



YMCA Personal Training

Achieve Your Personal Best

Volume 3, Issue 3



Nutrition Tip of the Month

Health Benefits of Grains

People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains are important sources of many nutrients, including fiber, B vitamins (thiamin, riboflavin, niacin and folate) and minerals (iron, magnesium and selenium). USDA's MyPlate recommends making half of your daily grain choices whole grain for healthy eating.

Try adding flaxseed and oatmeal, which contain phytochemicals that are being studied for added health benefits, to your balanced diet.

Dietary fiber from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for healthy bowel function and helps reduce constipation.

B vitamins help the body release energy from protein, fat and carbohydrates. Iron is used to carry oxygen in the blood. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium is important for a healthy immune system.

Consuming foods rich in fiber, such as whole grains, as part of overall healthy eating, reduces the risk of coronary heart disease and may reduce constipation.

High-fiber foods such as whole grains help provide a feeling of fullness with fewer calories. Selecting whole grains for at least half your daily servings may help maintain your weight. Incorporate whole grains into your healthy eating plan by adding a whole wheat bagel or toast to breakfast, a sandwich on whole wheat bread at lunch or whole wheat pasta with dinner.

In addition to the basic benefits of grains, they help maintain optimum health due to the phytochemicals they contain – many of which are still being identified. Three to eight ounces of grains are recommended each day, depending on how many calories you need. About one-half of these should be whole grains.

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Recipe of the Month

Bran Muffins



Ingredients:

- 1 cup Flour
- 1/2 cup Sugar
- 2 1/2 teaspoons baking Powder
- 1/2 teaspoon baking Soda
- 1/2 teaspoon Salt
- 1 1/4 cups Bran cereal
- 1 cup low-fat Milk
- 1 Egg
- 1/4 cup Oil

Preparation:

Combine first 5 ingredients and let set.

Combine bran and milk, let stand 5 minutes. Add in eggs and oil and stir in flour mixture.

Fill greased muffin tins. Bake for 15-20 minutes at 400 degrees F.

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Trainer's Corner

Core Training

What is the first thing that comes to mind when you hear core training? Do you think late night commercials where incredibly lean models are promising a six pack? Endless amounts of crunches, back extensions, side bends, and planks? Core training is implemented in many different facets of the health and wellness field to include rehab settings, low back pain protocols, and individuals pursuing six pack abs. Did you know that core training is one of 2017's top 20 fitness trends? This article will help you learn fact from fiction when it comes to core training.

What Is the Core?

Most individuals consider the core the front of the stomach (rectus abdominis). It is usually trained by endless amounts of crunches, sit-ups, and side bends. However, the core consists of the entire trunk. The scientific terminology of the core addresses the entire trunk region, with the skeleton, and connective tissues providing the framework, while the muscles of the trunk cause, control, or prevent movement. Therefore, the core is defined as the area of the torso between the hips and shoulders.

Core Dynamics

Core strength versus core stability often are used interchangeably when describing core exercises which can lead to confusion for most exercisers. The term stability refers to the ability to control the position and motion of the trunk, whereas core strength is the ability of the musculature to exert or withstand force. This means core stability in the trunk allows for an efficient transfer of forces (speed, strength, and/or power) in the shoulders and hips.

Training the Core

The primary movements of the core are trunk flexion, extension, lateral flexion, and rotation. When considering exercises in your routine you may want to consider all aspects of the core to include:

1. Isolate the core through multiple planes of movement
Example) Hay Bailer
2. Isolate the core by preventing movement
Example) Palloff Hold
3. Integrate the core via dynamic exercises that require stability of the core while moving the hips and/or shoulders
Example) Hay Bailer with Squat



By: Rich Roehrick

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Trainer's Corner Continued

Reference:

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Staff Highlight

Rich Roehrick, BS, ACSM EP-C

Rich is the new Health and Wellness Director at the 20th Ave YMCA. He graduated from the University of Wisconsin-Oshkosh majoring in Kinesiology. He is certified through the American College of Sports Medicine as an Exercise Physiologist. Rich is a dedicated and disciplined individual and a fitness fanatic. He served in the United States Marine Corps and enjoys running marathons and competing in triathlons. He is addicted to his workouts, in a fun and healthy way, and loves sharing his passion for fitness and wellness! Rich is married and has a beautiful baby daughter.



Client Highlight

Peter Platten

I can't tell you how much I appreciate the effort the Y staff has given my wife Diane and me with personal training sessions and recommendations to help us get the most out of our workouts. I have had issues with my fitness level for the past 5 years due to back and shoulder problems. My wife and I made the decision this year to change from our former fitness center to the YMCA to personalize our fitness goal to be more in line with our changes in lifestyle-retirement.

Since joining the YMCA, we have found all of the staff members extremely welcoming and helpful in assisting with training, use of the facility, and providing guidance to make the most out of our visits. We especially have enjoyed our personal training sessions, from our first fitness assessment to our fitness sessions over the past three months.

Personally, I have been working with Lindsey and Karmen for a number of weeks and have seen amazing results in that time. I have never felt stronger or healthier. They are passionate about fitness and it shows through the energy and enthusiasm they bring to every session. Their easy going, friendly personalities create a relaxed, comfortable atmosphere. They make each workout challenging, creative and most importantly, fun! They also place a high value on correct form with each exercise and have motivated me to push past my perceived limits to get results. I have improved my balance and flexibility immensely since working with the training staff.

I truly appreciate what they have done to make my life much more enjoyable. I am well on my way of reaching my goal of playing a game of "Horse" with Lindsey and Karmen!

Peter Platten