

“Home Bodies”

in-home fitness training and
consulting LLC
phone 508-633-7749

Volume V, Issue 4

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Aug/Sept 2008

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Walk or Jog Backwards for Benefits

If you walk or jog regularly,
your body can develop
overuse problems from
always moving in the same
direction—forward.

To counteract this, try to
spend at least 10% of the
time you spend walking or
jogging forwards going
backwards. You can still use
the treadmill—just set the
speed about half of your
usual pace.

Even if you take just 5
minutes every once in
awhile, your knees and
shins will thank you!
Walking backwards
strengthens the muscles that
allow you to continue to
exercise injury-free.

Gina Paulhus'...



Get Fit, Fight Fat, and Feel Fantastic

“A monthly newsletter from Home Bodies in-home fitness training”

Doing What You Don't Really Like

I dispense advice in order to help clients achieve their dreams and goals. One thing I notice that is a shame is when people immediately discount what I say because they ‘just don't like’ x. It might be a food I recommend they eat or a type of exercise I recommend they perform.

The first problem I have is, ‘why do you feel entitled to have to like absolutely everything?’ Have you ever heard of sacrifice, of working hard or enduring unpleasant things for the sake of achieving a goal? Secondly, how bad can it be to do something you don't like? Is it the end-all of tortures to eat a food you are not particularly fond of if it will help you achieve your goals? Just how important *are* your goals to you, anyway?

If your trainer recommends walking or jogging rather than using the elliptical and you say, “I just don't like walking or jogging,” honestly, what you are saying is that you don't really want to achieve the goals you claimed. You wanted to achieve them, all right—but only IF you found it easy and comfortable to do so. Let me explain something—if *it were easy or comfortable, wouldn't you have achieved it already?* If you legitimately injured or limited physically, of course, that's another story, but it might mean you need to change your goals.

In this society we all seem to feel ‘entitled’ to have a pleasant experience all the time. Well, what has that ‘pleasant experience’ gotten you? You are probably living in a body you don't like and have many things you wish you could change about yourself. Thankfully you have the ability to make changes for the better. *Don't waste that chance!*

Oftentimes it just requires you to become a little more open-minded to change your experience. Even if you have tried a certain food before and didn't care for it, it's amazing what can change when you position the food not as a disgusting item you'd rather not eat, but rather as one that offers innumerable benefits to you that will make your experience in this life that much better. For example, I have heard people

say they absolutely hate cottage cheese. That's fine and dandy, but cottage cheese happens to be a food that sticks with you for so long that it solves a common problem—finding a food that provides many nutrients, keeps you full a long time, and provides lots of protein. Even if you genuinely just can't choke down cottage cheese as-is, have you considered trying different kinds (low-salt, 1%, 2%, mixed with chives)? Have you tried to mix it with fruit, use it in smoothies, or mix it with cereal? How about melt it on top of a piece of bread, or add it to homemade pizza? The options are endless if you get creative and think outside the box. You may even learn to enjoy it.

While it's great to enjoy the type of exercise you perform, sometimes you'll have to do things you don't prefer to get top-notch results. If you prefer using the elliptical but your trainer asks that you run yet you just don't like it, you need to re-evaluate what your goals are and why you're hiring a trainer. If your trainer asks that you run rather than use the elliptical there is a reason. Also, if you can get great benefit from 20 min. of running and time is important to you, and it will take you 60 min. on the elliptical to achieve the same results, why are you holding on to not running? You can't have your cake and eat it too.

If you refuse to do something it may be because you haven't convinced yourself of the benefits. Most people do things all the time they don't inherently like, but they like the results. Why wants to go to school when you are working really hard for no pay (you actually have to pay to attend?) Most don't—they are *enduring* school to get the results the education provides. You don't always enjoy the process and the sacrifice, but you are doing it for a greater good. It's the same with diet and exercise. I think America needs to ‘toughen up’ a bit overall. You all have it in you to work really hard and sacrifice in order to achieve your goals. It feels so good that the ‘unpleasant’ experience will be all but a distant memory. Trust me. Try it for a few weeks and see. You'll get a tremendous boost when you realize you've faced a demon and conquered it.

Damage Control When it's Time for a Treat

Although it's important to strive for a healthy diet, there are times when you just want to go ahead and treat yourself. So what can you do to minimize the damage?

1. Weight train before the meal.

Weight-training depletes your muscles of carbohydrates so that the incoming carbs from the meal will be stored as fuel rather than gained as fat. The calories will also work to help you recover rather than land on your butt.

2. If you have a special meal, try to have it be either high in fat OR high in carbs, but not both.

When you overeat fat and carbs together, especially simple carbs like white bread or pasta, the fat is more likely to be stored as bodyfat.

3. Have a drink OR desert, but not both.

When you drink alcohol, your body is primed to store the food you consume as bodyfat. Also, alcohol and desert are both high in junk calories—choose just one to minimize the damage.

4. Drink water when your meal when possible.

This will help fill you up faster and begin flushing sodium and toxins from your system to minimize the water retention you might gain from your indulgence. Also, drinking lots of water allows your body to process through the food more efficiently, leading to less weight gain.

5. Get back on your diet plan right away.

Do not let one 'cheat' meal turn into a day or a week! The damage from just one meal won't be very much, but will be enormous if you continue to overindulge. The body is designed to deal with extra calories here or there okay, but when continued the body is forced to store the extra calories.

6. Be realistic about how often you are 'treating' yourself.

If you are treating yourself a few times per week and you are not reaching your goals.....

Client Corner: Q + A

Client Question: *I used to run just 2-3 miles at a time, and have recently increased to 5-6 miles most days. I am surprised that I am not dropping weight and that I still have 'problem areas' that are flabby. What is going on? I can't possibly increase my mileage any more.*

Gina's Answer:

Running is a great tool for body recomposition because it burns more calories than just about any cardiovascular activity—but it does have its limitations.

First of all, realize that the body is an amazing adaptive machine. Whatever you do on a habitual basis, your body will adapt to and accommodate by becoming more efficient at that activity. Your body will become more efficient at running and your times will improve to help with the goal of running is to improve your time. However, becoming more efficient at running means you burn fewer calories doing it, which will *not* help you if your goal is to burn body fat. Sure, you can run farther now, but you will burn fewer calories with each mile. Also, when you run a lot your body will begin to shed muscle because muscle is extra weight that slows down your running, which is bad for your appearance and for your metabolism.

Running 5-6 miles will still burn more calories than running 2-3 miles, but there are some things you need to do to keep your body from adapting. When you are running a lot, you need to make more sure than ever you consume at least 1 gram per lb. of body weight. Also, you need a solid weight training program and you need to occasionally choose other types of cardio so that you body doesn't stagnate.

The best strategy is to include speed work as part of your weekly running in addition to your weight training, your longer cardio runs, and your interval work. Your nutrition also needs to be appropriate for your goals.

The benefit of running is that it's great to train your body to become more efficient and cardiovascularly fit in the least amount of time. I recommend doing 2 days per week of a longer run, and those days should be high protein and lower carb days.

You can either perform weight-training 2 days per week or half-body weight training 4 days per week in order to keep your muscle mass. On those days you can also incorporate speed work. I recommend one day per week of repeated bouts of sprints and one or two days per week of relatively short, easy runs with a sprint at the end, or of an alternate cardio workout such as complexes or an aerobics class.

This way you will have the best of all worlds—the large calorie burn and cardiovascular conditioning of the longer runs, plus the metabolic stimulation of the speed work and other types of cardio to keep it fresh.



Fighting Diabetes with Exercise

By Jenny Legan, Home Bodies Personal Trainer
to the greater Portsmouth, NH area



Within the last 15 years, the U.S. has seen an astronomical rise in new cases of adult-onset, or type 2 diabetes, a potentially deadly condition. While this was once considered an adult disease in that diabetes affected most in the mid-late years of life, is now being seen even in young children.

It is important to understand that type 1 diabetes, in which the pancreas is inhibited from producing insulin due to an immune response, is traditionally the form of diabetes affecting children and young adults. In 2005, the Centers for Disease Control reported that 1 in 523 people under age 20 had type 2 diabetes. In type 2 diabetes, the pancreas still is capable of producing insulin; however, the cells of the body have become resistant to the insulin. In turn, blood glucose levels remain chronically elevated, unless steps are taken to reverse the insulin resistance.

What is the best defense against insulin resistance? Exercise! In fact, exercise is almost always utilized alone or in conjunction with diet modifications and/or medication in the treatment of diabetes. It is essential that the insulin resistance is treated in order to normalize chronic elevations in blood glucose levels, which are seen in diabetes and pre-diabetes. Pre-diabetes is a condition in which an individual has an elevation of glucose levels, yet the levels are not yet high enough to warrant a diagnosis of diabetes. If left untreated, high glucose levels in the body can lead to a wide variety of serious health complications, such as eye problems, kidney disease, and amputations. Not only can diabetes be fatal--as according to the American Diabetes Association, it is the fifth leading cause of death in the U.S.--it can set an individual up to have a great increase in their risk of heart disease. Heart Disease is the leading cause of death within the U.S. Those with diabetes run twice the risk of developing heart disease or having a stroke than those without diabetes.

The symptoms of diabetes include weight gain and weight loss, increase thirst, urination and hunger, headaches, fatigue, and slow wound healing. Because these symptoms can indicate other medical conditions, it is important to see your doctor, especially if you are overweight and don't exercise. The symptoms of chronic blood glucose elevations due to insulin resistance are numerous and can vary greatly among individuals. Only a medical professional can determine if you have or are at risk of diabetes. In order to avoid the serious and potentially deadly consequences of diabetes, it is important to see your health care provider if you have any symptoms, family history, or risk factors of the disease, such as a sedentary lifestyle.

In our fast-paced society, it is so easy to fall victim to unhealthy habits that contribute to the development of diabetes. We spend a great deal of our time being sedentary and when meal time rolls around, we are far too willing to trade nutritious meals for fast food and "freezer fare." The good news is that through simple changes to the diet to including less fat and calories, more lean protein, whole grains, and produce (which can easily be accomplished through the avoidance of packaged and processed foods) blood glucose levels can be gradually lowered over time. Keep in mind that the most effective weapon against diabetes is exercise. Exercise helps the body to lower blood glucose levels and enhances the efficacy of insulin produced by the pancreas, gradually reversing insulin resistance.

As diabetes reaches epidemic proportions within our society, regular exercise and improvements in eating habits must be undertaken in order to halt new cases of the disease within the adult population. We must not forget that our children are also at risk of diabetes. We can set healthy examples for our children, by taking care of our own bodies. Remember, our children won't practice what we preach, but only what we ourselves practice. So, honor your commitment to exercise. By doing so, you can prepare the way for a long and healthy life for not only yourself, but those you love.

Home Bodies Special:

Train, Nutrition and Stretch
for the same price!



ATTENTION New Clients!

If you want a jump-start to your fitness by hiring an in-home personal trainer, you're in luck! Meet with the trainer once per week for a month and receive a complementary 30-minute nutrition consultation and a complementary 30-minute hands-on stretching session.

ATTENTION Current Clients!

You too can take advantage of this special. Clip the coupon below and turn into your trainer, redeemable with your next purchase of 4 personal training sessions per month (once per week sessions). You'll receive a complementary 30-minute nutrition consultation and a complementary 30-minute hands-on stretching session.

Purchase 4
training sessions
in one month and receive a
complementary 30-min.
nutrition consult and 30-min.
hands-on stretching.

Expires 10/31/08

Track It! with Home Bodies

Accountability Program

Week 8: ending August 24

WORKOUT and FOOD
(Cumulative Totals) then Cum. rank)

Liz Kelbar	95 (543)	5th
Gina Paulhus	94 (644)	2nd
Mary Desmarais	93 (647)	1st
Heidi Nicholson	93 (442)	
Anne Althusen	90 (538)	
Leah Rogers	89 (631)	3rd
Amy Cieslik	88 (564)	
Kathleen Cashman	81 (521)	
Cheryl Delfossi	80 (460)	
Bill Powell	78 (557)	4th
Lisa Taylor	74 (544)	
Kevin Plante	68 (447)	
Joy Lucas	64 (527)	
Andrea Bates	** (483)	

WORKOUT only

Kathy Allen	44 (227)	1st
Brian Petersen	41 (83)	
Peter Allen	39 (219)	2nd
Tom Provencher	38 (150)	4th
Jesse Barnes	37 (138)	5th
Paulette Holtgrieve	** (173)	3 rd

You may join 'Track It' whether or not you are a Home Bodies client at any point during the year. It's free to join! E-mail gina@homeexercisecoach.com for info. or to enroll.

Thank You!

I couldn't do it without your help.

Thanks to readers and clients, the word is spreading! Thanks to all of my clients and friends who graciously referred me to your family, friends, and neighbors this past month! I do my best to provide the utmost quality and value in service. So far, it is paying off, as many of my clients have been spreading the word about my business. I try to go above and beyond the expectations of a trainer by providing you with written information on my website and through this newsletter free of charge that I hope you find helpful. I rely on the positive comments and referrals from everyone – I definitely couldn't do it without you!

Kathleen Gilroy—referred her sister Chris

Take Responsibility For Yourself



By Bill Boylan, Home Bodies trainer NH/ME

Have you ever made excuses for why your exercise and nutrition program is not delivering the results you desire? It's all too easy to blame work, school, family, friends, and even "life" in general for your shortcomings. Is it your boss' fault that you

decide to go out to dinner and overeat on Friday nights? Or is it because of your busy work schedule that you decide to watch an extra four hours of TV per night instead of getting the sleep you need to recover from your workouts? Maybe you do have a busy and stressful life that does interfere with your training, so that gives you even more of a reason to get your health in check. This article isn't supposed to make you feel guilty, but instead help you make better choices in life and take responsibility for your health.

I used to live downstairs from the loudest people on planet earth. They came in at all hours of the night and made as much noise as humanly possible. This nightly racket was severely limiting the amount of sleep I was getting. My workouts went down the drain, and my concentration with my clients and at school was nearly non-existent. As far as I was concerned it was entirely their fault that my life was so interrupted, and I welcomed being able to use them as an excuse. After realizing that this course of action did not provide a resolution after three months I decided it was time for a change. A wise teacher of mine once said "If you do what you've always done, you'll always get what you've always got." He may have been referring to my study habits and my grades but nonetheless I feel the quote applies here. So one night, after being awoken at around 2 AM, I decided to take action for myself and put this to a stop.

At about this part of the story you may think this is where I am going to tell you how I stormed over to their door and demanded that they keep it down, or else. Well, sorry to disappoint, but I believe in treating others with the same respect in which you expect to be treated. I walked over to their side of the house and calmly knocked on my neighbor's door. I introduced myself and explained my situation to them. As it turns out, they had no idea that their lounge area was directly adjacent to my bedroom, and that my paper-thin walls did nothing to reduce the noise. We had a pleasant conversation (as much as I am capable of at 2 AM) and they were very open and apologetic to my situation. They were totally unaware that they were disturbing me at all, and we came to a resolution that we both felt comfortable with.

Had I not taken responsibility for my own health I would still be skating by on five hours of sleep per night and be mired in a frustrating plateau in my training. I was very comfortable using them and my lack of sleep as excuses, when what I should have been doing was taking steps to address the problem. For me the problem was external, but for many of us the process of taking responsibility can be much simpler. Maybe you talk on the phone all night and would rather gossip than workout, or maybe your favorite TV show is more important than prepping your food for the week. These are all valid excuses for why your training is falling apart, but don't forget that you are not the victim and you can and should do something about it.

I challenge you to take a few minutes and evaluate your daily life. What factors are interfering with your health that you need to take responsibility for? In my life there are definitely times that stress rears its ugly head and threatens to ruin my training. At these times it's not important how much you train, but the fact that you train at all. Whatever it is that is hampering your goals, stop making excuses for it and start doing something about it! So let's turn off the TV, shut down the computer, get off the phone and start making training our top priority.

Seaweed: the Vegetables of the Sea

By Jenny Legan

If you are not eating sea vegetables, you are missing out an excellent source of vitamins, mineral, and reported health benefits. Although most commonly associated with Asian cuisine, various types of sea vegetables and other edible plants have been traditionally harvested from the sea in Mediterranean cultures, Africa, and Russia. In fact, even during the colonial days, dulse was gathered from the Atlantic Ocean, which became a common ingredient in many New England foods during this point in our history. Sea vegetables are still consumed today by Americans, most common of which is nori, the delicate, paper-like wrapper that is used to make certain types of sushi. Carrageen, a thickening agent, is used in ice cream and various other foods to enhance texture.

Sea vegetables offer a wide range of health benefits when regularly consumed. In Asian cultures, they are revered for promoting the body's ability to expel toxins. Often utilized within alternative healing modalities due to their medicinal properties, sea vegetables can strengthen kidney function, improve mental concentration, enhance digestive health, and can even promote sexual function. Sea vegetables have also been used to absorb and expel cholesterol within the body.

Sea vegetables are extremely high in vitamins and minerals. They are a great source of iodine, a mineral essential to healthy thyroid function. Vitamin K, folate, magnesium, calcium, and iron are also all found in sea vegetables. Aside from their high vitamin and mineral content, they also contain dietary fiber. Some varieties even contain moderate amounts of protein. In the 1970's, the western world finally started to appreciate sea vegetables. During this time, McGill University found sea vegetables to be helpful in aiding the elimination of nuclear radiation from the body. Japanese researchers have studied the effects of sea vegetable consumption on cardiovascular disease and high blood pressure, finding consumption to be linked with a decrease in rates of cardiovascular disease and high blood pressure.

Most find sea vegetables tend to be an acquired taste. There are an infinite number of ways to prepare sea vegetables, along with numerous varieties, each with its own unique flavor and texture. Although it may take some trial and error, there is a sea vegetable out there to suit nearly all taste preferences. Also keep in mind, that those very limited to the typical tastes and textures of westernized diet may find their taste buds needing to make some adjustments in order to enjoy the foreign taste experience of sea vegetables. However, if cooked properly and introduced gradually, sea vegetables should be a staple in any health-promoting diet.

Those who are new to sea vegetables should first be introduced to the most mild-tasting and easy-to-prepare varieties. These include arame, nori, dulse, and hiziki, all of which can be found in a natural foods store. Arame is naturally sweet tasting and is best enjoyed by newcomers to the sea vegetable world when served as a small side dish. Dulse is intensely salty, but can be soaked to remove most of its naturally high sodium content and then toasted and crushed so that flakes of dulse can be used instead of table salt. Making this substitution offers a simple way achieve a higher vitamin and mineral content in the diet. Nori is also very mild and sweet and is often used to accompany grains, such as in some sushi preparations. Hiziki has the strongest favor of all the sea vegetables recommended for beginners. It is most palatable when added in small amounts to soups or when sautéed in combination with root vegetables such as onion and carrots.

Arame

When preparing arame, rinse 1-3 times. One ounce of arame yields 2 cups cooked. Arame can be boiled for 30 to 40 minutes, but is most tasty when sautéed until tender with root vegetables. It is also commonly consumed in certain Asian-style salads or with tofu or beans.

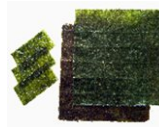


Dulse



Rinse 1-3 times depending on how salty is desired. Then, allow the dulse to dry. Dulse is best when it is dry roasted for 5 to 10 minutes, then crumbled over soups and salads as a garnish or condiment.

Nori



Nori is usually purchased already dried in black, paper-like, sheets. It can be toasted, if desired, but for less than one minute over dry heat. Use Nori to wrap sushi or rice and other grains into balls, and to garnish soups, noodles, and casseroles.

Hiziki

Rinse 1 to 3 times, then soak 5 minutes. Hiziki is extremely expansive when cooked, as 1 ounce yields 5 cups. Like Arame, it can simply be boiled, but needs a much longer cooking time of 45 to 60 minutes. It is most flavorful when sautéed with root vegetables.

Those new to sea vegetables can also try adding small amounts of arame, dulse, nori, or hiziki to the following stir fry recipe. Remember that hiziki and arame expand greatly when cooked.

Jenny's Sea Vegetable Stir Fry (serves 2-4)

- 2 cups of cubed chicken or tofu, uncooked
- 1 cup sliced carrot
- 2 cloves garlic, minced
- 2 cups of chopped kale or bok choy
- 1 red, orange, or yellow pepper, chopped
- 1 cup sliced button mushrooms
- 1 cup raw snow peas
- 1 cup raw bean sprouts
- 1 4-6 ounce can of water chestnuts
- A small amount of uncooked hiziki, or arame
- Sprinkle dulse flakes, to taste
- Tamari, or soy sauce, to taste
- 1 tbs. roasted peanut oil
- 1/4 cup vegetable or chicken broth
- 1-2 cups of cooked brown rice to serve over, if desired



On medium-high heat, cook cubed chicken or tofu until golden in the oil, add carrots, cooking until nearly tender. Add the rest of the ingredients, including desired sea vegetable, tamari, minced garlic, broth, and dulse flakes. Cook all ingredients until vegetables are tender and the chicken is fully cooked, adding extra stock if needed.

To Snack or not to Snack?

There are some people who do best with their weight, energy levels, and health when they snack on a regular basis, and some who do not.

Read on to find out if you are better off snacking, or if you are better off waiting until your next meal to eat.

Snack if...

- You find yourself overeating at meals because you get so ravenously hungry
- You usually eat huge portions in the evening because you've barely eaten anything all day
- Your job makes it difficult to eat a solid meal at work, or you work extremely long hours or night shifts
- You have trouble eating enough servings of healthy foods—you just get full too quickly
- You are trying to gain weight or significantly increase your muscle mass
- You are an athlete who burns a ton of calories with exercise

Avoid Snacking if...

- Once you start eating, you find it difficult to stop at one serving
- You have trouble reducing your calories enough to lose weight
- You are rarely hungry between meals
- You have access to nutritious, healthy and filling meals during the day

Find yourself falling into both categories at times? Maybe you need to snack some days or abstain on others, depending on your schedule. That's OK—just make sure you have a solid plan to tackle your nutrition.

And of course, make sure your snacks contain protein, fiber, healthy fats, and good carbs. In other words, no Cheetos!

Cheryl Can Help You Achieve the Look of a Dancer with her Dance Background Combined with her Experience as an in-home Personal Trainer!

Meet Cheryl Russo, Home Bodies Trainer to greater New Haven CT



Cheryl Russo hopes to use her knowledge and love of fitness to make a difference in as many lives as possible! She stresses not using working out and dieting as a short term goal, but rather a term goal to change your lifestyle and be on the better, safer, healthier way to a new you!

Cheryl has been dancing since the age of 3, which jump-started her lifestyle of being physically active 24/7! Her love of dance grew over the years, where she continued her career to a

higher level of education, graduating with a BA in Dance Performance from Roger Williams University in Rhode Island. During her years of dancing, Cheryl began to pursue her love of fitness and took to combining her dance and fitness workouts together in the studio and gym!

Throughout her college career, she studied to become a trainer and donated her time to the Roger Williams University gym, training faculty and staff in numerous classes including: kickboxing, butts n guts, core classes, and body sculpting classes. With her high energy and enthusiasm, Cheryl loves to interpret her strength training with dance techniques she has learned over the years. Being a dancer has helped her to keep her body loose and flexible while maintaining a healthy physique and great eating habits. Her education in anatomy and nutrition has helped her to better guide her clients about the importance of proper eating. Cheryl strongly believes in allowing yourself to indulge once in a while, as long as you have earned it! Moderation is the key to success in her eyes, and with dedication and drive, she believes that any goal is reachable!

Taking her fitness training to a new level was an easy decision for Cheryl, seeing that she was ready and eager to share her knowledge and love of training with as many people as possible. When working with a new client, Cheryl likes to concentrate both on building upon strengths and also shoring up weaknesses to help better the client's success. An important part of her training is not only changing eating habits, but also helping clients to learn the difference between what is good and not so good to fuel the body. Dieting is not necessarily the answer – rather, changing one's lifestyle is key.

Although acknowledging that any physical exercise is a great start, Cheryl believes in variety, variety, variety! She shows many different ways to train besides just machines and equipment to broaden a client's horizon on what constitutes "working out." Being a dancer, Cheryl uses her knowledge of strength and core exercises along with yoga and pilates to use the body in a positive way.

Cheryl's Qualifications and Certifications:

- * Certified by AFAA
- * CPR Certified
- * Bachelor of Arts in Dance Performance
- * Has been dancing for the past 20 years, and has won worldwide and national level competitions
- * Cheryl has conducted a "biggest loser" competition for her immediate family, resulting in a combined 215 pound weight loss!!
- * Cheryl has been a strict vegetarian for 6+ years, and has learned numerous ways to meet guidelines for protein, iron, and fiber besides meat and poultry!
- * Cheryl has used her extreme flexibility to teach her clients new exercises and to stress the importance of stretching the muscles before and after workouts!

Cheryl Russo is based out of Northford, CT. She serves communities up to 45 minutes away from Northford including: Madison, Fairfield, Branford, Guilford, Wallingford, North Haven, Hamden, Clinton, Meriden, New Haven, Orange, Killingworth, Old Saybrook, Westbrook and Milford CT



The End of Summer Sauces

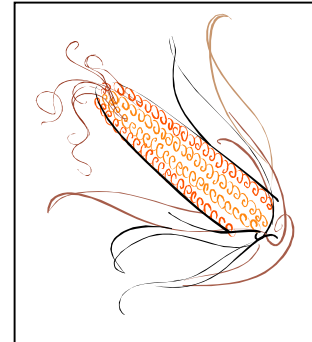
with Dawn Boulay, in-home chef and trainer for Home Bodies

All year long, many of us look forward to the end of summer – when we can enjoy our fabulous locally-grown fruits and vegetables. Here are a couple of sauces, barely cooked, made from our wonderful summer ingredients. I was able to obtain almost all the ingredients from my local farm.



Fresh Tomato-Corn Sauce

3 lbs (or more) tomatoes, sliced ¼-1/2 inch thick
3-4 ears corn on the cob, husked, kernels shaved
1 leek or red onion
2- 3 cloves garlic, minced
Fresh basil leaves to taste, chiffonade
Olive oil
Salt and pepper



- Heat oven to 400 degrees
- Oil a sheet pan and place tomato slices on it
- Sprinkle minced garlic, salt, pepper
- Cook in oven till just softened, remove to a bowl and chop
- Toss corn kernels in bowl with S&P, a little oil, spread on oiled sheet pan and roast for 10 minutes or until cooked.
- Chop leeks or red onion, toss with S&P a little oil and cook on oiled sheet pan until roasted to desired doneness – 10-15 minutes (can put on the end of the corn sheet pan)
- Combine all ingredients in a bowl and serve over pasta, chicken, fish.

NOTE #1: Chiffonade of basil – take several leaves of basil and roll them the long way. Slice down the length of the roll and Voila! Chiffonade! A pretty way to cut a leafy herb or green.

NOTE #2: Grill alternative: put oiled tomato slices on a hot grill and cook till just softened. Grill the corn on the cob and onion or leek, then chop and toss all with salt and pepper and fresh basil.

Save Money and Have More Fun with Partner Training!

If you have a friend or family member who might want to join you during your personal training sessions, you will be happy to learn that you can train with groups of 2 or more people at the same time with your Home Bodies trainer.

Rates for partner training are generally \$45 to \$55 per person for groups of 2, or \$35 to \$40 per person for groups of 3. The bigger the group, the less you pay!

Call 508-633-7749

Grilled Peach/Nectarine Salsa

2-3 peaches or nectarines sliced, brushed lightly with oil
½ to 1 whole red onion, minced
1 clove garlic, minced – optional
1 small jalapeno pepper, minced – use to desired heat
Juice and minced zest of 1 lime
¼ cup orange or peach juice
A few sprigs of cilantro, chopped



Lightly grill the peaches on one or both sides, until slightly soft. Remove, chop and combine in a bowl with remaining ingredients

Grilled Fig Dessert

Fresh figs cut in half
Marscapone cheese
Finely chopped zest of 1 lemon
½ cup balsamic vinegar
Fresh mint leaves

Brush figs with oil, “mark” on the grill till barely softened and show grill marks. Combine marscapone cheese and lemon zest. Reduce balsamic vinegar in a pan on the stove until thick and syrupy. Top each fig half with cheese, drizzle with a little balsamic, garnish with mint leaves.



Dawn Boulay is Home Bodies in-home personal trainer to Greater Boston. She is also an in-home chef who offers healthy cooking classes to help you enjoy food while you reach your fitness and physique goals. She strives to provide delicious, healthy, balanced, wholesome meals with an eye for those who wish to lose or maintain weight.

Are you my next Client of the Month?

July 2008 we congratulate...
Kathleen Gilroy of Newburyport, MA!



Kathleen Gilroy, left, and Beth Fahey

"I was always pretty thin just due to genetics and youth and really under-estimated how far those blessing would take me...because I ate like a pig and it finally caught up with me in my 20's! I took up running because it helped me control my weight (I love to eat!) and did many road races, even completing 10 marathons. I came to enjoy the great emotional benefits strenuous exercise can offer in terms of mood and appetite control, and the great feeling of being strong and in good shape. And since nothing offered comparable benefits to running in my mind, I never cross trained. All those miles eventually took their toll and small injuries became persistent and nagging ones. My final marathon was a miserable, painful experience and I stopped running altogether.

I couldn't seem to find anything else that provided a similar weight control and mental benefit that running did. I had it in my head that the only way to control my weight was with lots of vigorous miles and I just didn't have the time or motivation to dedicate myself to that, so I resigned myself to a new "middle aged" body type.

When I turned 46 I realized I needed to pull it together a bit and made a list I called "46: time to fix" with all sorts of things I wanted to "edit" in my life. Getting in better shape was one, but the one I left until nearly last – dreading what I thought it would take in terms of running miles and time. Additionally, I had had a bad fall from a horse in 2006 that left me with many injuries including a 4th degree shoulder separation. I was feeling fairly vulnerable physically and not so sure I could figure out how to navigate fitness around some of the injuries I had sustained nor was I confident of what I could do with respect to fitness. I have heard that arthritis can develop more quickly in sites that have sustained injuries and I knew that if I wanted to be an active middle aged person and beyond I needed to exercise.

My original goal was to learn the system and then take over doing it for myself which Beth said

she'd gladly do for me. But I came to enjoy Beth and appreciate her oversight. I can also say that there are many times that I would not work out if she wasn't knocking at my door, despite my best intentions.

I wanted to lose some weight but was unsure of how much in case -- was my young adult weight was no longer reasonable, etc – I wasn't sure what my body was capable of anymore. However, rather than worry about the end result I quickly just got about the business of wanting to get healthy and stronger.

In September of 2007 I saw an ad for in-home personal trainers. It originally felt like an indulgence meant for others with tons of money and very poor motivation, but I realized that *I did indeed have poor motivation* when it came to figuring out how to get and stay fit in a new 'middle aged' way. So I decided it was a *critical investment in me and my health*, not an expense or a luxury (or a sign of weakness).

I met Beth Fahey and the rest really is history...and my personal blessing. In my first conversation with her, Beth first told me that people really needed to love their trainers, which I thought was strange and certainly not what I thought I needed – I just needed someone to 'tell me what to do.' I couldn't have been more wrong! The relationship Beth establishes is so personal, so tailored that it was (and remains) central to my success. She never made me feel guilty that I couldn't 'pull it together myself' and in fact was passionate that we *all* need coaches to help us along, and that it wasn't a shame or weakness, it was the way human beings were built...to need support.

She also provided a great metaphor about a 'fitness pendulum' where you allow boundaries of which way your fitness level can swing depending on the inevitabilities of life so that you don't become frustrated when your weight or fitness level slips off a fixed target number. This helps me tremendously because I can still have fun and give myself a break when life gets busy or a special food is calling my name. So I don't have the pressure of 100 percent extreme fitness compliance, and I also don't feel immediate failure because I've eaten something extra or skipped a run. It is a practical and workable way for me to integrate fitness into real life. And while she is a realist she also isn't afraid to hip-check me when I take it too far and become a bit too much of a slacker.

Beth recommended reading *Clean Eating* and provided several sample menus for me. I love the fact that there is room for what we enjoy – it is not 'pasta is good or bad' but rather what pasta means in the context of the day's events. It is not a diet, but rather a living and eating plan for someone who loves to eat. I have really come to love clean eating and though I'm not 100%, I feel the benefits and am a believer and a convert that it is as a better way to approach eating and nutrition.

An amazing by-product of working with Beth is to that my shoulder and surrounding muscles not only got stronger, but also improved incredibly in terms of appearance. The muscles built up around it to the point that it helped masked the appearance of jutting bone, but also the sense of 'instability' in functional movements of everyday life as well as actual exercise. I wish I had taken before and after pictures! You wouldn't believe the difference!

I have also been able to resume running and have completed a 5k, a 5 mile and am about to do a 10K. I have a few half-marathons scheduled for the near future too which is exciting and something I hadn't thought I'd be able to do again. Training has put me back in shape to do what I enjoy. My riding trainer has said that my strength and body position in the horse has improved which I attribute to stronger muscles and a trimmer waist.

Perhaps most importantly (and unexpectedly) is the increased sense of confidence and emotional happiness I have gained. Being in better shape has helped me look better, but also feel better, more confident and happier.

Beth is so positive and so real. She *gets* that I have bad days, high and low levels of motivation, and sore muscles and she seems to know when to push and when to do something alternatively. Her eyes are on the big picture. I initially felt ashamed if I couldn't deliver 15 solid reps but Beth encourages me about how 'muscle failure' is good. This is a tough concept for us *Triple A*-types who feel like mastering a rep session is success!

I live in Newburyport MA and have for the last year. Prior to that I lived in downtown Boston and various places around MA. I grew up in upstate NY. I'm self-employed in the media relations business and work out of my home. My hobbies include reading and horseback riding.

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“I think it’s normal to need a kick in the butt to get motivated. If you have a hard time with exercise, being accountable to someone is a good thing. Find someone like Gina who is not judgmental and is there to help--it’s a win-win situation.”