From the Director
John Sistare

If you listen to country music you might recognize the following words from the Rascal Flatts, song, “Stand.”

On your knees you look up. Decide you’ve had enough. You get mad, you get strong. Wipe your hands, shake it off. Then you Stand…

These are inspiring lyrics for those who have been tempted to give up. Life can wear us down and it’s easy to want to throw in the towel. Fitness can have those moments too. One word rings true for all aspects of our life… PERSEVERANCE! New Year resolutions were made a couple of months ago but many get discouraged. Don’t become a statistic! Beat the odds, STAND & PERSEVERE towards your goals!

WORKOUT of the MONTH
Climb the Pyramid

On the treadmill, start with an incline of ZERO. Warm-up for 2-3 minutes at your normal pace. Increase the incline to 1. Every minute, on the minute increase the incline by 1. Climb as high as you want - try to get to 10! Once you’ve reached your maximum height, every minute on the minute, reduce the incline by 1. Finish on incline ZERO and cool-down for 2-3 minutes. You want the intensity to be high - walk fast enough so that you feel like you need to hold on, but don’t!

Nutrition Nuggets
By Rian Owen

Nutrition Myth: “Food eaten late at night stops you losing weight”

Fact: Many people believe that eating in the evening makes the body store more fat because it is not burned off with activity. In reality though, it’s not eating in the evening that stops you losing weight. In fact, it’s consuming too many calories throughout the day that will be your dieting downfall! Providing you eat less calories than you burn each day you’ll lose weight, regardless of when you consume those calories.

Tip: Get into the habit of planning ahead and always make sure you have enough calories left for dinner and any snacks you want during the evening. The only thing that will stop you losing weight is if the calories in your evening meal added to the calories you’ve eaten during the day equal more than the calories you’ve burned during the day.

Just a thought...
By Christine McCarthy

"The difference between the impossible and the possible lies in determination."

(Tommy Lasorda)

UPCOMING EVENTS!

Our Weight Loss Contest is coming this Spring!
Trainer Spotlight

on... Samantha Russo

AFAA certified Personal Trainer, BS Exercise Physiology UNH, minor nutrition, UNH

What first inspired you to work in the fitness industry?

I love to work out and I love to help people, so why not help people workout? I originally wanted to own my own restaurant and started to study to be a personal trainer to have a job through college. I loved learning about the body so much and how exercise effects it that I decided to switch my major to exercise physiology the summer before starting college.

What is your favorite healthy meal?

Chicken marinated in pineapple juice & baked broccoli and cauliflower with a little olive oil! Yum!!

What is your favorite cheat, sweet treat?

White chocolate and peanut butter in any combination!

How do you keep yourself motivated to practice what you preach?

I love getting my butt kicked myself, so I have found things that I love (martial arts, HIIT (high intensity interval training), jogging) and people to do it with to keep me motivated (I usually do HIIT with fellow trainer Mike Landry). I don’t always need someone else there, but it helps when you need the extra push.

What is your favorite movie?

Drop Dead Fred and anything scary!

What is the number one thing you tell all your clients?

Butt Down!!!!!!! haha ...but on a more serious note I tell them to make working out part of their schedule, like an appointment they can’t miss, even when they are not working out with me.

By Jessica D’Abrosca

Myth or Fact?

By Samantha Russo

Caffeine is a stimulant that may enhance performance in both anaerobic & aerobic athletes??

TRUE

“Caffeine is thought to prolong aerobic endurance exercise. The greater use of fat as a primary energy source slows glycogen depletion and delays fatigue. During short-duration, high-intensity exercise, the primary ergogenic effect attributed to caffeine supplementation is enhanced power production.”


WHAT’S COOKING w/ RIAN?

No Bake Chocolate Chip Cookies

1 cup oats
2 scoops chocolate whey protein
4 tbs teddies all natural peanut butter
2 tbs dark chocolate chips
1/4 cup water

Mix all together. Form into 1 inch balls. Place on wax paper and let dry out for 10 minutes. Enjoy!!

Per ball: Calories: 53, Fat: 2g , Protein: 3g , Carbs: 4g

Rian Owen

The Cardio Corner

Jessica O’Brien

Cardio is vital; just as important as weight training, because it conditions your anaerobic system in an aerobic way. To get the best results, do your cardio in interval-fashion, meaning you alternate between faster-paced running and moderate-paced running during the same workout. This conditions both systems at once, and can fool you into losing weight as an added benefit.

The ratio of fast to moderate-paced running should entirely depend on your fitness level. I recommend those who are beginners start with 3 minutes at a moderate pace, followed by one minute sprinting, working your way up to 1:1 ratio.