



SUNSET BEACH FITNESS

September 2006

New Beginnings!

We bring you our first SBF newsletter with the intention of keeping you up to date with the latest health and fitness studies. Along with this you will find an events schedule, fun, simple recipes, and a monthly member spotlight. We look forward to bringing you the best information to broaden your wellness knowledge and keep you motivated. We could not have done this without all of you who believed in us—thank you!

Benefits of Strength Training

Chances are you already know some of the benefits of strength training, such as feeling stronger and looking great. But there are many more reasons to grab those dumbbells! By increasing your lean muscle mass your metabolic rate increases causing your body to burn more calories throughout the day. Each pound of lean muscle burns 30-50 more calories per day. Resistance training increases and restores your bone density, which is important because of the increased risk of osteoporosis (bone loss) and sarcopenia (muscle loss) as we age. By having a solid foundation of muscles, joints, and ligaments

weight training reduces the risk of injury. By building a strong core, balance and stability improve for daily activities. Strengthening the muscles around injured areas not only aids in rehabilitation but speeds up the recovery process. Not only will you feel more confident by weight training, but your body will stay in better condition by decreasing your risk of developing diseases such as heart disease, high blood pressure, high cholesterol and/or type II diabetes. Strength training will make daily activities such as carrying the kids or your groceries easier and more enjoyable.



Fun Facts:

- *Dancing is a great workout for cardio and helps tone your body. Go to Nike.com for ideas*
- *Regular exercise can enhance your mood and overall sense of well-being.*
- *How much water should you drink? your body wt × .55*

DON'T FORGET TO VISIT OUR WEBSITE AT

WWW.SUNSETBEACHFITNESS.COM

PROTEIN

Egg Whites
Mahi-Mahi
Chicken//Turkey Breast
Tuna
Salmon
Swordfish
Sushi/Sashimi
Halibut
Wahoo
Tofu
Fat-free Dairy Products

STARCHY CARBS

Potato/Sweet Potato
Corn
Tomato
Peas
Oatmeal
Butternut Squash
Cream of Wheat/Rice
Brown/Jasmine Rice
Couscous
Corn Tortilla
Barley
Quinoa

FIBROUS CARBS

Broccoli
Carrots
Cauliflower
Asparagus
Spinach
Bell Pepper
Eggplant
Cabbage
Onions
String Beans
Cucumber
Kale
Artichoke

Member Spotlight



This month's shining star is Brad Jackman. Brad came to us having no weight training experience, no energy, and no idea what he was in for! After almost a year of hard work and learning, Brad has gone from sedentary and de-conditioned to strong and energized! His discipline to work out on his own has sky-rocketed, he has experienced consistent and healthy weight loss, and his clothes are getting too big! Great job staying committed Brad, and for being this month's member spotlight! Keep up all of the hard work and discipline you continue to put forth.

Supportive Eating

The idea is to attempt to get one item from each of the three categories mentioned to the left in each meal. Ideally the meals should be close to equal in size, in order to assure that your body gets the nutrients it needs to keep your metabolic "fire" glowing. This program requires no weighing or measuring of your food. Instead try to construct meals that are visually equal in the three nutritious components. Eating a well-balanced meal more frequently can



"You gain strength, courage, and confidence by every experience in which you stop to look fear in the face. You must do the thing which you think you cannot do."
Eleanor Roosevelt

increase digestive caloric burn and reprogram your metabolism. With time your appetite will adjust to eating in this manner. Please be sure to avoid simple sugars found in fruit juice, alcohol, table sugar, honey, milk and ice cream; saturated fats found in beef, butter and fruit oils; and hydrogenated fats found in most baked goods. Remember that food is not the enemy-we need food to survive!

Healthy Chocolate Nut Squares

1 cup. Grape Nuts
3/4 cup oats
1/2 cup whole-wheat flour
1.5 tbsp. ground flax seeds
1.5 tbsp. wheat germ
1/3 cup pecans or walnut pieces
1/4 cup mini chocolate chips
1/2 tsp. baking soda
1/4 tsp. salt
1 tsp. cinnamon
6 oz. nonfat yogurt (plain or flavored)
1 large egg
1 egg white
1/2 cup applesauce
2/3 cup sugar
1 tsp. vanilla

Combine all ingredients through the cinnamon in a large mixing bowl. Add remaining ingredients and stir. Pour into a lightly sprayed 13 x 9 dish. Bake at 350 for 20-25 min

