

The Houston Hot Sheetvol4 2005

What's New This Month?

Welcome back; hope everyone had a great Thanksgiving holiday! We are also hoping some of the tips you have picked up from us helped you stay on track AND enjoy your feasts this year! As we said in the last newsletter, we were at the Club Industry Expo in Chicago where most of the industry's top suppliers come together with their best plans for the New Year. The trend continues to be the incorporation of Metabolic Testing and Lifestyle programs (which we have been adamant about since the day the BodyGem became available!). It definitely appears that more "functional fitness" exercise programming is the big club trend; almost to the point of being redundant. Balancing on a wobble board and throwing a medicine ball at a rebound screen while doing squats does NOT reflect an average daily activity. It seems that some of the companies are trying TOO hard to make exercise interesting; we saw the same trend with a lot of the "fusion" programming a few years back, where they tried to make yoga and Pilates more "competitive" and high energy. There were a lot of injuries from trying to do TOO much too soon. There were (and are) some great classes, just a little too much for some participants. That is where the "Chile Pepper Approach" to exercise fits in: finding your own "heat" tolerance, and trying to turn up the heat every once in a while. Jumping to the hottest level does not guarantee better results, but it does increase the chances of getting hurt. Learn to match your work to your individual recovery ability!

Ask the Trainer- How Much Protein Should I Consume When I am Weight Training? Another excellent, multi-tiered question! If you follow the bodybuilding mantra, the recommendation is anywhere from 1 g/pound of bodyweight, up to 2 g/pound. This has been a topic of much discussion for years. We have found an easier way to answer the question, without making someone feel like they are living on protein powder. We usually recommend people look at a 50:25:25 ratios for carbs/protein/fats. One of the reasons we recommend this is because we want people to learn how to eat, this makes the numbers easy to learn. (I.e. 2000 calories=1000 calories from carbs, 500 from protein, 500 from fats). When someone wants to increase lean mass, adding calories from protein sources can change the ratios to more of a 40:40:20 ratio (bump calories up to 2500=1000 calories from carbs, 1000 from protein, 500 from fats). Now look at the numbers, we only added enough calories to make a ONE POUND (500 calories x 7 days= 3500 calories) difference in weight, but we are consuming 250 GRAMS of protein! That puts the average person at a much higher level than they would normally consider, especially when the food pyramid recommends closer to 60-70 grams daily for most adults. How much should someone have? There is no cut and dried easy answer, but to answer that question, the first thing we have to know is: How much are you already eating? Effective meal and diet tracking makes a HUGE difference in making recommendations. For most exercising adults, we start by recommending .75 grams of protein per pound of bodyweight. (150 pound person = 112-113 grams per day). Check our "Ask the Trainer" section of the website for the WHOLE story, and if you have a particular question you would like answered, drop us a line!

Exercise Tip of the Month- The easiest way to make your exercise harder...and softer at the same time! A simple change to the grip you use on your dumbbell, barbell, and bar exercises can make a substantial difference in how hard you work...and it costs about \$2.00! You can greatly increase the intensity of dumbbell and barbell

exercises by using soft foam hand grips (I made a few sets from a length of 7/8" pipe insulation I bought at Home Depot). It increases the effective diameter of the bar, which forces the smaller muscles of the fingers, hands, wrists, and forearms, helping to promote greater grip strength and endurance. It also reduces the effective leverage of the biceps and brachialis. It makes a HUGE difference in how much weight you can handle for certain exercises, so it may not be for the "frail of ego", but if you want to feel your muscles work in a new way, try it! Hand strength and grip strength are paramount to daily activity and almost every sport, including golf, tennis, basketball, wrestling, and more. Foam grips are an easy way to make your body work harder than it wants to, THAT is what tells it to adapt. It is not necessary to use them at every workout, but they can really shock the arms when you need to "turn up the heat".

Recipe of the Month- Looking for an easy solution to leftover Thanksgiving meals? Here is an easy way to make nutritious use of the leftovers. This is from Foodfit.com, a great site for healthy recipes. Look for a link to the site on our website over the holidays!

Turkey Meatloaf with Sundried Tomatoes

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 teaspoons chopped garlic
- 1 teaspoon dried oregano
- 1/2 cup sun-dried tomatoes, rehydrated
- 1 1/2 pounds ground turkey
- 1 cup bread
- 1 egg
- 1/2 cup chopped parsley
- 1/4 cup skim milk
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup freshly grated Parmesan cheese

1. Preheat the oven to 425°F.
2. Heat the olive oil over medium heat in a skillet. Add the onion and cook for 5 minutes. Add the garlic and oregano and cook 2 minutes more and set aside to cool.
3. Drain the tomatoes and finely chop them.
4. Combine the tomatoes, turkey, breadcrumbs, egg, parsley, skim milk, salt, pepper and the cooled onion mixture. Thoroughly mix together.
5. Divide the mixture into 4 equal portions. Pack each portion into a 1 1/2-cup baking dishes, such as a soufflé dish. Sprinkle the tops with cheese and bake for 30 minutes. Let stand for 5 minutes before serving.

Nutrition Information

Number of Servings: 4 Serving size is One Loaf

Per Serving			
Calories	281	Carbohydrate	20 g
Fat	6 g	Fiber	2 g
Protein	35 g	Saturated Fat	2 g
Sodium	565 mg		

Worth a look: If you find yourself mixing a lot of protein shakes or meal replacement powders, an easy and inexpensive solution to dumping powder all over the counter is a ten cent funnel! We use Gatorade 20 oz bottles, and found the easiest way to mix things up effectively is to cut off the top part of a 2 liter returnable soft drink bottle. Cut it off right at the widest point of the top. The inside of the bottle is coated to keep the carbonation in and not stain, but the coating also acts like Teflon when you use it as a funnel! The top of the 2 liter bottle is also an almost perfect fit into the entire mouth of the Gatorade bottle, so you can make the shake with one hand. We have tried just about every conceivable funnel, mixer, blender, whisk and the like, and this is THE easiest way to mix up smooth, clump free shakes. Fill the bottle halfway with water, add the protein powder (or whatever you will be using), top it off with a little more water, shake it up for about 5 seconds, and enjoy the results! Smooth, easy to clean, and you are self recycling! (Yes, we do recycle!)

Book Excerpt: This issue we are devoting the book excerpt section to an announcement: We will be co-authoring a new book called “Breaking Down the Barriers”. It will be published by Insight Publishing, and we are looking for a mid-February launch. Our participation should be 15-20 pages, and will introduce OUR REAL book project, “Turning up the Heat: The Chile Pepper Approach to Exercise”. In the midst of all this, we have been meeting with Edco Publishing and Tobias Design on getting all the details ironed out for our children’s illustrated exercise book. Look for excerpts from all these projects in the next newsletter! In January, you will get to meet the characters from our children’s exercise book!

Upcoming Events: Our new classes will be starting up just after the holidays. We have three classes being offered, one on Effective Exercise Program Design, a class called Osteoporosis: Reducing the Risk, and we will also be repeating our Body Composition and Weight Management course. We will have our schedule posted in the next newsletter, along with class fees. We will have tips for getting your New Year’s exercise plan underway in the next newsletter!

Stay warm and remember to warm up when getting to your outdoor activities, everyone deserves to be healthy and injury free for the holidays!

You can contact us at our studio located at 2624 S Milford Rd, Highland, MI 48357, or by phone at 248-676-2882, or via email at www.houstonfc.com. We look forward to your comments and ideas for our future newsletters.