



BRINGING STRENGTH, FLEXIBILITY & BALANCE TO OUR COMMUNITY

FOCUS ON WELLNESS

FEBRUARY 2010

Mark Your Calendar!

TOOLS for DEALING with CANCER

by Reclaim! Cancer Fitness Training & Wellness
Tuesday, Feb 2, 7 PM
Island Fitness



Spring Launch

Wednesday, February 3
1:30 pm & 6:45 pm
Friday, February 5
6:45 pm

MOVE OF THE MONTH

Open your heart with this stretch for two

by Olivia Carey, NASM PT & Jose Lugo, NASM PT



This is a great stretch for opening up the chest and improving posture, especially if you've spent the day hovering over the computer at work!

1. Have your partner sit down on a bench or on a chair with their hands gently behind their head. Posture should be as neutral as possible.
2. Place one knee comfortably on your partner's back (careful not to place too much pressure on their spine).

3. While holding your partner's elbows, gently pull them towards you. Don't allow your partner's back to arch or their head to press forward. Remind them to breath normally, relaxing the chest muscles on the exhale.

Hold the stretch for approximately 15 - 20 seconds.

DO NOT force the stretch. STOP immediately if there is pain or discomfort. Make sure you communicate with each other.

For more information on how to improve your flexibility contact an Island Fitness professional.



Where's Your ♥ ? Valentine Weekend for Haiti

Morning Star is here to lead us in an evening of dance with family and friends to raise money for Haiti All proceeds for the event will go to Doctors Without Borders.

Morning Star has taught dance internationally, and encourages everyone to relax, have fun, and feel good. It's a basic wiggle extravaganza! In addition, there will be a moment of quiet where we collectively send out our heartfelt love for those who continue to suffer in ways we cannot imagine.

Island Fitness also wants to welcome special guest, Andrine Joyner, Group Power instructor Steven Joyner's beautiful wife. As a native of Haiti, Andrine is going to share her unique perspective with us as she talks about Haitian culture.

So, come dance! Alone, together, just move it and groove it!



Dancing for Haiti
Worldbeat with Morning Star
Fri. Feb 12, 7:00 - 8:30 p.m.
\$15 suggested donation



Chilly Hilly Simulation Ride
with Jackie
Sun Feb 14, 9:00 - 10:30 a.m.
\$20 suggested donation

All proceeds to benefit Doctors Without Borders



February 7, 3:18 PM

Watch the Colts take on the Saints without skipping your workout! Island Fitness will have live coverage of the big game.



February 12 - 28

Cheer on the US Olympic Team with us and get inspired. Watch the Olympics while working towards reaching your own fitness goals at Island Fitness!

Local Athletes Going for Gold:

Apolo Ohno, Seattle
Short Track Speed Skating

Bree Schaaf, Bremerton
Bobsled

Holly Brooks, Seattle
X-Country Skiing

Jeremy Teela, Seattle
Biathlon

J.R. Celski, Federal Way
Short Track Speed Skating

Karen Thatcher, Blaine
Women's Hockey

Nicole Joraanstad, Seattle
Curling

Patrick Deneen, Redmond
Freestyle Skiing

Will Brandenburg, Walla Walla
Alpine Skiing

Results!

I never really had to be concerned about eating or exercise until my thirties. I was active enough that I could defy genetics and counteract poor eating by running off the excess calories. However, after an office job and pregnancy weight gain, I lost the motivation to run. With my family history of obesity, the pounds began to build.

I had tried them all—NutriSystem, Jenny Craig, Weight Watchers, grapefruit and watermelon. When all else failed, there was the diet pill and starvation. Over the past 25 years I have lost about 500+ pounds and gained or regained 600! I had convinced myself that being overweight was a cosmetic issue, until my doctor warned that if I didn't make a significant lifestyle change, I would be diabetic within a year and on medications for high blood pressure, cholesterol and at a higher risk for stroke and heart attack.

I was desperate, I contacted Alexa Rosenthal to request nutrition help. Alexa, in her warm, inviting way told me I had already done the hard work by walking through the door. Together we built a menu of nutritious foods in moderate quantities that I enjoyed.

There were rules, like journaling everything I ate, as well as eating every 3 hours. We discussed metabolism and how our bodies use food for fuel. It was slow at the start and took some blind faith to stay the course.

Alexa recommended a trainer to get me started on the exercise component. Marc LaSof was the trainer for me. No matter how wimpy I felt, he never gave up and knew just when to push and when to say enough.

After gaining a little confidence and feeling comfortable in the gym, my son suggested yoga to enhance the mind body experience. Thanks to the

club's yoga class, I now understand that yoga is more than stretching and learning poses. A year later and 75 pounds lighter, I don't live on a diet – I live a healthy lifestyle with wholesome and nutritious foods. I have a very supportive family and 3 very dedicated and passionate professionals at Island Fitness to help me. As my confidence grows, I'll keep reaching out and trying new challenges. After all, for us baby boomers, 60 is the new 40, and I am just getting started!

Cheryle Elmquist

Are your goals in sight? Share your story with us on Facebook. Become an Island Fitness Fan!



TRAIN TO CLIMB

SOLD OUT



Have Fun & Good Luck to Train to Climb 2010!

There is nothing like setting a goal to motivate you to exercise! Designed to help you achieve an enjoyable experience climbing Washington's two tallest peaks, Train to Climb is also about working towards a goal. Many people find exercise to be a mindless pursuit and despite their best intentions, "fall off the wagon" after a valid attempt to get in shape. Working with a Fitness Consultant and Certified Personal Trainer to help you define and achieve your goal is something that we do very well at Island Fitness!

If you're interested in defining your goals, contact: training@island-fitness.com

Heart Healthy Fitness Tips

by Jenny Trimble, NASM PT

We all know that exercise will help keep our hearts healthy, but how do we find the right balance in the midst of our already crazy lives? You might be surprised at how easy it can be to stay healthy - try these tips:

Plan exercises that are fun! It's easier to make exercise a habit if you pick something you will enjoy doing, whether it's walking, running, cycling, hiking, dancing, pogo stick jumping, jumping rope - all of these are great options. Be honest - if you've always hated climbing stairs then step aerobics probably isn't for you.

Challenge yourself! There's always room for improvement, and the hope of being able to do more than you can now is probably why you're exercising in the first place. Take something as easy as walking: perhaps today you walked past 5 houses. Tomorrow, try to walk past 6 houses, and so on. Each time you walk, increase your journey a bit. Every time you push yourself will help you endure more the next time. Just remember that this will only work if you're making this a regular part of your life.

Set realistic goals. If you try to run a marathon on your first day you're going to get discouraged because you won't make it. While you should challenge yourself, it should be within reason.

Schedule a time for exercise and stick to it! Consider your schedule: are you a morning person? If so, put your shoes and workout clothes next to your bed and get dressed for your workout immediately when you roll out of bed. Once the shoes are on your decision to exercise has been made. If you're addicted to your snooze button, plan to exercise in the evening. Leave your workout clothes and a snack in the car so that you can stop by the gym after you're done for the day.

Don't make it "all-or-nothing"! Often we begin with great intentions, high motivation and a vision of phenomenal results - only to falter when life kicks in and we find that our plans are too demanding. Maybe we planned to work out for two hours at the gym but got caught late at work and now only have an hour, so we decide to not bother with it today. This "all-or-nothing" approach often kills motivation and leaves us going backwards to our starting point. In reality, we should focus on progress, not perfection. Make each day better than the day before.

Above all, don't take risks with your health! While challenging yourself, keep in mind that there are limits to what your heart can take. Know them and stay away from them. Exercise should improve your health, not risk it.

The time is now! Don't bypass this opportunity. Start making your heart healthier today!

The Franklin Institute. The Human Heart. Healthy Hearts: Physical Exercise.

<http://www.fi.edu/learn/heart/healthy/exercise.html>



Jenny Trimble

Island Fitness is excited to welcome the newest member of our team!

While teaching elementary school in 2001, Jenny became a member of a local gym and met briefly with a personal trainer. At that time, she decided to make some lifestyle changes and set a goal of working in the health and fitness industry. In 2006 she began teaching group fitness while continuing to teach elementary school. She completed her first personal training certification Premier Resisted Movement Training in August 2007 and additional certifications in 2008 National Academy of Sports Medicine and 2009 NASM Corrective Exercise Specialist.

Jenny has become an avid runner and recreational cyclist, and is passionate about helping others achieve goals that sometimes seem impossible. She enjoys working to help people lose weight and also to develop a love of fitness that ensures a continuing healthy lifestyle. She believes flexibility and pain-free movement are necessities, not luxuries, and works to improve the quality of daily functional activities for her clients.



Ask the Trainer!

Have questions regarding fitness or nutrition? Ask the experts at Island Fitness and see your answers posted on Facebook, Twitter and next month's Focus on Wellness.

Submit your question to askthetrainer@island-fitness.com

Heart Healthy Nutrition

Grilled Salmon and Zucchini with Red Pepper Sauce

Don't forget the flowers and candlelight for this romantic and healthy dinner for two

by Alexa Rosenthal, *CHEK Institute Certified Nutrition Coach, NASM PT*



- 1 cup chopped roasted red peppers
- 1 small clove garlic, crushed
- 1 Tablespoon extra-virgin olive oil
- 3/4 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 1 1/4 pounds of wild caught salmon
- 2 medium zucchini and/or summer squash
- 2 teaspoons turmeric
- 1/2 teaspoon ground cumin
- 1 cup wild rice
- 2 cups water

Note:

Wild caught Salmon from Alaska or Washington are products of a sustainable fishery and have more Omega 3 than farmed salmon.

1. Combine rice & water, bring to boil & simmer for 40 minutes or until all water is absorbed.
2. Pre-heat grill medium hot.
3. Process roasted red pepper, 1 teaspoon turmeric, garlic, 1/4 teaspoon salt in food processor or blender until smooth, place in saucepan on low.
4. Brush salmon, zucchini and squash w/olive oil, sprinkle with remaining salt, turmeric, cumin, pepper.
5. Grill salmon, zucchini and squash approximately 3 minutes per side (salmon should just flake, do not over cook, zucchini & squash should be soft).

When rice is done, divide onto plates, top with salmon, and surround with zucchini and squash.



NUTRITION INFORMATION (approx.)

Calories	556
Total Fat	14.76g
Saturated	2g
Monounsaturated	7g
Cholesterol	66mg
Sodium	600mg
Carbohydrate	52g
Fiber	7.51g
Protein	37g
Potassium	871mg

*Bon
Appetit!*



Join our online community and:

Get the latest on club happenings

Connect and share with fellow members and Island Fitness trainers

Receive fitness tips

Take part in our online health and fitness challenges

Tweet with us www.twitter.com/IslandFitnessBI