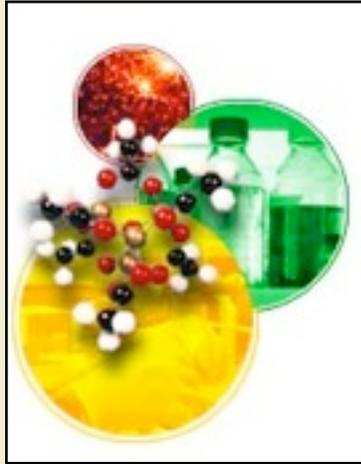


SEPTEMBER, 2009

# FUNCTION FIRST FITNESS

*a personal training studio*



## Supplements

KARIN YEHLING

SEND YOUR QUESTIONS TO:

[karinyehling@functionfirstfitness.com](mailto:karinyehling@functionfirstfitness.com)

Check out answers to YOUR questions every month!

## Q & A Corner

Question:

How many times a day should I eat?

Answer:

We, by nature, are grazers. We should be eating small amounts of food 5-6 times per day. None of these "meals" should be over 1/3 of your total daily calories. Eating this way maintains an even blood sugar level. Also, it helps your body stay out of the fat storing mode which occurs when eating large meals infrequently. Some examples of small "meals": a handful of raw almonds, a piece of fruit, a container of yogurt, a small chicken salad, a cup of soup. Having a small amount of protein with most of these meals is also a good thing as this allows for a feeling of fullness and it helps to repair muscles.



### PROPER NUTRITION, SUPPLEMENTATION & EXERCISE ARE KEY COMPONENTS IN DISEASE PREVENTION

Supplements have been a hot topic for many years. Are they good? Are they worthless? Since they're not regulated by the FDA, are they safe? These are all very viable questions. I hope to better educate you into the hows and whys of supplementation.

Yes, it's true: supplements are not FDA regulated. If they were, a bottle of calcium would cost \$100. To have a supplement go through the rigorous testing process costs millions of dollars, a cost

the manufacturer later passes to the consumer. Even with FDA approval, a drug or vitamin is not foolproof or guaranteed to be safe or effective. The next time you see a drug commercial on television, look at all the side effects they list; dizziness, stroke or even death. If you time the commercial,

you'll see that often, the disclaimers and warnings take up more air time than the promotion of the product!

My point: the FDA isn't the only way.

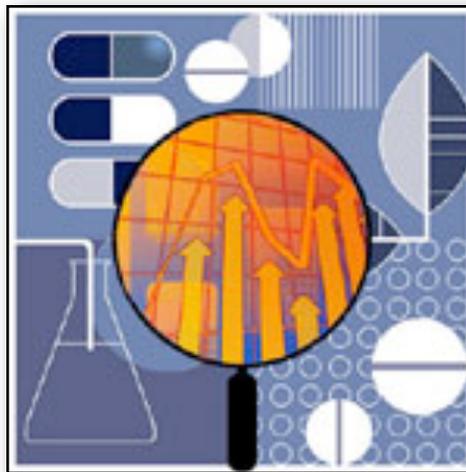
All supplements  
are not  
created equal.

Do we need supplements? If we were sufficient at getting all the vitamins and minerals out of the food we eat, we wouldn't have nearly as many cancers, cataracts, heart disease, arthritis, osteoporosis, etc. In my opinion, we don't even come close in our diets; even the nutritional "saints" fall short. There are many foods that we eat because we think they are good for us, but they may contain one ingredient that inhibits our ability to absorb the vitamins and minerals we need. I remember eating iceberg lettuce as a kid and everybody thinking, "that's great...vegetables". I think we all know about iceberg lettuce by now... it's by far the least of the lettuces available in any good store or farmer's market – or, better yet, your home garden.

Another factor that affects absorbability is age. For example, as we age, we don't break down protein from meat, like we used to. Consequently, our muscles atrophy at a faster rate. In this instance, it doesn't do any good to ingest more protein. Instead, taking an amino acid, which is already broken down, may be recommended.

When choosing a supplement:

- Know why you are taking it.
- Make sure the research supports the claims. It's very important to make sure the active ingredients are the same as those that were researched.
- Quality: make sure it's from a clean source. Take fish oil, for instance. Everybody makes fish oil now, but they don't all make it clean. Some oils may even contain lead, mercury and other heavy metals and toxins (unfortunately, a by-product of our increasingly polluted oceans). Another important thing about quality is the disintegration test. The pill has to easily disintegrate in your stomach to be useful. Some pills have a coating that doesn't allow them to dissolve, or they dissolve too slowly. Either way, they do not provide any health benefits.
- Find a health professional that can lead you in the right direction about which supplements to take, based on your individual blood chemistry and where to purchase them. I would recommend good nutritionists or integrative medicine specialists.



I think an important thing to remember is that the body develops, builds and grows – or deteriorates – from a group of

## Monthly Chuckle



### Never Give Up!

## Monthly Tip

Research has shown that for people over 70 yrs., completing your aerobic workout before your strength training workout **INHIBITS** strength gains. For best results, do you aerobic workout **AFTER** your strength training or on separate days. And, **NEVER** give up your strength training for an aerobic workout.

## Words to Live By

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."  
~ Spanish Proverb

## SUPPLEMENTS - CONT.

chemical reactions. If one thing is off, the whole system gets thrown. Let's say you go to a doctor and they conduct a blood test. They inform you that your cholesterol is high, then give you medication and tell you to cut your red meat intake. Why do we stop there and not ask "why"? *Why is my cholesterol high when I don't eat red meat?* Finding a health professional who truly believes in prevention, can help you solve these issues. Of course, this needs to be complemented with a good, clean, wholesome diet.

I was fortunate enough to have met a health researcher, many years ago, who formed his own supplement company ([www.tissuerecovery.com](http://www.tissuerecovery.com)). All of his products are based on many years of scientific research. He runs blood tests to find out a person's individual body chemistry, and problem-solves based on those findings. He doesn't blindly recommend supplements. He tries to re-configure a person's chemistry to prevent problems or treat a problem if they already have one.

I know his products are high quality because he tells me about the types of testing they go through.

You might need to do some research and probing to find the right type of health professional to help you. That person might be an M.D. who has a holistic approach. Or it could be somebody who has dedicated his or her life to research and prevention without being an M.D. You might find somebody through a supplement store or a Whole Foods-type store. My last qualification recommendation is somebody who prescribes and can translate blood work. There is no better way of finding out your true chemistry than through your blood.

In conclusion, I really believe that there are so many ailments, aches, pains and diseases that can be prevented through the use of supplementation compounded with a good diet and sufficient exercise. Finding a professional who can help you with all of these attributes will help you lead a more productive, pain-free, and longer life.



**[CLICK HERE!](#)**

*To refer a friend or family member for the Function*

*First Fitness Newsletter.*

*Get monthly tips, recipes, tidbits and news.*

**CALL KARIN AT  
(818) 456-4395  
TO START  
YOUR PROGRAM  
TODAY!**

**NEW!**

**SEMI-PRIVATE  
PERSONAL TRAINING!**

**Function First Fitness has launched a semi-private training program. This is geared**

**towards those whom:**

- 1. Want to work out with a friend or friends**
- 2. Want to work out at a reduced rate**
- 3. Want a little "friendly" competition**

**Each session is 1 hour and will include a warm-up, work out and cool-down.**

**Prior to beginning the training cycle, I will conduct a thorough evaluation, including a movement assessment, on each person to determine his/her general fitness level.**

**It may be recommended that an individual complete a 10-session one-on-one personal training package to increase movement skills and decrease risk of injury.**

**This program will:**

- 1. Boost your metabolism**
- 2. Increase your flexibility**
- 3. Increase your strength**
- 4. Decrease your body fat**
- 5. Make you work hard!**

# TRX: Something for Everyone!

Several months ago, I purchased a TRX for my fitness studio. I already had the pulleys and weights, but I realized that the TRX would provide even more for my clients, and yes, for myself. That “more” factor is body weight training, which turns on the core musculature, for any fitness level.

Think of a full push-up. If it’s done properly, with the spine in complete alignment, the core is fully engaged. If not done properly, your hips will dip to the ground. As you can imagine, most people can’t do a full push-up. The TRX allows me to get an 80-year-old client in an elevated push-up position. This position surpasses the pushup from a countertop. The TRX is free-moving, so that same 80-year-old has

to control arm movement as well as the tendency of the hips to dip.

Some examples of upper body exercises using the TRX include: pull-ups, chest flies, chest press with hand rotation, one-arm pull-up with rotation, swimmers, tricep press, bicep curls, inverted shoulder press, and decline push-ups.

Some examples of lower body exercises: hamstring curls, lunges, one or two-leg squat.

Core exercises on the TRX are limitless. They can include mountain climbers with both feet suspended and hands on the ground, bridges, side bridges, planks or isoabs.

One of the things I really like about the TRX is its versatility. It can be fastened to a wall, hung over a door, or attached to a tree, pole, swing set,

or monkey bars. You can now workout outdoors. If the weather is bad, bring it indoors. And you can travel with it. So, no more excuses when you’re on the road.

Like I said previously, I have my clients ages 80 and up using the TRX. NFL players use it; as a matter of fact, athletes from every sport are using it.

The TRX Professional kit comes with a DVD which explains how to hook it up, as well as how to do a variety of exercises. The best part: it’s under \$200 and takes up no space!

This has, in all honesty, become my Most Valuable Piece of equipment.

You can watch examples here: [Videos](#)

You can purchase the TRX, through my website, at this link: [Buy Products Here](#)



## RECIPE OF THE MONTH

### Citrus Broiled Alaska Salmon

- 4 large oranges
- 8 (4 ounce) fillets salmon
- 2 teaspoons red wine vinegar
- 1/2 cup chopped green onions
- 2 teaspoons cracked black pepper

#### DIRECTIONS

1. Preheat the oven's broiler.
2. Slice, peel, and pith oranges; slice crosswise into 1/4 inch rounds. Season fillets with salt. Place salmon fillets on broiling pan.

3. Place the pan of fillets 4 to 6 inches from heat. Cook for 15 minutes under the preheated broiler, or 10 minutes per inch of thickness. Remove from broiler just before they are cooked through. Sprinkle with vinegar. Arrange orange rounds on top. Sprinkle with green onions and cracked black pepper. Broil 1 minute longer.

*“Delicious!”*

**Karin Yehling**  
FFF Trainer

