

# HERE'S TO YOUR HEALTH

Personal Training  
Newsletter

Summer, 2010  
GREAT LAKES  
ATHLETIC CLUB

## Time is of the Essence

By Regan Wahoski

**B**efore having children, I could never understand why the gym wasn't more of a priority to my clients. After children, I realize the world is my gym!

Any working parent knows that time is our most valuable commodity. Balancing time between family, work and self can feel impossible. Typically, when life is out of balance, we feel that something's got to give. Many times, that "something" is self. Unfortunately, without taking care of yourself, the rest of your life will suffer.

**How much time does it take to get fit?** This is a question I hear every day. My answer, though general, is that you need to focus on all areas of your life to make better choices. You cannot become a "fit" person if you don't eat properly, exercise enough, manage your stress and rest. "But I don't have that kind of time!" I hear. As a working mother of two young boys, I can tell you that you do.

**With fitness, more is not always better.** The quality of your routine is more important than the quantity. Start spending too much time in the gym and you will end up over trained and under rested. This can turn into injury, fatigue, stress, burn-out, and depression. With that said, spend time performing the right type of exercises at the right intensity and your body will run like a finely tuned machine! Use time at the gym wisely, performing



exercises that you would not or could not perform at home.

When you can't make it into the gym, walk or ride your bike, do push ups, sit ups or other exercises that require no additional equipment.

**Like any finely tuned machine,** you need the proper fuel. Exercising won't help the cause if you run through the fast food drive through on your way home from the gym! Nor will staying out all night partying. When you exercise, you need to replenish your nutrients through proper food and hydration. Eating a variety of carbohydrates, proteins and fats will help you achieve the results you desire.

**In these hard times** reducing stress seems impossible! Instead of wishing away your stress, why not better manage it? Facing problems head on is the best way to manage your situation. Try writing down your spending, eating, or exercise in a journal (you can even do this for time management!). When it's there in black and white you may realize why you aren't accomplishing your goals. You can also write ways in which you will work to achieve them.

For more information on planning effective workouts, contact the Personal Training Department.

### Take It Outdoors!

With temperatures on the rise, it's a great time to get outside! Michigan's refreshing spring weather makes a wonderful environment for activities such as running, cycling, hiking, or outdoor sports. Get ready by following these tips:

- Exercise with a partner, especially when hiking or running trails.
- Be aware of your surroundings. Don't let your music distract you from things like traffic.
- Don't venture into unfamiliar territory on your own.
- Stay hydrated. Drink plenty of fluids before, during and after your exercise session.
- Use safety precautions. Wearing a helmet when cycling or reflective clothing when exercising at dusk or dawn can help you stay safe.
- Warm up before participating in sports such as softball, soccer or golf.

If you have a **NIGHTLY SWEET TOOTH** and these tricks don't work (brushing your teeth, taking a walk, reading, waiting 20 minutes, etc.) try one of these sweet "healthier" options.

- ½ to 1 Cup mixed frozen berries
- Piece of fruit
- A piece of dark chocolate

Or one of my favorites:

#### Mock Cookie Dough:

- ½ banana
- 1 scoop vanilla soy protein powder
- 1 Tbsp. natural PB
- 1 Tbsp. honey

Mash together