

STRAIGHT TO THE CORE NEWS

9/1/2010



"Goals. There's no telling what you can do when you get inspired by them. There's no telling what you can do when you believe in them. There's no telling what will happen when you act upon them" -John Rohn

OUR ANNUAL BEACH PARTY

SATURDAY September 11th

6:00pm - 9:00pm

@ Cryder Beach in Southampton Village

Fellow member Phil Gay of

East End Clambakes will be catering the party

Feel free to bring something to share whether a side dish or beverage.

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EXERCISE OF THE WEEK



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FLYING POINT 8K

CORE DYNAMICS is a Sponser for the FLYING POINT 8K

SUNDAY

SEPTEMBER 26th

The Funds from the run go to benefit THE FLYING POINT FOUNDATION for AUTISM which is raising money to open a summer day camp for individuals with autism on the East End.

Look for training tips at the gym to prepare for the 8K

Click on the link below for more information or to register

www.flyingpointrun.com

7 Steps to a Perfect Packed Lunch

Summer vacation is winding down, fall is approaching and the kids are going back to school.

It's time to examine the art of packing the perfect lunch.

While it is easy to rely on the school cafeteria for the kids and fast food meals for you, this method will quickly result in unwanted pounds.

The only way to ensure that you and your kids are eating a nutritionally balanced, health promoting lunch is to pack it yourself.



LUNGE - SIDE W/ TRICEPS EXTENSION

- * Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.

- * Activate core with proper drawing in and pelvic floor contraction.

- * Start with the arms holding the dumbbell overhead, elbows bent to 90 degrees.

Movement :

- * While maintaining total body alignment, step sideways descending slowly by bending the lunge at the hips, knees, and ankles, and keeping the other leg straight in extension.

- * Keep most of your weight in the lunge leg and AVOID letting your back arch as you descend into the lunge.

- * In the deepest part of the lunge, perform an overhead tricep extension and lower the weight slowly.

- * Use your hip and thigh muscles to push yourself up and back to the starting position.

- * Other Progressions:

- 1- inertia progression: for dumbbells, to cable, to tubing

- 2- Stable to Unstable: shoes on to shoes off to lunging onto an unstable surface (i.e. core-board, airex pad etc.).

Nutrition Tip

HOW TO SPOT A FAD DIET OR GIMMICK

By John Erickson

According to Ann Cooper and Lisa M. Holmes in their book, Lunch Lessons, "When it comes to nutrition, children are not just miniature adults. Because they're growing, they have different dietary needs." (Their daily serving recommendations are in boxes below.)

Use the following 7 steps as your guide for packing healthy lunches that cover the spectrum of nutrients that your growing kids needs.

Don't have kids? Keep reading. You'll need these steps when packing your own nutrient-dense, fitness lunches.

Step 1: Hydration

Every function of the human body requires water, so it's a no-brainer that water should be included in your packed lunch. Eight glasses a day is a minimum.

It's easy to fall into the trap of giving kids juice or soda pop, and once your kids are accustomed to drinking these sugary treats expect a battle when you switch to water. This is one fight that is worth winning.

Remind yourself that the sugary drinks are filled with empty calories, which quickly lead to weight gain. Sugar also robs the body of vital nutrients and minerals.

Step 2: Protein

- 2 – 3 servings daily
- 1 serving equals: 2 – 3oz meat, 1/2 cup cooked beans, 1/3 cup nuts or one egg

Protein is an essential part of lunch, both for you and your kids. Kids need protein to support their growing body, and you need plenty of protein in order to grow and maintain lean muscle tissue.

Here's a list of healthy protein sources: fish, beans, tofu, nuts, eggs, chicken, turkey, lean pork and lamb.

Limit the amount of high-saturated-fat protein that your kids eat to no more than 3 servings per week. These include cheese, hot dogs, salami, bacon and sausage.

Step 3: Whole Grains

- Kids 6-9 yrs: 4 – 7 servings daily
- Kids 10-14 yrs: 5 – 8 servings daily

You don't need me to tell you the multi billion diet industry is riddled with gimmicks and fads. How do you tell a fad diet? A fad diet restricts or promotes the fear mongering of any of the three macronutrients (protein, carbohydrates or fat). This is exactly why my gimmick is promoting a balance of all three macronutrients at every meal. In other words having just cereal for breakfast means you are on a fad diet. Since cereal is a carbohydrate you need to balance this meal with protein and fat. For example along with cereal I would have an egg omelet (protein) pan fried with olive oil (fat). Although you are adding more "calories," balancing your meals will make your body function more efficiently, make you feel full, and most importantly shift your body into the fat burning mode.

Consuming all three macronutrients at every meal will put your body into a state of metabolic equilibrium which is the best place to be if your goal is to keep muscle and burn fat. Each macronutrient has its place in human nutrition. One is not better or worse than the other –they are equally important to keep your metabolism healthy, reduce body fat, strengthen your muscles, and to reverse the biomarkers of aging.

My eating plan is called the "USA Diet" and includes the "red, white & blue food combining charts." My food charts mark red for protein, white for carbs and blue for fats. By combining all three you will create yourself a 100% balanced, non-fad USA diet meal. Only you can help make America strong again and cure the health crisis by remembering to combine your meals with the right amounts and types of protein, carbohydrates and fat. For more information please speak to John Erickson, personal trainer and nutritionist at Core Dynamics gym.

- Teens: 6 – 9 servings daily
- 1 serving equals: 1 slice of bread, 1/2 bagel, 1/2 cup cooked rice, 1/2 cup pasta, 1 cup of whole grains

Whole grains are one of the major building blocks of a healthy meal. The key word here is "whole" meaning not refined.

White bread, bagels, pasta and rice have been stripped of the nutrients and minerals. As a result these items convert quickly into sugar, leaving your child drained after an initial quick burst of energy. Always avoid refined white grain products.

Here's a list of healthy whole grains: oatmeal, brown rice, quinoa, millet, bulgur, whole-wheat or sprouted grain bread, barley, whole grain cereal and whole wheat pasta.

Step 4: Veggies

- 4 – 9 servings daily
- 1 serving equals: 1 cup raw or 1/2 cup cooked vegetables

When it comes to veggies, variety is key. Choose a array of colors like orange, red, purple, green, blue, white and yellow to make sure that your kids are getting all of the necessary vitamins, minerals and phytochemicals.

Don't save vegetables for dinnertime. Pack each lunch with lots of colorful vegetables.

Try these veggie-packing ideas: Put a small container of hummus with cut veggies for dipping. Fill your sandwiches with baby arugula, roasted peppers and slices of tomato. Pack a container of veggie and whole wheat pasta instead of a sandwich. Invest in a small thermos and fill it with vegetable soup.

Step 5: Fruit

- 3 – 5 servings daily
- 1 serving equals: 1/2 cup cut fruit, whole fruit size of tennis ball, half a banana, 1/2 cup 100% fruit juice

Fresh fruit is filled with vitamins, nutrients and minerals. As with your veggies, choose a variety of colors to ensure that your kids are getting a range of nutrients.

Trainer Tip

By Didi Frizell

For training to be productive, you must look forward to it with enthusiasm and confidence.

Merely doing it is not good enough.

Train with a steady pace, moving from set to set, breathing fully to oxygenize and psychologically prepare for the set to follow.

Get involved with the flow of your exercise, always stay focused on your immediate task and surroundings.

Concentrate on the muscle's action, the burn, the pump, the extension and contractions. This is not advanced thinking reserved for champions and pros.

No time is too soon to think in these terms. If you're brand new in the gym, practicing your exercises with these obscure thoughts in mind will speed your progress.

Always keep your eye on your goal, knowing you'll eventually achieve it and savor the time spent along the way.

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Stay away from fruits that are canned and coated in syrup, and also from fruit snacks and chews that contain added sugars. If fresh fruit is not readily available then go for plain dried fruit, with no added sugar.

Unlike veggies, it is possible to eat too much fruit. Though the natural sugars within fruit are much healthier than refined sugar, too much of it will have a negative impact on your blood sugar levels and the extra calories will be stored as fat. Stick with 3 – 5 servings per day.

Step 6: Calcium

- 2 – 6 servings daily
- Serving size based on the amount of calcium in the food. Examples of 1 serving: 1 cup cooked beans, 1/2 cup almonds, 1/2 cup dried figs, 1/2 cup dark leafy green vegetables, 1/2 cup tofu, 1 cup low-fat milk, 1 cup low-fat yogurt

Your kids need calcium in order to build strong, healthy bones. It is important to incorporate calcium into each meal.

Calcium isn't just found in dairy products. There are many plant sources that contain calcium that is more readily absorbed by the body than the calcium found in dairy.

Try these sources of calcium: nuts, dark leafy greens, salmon, broccoli, tofu, soy milk, sardines, beans, sunflower seeds, sesame seeds, low-fat milk, low-fat yogurt.

Step 7: Healthy Fat

- 3 – 4 servings daily
- Serving size based on the amount of healthy fat in the food. Examples of 1 serving: 1 teaspoon of olive, safflower, sesame, flax or canola oil, 1/2 cup nuts, 1 tablespoon peanut, almond or cashew butter, 1 cup cooked beans, peas or lentils.

You may think of all dietary fat as being bad, but fat from plant sources are very important to the growth and development of a child's body.

Limit animal fats, which are filled with saturated fat and cholesterol, and eliminate trans-fatty acids contained in foods that are labeled as hydrogenated.

There you have it, 7 steps to the perfect packed lunch. See the

recipe below to get you started on your first perfect packed lunch.

Remember that eating right is only half of the equation. Exercise is just as important when it comes to fitness and weight loss.

Are you ready to get started on a personalized fitness program? Call or email today to set up a consultation.

Push Yourself

Get the most from your workouts. Use compound movements (train multi joints at a time). Big muscle groups burn more calories. And to get even better results, cut your rest period in half and push yourself harder - results will come faster than you ever thought possible.

Perfect Packed Lunch

Here's an example of a healthy and balanced packed lunch. Try this one out, and then use it as a springboard for your own creative lunch ideas. Don't fall into the trap of eating the same thing day after day. Remember to use the 7 steps above to create your perfect packed lunch.



Servings: 1

Here's what you need...

For the wrap:

- 1 green tortilla
- 1 chicken breast (or your choice of protein: veggie patty, lean turkey, hardboiled egg, smoked salmon, grilled white fish, or baked tofu)
- Sliced tomato
- Romaine lettuce
- 1 Tablespoon hummus

For the veggies:

- 1/2 cup cut veggies (try broccoli, cauliflower, carrots and bell peppers)
- 1/4 cup hummus

For the yogurt:

- 1/2 cup plain nonfat Greek yogurt

- Handful of berries (strawberries and blueberries)

For the trail mix:

- 1oz raw mixed nuts
- 5 golden raisins

1. Spread the tortilla with hummus, line with lettuce, tomato slices and chicken breast. Wrap and slice in half.
2. Wash and pack the cut veggies in plastic container. Pack the hummus in a small container.
3. Pack the yogurt in a small container and top with the berries.
4. Mix the raw nuts with the raisins and pack in a small container or bag.
5. Don't forget to pack a container of water and a napkin!

Nutritional Analysis: One serving equals: 547 calories, 19g fat, 39g carbohydrate, 12g fiber, and 55g protein.

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