

Of Special Interest

- Spring Tune-ups
- Snacks & Hydration
- Mr. Peanut
- Share the Health

"Ill-health of body or of mind, is defeat. Health alone is victory. Let all men, if they can manage it, contrive to be healthy!"

- **Thomas Carlyle**



Spring Tune-ups

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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**Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.**

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Now circulating in 40 states and 14 countries abroad.

The human body is comprised of 206 bones, 230 joints, and depending how we look at it 650+ muscles, intertwined with the various organs and inner working systems. We have systems that control how we react to danger, when we need to sleep and eat, and systems that ward off disease. This complex system of tissues, bones, joints and cells is controlled by one of the most fantastic computers ever conceived. What drives our beautiful bodies? Weighing in at only 3 pounds, but certainly no lightweight; the brain is in charge of the complex systems that make up the

human body, making decisions in nanoseconds directing traffic along various passageways that effects every action we make, often life saving decisions. Exercising the brain is no less important than exercising the body.

✓ **Get Your Mind Ready**

Fleeting time makes the seasons often take us by surprise; the arrival of spring and that first hint of warm weather is no exception. As a result, many people find they are starting all over again, eager to get their bodies ready for spring. While you cannot make drastic changes

in just a few weeks, it is possible to get back on the workout track and make some progress before you box up the sweaters and head outside. Before you jump back into a killer workout routine that your body may not be ready for, take some time to get organized and setup a plan that allows you to ease back into a routine while getting you ready for the springtime fun to come. Make attainable realistic goals, start out low and slow, then build to your desired level.

Spring Cleaning...

Share the Health

Drink bottled water?
Save money -
Filter your own water.

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Rapid return on investment

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**Live Healthy – Live Life – Live Long**

**Thank You for your continued support.**

**PASS THIS NEWSLETTER ON TO A FRIEND.**

### • **Get out the Warm Weather Gear**

The change of season often means changing how we exercise, what we wear for exercise and the types of gear we use. It is also a great time to check out, clean, repair, or update your footwear, wardrobe, and gear for the coming season.

### • **Spring Cleaning**

Whether you buy new stuff or not, you do need to inspect your gear/equipment and clothing to make sure it's safe, clean and in good working order every so often. Spring is a great time to tackle this project, especially if you have not used your equipment in a while. This is the time to get the dirty sweaty socks, shirts, shorts, and muddy shoes out of our duffels and

equipment bags. Have you ever watched what comes out of golf bags at the beginning of the season? Come on people, you know the dirty sweaty stuff is still in there from last season; let's get crackin' in the laundry room!

### ✓ **ALL SPORTS**

**Please, I beg you leave the radios, MP3 players, and other audio equipment at home. For safety's sake, you need to be aware of your surroundings and able to hear any impending danger. No matter how cool you think this stuff is, it is dangerous and has no place in sports. If you must tote along a cell phone, out of courtesy and respect of others, leave it in the bag and TURNED OFF.**

Wear appropriate brightly colored clothing in order to be clearly visible, safe, and upbeat. Check and clean your water bottle or portable hydration



## Spring Tune-ups... continued from page 1

system. Make sure your equipment is ready for the season's activities. Before setting off for your favorite venue, take a few minutes to get limber and warmed up. Play your sport preferably after doing your full menu. Proper breathing is important no matter what sport or activity you participate in; practice deep diaphragmatic breathing. Put to good use what you have learned doing your menus making the activity easier and more enjoyable. Get a good checkup to make sure you are healthy and capable before

starting a strenuous spring.

### • Cardio Workouts

Cardio is essential for losing body fat and getting your heart and lungs ready for springtime activities. If it has been awhile since you have done any cardio, be sure to:

### • Ease back into your workouts.

Start with just a few days a week and keep the intensity/time at a level you can handle.

### • Gradually build onto your workouts.

It is best to add time slowly to your workouts each week to give your body time to adjust to exercise.

### • Focus on time rather than intensity.

When you are getting back to workouts, focus more on accumulating time. Once you can work continuously for 30 or more minutes, then play around with your speed, resistance and/or incline to add intensity.

### • Choose what you like.

Pick an activity you can see yourself doing without a lot of muss and fuss.

How often you do cardio depends on your fitness level, smart realistic and attainable

*Check the labels on those sports drinks. Most of them contain high fructose corn syrup. Don't buy them!*

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People involved in strenuous activities seldom ever complain of being tired. Wonder why?

"I thought: If I was lucky enough to live, I'd change, myself-I realized I could have a new life-new energy, new endurance, and feel better about myself."

Larry King (After his 1987 heart attack)

goals, and schedule. To lose weight, the more cardio the better and getting something in every day is a good idea. Doing a variety of workouts with different activities, levels of intensity and duration will help you avoid plateaus.

• Something a Little Different

If you have been doing some cardio, it may be time to shake things up and try something different: The Function Run is a great cardiovascular energizing workout that teaches proper foot strike as well. Try it... you'll like it!

• Get Motivated

The key to great cardio workouts is motivation. All of us have to find what motivates us each day and that may change from time to time. Seeking out a partner who has similar views on health will serve to keep both of you motivated.

• Increase Flexibility

One thing obvious about winter is how much time we spend sitting on our butts. When it is cold, many of us watch more TV, leave the house less and generally work on creating a nice comfy butt-ent in the couch. The

problem with that, aside from gaining weight, is a loss of flexibility. It's easy for muscles to get tight with too much sitting and not enough moving, so don't neglect your Egoscue program as you get ready for warm weather. It is also a great idea to stretch throughout the day, especially if you spend a lot of time sitting. **Those of you who are doing your menus daily are way ahead of the game here.** Those of you who are not and want to be; please give me a call and we can get started.

Continued below

Something a Little Different...

• All Sports

Make sure your shoes are in good repair and the correct size. Worn over heels and soles make proper foot strike difficult if not impossible. If your shoes are worn, ragged and in ill repair, toss them and get new ones. Who needs a twisted ankle? This is the perfect time to make sure of correct fit; visit an experienced shoe fitter. Use the appropriate shoe for your activity. You are not going to enjoy your day with sore tired feet. For comfort, carry an extra pair of dry socks and a spare pair of shoelaces.

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

Lou Holtz

Health & Motion

Frank Parmelee

Certified PAS

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Spring Tune-ups

Continued from pg. 2

• Cyclists and Rock Climbers

Inspect your helmets for any damage, loose straps, or faulty buckles. DO NOT ride or climb without a good helmet. We need to protect that wonderful computer.

• Cyclists

Check to make sure your lights have fresh batteries and are working. If you do your own bike maintenance, be sure your bike is in proper tune and lubed; your tires are not worn, and are filled to the recommended maximum pressure. Be sure to check for loose screws, nuts, and bolts, and worn or frayed cables. Check your toolkit, spare tire and tube. Having a flat 30 miles out is no fun.

If maintenance is not your thing, take your bike and equipment to a qualified bike repair shop for a spring tune-up and have the mechanic there check all the above for you.

Mini Menus for Cyclists:

Before ride:

Static Extension
Downward Dog
Pelvic Tilts
Squat

During ride:

Standing Overhead Extension
Forward Bend
Standing Overhead Extension
Runners Stretch
Hanging

After ride:

Static Extension
Downward Dog
Pelvic Tilts
Squat

• Basketball, Handball, Soccer, Volleyball

Mini Menus:

Before Game:

Standing Quad Stretch
Runners Stretch
Bench Step Ups High Knee
Upper Spinal Floor Twist
Airbench

After Game:

Static Back
Supine Groin Stretch
Airbench

• Stick and Ball Players

[Badminton, Baseball, Field Hockey, Golf, Jai-Alai, Lacrosse, Softball, Squash, Tee Ball, Tennis]

Mini Menus:

Before Game:

Standing Arm Circles
Standing Elbow Curls
Standing Quad Stretch
Runners Stretch
Upper Spinal Floor Twist
Airbench

During Game:

Standing Overhead Extension
Runners Stretch
Hanging

After Game:

Static Back
Supine Groin Stretch
Airbench

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## Snacks & Hydration

Remember "GORP" from your childhood days when your mom put together Good Old Raisins and Peanuts. It is still a very healthy snack to take along for extra energy.

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• Say Hi to Mr. Peanut

In a recent small study where people were given a daily snack of peanuts, researchers were surprised to find that no one's weight changed significantly after many weeks, despite the extra calories. Why? Seems peanuts fill you up (thanks to the fiber, protein, and healthy monounsaturated fats) but the fat and calories in the nuts aren't completely absorbed by your gut. Now, if only Girl Scout cookies worked the same way. Making a heart-smart grocery list? Add a bag of peanuts.

Saving your own life doesn't get much easier than this: Eat a handful of peanuts twice a week.

Alternatively, almonds, walnuts, or Brazil nuts, if you prefer. Men who do this slash their risk of suddenly

dying from a heart attack by almost half. Why? It's all about the good fats.

What makes nuts so heart-healthy? Monounsaturated fats – those good-for-you fats that lower bad LDL cholesterol and increase good HDL, which helps keep your arteries clean and clog-free. Nuts are full of good fats, as are olive oil, canola oil, avocados, and flaxseed. In a study, men who nibbled on nuts at least twice a week had a 46 percent lower chance of dying from an out-of-the-blue heart attack than men who rarely or never ate nuts.

The only caveat: Nuts are high in calories – although other studies have found that, thanks to a happy quirk of digestive chemistry, the body doesn't absorb all the calories in nuts. Still, if weight loss is a goal, substitute nuts for other snacks rather than just adding them to your daily diet. A little goes a long way: It only takes a small handful, the rough equivalent of a 1-ounce serving, to protect your ticker.

• Lost in Digestion

More good news about peanuts:

We may burn off the fats in them better than we burn off the fats in potato chips or cookies. Our bodies break down the monounsaturated fats in peanuts and convert them into energy more easily than saturated fats. (Here is another kind of oil that can help you burn fat better.)

So go ahead – unleash your inner squirrel. Just limit your daily dips in the peanut dish to 1-ounce servings (about 30 peanuts). They are not made of air, after all.

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### No matter what your

**sport** – remember to stay hydrated. If possible, use only filtered water. Most bottled waters are nothing more than unfiltered tap water.

**Just Stay Hydrated!**