calories quickly add up into unwanted pounds.

Pay extra attention to what you drink throughout each day. Make it a habit to pass on the calorie-packed drinks and to focus on drinking lots of water.

Remember that small changes to your lifestyle over time will make the difference.

We're always available to help - call or reply to this email to set up your consultation.

Nature's Perfect Thirst-Quencher

The best drink for both weight loss and health is...water. Here are 4 great reasons to fill your glass to the brim with crystal clear water:

1. Staying hydrated enhances weight loss.
2. Drinking water prevents dehydration.
3. Filling your stomach with water before meals prevents overeating.
4. Quenching your thirst with water hydrates your skin, giving it a more youthful glow.

Easy Chilled Gazpacho

Gazpacho is a cold tomato-based soup that originated in Spain. What better time to enjoy a chilled bowl of gazpacho than on a hot summer day? Use fresh ingredients for the best possible taste. Servings: 6



Here's what you need:

Restaurant Eating Tips
By John Erickson

1. Do not show up hungry: eat a balanced 100 calorie snack an hour before dining out so your blood sugar is stable as you read the menu. Otherwise, if you are ravenously hungry you will care less about what you order.

2. The best choice for an appetizer is a salad with oil and vinegar.

3. As you scan the menu for your main meal, first look for a lean source of protein that is either baked, broiled or grilled (i.e. chicken, fish or lean meat). Protein sets the stage for the rest of the meal and should be about the size of the palm of your hand. This is equal to 3 oz cooked for women and 4-5 oz cooked for men.

4. Next, scan the menu for a carbohydrates side order. Your dense carbohydrate (potato, rice, pasta, etc) should be equal to the size of your protein source. Leafy, stem and stalk vegetables such as spinach, broccoli and green beans can be eaten in virtually unlimited amounts because their level of digestible carbohydrates is very low.

If you have any questions please contact John Erickson, 40/30/30 Nutritionist and Personal Trainer at Core Dynamics.

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- 3 cups tomato juice
 - 1/3 cup red wine vinegar
 - 1 Tablespoon olive oil
 - 2 large tomatoes, quartered
 - 1 cucumber, peeled and cut into chunks
 - 1 small onion, peeled and quartered
 - 1 sweet green bell pepper, seeded and quartered
 - Dash of hot sauce
 - Fresh ground salt and pepper to taste
 - 2 tomatoes & 2 cucumbers chopped for garnish
1. Place all of the ingredients, except tomato and cucumber garnish, in a high speed blender. Turn on high speed for 40 seconds.
 2. Chill the soup for 30-60 minutes.
 3. Place chopped cucumber and tomato in each serving dish and fill with soup. Serve immediately.

Nutritional Analysis: One serving equals: 85 calories, 2.5g fat, 15g carbohydrate, 2.5g fiber, and 3g protein.

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