

Getting Rubbed the Right Way! (Part 1)

By Holli Beal, LMT, 5 Elements, Inc.

(Jim's Note: Streamline Personal Training is very pleased to have working with us Holli Beal, a licensed massage therapist and the owner of 5 Elements, Inc. Licensed Massage Therapy. Holli is not only a terrific person, she's also extremely knowledgeable in her field bringing six years of experience to the table.)

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:

Swedish Massage -One of the most well-known massage techniques, Swedish massage involves manual manipulation of the soft tissues of the body. Using five basic strokes (compression, kneading, percussion, friction and gliding) this type of massage is used to improve circulation and promote overall relaxation. A sheet covers the client with only the body area being worked on exposed, and cream or lotion is used to minimize friction on the skin.

Deep Tissue Massage -Deep tissue therapy affects the underlying layers of muscle and fascia. It helps with chronic muscle tension and injury rehabilitation, and can reduce pain caused by inflammation from arthritis, tendonitis and repetitive motion injuries. It is applied to specific areas and not used as a full body treatment.

Trigger Point Therapy -A massage technique used to relieve chronic discomfort by applying specific pressure to trigger points of referred pain. These points are localized areas in which the tissues are extremely tender to the touch. Pressure on these points can send referred pain to other areas of the body, and communication between the client and therapist is necessary as trigger point work can cause some discomfort. However, symptoms usually improve immediately after a trigger point therapy session.

Myofascial Release -Myofascial release is the application of slow, sustained pressure and movement into the fascial system. This type of work is used to eliminate restrictions and adhesions in connective tissue. Myofascial release is an effective therapeutic approach in the relief of neck and back pain, fibromyalgia, limited range-of-motion, and headaches.

Sports Massage -Sports massage consists of specific components designed to reduce injuries and pain, alleviate inflammation, and improve performance for amateur and professional athletes before, during, after, and within their training regimens.

In the next issue, we'll discuss some additional modalities of massage therapy that 5 Elements, Inc. Licensed Massage Therapy offers. In the meantime, 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. I look forward to seeing you at Streamline!

Streamline Personal Training's Fitting Fitness In™

"Insider Tips for More Enjoyable Living..."



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Six Sneaky Sources of Fat!

Without much effort, fat sneaks into our diet like a bad Santa in the night. Here are some spots where you can stop fat in its tracks...

- 1. Why Fry?** Foods that are fried are almost always higher in fat than other cooking preparation methods. While deep frying correctly can spare food from soaking up fat, most frying situations for prepared food are cooked too long at not at the correct temperatures to prevent fat from soaking into the food and replacing water molecules. As a rule of thumb, stay away from fried foods and stick with grilled, boiled, or broiled foods to try and keep fat in check.
- 2. Fast & Cheap aren't Best!** Fast foods are a terrific source of poor nutrition. A general rule is – the cheaper the food, the worse it is for you. Grab a nutritional guide from a fast food restaurant to make better choices, and be sure not to assume about any foods. (McDonald's Grilled Chicken Caesar Salad has almost as much fat as a BigMac®!)
- 3. Hold the Dressing Please!** Most salad dressings are rich with fat, especially in restaurants. A great way to consume quite a bit less dressing while still getting all the taste is to order the dressing on the side – with each bite of food, dip your fork into the salad dressing first and then into the food. Most people are amazed at how little salad dressing they end up consuming in this manner.
- 4. Watch the Cheese!** Cheese is a killer when it comes to fat consumption. Did you know that one ounce of cheddar cheese (a one-inch cube) has 9 grams of fat? Cheddar isn't alone – Monterey Jack, Colby, Cream, and just about all other cheeses are high in fat. If you're going to eat it, watch the portion sizes very strictly.
- 5. Hold the Beef?** Ever heard people say that filet is better for you because it's leaner? Well it's not lean enough! Even the beloved filet has between 9 and 13 grams of fat for a 3.5 oz. serving size. Some round steak (top and eye) are lower, sitting in between 6-12 grams of fat. Beef, as opposed to game meats, holds a lot of fat in it, especially when it's not grass fed – mind your consumption.
- 6. Don't go Nuts!** While nuts can be a source of good fats, it's easy to overindulge when it comes to serving sizes. Mind foods that have nuts added to them – if you see them in the food or in the ingredient list, be sure to pay close attention to the serving size of the food in question to make sure you're not ingesting loads more fat than you should.

A Banana a Day Keeps the Doctor Away?

By Christine Barnes, CFT, SFOA

We have often heard the phrase “an apple a day keeps the doctor away”, well now here’s some information that might have you replacing the old saying with “a banana a day keeps the doctor away”.

Who would have ever thought that a banana could have such a positive effect on your body? It not only gives you an instant energy boost because it contains natural sugars like sucrose, fructose and glucose but it also contains fiber to help restore normal bowel action, without using laxatives. In addition, it contains vitamin B6, iron, potassium and tryptophan. The vitamin B6 regulates blood glucose levels, which in turn, can affect your mood. People who have a problem with low iron levels (anemia) would benefit from eating bananas because the banana has the ability to stimulate the production of hemoglobin in the blood. Also, bananas are extremely high in potassium, yet low in salt, which makes it a perfect food to help control blood pressure. You might be wondering what tryptophan is; well tryptophan is a type of protein that your body converts into serotonin. Serotonin is the key component to help in relaxation. Doesn’t everyone need a little relaxation in his or her life?

When compared to an apple the banana has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and it is rich in potassium. Let’s change the saying: An apple *and* banana a day keeps the doctor away!

Product Spotlight: Heart Rate Monitors

Heart rate monitors are an invaluable tool when performing cardio or calorie-burning activities. Without actually having consistent feedback of how the heart is responding to exercise, it is virtually impossible to determine whether or not exercise is being performed at the correct cardio intensities to provide optimal benefit. Sadly, tracking heart rate zones is not as simple as the 220-Age calculation. Far more than just a measurement device used to tell your heart rate, the two Polar heart rate monitors that I’ll detail here provide invaluable information and recorded feedback that will allow you to maximize your cardiovascular exercise sessions to provide the biggest bang for your buck.

Starting with Polar’s F6 model heart rate monitor, the OwnZone® feature is introduced. OwnZone® listens to your hear as you use the device during different levels of exercise intensity and from this information, it uses advanced algorithms to determine precisely where your particular intensity zones are for your heart. This will dramatically affect the type of benefits that can be received from performing cardio in your specific proper ranges. Without this information, it is very possible to be exercising at the wrong intensities for a random amount of time.

In addition to telling the heart rate and utilizing the OwnZone® feature, the Polar F6 also has a diary feature that allows you to track your performance over time. This is especially useful when logging weekly or monthly cardio activity and looking for trends in performance including number of exercise sessions, amount of calories burned and time in each heart rate zone.

The Polar F11 is a real treat and adds a couple of features onto the base that the terrific F6 provides. Among the added features are a personal fitness test (which calculates your VO₂Max rating, a number that corresponds to overall cardiovascular fitness levels), a coding feature that prevents cross-talking between heart rate monitors (like two people walking outside or running on adjacent treadmills) and adds one of the more significant features – the Own Workout Program, which helps design a cardiovascular exercise program for you based on your individual needs and ongoing improvement of your cardiovascular system.

The Polar F6 and F11 heart rate monitors can be purchased directly through Streamline Personal Training with a minimal wait time for shipping. The retail price of these heart rate monitors is \$99.95 for the F6 and \$149.95 for the F11. Considering how many hours someone who is serious about getting to their fitness goals will spend on exercising, this is a very small price compared to the accuracy provided by these wonderful tools. I personally have used several different heart rate monitors and currently am enjoying my F11 and how detailed its analysis is of my cardiovascular condition. If you are ready to stop wasting time by training outside of your own body’s capacity, check out the Polar heart rate monitors at [Streamline’s online store](#) today!

“A ship in harbor is safe, but that is not what ships are built for.”

- William Shedd

Funky Facts...

↳ Daylight Saving Time was originally conceived by Ben Franklin in 1784. It was not fully adopted until World War I, when the need to conserve wartime energy was great.

↳ Germany started Daylight Saving Time in 1916. The U.S. didn’t follow suit until almost two years later.

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: Cardio Training

There are two schools of thought for cardio training – long and easier or shorter and intense. Let’s take a look at both and how they can be applied in

your workouts. Longer length, lower intensity cardio workouts help the body to burn more calories than it otherwise would. In addition, the body metabolizes more fat into energy when exercising in this target range. The downside is that less calories are burned when compared to more intense exercise. Generally, cardio workouts in the light intensity range stick between 60-70% of the max heart rate of an individual.

Shorter and more intense workouts burn more calories as the body works much harder to deal with the work load. In this case, the heart rate may reach between 70-85+% of a person’s max heart rate. One of the downsides is that exercise of this intensity is harder to continue for long periods of time due to the energy drain and stress on the body, and that the higher the heart rate goes, the more the body burns stored blood sugar instead of metabolizing fat. The upside is overall exercise capacity is improved, allowing the heart and lungs to get stronger. Overall, most people benefit the most when they spend about 2/3 of your cardio time between 70-80% and 1/3 at 60-70%.

Check this Out!

If you’re looking for a great way to have organic produce handy around the house, try checking out Timber Creek Farms, a company based out of Yorkville that delivers in the northern part of Illinois. I’ve happily used their products for months now. The website is www.tcforganics.com.

The Amazing Grape...

Did you know that there is a variety of research that touts the benefit of moderate consumption of alcohol, particularly red wine? In 2002, French researchers noted that moderate drinkers of alcohol had elevated HDL (“good”) cholesterol and that HDL particles in red wine drinkers were richer in certain components that play a protective role in cardiovascular disease.

Red wines are made with the skins of the grapes intact. Since poly-phenolic flavanoids (antioxidants) are found chiefly in the skins of grapes, red wines tend to also possess these higher levels of antioxidants, although their functions are only partially known.

Additional antioxidants that are found in wines are resveratrol (one of the few adaptogens in the world), quercetin and the catechins. These and other antioxidants in wine and grape juice favorably modulate the blood clotting that climaxes heart attacks and strokes and help by further relaxing the blood vessels and inhibiting the oxidation of LDL (“bad”) cholesterol to its dangerous form.

While moderation is a large key with any consumption and while new research is coming out all the time, it’s important to know a couple secondary benefits from our good friend, the grape.