



## What is a Microfit?

A Microfit is a fitness evaluation to assess an individual's starting fitness level. The Microfit test measures body-fat, cardiovascular endurance, muscular endurance, flexibility, body measurements, weight, blood pressure and heart rate. The fitness evaluation takes approximately 30 minutes and is done in our private Fitness Evaluation room. See the front desk or one of our personal trainers for more details.

## How to Choose a Trainer

With so many great trainers here at GLAC, choosing the right one can be hard! Each trainer has his or her own specialty and way of training. Before choosing a trainer, determine what your goals are, what type of limitations you have based on your health history and what type of training you enjoy. When requesting a trainer, you will be asked to complete a detailed health and fitness history. We use that information to select a trainer who would best meet your needs. Some of the areas our trainers specialize in are post-rehab, sports specific, weight loss, disease management and lifestyle education, senior fitness, pre & post-natal fitness and youth fitness. A personal trainer can help you stay committed to your goals. For more information, contact the GLAC Personal Training Department at 248-393-3085.

## Holiday 5K Training Program

I know what you're thinking...we haven't even gotten through Halloween! But it's not too early to start thinking about training for the GLAC 2<sup>nd</sup> Annual Holiday Fun Run. If you're a novice runner or you're looking to improve your time, GLAC Personal Trainer Jessica Salk will help you reach your goals. This is the time of year that we typically hear clients complain about gaining weight from all of the parties and events. Why not train for the December 6<sup>th</sup> event as a means of maintaining a healthy holiday weight? There is a FREE informational meeting Saturday, October 4<sup>th</sup> at 9am. Please contact Jessica Salk for more information.

*The Holiday Fun Run benefits Toys for Tots!*

## Recipe of the Month- Pumpkin Power Pancakes

6 eggs (2 whole/4 whites)  
1 cup old fashioned oats  
½ cup pumpkin  
Cinnamon to taste



Mix all ingredients in blender. Pour onto heated griddle. Turn ½ way through cooking. You can add more pumpkin or oats depending on how thick you like your pancakes.

## Sleep Benefits

Sleep duration and patterns can affect sports training and performance. Most people need 7 or 8 hours of sleep, and your body functions at its best when you have regular sleep patterns, generally sleeping at about the same time every night. So if your workouts, practices, or competitions aren't going well, consider whether you're getting enough sleep.

## Take advantage of the weather

Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. Try walking, hiking, cycling or discover park trails and take in some new scenery. You can also get out and play volleyball, throw the Frisbee around, or play a vigorous game of fetch with your dog. If you're near a lake, try kayaking or canoeing, for an excellent whole-body workout and a great change of pace. Remember, it doesn't have to seem like exercise to be a great workout, raking leaves or doing some fall outdoor yard work is a great way to get the heart pumping, and it's great calorie-burning!

