



A Step Above

Personal Training Concepts

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

~World Health Organization, 1948



Jinjer's Thoughts:

Common Myths About "Perfect Abs"

Stop the insanity! Watch out for those infomercials that pull you in! For example: (a) **"Get the perfect abs with just 10 minutes a day."** (b) **"Get ripped in 90 days."** (c) **"The super model's secret for the perfect butt."** Which one of these infomercials best fits you?

The famous movie star and singer, Cher, once said, "Fitness ... if it came in a bottle, everybody would have a great body." I say, "Amen!" Most Americans today want a quick fix to lose weight, gain muscular definition or "look toned and fit" and do not want to work hard and safely for it. However, when it becomes a part of your everyday life, you will find your overall quality of life to be much better, and exercise will not be hard work anymore. It becomes a part of who you are.

In 2002, the Federal Trade Commission (FTC) stated that "weight loss advertising is rampant and potentially dangerous." Their research indicates that Americans spend approximately 30 billion dollars

a year on weight loss products and services. Furthermore, several infomercials have stated misleading, deceptive, and false claims about their product or services, which in turn can be linked to injury or serious health risks. For example, one infomercial may be marketing the **perfect** abdominal machine or gadget.

Why the obsession with abs? The abdominal groups are the upper abs, side abs, and lower abs which cover a large surface of the front of the body. Consequently, with weight gain, the stomach area is one of the first places a person notices their extra body fat. With increased age, and a decrease in metabolism and physical activity, men have a tendency to gain weight in their middle abdominal section while women have a tendency to add weight in the lower abdominal area. With this type of frustration, as a result of changes in eating behaviors, exercising patterns, and added stress, people become very vulnerable. Due to misinformation and unrealistic expectations, people still hold on to outdated ideas of how to achieve those "fantasy abs."

Let me share some myths about ab workouts:

Myth #1: I can get rid of abdominal fat by doing lots of ab exercises.

Fact: Not everyone can have a flat stomach; and, unfortunately, spot reduction (*the myth that exercise*

emphasizing a particular body part will cause that area to lose fat quicker than the rest of the body) does not work. Some people believe that, in order to get a flat stomach or burn ab fat, they can work their abs without rest everyday. However, some factors (such as genetics, gender and age) play an important role in how you look, in addition to what you eat and how often you workout. Yes, working abs everyday will increase muscular endurance and strength. The healthy and safe way to get rid of the belly fat is to reduce overall body fat levels via creating a calorie deficit and implementing a cardio, core strength and flexibility program into your schedule almost every day of the week. If you are not used to exercising, it's important to first consult your doctor. Then make sure you either find a personal trainer or someone knowledgeable about what you're doing in order to better help motivate your fitness needs safely.

Myth #2: In order to achieve the "six pack" or "ripped look," I have to do high repetitions of ab exercises to see results.

Fact: The abs are just like every other muscle in the body, and they should be trained the same way. In order to make strength gains, the same principles are used that apply to other muscle groups, such as the principle of overload (to place greater than usual demands on some part of the body

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Common Myths (continued)

For continued improvements in fitness). Would you do 100 triceps, kickbacks or bicep curls with a 5-lb dumbbell in order to gain strength? No! That's crazy if you're trying get stronger. If you're not fatigued after doing 50 crunches, then maybe slow down, concentrate on technique and form to avoid injury to your neck and/or lower back. Strength training and dietary intake are important elements in achieving the "sexy six pack" look. Incorporate ab exercises into complete training routines, focusing on exercises that target the upper, side and lower abdominal areas at least 2-3 times a week.

Myth #3: I have to have special equipment to workout my abs.

Fact: There are so many gadgets and machines out there. Watch out for those Infomercials! Don't believe them! Especially the athletic model demonstrating the exercise on TV. He or she did not get "those gorgeous sexy abs" just from that machine or gadget. It takes a lot of hard work. With a wide variety of abdominal exercises using your own body weight, exercise ball or resistance bands (in addition to some light dumbbells), it's amazing the workout you can accomplish cheaply.

In closing, there is no magic pill or surgery that will satisfy anyone over a long period of time. When the immediate gratification wears off, you are back to square one ... and **frustrated!** Exercising in general takes dedication and discipline, which becomes a way of life (for some). A number of individuals are enlightened later in life and realize that their health is beginning to take more precedence than their job or families. Life becomes an appreciation once you realize it is only borrowed for a short time. It's never too late to get started. Keep in mind that abdominal exercises are just not enough in order to reach your goals. When reducing overall body fat ...

- ✓ perform full body resistance training 2-3 times a week, adding a variety of abdominal exercises
- ✓ include cardiovascular training at least 3-5 times a week
- ✓ make sure you're eating enough protein, essential fatty acids (EEFAs) and the correct amount of calories in your diet to create a weight loss (negative caloric intake)
- ✓ reduce or eliminate foods that cause bloating or indigestion.

Almost No Calories	25-30 Calories	35-40 Calories	50-60 Calories
celery sticks	1 small tangerine	1 medium peach	1 small apple
lettuce	½ cup watermelon	1 medium nectarine	1 small orange
cucumbers	¼ cantaloupe	½ grapefruit	15 grapes
green peppers	1 small tomato	½ cup skim milk	12 cherries
mushrooms	1 medium carrot	¼ cup plain yogurt	1 cup strawberries
cauliflower	1 cup popcorn	3 saltine crackers	¼ cup cottage cheese
broccoli	12 pretzel sticks	Low Calorie Snacks	

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GROUP EXERCISE CLASSES:

Boot Camp:
Class Time 6:30-7:30 p.m.
Tuesday & Thursday nights in Wytheville.

Boot Camp:
Class Time 6:30-7:30 p.m.
Tuesday & Thursday nights at the
Pentecostal Holiness Church on Parsonage

*A personal trainer is not a luxury.
It's a preventative investment for optimal health and wellness.
A variety of personal training programs are also offered,
please call for additional information.*

Roasted Vegetables with Basil

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Roasting brings out the best of veggies in a side dish sized for a crowd. Serve over rice if desired.

prep time: 20 min
start to finish: 1 hr 20 min
makes: 12 servings (1/2 cup each)

Ingredients:

- 3 cups ready-to-eat baby-cut carrots, cut in half lengthwise
- 2 medium red bell peppers, coarsely chopped (2 cups)
- 1 cup Green Giant® Niblets® frozen corn
- 1/2 cup zesty Italian dressing
- 4 1/2 cups Green Giant® SELECT® frozen whole green beans
- 2 medium green onions, sliced (2 tablespoons)
- 1/4 cup shredded fresh basil leaves

Directions:

1. Heat oven to 450°F. Spray 15x10x1 -inch pan with cooking spray. In large bowl, mix carrots, bell peppers, corn and dressing. Spread in pan. Roast uncovered 30 minutes.
2. Add frozen green beans to vegetable mixture in pan; stir to mix.
3. Roast uncovered 25 to 30 minutes longer or until vegetables are crisp-tender. Sprinkle with onions and basil; stir gently to mix.

Nutritional Information:

1 Serving: Calories 80 (Calories from Fat 30); Total Fat 3g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 200mg; Total Carbohydrate 11g (Dietary Fiber 3, Sugars 5g); Protein 1g.

Percent Daily Value: Vitamin A 120%; Vitamin C 25%; Calcium 4%; Iron 4%.

Exchanges: 1/2 Other Carbohydrate; 1 Vegetable; 1/2 Fat Carbohydrate
Choices: 1

Don't forget the
Crossroads Shelter
Benefit Concert

Elizabeth Brown Memorial Park
Saturday, Apr 10th, 12noon-6:30pm
RAIN or SHINE Free Admission