

203-255-6674

1849 Post Road East, Westport 06880

e-mail us at info@pinnaclehealthandfitness.com

www.pinnaclehealthandfitness.com

PINNACLE

Health & Fitness, LLC

NEWS WORKOUT

FALL 2008

"The national budget must be balanced. The public debt must be reduced; the arrogance of the authorities must be moderated and controlled. Payments to foreign governments must be reduced, if the nation doesn't want to go bankrupt. People must again learn to work, instead of living on public assistance."

-- Cicero, 55 BC

WHAT'S NEW

Well for starters, Janelle Thompson Biggs, one of our primo Pilates instructors, is three weeks away from giving birth, that is, if you agree with her Dr.

Otherwise, the baby pool is going strong and there's still time to wager on your prediction.

We have expanded our team by adding **Nathan Medina** to our personal training roster.

Certified with the National Academy of Sports Medicine, member International Dance and Exercise Association, American Red Cross CPR.

Check out his full BIO on our website and call Debbie to schedule a session.

Group Classes are taking off for Fall and we have an excellent well-rounded schedule. Symmetry Yoga joined forces with us this summer and is now offering twelve classes inclusive of Yoga, Stretch and Pilates. Additionally, Pinnacle offers Yoga, Pilates, Spinning and Boot Camp. The entire schedule is available on our website.

We're always eager to accommodate our clients needs so if there's a class you'd like to see added, write it in on the "wish list" sheet at the front desk or e-mail us. If there's enough interest we'll add it on!

Philip and Debbie are very proud that Pinnacle Health & Fitness was the

Presenting Sponsor for the first annual "Walk for Hope Run for Life" event on September 14th, in Easton, which raised funds for the Norma F. Pfriem Breast Care Center. Thank-you to all that participated and we look forward to continuing our support of this center that provides critical services to women in need.

HEALTH NEWS

Top 10 Belly Flattening Foods

If you've been unsuccessful in losing weight around your middle, listen up! A recent study published in the journal Diabetes Care found that eating a diet high in MUFA's (AKA mono-unsaturated fatty acid - a healthy fat!) can help reduce accumulation of abdominal body fat. Here are 10 belly-fat-fighting superstars and how to use them:

Olive Oil

Olive oil is the best all around for cooking and salads because it contains mostly MUFA, which lowers "bad" LDL cholesterol without affecting "good" HDL cholesterol. Olive oil is also rich in antioxidants, which may help reduce the risk of cancer and other chronic diseases. The greener the oil, the more antioxidants, so go for extra-virgin.

Basil pesto and sundried tomato paste are also good sources of olive oil, and make excellent pasta sauces and marinades.

Sunflower Seeds

Sunflower seeds are packed with B vitamins, which play an important role in protecting against inflammation. They are also an excellent source of vitamin E. Sunflower seeds are also great for curbing hunger.

Sprinkle 2 tablespoons of toasted sunflower seeds in your salad.

Almonds

The MUFAs and vitamin E in almonds work together to cut cholesterol.

Almonds are also a great source of vegetable protein and fiber.

Sprinkle 2 tablespoons of almonds over low-fat unsweetened yogurt and berries for an energizing morning meal.

Natural Peanut Butter

A serving of peanut butter has 3 mg of the powerful antioxidant vitamin E, 49 mg of bone-building magnesium, 208 mg of muscle-friendly potassium, and 0.17 mg of immunity-boosting vitamin B6. Research shows that eating peanuts can decrease your risk of heart disease, diabetes, and other chronic health conditions.

Pistachios

Pistachios contain lutein and zeaxanthin, two carotenoids that help protect against age-related macular degeneration, the leading cause of blindness in the elderly. They may also help improve cholesterol levels.

Stir 2 tablespoons toasted pistachios into 1/2 cup part-skim ricotta cheese with 2 teaspoons honey and 2 tablespoons semisweet chocolate chips for a sweet snack.

Walnuts

Like seafood and flaxseed, walnuts contain omega-3 fatty acids, which help protect your heart and preserve brain health.

Toast 2 tablespoons and sprinkle on your favorite salad.

Avocado

Avocados are a great source of heart-healthy MUFA. These delectable green orbs also contain more of the cholesterol-smashing beta-sitosterol (a beneficial plant-based fat) than any other fruit. Beta-sitosterol may reduce the amount of cholesterol absorbed from food. The Hass variety, grown principally in California, contains more MUFA than the Florida variety.

Mash a 1/4 cup Haas avocado with lime juice, salt, and pepper and serve with baked chips or raw vegetables.

Dark or Semi-Sweet Chocolate

Chocolate or more specifically, cocoa powder made from ground, defatted cocoa beans – contains compounds that have the potential to protect against heart disease, stroke, cancer, and diabetes and contains substantial amounts of antioxidants. Dark chocolate – not milk or white – contains as much antioxidant capacity as red wine.

Melt a 1/4 cup of dark or semi-sweet chocolate. Drizzle over fresh strawberries for a belly-flattening dessert.

Flaxseed Oil

Flaxseed oil is the best plant source of omega-3 fatty acids and helps reduce systemic inflammation, which researchers believe may lead to heart disease, cancer and Alzheimer's disease. Flaxseed oil should never be heated, so use in salad dressings or smoothies or as a condiment drizzled into vegetable soups. Look for cold-pressed organic flaxseed oil, and store in the refrigerator.

Stir 1 tablespoon into a smoothie as a healthy afternoon snack.

Macadamia Nuts

Eating nuts and seeds can yield heart-health benefits. Macadamia nuts also contain fiber to help with digestion and a small amount of the trace mineral selenium, an antioxidant that some studies show may help prevent cancer.

Crush 2 tablespoons macadamia nuts. Dip one 3-ounce portion of chicken breast or 4 ounce piece of fish in low-fat milk then press nuts to adhere. Bake at 350 F for 10-20 minutes or until done.

ASK THE GURU

What is Athletic Training?

By Michael "Swami" Choothesa

Good training always involves the-

client's best interests. Strength, flexibility, weight-loss, increased energy, injury prevention are some of the foundations to good health and fitness. Cross Training and Athletic Training can both be intense, total body experiences that help achieve good health and fitness. However, how we implement our training changes when an athlete steps into the gym.

Let's start with the old adage, "Practice how you play." With this phrase in mind, we can already see that Athletic Training will mirror a specific sport. Every sport is quick, random, chaotic, and in motion. Therefore, Athletic Training will be the same. Since no sport involves a stationary body with simple repetitive motions, don't expect to sit on a machine to workout. In fact don't expect machines at all, expect exercises that simulate the speed and agility to play a particular sport.

The next difference of Athletic Training is not worrying about muscles. In fact, Athletic Training doesn't involve muscles at all... it involves training Movement Patterns. "Sport is movement." First we look at the Athlete's body, breaking down their Functional Movement Patterns. We analyze their stability, flexibility, and proprioception (a fancy word for body awareness). We look at instabilities, weaknesses, and compensation patterns in the Athlete's body. This is the foundation of our workout. We know what concerns our athlete needs to improve, and we ALWAYS address those concerns when we train. Training will involve repeating your movements until you perfect them.

The most important aspect of Athletic Training is "Linking." Athletes link general skills together to create specific skills. For example, an athlete achieves elasticity and balance, so then we train Mobility. An athlete achieves strength and speed, so then we train Power. Linking general skills in order to master specific skills requires more brainpower than muscle power. Once these specific skills are mastered, an Athlete can call upon these skills as a pre-programmed response. Reaction time decreases, coordination improves, and athleticism progresses.

Athletic training can be done at any age, but is most effective at an early age. A younger Athlete's brain is more receptive to stimulus and conditioning.

Mastering skills like coordination, balance elasticity, and strength creates a healthier and more agile Athlete. More experienced Athletes can always develop and improve skills to take them to the next level.

Please contact Michael to find out more about Functional Movement Screenings or Pinnacle's Student Athlete Program.

RECIPE

Spiced Mixed Nuts

Ingredients

2 large egg whites
2/3 cup sugar
2 1/2 tablespoons Old Bay Seasoning
2 teaspoons Worcestershire sauce
1 tablespoon chili powder
1/2 teaspoon cayenne pepper
1/2 teaspoon salt
6 cups mixed nuts (any combination of un-toasted walnuts, pecans, cashews, and pistachios)
1/4 cup (1/2 stick) butter, melted
1/3 cup finely grated Parmesan

Preparation

Preheat oven to 300° F. Line 2 large baking sheets with foil or parchment. Grease lightly and set aside. Position a rack in center of oven. In a large bowl, beat the egg whites until foamy. Gradually add the sugar, beating to a loose, meringue like texture. Beat in the Old Bay Seasoning, Worcestershire sauce, chili powder, cayenne, and salt. Add the nuts and butter and stir well to coat evenly. Add the Parmesan and mix again. Divide the nuts between the baking sheets, spreading evenly in a single layer. Roast for 30 to 40 minutes to a golden brown (do not allow the nuts to darken too much), rotating the sheets during cooking for even roasting. Line a work surface with foil or parchment. After removing the nuts from oven, immediately slide them onto the foil or parchment. Cool completely. Store, refrigerated, in an airtight container for up to 3 weeks.

FINAL THOUGHTS

"A pessimist is a person who thinks things have hit rock bottom. I am an optimist. I believe that things can get much worse." – Anonymous