

## STRAIGHT TO THE CORE NEWS

6/15/2010



**"Without goals, and plans to reach them, you are like a ship that has set sail with no destination." -Fitzhugh Dodson**

### CHECK OUT OUR NEW ONLINE MAGAZINE

[www.coredynamics.fitpromag.com](http://www.coredynamics.fitpromag.com)

or click on one of the links to the right

### GET TUFF BOOT CAMP

### SIGN UP NOW FOR JULY

**JULY INCLUDES TUESDAY AND THURSDAY EVENINGS @ 6:00PM**

**AND SATURDAY AND SUNDAY'S @ 10:00AM**

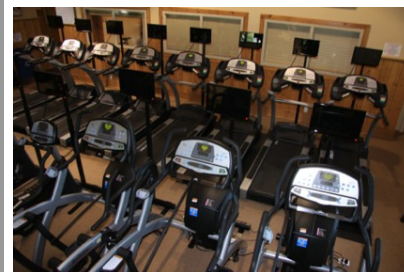
**SUNDAY'S YOU CAN BRING A BUDDY TO BOOT CAMP FOR FREE WHEN YOU**

**SIGN UP IN ADVANCE FOR THE 4 WEEK BOOT CAMP PROGRAM!!**

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

Takes place Outside in our Beautiful Outdoor Area.

**Refer a Friend - Click Here**



CORE DYNAMICS

58 Deerfield Road, NY 11976  
Water Mill, NY 11976

(631)726-6049

[Visit Our Website](#)

### CLASS SCHEDULE CHANGES

TAI CHI

Monday's @ 8:30am

with John

HAS BEEN CANCELLED

### Magazine Headlines

- [Losing the Pregnancy Pounds](#)
- [Put Exercise on Your Calendar](#)
- [Better Butt\(ocks\)](#)
- [Working Out Outside](#)
- [9 Reasons Your Sex Drive Is Dead](#)
- [4 Steps to Safe Summer Picnics](#)
- [Coffee and Diabetes](#)
- [Mommy, My Ear Hurts!](#)
- [Bug Bites 101](#)
- [Get Your Kids Reading](#)
- [5 Fix-It Yourself Projects](#)
- [Don't Forget Your Father](#)
- [Bad Breakfast Foods](#)
- [Eating for Smarter Brains](#)
- [Healthiest Ice Creams](#)
- [Going Green Every Day](#)

For information on Pricing and to Reserve your spot  
 stop by the front desk or call 631.726.6049  
 CHECK OUT OUR WEBSITE [coredynamicsgym.com](http://coredynamicsgym.com) AND  
 CLICK ON THE\_ BOOTCAMP LINK TO SEE ONE OF OUR  
 INTENSE BOOT CAMP WORKOUTS!

### Mountain or Molehill?

So you have a weight problem.

Pounds have added up over the years, slowly accumulating on  
 your hips, thighs and belly.

When you look in the mirror you don't like what you see. Yet  
 you feel stuck.

You're stuck because...

- You've gained too much weight to ever lose it all.
- You're too old to make a change.
- You'd be lost in a gym.
- You simply don't know where to start.

And so, if you are like most people, you give up on yourself  
 before you ever shed a pound. The enormity of your goal  
 paralyzes your ability to even begin.

We believe you can end this cycle of self destruction by simply  
 focusing on the mole hills that make up the mountain – rather  
 than focusing in on the mountain itself.

Don't get us wrong, we know that weight loss can seem like an  
 enormous task - especially when you have 20, 50 or even 100  
 pounds to lose.

However, rather than being discouraged by the mountain of fat  
 you need to lose, conquer the mole hill of losing one single  
 pound each week.

In fact, make it your weekly mole hill to drop one pound a  
 week.

Doesn't that sound easy? If you did this consistently for one  
 year you would lose 50 pounds.

So how do you shed a pound a week? Simple. Just burn 3500  
 extra calories.

Create a 3500 calorie deficit each week by a combination of

### EXERCISE OF THE WEEK



#### BICEP CURL: MB 1 ARM (W/LUNGE) - SAGITTAL

- \* Initiate a thorough dynamic warm up prior to starting this exercise; this engages the nervous system.
- \* Allow the body to rhythmically flow throughout this movement.

#### Movement :

- \* Stand tall, looking straight ahead.
- \* Cup the MB in one hand as shown.
- \* Perform a sagittal lunge and curl the weight as shown.
- \* Fluidly lunge back and repeat.
- \* TRAINERS: Watch and correct for: too much hinging at the hips, excessive thoracic kyphosis and excessive valgusing at the knee (knock knees).

#### Trainer Tip

increased calorie exertion (exercise) and a decrease in calories consumed (eating less).

Take every opportunity to exert more calories by increasing your physical activity and to decrease your calorie consumption by eating fewer calories and by making healthier choices.

It helps to record your progress in a notebook and refer back to it. You will be surprised how encouraging it is to see your weekly progress written down on paper.

Remember, if you lose 500 calories a day you will drop a pound in a week.

Here are some practical ways to lose calories:

**If you normally...**

**Do this instead...**

Drink a mocha

Drink plain coffee or tea (250 calories lost)

Eat a snack from a vending machine

Enjoy an apple (180 calories lost)

Hit the snooze button in the AM

Jog for 30 minutes before work (150 calories lost)

Skip your workout

See us for an invigorating workout (changes your life!)

Weight loss doesn't have to be a mountain. Each molehill you conquer will take you one step closer to a healthier, fitter you.

Small changes to your lifestyle over time will make the difference.

We are always available to help – call or reply to this email to set up your free consultation.

**Picture This**

Having trouble with motivation? Try this technique:

1. Go through your photo albums and find a picture of yourself in your best shape ever. It may be a photo from your college or even high school days.
2. Now go through your photos and find a picture of yourself in your worst shape ever. You may have to go through old shoe boxes of photos, since this photo may not have made it into your photo albums.
3. Place the two photos side by side. You at your fittest; you at your fattest. Study the photos. Remember what it felt

By Jim O'hagan

The calories burned while exercising are relatively few in quantity and small in significance. The major benefits of exercise are metabolic and hormonal and they accrue after exercise has ended. Focusing exclusively on the amount of calories burned while exercising, fails to acknowledge a supremely important fact: exercise alters your metabolism and profoundly influences your internal hormonal environment. Therefore it would be more beneficial to focus on intensity of your workout over the duration. Eating a well balanced diet and limiting your junk food intake, of course, is just as important.

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like to be in great shape. Remember what it felt like to be in terrible shape (you may be living that right now).

4. Make a decision. Do you want to continue living your life in bad shape? Or will you shake off past failures and do what it takes to achieve the body you once had?

Share your two photos with us. Show us the great body that you once had and together we will get that body back.

### Sweet & Tangy Salmon

It's barbeque season, and what better to throw on the grill than a tender fillet of salmon? Salmon is full of healthy omega-3 fatty acids and B vitamins. In addition to the health benefits, this salmon recipe packs a sweet and tangy flavor that is sure to please.



**Servings: 2**

#### **Here's what you need:**

- 1 fillet of fresh Salmon
  - 1 cup Lite Soy Sauce
  - 2 tablespoons fresh minced Ginger
  - 1/2 cup Agave Nectar (or Honey)
1. Combine the Soy Sauce, Ginger and Agave nectar. Place the Salmon in a pan and cover with the Soy marinade for 1 hour in the fridge.
  2. Prepare your grill. If desired, soak a cedar plank to barbecue the Salmon on.
  3. Grill over medium heat until cooked through and flaky.

**Nutritional Analysis:** One serving equals: 300 calories, 12g fat, 8g carbohydrate, .5g fiber, and 40g protein.

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