

STRAIGHT TO THE CORE NEWS

6/1/2010



"I know the price of success: dedication, hard work and an unremitting devotion to the things you want to see happen." -Frank Lloyd Wright

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CLASS SCHEDULE CHANGES

The SUMMER CLASS SCHEDULE is

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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 Projects You Can Do on Your Own](#)
- [Don't Forget Your Father](#)
- [Bad Breakfast Foods](#)
- [Eating for Smarter Brains](#)
- [Healthiest Ice Creams](#)
- [Going Green \(and Blue, Red, and Orange\) Every Day](#)

CLICK ON THE [BOOT CAMP LINK](#) TO SEE ONE OF OUR
INTENSE BOOT CAMP WORKOUTS!

The Top 7 Reasons to Exercise

Summer has arrived and along with it the dreaded bathing suit season.

Whether you can't wait to bare it all on the beach, or if you're still working toward a weight loss goal, exercise is the key to looking and feeling great in summer months.

But why else should you exercise? Here are the top 7 reasons to exercise this summer:

Reason #1: To Melt Fat Away

The most coveted side effect of exercise is, of course, fat burn. The combination of a challenging exercise routine and a balanced meal plan is the best known way to lose fat. Here's what losing fat feels like:

- Your pants become loose
- People around you begin to say that you look great
- A glance at yourself in the mirror makes you smile
- Your energy levels soar
- You feel amazing

Reason #2: To Alleviate Pain

Regular exercise is a great way to alleviate chronic muscle and joint pain. Persistent back pain can be lessened by strengthening your core, and you'll protect yourself against injury. It amazes people when the chronic pain that they've lived with for years begins to fade after starting a regular exercise program.

Reason #3: To Increase Lean Tissue

More muscle is good for many reasons. You see, muscle requires many more calories each day than fatty tissue. In fact, one pound of muscle burns 30-50 calories each day at rest - compared to a measly 9 calories per pound of fat.

When you exercise your body composition will change to contain more lean tissue, thus resulting in extra calories burned while you sleep. What could be better than that?

Reason #4: To Stay Young

Tim D. Spector, a professor of genetic epidemiology at King's College in London, led a study on the effects of exercise on

EXERCISE OF THE WEEK



PUSH PRESS - 2 ARM

Preparation :

- * Begin with feet shoulder width apart, feet pointing straight ahead.
- * Start with dumbbells at shoulder level, palms facing forward.
- * Have a adequate drawing in and pelvic floor activation.

Movement :

- * Perform a squat movement as deep as you can with no compensations, avoid letting the weight drop anterior to your base of support.
- * Squat up to starting position and perform a shoulder press.
- * Lower the weight slowly.
- * Other Progressions:
Inertia progression:
Dumbbell, to cables, to tubing.
Stable to Unstable: Ground to Airex pad, to 1/2 foam roller.

Trainer Tip

INTENSITY OVER DURATION
FOR FAT LOSS

The calories burned while

aging. The results were astounding. They found that exercise appears to slow the shriveling of the protective tips on bundles of genes inside cells (called telomeres), which means a slowing of the aging process.

"These data suggest that the act of exercising may actually protect the body against the aging process," said Spector.

Here's the study in a nutshell:

- Telomeres cap the ends of chromosomes and every time a cell divides, the telomeres get shorter.
- Once a telomere gets too short, that cell can no longer divide.
- Aging occurs as more and more cells reach the end of their telomeres and die. This results in weakened muscles, skin wrinkles, loss of eyesight and hearing, organ failure and slowed mental functioning.
- The study analyzed the telomeres from the white blood cells of twins over a 10-year period. Telomere length was used as a marker for the rate of biological aging.
- It was found that the length of telomeres was directly related to that twin's activity level. "There was a gradient," Spector said. "As the amount of exercise increased, the telomere length increased."
- People who did 100 minutes of weekly exercise had telomeres that looked like those from someone about 5-6 years younger than those who did 16 minutes of exercise each week.
- People who did 3 hours of vigorous exercise each week had telomeres that looked like those from someone about 9 years younger.

Reason #5: To Prevent or Control Type 2 Diabetes

Regular exercise helps to stabilize blood sugar levels. This is something that people with type 2 diabetes, or at risk for type 2 diabetes, gain substantial benefits from.

Exercise improves the body's use of insulin, and the related weight loss improves insulin sensitivity. Of course patients with type 2 diabetes need to get guidelines from their doctor before starting an exercise program.

Reason #6: To Lower Blood Pressure and Cholesterol Levels

Exercise has shown to lower blood pressure and cholesterol levels for these two reasons:

- Weak Heart Muscles pump little blood with lots of effort. By exercising you strengthen your heart muscles and train them to pump more blood with less effort. The stronger your heart is the less pressure will be exerted on your arteries.
- Exercise Increases HDL levels in some people - this

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. - Jim O'Hagan

Nutrition Tip

By John Erickson

FIVE FACTORS THAT WILL REDUCE YOUR METABOLISM

Anything that will stimulate the overproduction of cortisol in your body will decrease your metabolism by causing muscle loss.

1. Extreme low carbohydrate diets
2. Excessive stimulants such as caffeine
3. A poor nights sleep
4. A stressful day at work
5. Skipping meals

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means a decrease in your risk for heart disease. Other heart disease risk factors such as weight, diabetes and high blood pressure all show improvement with regular exercise.

Reason #7: To Feel Great

The first thing that clients tell us after starting an exercise program is how much better they feel.

Most didn't even realize how bad they felt. It is easy to get used to feeling sluggish, achy and unmotivated.

Exercise boosts your energy levels and makes you feel amazing.

The quickest, easiest way to guarantee that you'll meet your fitness and weight loss goals is to work one-on-one with a qualified fitness professional. You'll be held accountable with your workouts and you'll be instructed properly and shown techniques and strategies that will expedite your results.

Call or email today to get started on a program that will take the guesswork out of fitness and to set your results on fire.

What are you waiting for? Lace up your shoes and get moving!

Your Reason

Your number one reason for exercise is unique to you. Maybe you want to fit into a smaller pant size or lower your cholesterol. Or maybe you just love how a good workout makes you feel.

Whatever your reason is, remind yourself of it often. Write it down and place it where you will see it everyday. It may be just the motivation that you needed.

Fresh Mango Pie

What better way to usher in summer than with this delicious no-bake mango pie? You won't find any processed sugars or refined carbs in this dessert – just sweet and nutritious whole food ingredients. That being said, remember to use portion control even



with nutritious desserts.

Servings: 12

Here's what you need...

- 2 cups raw pecans
 - 1/2 teaspoon ground vanilla beans, divided
 - 1 teaspoon sea salt
 - 1 1/2 cup pitted dates, divided
 - 2/3 cup water
 - 3 ripe mangoes, peeled, seeded and sliced
1. Combine the pecans, 1/4 teaspoon of the vanilla bean, sea salt and 3/4 cup of the dates in a food processor. Press half of the mixture into the bottom of a pie pan, set aside.
 2. Combine the remaining 3/4 cup dates, 1/4 teaspoon vanilla bean and water in a food processor or blender. Mix until a thick syrup forms.
 3. Place the mangoes in a large mixing bowl. Toss with the syrup until fully combined.
 4. Arranged the mangoes over the crust, then sprinkle with the remaining crust.
 5. Keep in the fridge and eat within 2 days.

Nutritional Analysis: One serving equals: 220 calories, 12g fat, 27g carbohydrate, 5g fiber, and 3g protein.

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