

DECEMBER, 2012

MONTHLY NEWSLETTER

FUNCTION FIRST FITNESS

a personal training studio



SEND YOUR QUESTIONS TO:
karinyehling@functionfirstfitness.com

Check out answers to YOUR questions every month!

Monthly Tip

With all of the holiday parties in full swing, here are a couple of suggestions to try:

1) Do a "reverse" food diary: plan out your day's menu BEFORE you eat and, don't stray. If you're going to a party, plan on eating a dessert and write it in your diary. Enjoy and stick to what you wrote down. Don't forget to be "extra" good that day!

2) When you're at a party and all of the goodies are calling your name, go for the nuts and protein first. These, combined, help to ease the cravings of the sweets in addition to making you feel full.



RECOVERY IS THE FINAL ASPECT OF FITNESS

Over the past several months of this newsletter, I've covered all aspects of fitness from the ground up: nutrition, cardio training, strength training, and stretching. The final aspect is *recovery*. Recovery is essential to keeping our system balanced (mental and physical) and to preventing injury. Recovery is as much mental as it is physical,

although it is always important to remember that recovery takes time.

In the November newsletter, I covered stretching. This is a part of the recovery process, but I felt it needed its own

explanation. Several additional recovery practices include:

Yoga – There are hundreds of types and

Recovery is essential to keeping our system balanced

Monthly Chuckle

disciplines of yoga, with roots stretching back several thousand years. Surely, you will find one to fit you. **Hatha yoga** focuses on physical and mental strength building exercises and postures. **Iyengar yoga** is a form of Hatha yoga that emphasizes detail, precision and alignment in the performance of posture (*asana*) and breath control (*pranayama*).



Among the other popular forms in the West – all especially complementary to workout regimens – are **Bikram** (hot) yoga, **Vinyasa** and **Kundalini** yoga.

Yoga offers to main physical benefits above all. First, the *anasas* develop strength, mobility, flexibility and stability. Try a simple plank or downward dog posture for 30 days in a row – and by day 30, you’ll certainly be stronger and more balanced. The breath work calms the nervous system, opens blood capillaries, increases oxygen flow in the blood and tissues, expels more carbon dioxide, increases your cardiovascular capacity, and is therapeutic in itself.

Find one that sounds good and give it a try.

Pilates – This provides full body conditioning to increase flexibility and strengthen the core, arms, hips, back and legs.



There are specific exercises to increase flexibility to some of our prone-to-tightness areas, including the ankles and hips. I recommend private classes, if you have

any limitations, so that your instructor can supervise and make appropriate adjustments.



Q & A

Q: Is milk a good source of calcium?

A: Milk has actually been found to **leach** calcium from our bones. Try almond milk (unsweetened); it has more calcium and is much better for us. Yes, it’s high in fat but it’s healthy, unsaturated fat.

Words to Live By

To get through the hardest journey we need take only one step at a time, but we must keep on stepping.

-- Chinese Proverb

USING EXERCISE TO RECOVER AND REJUVENATE - CONT.

Massage – One of my favorites! Massage should be used as a preventative and restorative measure *before* injury occurs. Unfortunately, most people get injured before having a massage. Like yoga and Pilates, there are many types of massage, and not all will be for you. Try them out and see which you prefer. Some examples: Swedish, Hot stone and Deep Tissue. Massage can be as invigorating and therapeutic for the mind as it is for the muscles. Quick tip: Always drink a lot of water after getting a massage. Among other things, the massage releases toxins from your muscles and tissues, which you will want to flush out.



Chiropractic – This can be a preventative tool if administered by a skilled chiropractor. It doesn't always have to be about cracking, popping and adjusting the spine. Many chiropractors are now using different forms of stretching and modalities to help restore neuromuscular balance and spinal alignment.

Meditation – Meditation doesn't have to be a formal practice or some woo-woo event. In fact, "meditation" might be the term with the most definitions and greatest number of misunderstandings. It can be as easy as sitting in a quiet room (no TV, phone or music) and working on your belly-breathing. Or, you can make yourself a bubble bath. Or, you can focus on something you really want to attain – peace of mind, calmness in stressful situations, greater concentration. Same rules apply – no noise. While soaking, you can start by focusing on your toes and try to get them to completely relax. Work your way up and try to get all muscle tension to leave your body.



There are many ways to meditate. For some, just getting in a quiet place is a challenge. You can meditate for a few minutes or longer. If you find sitting, or finding a quiet place at home challenging, try doing a "walking" or "running" meditation. Get into your workout, and dive into what you see and how you feel. Many distance runners and cyclists swear by their running meditations.

Meditation quiets the mind, and releases stress. It has been proven that meditation can reduce blood pressure, lower inflammation, increase concentration and attention spans, and improve the immune system. Plus, in our "noisy" world of traffic, TV, computers and cell phones, it's nice to shut that all out and enjoy the peace and quiet!

This is just a partial list of the restorative methods that can be used. The whole purpose of these is to prevent burnout, injury and over-use, both physically and psychologically. Take care of the "inner you". It's a great holiday present to give yourself.

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Coming In January! Precision Nutrition Coaching

Being the skeptic that I am, you can probably imagine how I view “dieting”. By now, most of us know that diets don’t work for the long term. But people still keep trying. They count points, count calories, drink this, take that, wear this, and even try surgery – the worst.

Have you ever sat back and wondered *why* diets don’t work? Well, I have. And for years, I’ve been trying to obtain some kind of program that is logical, practical and successful for the long haul. Last year, while at Perform Better Personal Training Summit, I came across THAT program. It’s called Precision Nutrition (PN).

After researching PN, I decided to enroll in the course to become certified as a nutrition coach. It’s a Master’s level course that took me just over four months to complete. I’ve taken it one step further and enrolled in their one-year Lean Eating program. This will allow me to see exactly how and what they teach. And, I’ll lose a few pounds in the process and fine-tune some good dietary habits along the way.

Researchers (and personal trainers) have figured out that exercise, alone, is NOT enough. About 90% of gym-goers want to lose body fat. Without dietary change, those gym-goers will be lucky to lose a half pound of fat per month.

If diet plans and working out alone aren’t the answer, what’s the secret? How about “rewiring” your brain to learn good habits and being mindful of what and

how much you’re eating? There are strategies along the way specific to your body type, size, shape, lifestyle and goals. An example of a good basic habit is to take your vitamins every day, whether multi, calcium, Vitamin D or fish oil. What about the speed at which you eat? It should take you about 20 minutes to eat a meal, because that’s the amount of time it takes for our brain to tell our belly that it’s full.

The practice of good nutrition has more to do with action than knowledge. You can know what you need to do to reach your goals, but until you *act upon it*, those goals will be unattainable. That’s when frustration settles in. This is a good time to find somebody to strategize with you, to figure out how to set yourself in motion for a healthier, leaner life. For example, if you have problems snacking on unhealthy foods at night, rid your house of those goodies. It’s highly unlikely that you’ll go to the store, in the evening, just for that item. Instead, you can still munch at night, but it has to be something healthy.

I’ve found this program to be unlike others that I know. The program’s researchers use the quote, “if something doesn’t work, do something completely different”. They’ve helped more than 10,000 people lose weight and change dietary habits in order to keep the weight off for good. They live what they preach. This isn’t a quick process like dieting. We don’t shoot for a number of pounds to lose per week. It’s about

changing habits we’ve probably reinforced for most of our lives. It takes time, patience and honesty to undo those habits. If you practice all of the steps involved, the weight will come off and you’ll be a healthier, leaner person.

Beginning in January, I’ll be offering Nutritional Coaching as an additional service. Unfortunately, it will be some time before I take this to an online program. If you’re interested and local, please call me at Function First Fitness at 818-456-4395 so we can get you started on eating and living healthy.

If you’re interested in an online program, Precision Nutrition is beginning their 1-year program, starting in January. The bonus: the winner of the greatest body transformation wins \$25,000! Don’t delay; they only have a selected number of spots available.

Here are their links:

====>Men's Success Stories

====>[http://
www.precisionnutrition.com/
mens-fat-loss](http://www.precisionnutrition.com/mens-fat-loss)

====>Women's Success Stories

====>[http://
www.precisionnutrition.com/
womens-fat-loss](http://www.precisionnutrition.com/womens-fat-loss)

====>Couple's Success Stories

====>[http://
www.precisionnutrition.com/
couples](http://www.precisionnutrition.com/couples)



Function First Fitness
wishes you and yours a
happy, healthy, and safe
holiday season.



Black Bean Spinach Sauté

What You'll Need

- Olive oil cooking spray
- 4 cups baby spinach or chopped spinach leaves (tightly packed)
- ¼ cup red onion (sliced)
- 2 tsp fresh garlic (mined)
- ¼ tsp chili powder
- ½ cup vine-ripened tomato (small dice)
- 1½ cups black beans (cooked or canned, drained)
- ½ tsp salt & ½ tsp pepper

What You'll Do

Preheat a non-stick frying pan on medium heat, lightly coat with spray, add half the spinach and sauté until wilted. Add the second half, and once it has wilted, add the onion, garlic, and chili powder and sauté for 2 minutes more. Add the tomato and black beans and heat until warm. Season with salt and pepper and serve. Serves 1 large or 2 small.

RECIPE OF THE MONTH



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PERSONAL TRAINING STUDIO



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See you next time for more
tips, recipes, tidbits and
news.