



A Step Above

Personal Training Concepts



Continue to keep your Faith in training for health and fitness, and remember, "you desire to be healthy"!



Running..... Unexpected Results

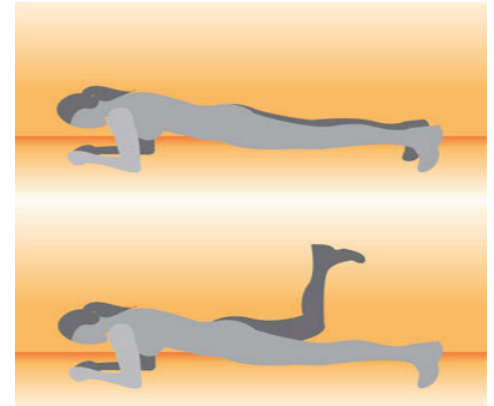
"I know why you run....because it feels so good when you stop!" This is what my dad has said to me for years whenever anything about running comes up in conversation. I've tried my best to relay to him the many, many health benefits of running, as well as the peacefulness I feel on a long run by myself. However, he rolls his eyes, I roll mine, then we wait a few weeks and repeat the same conversation again.

All the reasons I give my dad are indeed results I feel after my daily runs. After

all these years, the benefits continue to surprise me. There is one particular result that caught me by surprise while I was training for a marathon four years ago. After the many hours of logging in mile after mile, I noticed I had developed strong abs. This came as a surprise because I had not spent any time specifically trying to target my core strength. A strong core is so important for runners because the strength provides for a more efficient run. With the strength to maintain form throughout your run, you are able to breathe more effectively, relax your upper body in order to divert energy to your legs, and have more energy for endurance and stamina. I have no doubt that if I had known the importance

of taking time after each run to add in some core exercises, I most likely would have decreased my time by several minutes.

The Plank is an excellent exercise to



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



A Step Above Personal Training Concepts would like to congratulate all their members in their dedication and hard work kicking 2009 in to shape. A Step Above, PTC sponsored two separate New Year Fitness Contests. Who ever lost the most inches (waist & hips total) in six weeks would win two months of ASA Boot Camp for free. The ASA Boot Camp members started their contest on January 13th and ended on February 19th. Instructors also introduced concepts of nutritional management to members and stressed the importance of

Jinjer's Thoughts

burning between 300-500 calories per training sessions in order to meet their New Year goals. Both locations, Rural Retreat and Wytheville participated.

The second contest was between ASA personal training clients only. They competed for 6 free personal training sessions. Each client was measured during the week of January 5th, and we started their contest on January 12th and ended it on February 20th. They too, were competing to lose the most overall inches (bicep/triceps area, waist, hips, and thigh area). We were very excited about the results. Even though there could only be one winner, all participants in both contest still showed a significant difference in all areas. Some contest participants even stated how much stronger they felt in just a short time and had noticeable improvements in their cardiovascular endurance.

Once again a big THANK YOU to all our members for their dedication and support of A Step Above PTC. We had lots of fun working with everyone. Continue to keep your Faith in training for health and fitness and remember in 2009 "you desire to be healthy!" Below are the pictures of the first place winners in addition to listing the runners up for both contests.

ASA BOOT CAMP WINNERS

Rural Retreat

Wytheville

ASA PERSONAL TRAINING CONCEPTS Wytheville



1st place: Tabatha Seymore
lost 6 1/4 inches

runner up: Melody Miller
lost 4 inches



1st place: Lisa Meredith
lost 6 1/4 inches

runner up: Lisa Lambert
lost 4 inches



1st place: Tricia Duvall
lost 7 inches

runner up: Dr. Beth Taylor
lost 5 1/2 inches

Results

strengthen your core. It looks simple and easy to execute, however it requires good strength to maintain proper form. The plank is a single position which you hold, contracting your abs continuously. On the floor, lay on your stomach. Lift your upper body by supporting yourself on your fore arms. Next, flex your feet to push into the ground, lifting your legs off the floor surface. Abs should remain tight. Think about pulling your



belly button to your spine. If you feel any pain or pressure in your lower back, you need to readjust making sure your abs are tight and there is no sway in your back. Your body should resemble a straight plank, just as it is named. As

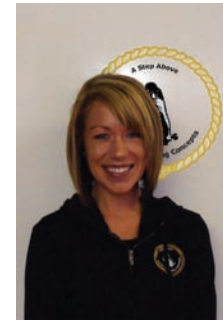
for the amount of time you hold the position, that is the fun part! Starting off, aim for 15 - 30 seconds, remembering to breathe. Holding your breath is a common mistake for beginners and only makes the exercise harder and not as effective. As you get stronger, it is fun to challenge yourself to stay in plank position a few more seconds

Enjoy practicing “The Plank”, each time knowing that you are getting stronger and stronger.

each time. Set a goal for thirty seconds then progress: :30 seconds, 1:00, 1:15, 1:30, 2:00...the challenge never has to end. As your strength increases, there are many variations you can add to the plank position (crocodile walks, side plank, side lifts with or without weights, decline plank..).

Enjoy practicing the plank, each time knowing that you are getting stronger and stronger. Your only competition is yourself and the clock. You will see

results and your running form will improve. I am eager to set a goal to complete another marathon in order to see how much my extra core strength will help me. I will let my dad know that I will be running those long training runs again soon and wait for his comment. He might not understand my passion, but he is a great supporter. After all, besides my husband who was present at the start and finish line, my dad was the last person who called to wish me well, and the first person I called to let him know I had finished and it felt so good!
----Susan Spraker



Health & Nutrition



Lori Formato, client of A Step Above Personal Training Concepts has contributed a great tasting, easy to make recipe for protein bars. Lori has been training with her personal trainers at A Step Above, PTC for several months. As a result of her hard work and dedication to her fitness programs, Lori has really made progress over the last few months in losing weight, decreasing her body fat, increasing her lean muscle mass, and overall cardiovascular endurance. She not only trains three days a week with her trainers, she also participates in the ASA Boot Camp and has

been training in the combative arts once a week as a change of routine. She comments, “I like to keep things mixed up so I never know what I’m going to expect or experience in my fitness workouts. However, due to her increase in activity, Lori has found herself much hungrier these days.

Lori focuses her nutritional intake on the “grazing method” (6 small meals daily) in addition to making sure she is taking in enough food to meet her energy requirements needed for all her activity levels. Furthermore, since protein aids in repairing muscle tissue, she makes sure she takes in the required amount of protein needed for her daily exercise bouts. She comments, that the “protein bar curves my sweet cravings, in addition to it being almost as filling as a meal, not just a snack.” Lori says, “Most importantly I know exactly what ingredients are in my protein bars verses prepackage bars.” Finally she stated that she likes using the Arbonne Protein powder since it appears to have the best taste when compared to other powders. “You don’t have to stick to this recipe; you can substitute unsweetened toasted coconut and crushed almonds for the oatmeal. However, this will increase your calories in the bar. But it is fun being creative.”

ARBONNE PROTEIN BARS (Chocolate)

2 ¼ cups of protein powder
3 cups of regular Quaker Oats
16 oz of natural peanut butter
1 ¾ cups of honey

Mix peanut butter and honey in a micro safe bowl and microwave for about 90 seconds. Then add the powder, and dry oats. Mix thoroughly and press in a 9 x 13 cake pan and refrigerate for one hour.

Makes about 24 bars - Each bar is approx. 240 calories/9 g fat/13 g protein/24 g carbohydrates/15 g sugar

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Group Exercise Classes:

Women’s Boot Camp: Class Time 6:15-7:15 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 variety of personal training programs are also offered, please call for additional information.

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