



A STEP ABOVE

Personal Training Concepts



Sign up for a personal training package in the month of January and receive a 10% discount.



Health Trends in America

According to the National Council on Strength and Fitness (NCSF, 2008) the trends in America show that

- Obesity is increasing 1% a year
- 60% of people are overweight
- 17% of children are overweight
- Hypertension affects 1 in 3 adults
- Physical activity is decreasing among all population segments

The Center for Disease Control (CDC) classifies heart disease and stroke as the most common cardiovascular diseases. They also stated that there is approximately 1 death every 35 seconds in the United States with CVD accounting for approximately 40% in deaths a year. Research shows that persons who

are physically inactive with unhealthy lifestyle behaviors such as no regular exercise regimen, smoking or drinking heavily, eating fast food regularly, or making poor food choices could possibly develop prematurely atherosclerosis, back pain, some cancers, chronic lung disease, CHD, diabetes, hypertension, mental health problems, obesity, osteoporosis, and stroke.

So what should some 2009 health goals be? Sedentary individuals should at least try to accumulate 30 minutes of physical activity per day. This might include housework, yard work, using stairs, walking the dog, or running errands. Even taking 10-15 minute exercise breaks such as stretching and/or walking is a good way to get started. However, activities such as housework, yard work, washing a car, etc. are activities involving whole body movement. **It is not considered exercise.**

Exercise is using physical activity in ways to increase components of physical fitness such as cardio function, relative leanness, muscular endurance, strength and flexibility. Making simple changes in one's lifestyle behaviors might inspire individuals to set health and fitness goals and join a local health club or gym. Programs such as aerobic classes, resistance training, flexibility programs in a more enjoyable and social atmosphere not only will improve overall health and fitness but will enhance an individual's quality of life.



Educational Fitness Programs designed to enhance mental, physical, emotional and spiritual growth. A holistic approach to maximizing human potential.



A Step Above has recently added new Certified Personal Trainers to their staff in order to expand their services in the community. A Step Above opened the first personal training salon for health and fitness in February 2008. In addition to offering services for individual training in a private setting, they also teach the National Council on Strength and Fitness curriculum for others who are interested in becoming nationally certified as trainers.

Jinjer's Thoughts

Mark Combs of Marion specializes in body building and has been weight training for over 10 years. He hopes to one day compete. Denise Felts of Wytheville specializes in strength training and has been staying fit and focused on health for over 10 years. Missy Crisp of Rural Retreat, who specializes in Prenatal Health, is a licensed practical nurse and has been working in the medical field for over 15 years. Susan Spraker of Rural Retreat specializes in cardiovascular fitness and has been training cardio fitness for 10 years. Running is also an important part of her life and she has participated in a marathon and several half marathons. Both Missy Crisp and Susan Spraker will be teaching

the new Aerobic Boot Camp in Rural Retreat beginning in January. Jinjer A. Covert, certified trainer and owner of the personal training salon, specializes in building core strength and increasing speed and power in addition to working with individuals with medical disabilities for exercise therapy. Covert has taught at Radford University in the Department of Exercise, Sport and Health Education and has brought a school of education to Wytheville instructing the six week course for National Council on Strength and Fitness. "Because a lot of people don't feel comfortable in gym settings, or have never exercised before on a regular basis, we can customize programs for children, youth and adults to help them meet their health and fitness goals," states Covert.

"We have many different programs for clients to choose from which are customized to meet their physical health needs. Other than our general fitness programs (individuals who do not need physicians approval and have no medical disabilities) most of our programming is geared for special populations which includes obesity in children, youth and adults, medical disabilities such as Fibromyalgia, Diabetes, Lupus, Osteoarthritis, Osteoporosis, sciatic nerve and lower back problems. Furthermore, we customize programs for post rehabilitation for shoulders, knees and hips, and artificial joint replacements.

All trainers employed by A Step Above are required to continue their education keeping their certifications, cardiopulmonary recitation (CPR), and first aid up to date.

Women's Boot Camp

Looking for positive reinforcement while receiving a top rate workout? Then Women's Boot Camp is for you! Listen to what Elaine Smith, one of Jinjer's Boot Camp students has to say about the class:

I signed up for boot camp after my daughter enrolled with Jinjer for personal training over the summer. I saw the outcome and decided to try the boot camp class I had heard Jinjer mention so many times.

I started in September when the class began. I attended every class until I was out of town



for a week in October. I absolutely hated missing class for 2 days.

I love attending the boot camp class because it is so different than a typical aerobic class. It's not like there's a routine that you do every session.

to get; which is actually a good thing because you don't know what to dread. Some nights, due to long days at work and a crunch for time I don't feel like going, but it always make me feel much better mentally and physically afterwards.

When I first began boot camp I could barely do 5 push ups without stopping but now I am up to around 20. I have noticed a big difference in the way my clothes fit and the way my arms and legs have toned. I am not one who likes to get on the scales so I usually

In January, a Boot Camp contest will begin....

don't, I would rather go by how my clothes fit. I would encourage anyone who is wanting to enhance their mental, physical and spiritual outlook on life to join the boot camp class.

All the instructors make it such a fun session you don't realize an hour has passed. It is very rewarding to be a part of this class and



I will continue to be a member as long as I possibly can do so.

Boot Camp classes are being taught in Wytheville and Rural Retreat twice a week. Beginning in January a Boot Camp contest will begin. Willing participants will have their waist and hips measured and whoever loses the most inches in 8 weeks will win 2 months free boot camp. This is a \$70.00 value! There will be a winner for each location.

Health & Nutrition

Shrimp & Tomato Herb Couscous

There are several different flavors of couscous and when you learn how easy it is to cook, low in calories, and it is light and fills you up. You will have fun with being creative making different types of Couscous dishes. I use either plain Couscous (buy in Wal-Mart) or a flavored Couscous (tomato, spinach) which you sometimes will find in Food City, in jars, to add variety to my dinners. Also knowing that ¼ cup of Couscous is about 145 calories to start with helps you to make healthy choices when adding your flavors.

1 cup of uncooked Couscous

½ pound or more of steamed shrimp (dice or leave whole) or stir fried in grape seed oil and ½ tsp. butter with green onion

1 ¼ cup of water ¼ teaspoon salt (optional)

1 teaspoon butter (optional)

2 Tablespoons of Instant Boullion seasoning (Not cubes) (optional)

14 oz can of diced tomatoes with Garlic and onion, or Italian spice (optional)

6 oz. tomato paste or sauce if you don't use the 14oz can of diced tomatoes

Dash of rosemary, basil leaves, oregano

¼ or less of Balsamic vinegar dressing (optional)

Cook shrimp and onions, separate. I like shrimp better if stir fried in olive oil and butter. Chop and set aside.

Bring water with salt, butter and boullion to a boil. Stir in Couscous until water has been absorbed and take off the heat. Add either the caned diced tomatoes or tomato paste or sauce with additional seasoning and shrimp. Mix and finally add a touch of Balsamic vinegar dressing to taste.



A variety of personal training programs are also offered, please call for additional information.

Contact Information:

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Group Exercise Classes:

Women's Boot Camp: Class Time 6:30-7:30 PM, Tuesday & Thursday nights.

Aerobic Boot Camp: Class Time 6:30-7:30 PM, Tuesday & Thursday nights in the town of Rural Retreat, located at the Pentecostal Holiness Church on Parsonage Avenue.

A personal trainer is not a luxury. It's a preventative investment for optimal health and wellness.