

Getting Rubbed the Right Way! (Part 2)

By Holli Beal, LMT, 5 Elements, Inc.

Therapeutic massage combines the healing power of touch with pressure and movement to facilitate change in the body. Massage helps relax muscles that are tense from stress or overuse, softens connective tissues, opens tight joints and provides an overall sense of well-being. At 5 Elements, Inc. Licensed Massage Therapy all bodywork is customized to meet the needs of each individual client. Your session may include any of the following modalities:

CranioSacral Therapy -This gentle, noninvasive work encourages the body's natural healing processes and has proven effective in treating a wide range of problems associated with pain and dysfunction. CST uses a very light touch, around 5 grams of pressure (the weight of a nickel) to assist the natural movement of the craniosacral system and free it of any restrictions. CranioSacral Therapy enhances the functioning of the central nervous system and helps dissipate the negative effects of stress. It does not manipulate tissue in the same way as a massage. Traditionally CST is performed with the client fully clothed, but it can be combined with other forms of massage therapy.

Mobilizations -Mobilizations are passive movements and stretches used to enhance range of motion and improve flexibility in the joints.

Prenatal Massage -Involves massage techniques that are safe and effective to use during pregnancy. Massage therapy can reduce prenatal discomforts and concerns, and enhance the physiological and emotional well-being of both mother and fetus. We will only work with moms-to-be in the second and third trimesters.

Reiki -Reiki (pronounced "ray-key") is the combining of universal energy with individual energy to open pathways of healing. It involves placing the hands on or just above the body in order to introduce healing energy to the client. The hands remain in position for 3 to 5 minutes, alternately covering 10 to 12 positions over the body. During a Reiki session you may experience some warmth or tingling, and most clients report feeling deeply relaxed. Reiki sessions are usually done with the client fully clothed, but it may also be incorporated into a massage session.

Feel free to visit us on the web at www.5elementslmt.com or to schedule your appointment, purchase a gift certificate, or if you have any questions about massage therapy, please contact Holli at 847-854-9663. Remember – the holidays are a great time for giving the gift of massage – call me and ask about a gift certificate for someone you care about!

Watch for news about a new Streamline Personal Training service offering – High Gear for the New Year: accelerated fat loss fitness program.

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 or on our web site!

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.

Eat What You Want for the Holidays!

That's right, you read right – here's some tricks to help you eat what you want during this holiday season and still keep your body in high gear for the new year...

- 1. Enjoy Holiday Dinners!** When it comes to a holiday dinner with family and/or friends, enjoy the abundance of food and do your part to make sure it doesn't go to waste. This means have some fun and enjoy yourself – there's no reason to believe that a couple days during a roughly six week period is going to throw on pound after pound onto your frame.
- 2. Be Good – Santa's Making a List!** And so should you be making a list... keep a mental list of what you are eating during the week to make sure that you're not turning the holiday season into a reason to overeat or consume food that's not good for your body. If you keep on track during the days other than the holiday parties then enjoying yourself at those times will have a lessened effect on you.
- 3. Cake, Cookies, Pies – oh my!** 'Tis the season for desserts of all types – they come out of the workout and people that don't even normally cook end up drawn to the kitchen making batches of glorious goodies to distribute among friends. When presented with such temptations, be sure to stick with some simple portion rules – have a single item or a half-serving and ideally eat it with a balanced meal.
- 4. Shopping isn't Exercise!** That's right – don't even think of considering waiting in busy lines or cruising around the mall as adequate exercise during this time of the year. Make an appointment with yourself a couple times a week to go exercise and keep your body in shape. The more you do this, the less holiday party dinners will affect you.
- 5. Spinach for the Holidays?** Popeye would be proud, but it's not necessarily the green stuff we're talking about here – it's the muscles. Be sure to incorporate resistance training to give your body every advantage this holiday season. An extra three pounds of muscle burns around 10,000 calories per month – how's that for fighting fat around the holidays? What does three pounds of muscle look like – not much. In most cases, the average person won't notice too much of a difference in their size or shape, which means you can look like you but eat like those 'other' people.

Happy Holidays!

We're Caught in a Web!

That's right – Streamline Personal Training has been caught in the World Wide Web. You can now find us online at www.findyourstrength.com. In addition to having past newsletters available, you'll also have access to articles and information that can help you reach your fitness goals and answer questions about current health topics. Currently, you can find information about products, services, special events, and client testimonials, as well as a neat photo gallery.

We're very pleased with our web site and hope that you will be too. Coming soon to the website will be an online store, where you can directly purchase the products that are detailed in the newsletters while paying special Streamline pricing. Look for this in the beginning of 2006. In the meantime, take a look at www.findyourstrength.com and enjoy browsing around and feel free to call directly to place any product orders – (815) 477-0980.

Happy Holidays from Streamline Personal Training!

We'd like to take this space to wish all of you a very safe and special holiday season. Remember to have fun, make new friends and stay fit as we move into 2006.

Product Spotlight: Protein Powders

Protein powders are easy to use and cost effective products that help to provide a great balance when good real food options aren't available. But choosing a quality protein powder isn't as simple as it seems. With the loopholes that exist in labeling laws and the lack of testing required for this classification of product (a nutritional supplement), it's a sad fact that many companies are after the almighty dollar instead of healthy customers. Many supplement companies pour their money into advertising and endorsements instead of product development. In addition, lots of time the real substance in protein powders is actually filler (probably to make up for a lack of product after all the money's spent). In the next few paragraphs, we'll take a look at some particular products that may help you reach your fitness goals.

Beverly International has been making supplements for twenty-five years and doesn't manufacture a product unless its research has been published in peer reviewed journals demonstrating unequivocal results in double-blind studies. In addition, Beverly, which does not spend money on paid endorsements, will only make a product if the laboratory-quality material can be duplicated for consumer use. In an environment flooded with high-powered advertising campaigns, Beverly stands out by letting their customer's results speak for themselves. Because of this strict pursuit of quality and results, Streamline recommends (and uses) Beverly's products.

Beverly's Muscle Provider protein powder uses a multi-species whey protein base, although mixed with some other proteins (like egg) to prevent the blood sugar spike normally associated with this protein. As a lactose-free protein, Muscle Provider maximizes protein absorption, so your body maintains or builds the muscle it needs to keep a high metabolism. In addition, with 22grams of quality protein and only 110 calories per serving, Muscle Provider supplies the protein without adding too many calories. Without any filler or thickening agents and a great taste, Muscle Provider shakes are great to use first thing in the morning or around exercise times since the protein is absorbed relatively quickly.

Beverly's Ultimate Muscle Protein powder is a great tasting protein powder that can be used as a meal replacement powder or for extra protein supplementation. Using an exclusive blend of special proteins that mix slower- and faster-absorbing proteins, Ultimate Muscle Protein also provides BCAAs (branch-chained amino acids), Arginine and Glutamine, which help keep your precious lean muscle intact while keeping you energized.

Beverly's Ultra Size has a name that fools people – many people (women especially) use Beverly's Ultra Size to help contribute to their fat loss. Ultra Size has 17g of a blend of egg and whey protein for 120 calories per serving. Eric Serrano, MD (one of the top consultants in nutritional supplementation) helped develop the Ultra Size product, which has a synergistic blend of 50% protein, 20% carbohydrates and 30% fat. Ultra Size works well as a meal replacement powder or to supplement real food meals with boosted protein.

Beverly International can be reached at www.beverlyinternational.com.

"The odds of hitting a target go up dramatically when you aim at it."

- Mal Pancoast

Funky Facts...

- ↳ The highest point in Pennsylvania is lower than the lowest point in Colorado.
- ↳ American Airlines once cut costs by reducing by one the number of olives served in the salads in first class. After being eliminated, the total savings in 1987 was \$40,000.

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!

Jim Cook
Streamline Personal Training
6 Raxburg Court
Lake in the Hills, IL 60156
Phone: (847) 276-7132
Fax: (224) 569-2622

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Personal Training

Spotlight: Ab Training

The abdominal muscles perform three basic tasks: raising the hips toward the ribcage, lowering the ribcage toward the hips, and providing rotational and organ support. As long as your training includes motions that cover all of these functions, you'll be working your abs in the correct manner.

Most people rely on crunches for their abdominal activity – I've heard of people that did more than a hundred a day. This particular exercise pattern works only one of the abdominal functional methods. Here are some things that can help cover the other two pathways...

Try performing reverse crunches – these focus on raising the hips toward the ribcage. On a slant board or the floor, tuck your knees toward your body and then squeeze your abdominals to curl your spine, rolling your hips toward your ribcage.

For rotational support, there are a variety of exercises that work the sides of the abs. Focus on exercises that let the body extend without using lots of weight (we don't want permanent love handles!). Great examples include side torso raises over a Swiss ball, Swiss ball lateral rolls, and Russian Twists. For more info on how to perform these exercises, head to www.findyourstrength.com and click on Archive and look for the Ab Training article.

The Treadmill...

Did you know that the treadmill is one of the most recommended piece of home exercise equipment because of its functionality and ease of use? The treadmill is a great tool to help develop and improve cardiovascular ability. And yet there seem to be more treadmill brands and models to choose from than any other type of fitness equipment.

While treadmills can vary quite a bit in prices, there are a couple of items that are important to check out when looking to purchase a treadmill. The first is the warranty that supports the piece of equipment. Any company that warrants all parts (including those that are prone to wear and tear) is generally safe to purchase.

When it comes to functions, the ability to have a motorized incline/decline function is very important. Check out the cushion system for the treadmill – does it adapt automatically for people of different bodyweights? How much maintenance is generally needed to the treadmill you're looking at? Check online for information like this and be educated before purchasing.

As 2006 rolls in, many people will be addressing resolutions, and of those, some will be purchasing treadmills. Be sure that your purchase makes sense from all angles and then enjoy that great device!

Thanks for the Kind Words!

"I went on a boundary waters canoe area wilderness adventure after training for about two weeks. I was able to paddle the canoe for miles and I carried heavy backpacks. Thanks to my personal training sessions with Chris, I could go a lot longer and experienced less pain!"
- Kristine, 46