

## High Gear for the New Year

Are you ready for the New Year? Is your body ready to get kicked into high gear to have your best year ever? Well Streamline's High Gear for the New Year program has been designed specifically for that purpose. A four-week instructional series at Streamline's Crystal Lake facility, High Gear for the New Year will cover the three parts of the fitness triangle with a final session to help provide program information to give you the information you need for accelerated fat loss and a greater fitness level for 2006. Here's how it works...

Starting at the end of January for the first session, we'll cover nutritional strategies to provide your body with the best amount of quality food while stimulating fat loss at the same time. Moving into February in session two, we'll talk about how having a concern for muscle will accelerate fat loss along with giving you more energy. Session three covers how to best use cardiovascular training to support fat mobilization and help your heart and lungs to become very efficient. In the final session, you'll be shown how to structure that past three weeks of information into a comprehensive program that you can perform on your own to keep the results coming!

Each week, we'll spend roughly an hour together covering the necessary information and leaving time for questions to be asked. At the end of the four-week High Gear for the New Year program, you'll have a solid grasp on what it takes to sculpt your body into a leaner, more energetic you, as well as the tools to be resolution free for the rest of your life. If this information was packaged in one-on-one personal training sessions from Streamline, it would cost \$300 for the four sessions. But as a special New Year promotion, this seminar series costs a total of \$59.95 per person! For more information on this offering, check out [www.findyourstrength.com](http://www.findyourstrength.com) and click on the High Gear for the New Year! link on the main page. If you're interested, be sure to sign up quickly – as seating is almost full already.

Streamline Personal Training would like to pass a very warm "Thank You" to all those who helped support the 100,000m Rowing Challenge to help raise funds for Island Relief, Inc. ([www.islandreliefinc.com](http://www.islandreliefinc.com)) Island Relief provides support for the educational systems in island communities that would otherwise be without the things we take for granted in our schools, like computer labs, libraries, and access to modern books. In addition to helping Island Relief, it was a great challenge and worthwhile goal to row 66 miles between the day after Thanksgiving and Christmas Eve. In addition to the plentiful exercise benefits, it helped me really focus on how to use an indoor rowing machine for maximal cardiovascular benefits. If you'd like to learn about how to use a rowing machine as an alternative to other cardiovascular equipment, head to [www.findyourstrength.com](http://www.findyourstrength.com) and look in the Archive section for the article about indoor rowers.

### Do You Have A Health Or Fitness Question You Want Answered?

I love hearing from all of my good friends and clients who enjoy reading my monthly newsletter. And I'm always looking to answer pressing questions you might have about anything related to health and fitness. If you have a question, tip or idea, please feel free to call me at (847) 276-7132. Perhaps I'll feature you in a future issue!

## Streamline Personal Training's Fitting Fitness In™

"Insider Tips for More Enjoyable Living..."



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### Come Across An Interesting Diet, Weight Loss Or Fitness Product?

No need to guess if it's worth trying or wonder about its effectiveness. Just call me at (847) 276-7132 and I'll tell you...with no hassles and no obligation.

## Shed Those Holiday Pounds!

If you're like the average person, the holidays may have been less than favorable when it comes to your waistline. If you're looking to shed a couple extra fat pounds in the beginning of this year, here are five critical steps you'll want to follow to make it happen...

- 1. Eat Frequently!** We've all heard that it's better to eat four to six smaller meals per day than one to three larger meals. This kind of eating frequency not only provides your body with the fuel it needs on a regular basis, it also helps moderate portion control. If you've ever sat down to a meal and been just famished, only to consume enough to be uncomfortable, you'll get the gist of what we mean by eating smaller, more frequent meals.
- 2. Don't Ditch the Weights!** Since your body's metabolism is primarily determined through the amount of lean (non-fat) tissue you are carrying on your body, the more the better. Additional pounds of lean tissue will help your fat loss goals progress through the burning of a greater number of calories while doing all activities. Don't forget to use adequate resistance to stimulate your muscles, not too much, and not too little.
- 3. Monitor Solo Sweets!** If you consume something sweet in the middle of the afternoon without having a balanced meal at the same time, there's a great chance your blood sugar will quickly elevate, triggering an insulin release in your body. Insulin is a fat-storing hormone, and while it's needed in the grand scheme of things, we sure as heck don't want it to be released all the time. The more times your body gets a fat storage notification, the more resistant it will be to release fat stores when you exercise.
- 4. Do Moderate Cardio!** That's right – there's no point in spending hours a day slaving away at the treadmill – you could actually be telling your body to store fat if you do that. Work too hard and you'll do the same thing. Work too lightly and your body won't burn enough calories to make it worth your while.
- 5. Kick Up the Fiber!** Fiber is not only critical for the normal function of your digestive system, it also is quite filling, which can help from a portion-size perspective. It's a good idea to consume some kind of fiber with each meal. Good food sources include vegetables and most fruits. Eat the fiber with a meal and watch how it's easy to get more full faster.

## What's New on the Web?

In January, Streamline Personal Training has added a couple of new features to the [www.findyourstrength.com](http://www.findyourstrength.com) website. New this month is a fitness quiz – head over and test your knowledge of fitness to see how you rate! In addition, a ‘tip of the week’ has been added – check back each week to see the new fitness tidbit. Finally, be sure to check out the Archive & Free Reports sections – new articles and reports will be added throughout the months to come, so check the site frequently to make sure you have copies of the latest information.

We've had a very good response to the Streamline Personal Training website at [www.findyourstrength.com](http://www.findyourstrength.com). We're also looking to make it as informative as possible and we'd like your help. If you happen to have any ideas regarding additions to the website that would make your fitness life more fulfilling, please don't hesitate to call them in at (815) 477-0980 or e-mail them to [jim@findyourstrength.com](mailto:jim@findyourstrength.com). We'll see if we can fit those ideas into the website to make it even better.

### Product Spotlight: Boxing Equipment

With January here and the possibility of cooler weather that can make exercising outside not so comfortable, we're going to take a look at another great way to exercise in the comfort of your own home. While boxing as a sport may not be everyone's favorite, there's no doubt that boxers are some of the most conditioned athletes on the planet. If you happen to doubt this, try going for three regulation rounds against a heavy bag sometime and see who wins. Since the average person has no plans on going into the ring and shooting for the title belt, we don't have to worry about whether or not our left hook really has enough power. We can, however, use the same conditioning and training techniques that boxers use to get in better shape and add some variety. Century Martial Arts has a great and affordable supply of boxing equipment for use when exercising. Here are the key components that you'll want to look for if you're going to use boxing training in your workouts...

Unless you're going to be shadow boxing (not hitting anything), you'll need to get proper hand protection. This includes not only boxing gloves of some type (there are a variety depending on the level of padding and weight desired) but also hand wraps, which are vital to protect the hands and wrists. Then, you'll need something to hit, and preferably a punching bag (as opposed to sibling, spouse, wall, etc.). And that's just about all you'll need. Punching bags come in two main categories – heavy bags and light bags. Light bags are essentially speed bags, which are small and mount to a circular board that reflects the bag back after being struck. Heavy bags are the more traditional punching bags with a larger surface area – these can either hang from a mount or be free standing with a weighted base.

Bag and glove preference comes down to the individual. In most cases, try to choose a glove that has more than enough padding, especially if you're not planning on getting into the ring at all. Be absolutely sure to wrap your hands with a wrap that is at least 116 inches long before you put on your gloves. And when working a bag, don't worry about trying to kill it with each hit – focus on your form and be sure your punches are good.

Boxing is an amazing cardiovascular workout, and combining standard boxing drills with activities like jumping rope just like competitive boxers do can really give your cardiovascular system a good workout. If you're interested in purchasing products from Century Martial Arts including wraps, gloves, bags and jump ropes, please call Streamline at (815) 477-0980 and check to see what your special pricing will be.

Century Martial Arts can be reached at [www.centuryma.com](http://www.centuryma.com).

"A good plan today is better than a perfect plan tomorrow."

- General George S. Patton

### Funky Facts...

↳ Only about 45% of Americans now say they write up resolutions. In most cases, only about 8% of Americans consistently achieve their New Year's resolutions.

↳ Costco is the nation's largest retailer of wine and Australia now produces the top-selling imported wine in the U.S.

### I'd Love to Hear From YOU!

Whether your goal is to lose weight, get in the best shape of your life, or anything in between, I can help you.

I'd love to hear from you – even if you just want to say "Hi!"

I'm full of energy, and people tell me – a pretty fun person to talk to. So please don't hesitate to call me up with any questions you have about health and fitness related issues. There's never any pressure and no obligation. I'm a resource...and a friend!

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## Spotlight: Food Labels

For some people, reading the labels on food containers has become a virtual national pastime. But labels can be somewhat deceiving, as with all rules there are little loopholes that can get consumers believing that a product is better than it really is.

First off, check the comparative fat calories compared to the total calories. If you did this with 2% milk, you'd find that it was actually 35% fat! Why can it be called 2% then? It goes back to how it was labelled – 2% milk solids from fat, 8% milks solids non-fat, 90% water.

How about non-fat foods? Ever seen non-fat cooking spray where the only ingredient is oil? Guess what – it's all fat. Labelling laws note that if there's less than 0.5g of fat in a single serving, it can be labelled as fat-free. So check the serving size and make sure it's not 0.2g like on these cooking sprays.

Finally, beware the trans-fatty acids. Even though a label may say 0g of trans fats, if the ingredient lists *anything* that says 'hydrogenated' or 'partially hydrogenated,' there are trans-fatty acids in that food. It seems that the label only needs to show fully hydrogenated fats as trans fats even though the process of hydrogenation is exactly the same with hydrogenated and partially-hydrogenated fats.

Be educated as you look at labels and dodge the bad stuff.

### The Swiss Ball...

Did you know that the Swiss ball was originally called a Gymnastik™ ball? The term 'Swiss ball' was popularized by U.S. therapists who first saw the balls being used in Physical Therapy clinics in Switzerland. It was actually an Italian toy manufacturer named Aquilino Cosani that had begun producing over-sized inflatable balls made of vinyl back in 1963. It was his Gymnastik™ balls that were used in hospitals and clinics in Europe.

Through a series of interactions, the Swiss ball was introduced to Dr. Susan Klein-Vogelbach, who was the developer of the Functional Kinetics theory of movement. She was the first to use the balls with an adult population having orthopedic and other medical issues. In 1970, she presented ball exercises at the World Physical Therapy Congress in Amsterdam.

It was only in 1990s that the Swiss ball was brought into the fitness industry. Al Vermeil, conditioning coach for the Chicago Bulls basketball team, was one of the first elite strength coaches to incorporate Swiss ball training into professional sports. Swiss balls are now widely used for everything from functional training and flexibility to high performance training and rehabilitation. Swiss balls can be purchased a variety of retailers.

### Thanks for the Kind Words!

"After my baby was born, I needed to get back in shape. Jim worked with me to demonstrate the best foods to eat based on my individual makeup instead of giving me a 'standard diet' that 'works for everyone'. Within 5 weeks, I had gone down two pant sizes. I really felt a sense of accomplishment and self-confidence from that." - Sara, 24