



# A Step Above

Personal Training Concepts



*Dedication  
does yield results!*

## Jinjer's Thoughts



### A Positive Approach to Eating Healthier.....

is the key to future optimal health and wellness. Eating more frequently throughout the day could be your door to weight loss, increasing energy levels and overall feeling healthier. **Once again, this article is geared for the individuals who have NO dietary restrictions and struggle with weight gain and eat-**

**ing healthier.**

When skipping meals and eliminating foods from our daily diet, our bodies will definitely crave larger amounts of food resulting in higher amounts of un-needed fats and sugars. Please keep in mind that no food is off limits. However, portion control and structuring balanced meal plans that will promote healing, longevity and quality of life are the key ingredients to a healthier lifestyle. Consequently, there are foods that have been rated by the Environmental Work Group ([www.ewg.org](http://www.ewg.org)) since 1995 as unsafe. The EWG publishes updated reports about most pesticide contaminated food testing based on findings from the USDA and FDA. However, according to the EWG consumers can reduce their exposure by 80% when avoiding fruits and vegetables that

have been contaminated. These foods are called "**The Dirty Dozen**" (starting with the worst offender): Peaches, apples, bell peppers, celery, nectarine, strawberries, cherries, kale, lettuce, grapes (imported) carrots, and pears. Therefore, trying to grow or buy organic can be the safest choice. (Farmers Market)



*Below is a simple approach to boosting your energy and filling your body with power packed choices.*

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

Grains and Fibers carbohydrates	Fruits carbohydrates	Vegetables carbohydrates	Proteins	Dairy	Fats
Steel Mill Irish Cut Oatmeal (not Instant) Whole Grain bread choices, High Fiber, High Quality cereal choices (not sugar coated) Cream of Wheat Wheat Germ Buckwheat Pancakes Flax seed meal	Blueberries Blackberries Raspberries Strawberries Cherries Kiwi Banana	Sweet Potatoes Carrots Broccoli Beets Beet Greens Kale Spinach Asparagus	Fresh red meats, Fresh fish, Chicken and Turkey, Eggs, Beans, Legumes, Nuts, Soy beans, Tofu (packed in paper, not water), Pumpkin seeds, Sunflower seeds	Yogurt (plain or vanilla less in carbs, 2% or skimmed milk, White cheeses, Farmers cheese, Provolone (higher in fat)	High Quality Extra Virgin Olive Oil, Grape Seed Oil, Sesame Oil, Safflower Oil Real Butters vs. Margarine

**Thoughts (con't)** Foods listed on page one are just a sample of many. This is a great start to eating healthier and assisting someone in selecting and creating easy to fix "power packed" meals. Below is a sample of a "one day menu" making sure the highest percentage of carbohydrates is eaten in the mornings. Then as your day progresses moving into the "mini snack" (eating more frequently throughout the day) between meals making sure to always include a Dairy or Protein AND fruit. Carbs in general are reduced throughout the day and the last meal of the day is generally the smallest meal since the body is not as active in the evening. Eating more frequently throughout the day will help the body to maintain energy, not crave food, and most of all... one will not feel the need to eat so much at one sitting due to feeling satisfied nutritionally. This concept would be reversed for the person who works night shifts and sleeps during the day. Once again, "Eat breakfast like a king, lunch like a prince and dinner like a pauper."

**SAMPLE MENU  
1 DAY**



- 7:00 AM:** Oatmeal, blueberries or currants and raisins, hard boiled egg, cup of coffee, skimmed milk or soy milk
- 10:00 AM:** Yogurt add fruit and fresh granola or wheat germ
- 12:00 PM:** Huge fresh veggie salad adding fresh garlic, lemon juice olive oil and parmesan cheese, ½ fresh turkey on whole grain bread or roll.
- 3:00 PM:** Tuna with raw apples and white cheese and almonds
- 7:00 PM:** Portion control. Whole grain pasta or long grain brown rice with a piece of salmon or chicken breast (no larger than a deck of cards). Toss pasta or brown rice with olive oil, olives, cherry tomatoes, basil and garlic adding sea salt and pepper to taste.

Information submitted for article by Barbara Patton, RN, CDE, Marketing and Community Outreach Director of the Wytheville Community Hospital

**Health and Nutrition**



Try **TOFU** ....An Excellent Source of Protein  
Tofu is a high-quality protein and is a good source of iron and B-vitamins. It is low in saturated fat and contains no cholesterol. It tends to take on the flavors of the product it is added into. Try crumbling it into spaghetti sauce or toss with garlic and olive oil.

**Berry Mousse**

4 servings

- 1 12 oz. package reduced-fat extra firm silken tofu, crumbled
- 2 ¾ cups thawed frozen/fresh berries
- 3 tablespoons of sugar, honey or agave nectar
- 1 tablespoons of berry liquid extract

Blend tofu, berries, sugar and or extract until smooth. Spoon into 4 pudding dishes and refrigerate until chilled.

Recipe by Bryanna Clark Grogan

Have you had your Ezekiel today? Try Ezekiel Organic Bread.....

**Contact Information:**

P.O. Box 1146  
1320 W. Main Street  
Wytheville, Virginia 24382  
Telephone: 276-228-5776  
E-mail: jinjer@astepabovetpc.com

**www.astepabovetpc.com**

**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 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.