

Gina Paulhus'

"Home Bodies"

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

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Sniff to Lose!

Taking a whiff of potent scents such as peppermint or vanilla can trick your brain into thinking you consumed something satisfying! Try essential oils or flavor extracts. Dab on your skin for some appetite-suppressing staying power.



Newsletter

If you do *NOTHING* else, do this...

Imagine trying to build a house without all the needed supplies. You could have the best blueprint in the world, and the highest quality help, but without the raw building materials you simply can't build the house.

That is what it's like to work out and not supply your body with the needed building material—protein—required! Your body, like the house, just won't get built properly without the raw materials.

If you do ONE THING with your diet to ensure your optimal success with your training, it's to consume adequate protein. The studies prove it, and by watching my clients over the years there is no shadow of a doubt that those who do not get enough protein pay the price dearly in their lack of results.

The RDA for protein is approximately 0.35 times your bodyweight in protein grams per day—that's about 50 grams/day for a 130 lb. person, or 70 grams per day for a 200 lb. person. Consuming the RDA will ensure that your basic bodily functions and basic health are maintained, but the RDA is only a drop in the bucket if you exercise regularly. If you work out hard or a person attempting to cut bodyfat and/or gain strength, just the RDA simply won't do.

Protein's effects are so powerful that those who consume a higher amount of protein tend to have more muscle and less fat than everyone else, *even if they don't work out at all*. Shocking, but true. So how much do we need?

The answer is that 0.8 grams per lb. of bodyweight is a basic amount to shoot for if you really want to maximize your training results. This is the only way to ensure that you have enough of the 'building materials' your body needs. You see, every time you work out your body breaks down the protein contained in your muscles, and the only way you become stronger and fitter is for your body to rebuild that broken down muscle and replace it with bigger, stronger and fitter muscles. This simply can't happen if you don't have the protein in your diet to allow for the building to take place.

A huge mistake those trying to lose weight tend to make is reducing their protein intake as part of an overall effort to reduce calories. *Someone who is dieting needs even more protein than someone eating a maintenance diet*. This is because the body will burn protein for energy when energy intake is low, therefore you need to consume even more protein than usual to compensate. To really protect yourself when dieting it's a good idea to consume 1 gram of protein per pound of weight, especially if you train hard. *When dieting, the calories you take away from your diet should be from carbs and/or fat, not from protein*.

A 4 oz. piece of chicken or fish contains about 25 grams of protein, a scoop of protein powder about 20 grams, and a cup of milk, a 1 oz. piece of cheese, or cup of yogurt or an egg all have about 8 grams of protein. It's a commitment, but I promise you the results are worth it!

QUICK healthy meal ideas straight from Gina Paulhus' ...'ehem'...kitchen

Dairy

Cottage cheese (1%) mixed with fruit like strawberries or blueberries mixed with fiber one cereal or other high fiber cereal, mixed w/ sweetener if desired

Cottage cheese mixed with canned pineapple (lower sugar than pre-mixed cottage cheese and pineapple. Some people prefer the no-salt added cottage cheese when mixing with fruit, or a good choice for those following lower salt diets)

Cottage cheese mixed with canned pumpkin and a little sweetener and cinnamon

Slice of whole grain bread or high fiber English muffin or low carb pita/tortilla, with scoop of cottage cheese and piece of low fat cheese, in microwave for 30 sec. or toaster oven

Slice of whole grain bread or high fiber English muffin or low carb pita/tortilla, topped w/ marinara sauce and piece of low fat cheese, in microwave for 30 sec. or toaster oven

Yogurt mixed with fruit and/or high fiber cereal

String cheese (part skim) and fruit

Whole grains

High fiber bread or English muffin toasted with peanut butter

Pita or tortilla toasted with hummus

Oatmeal mixed with peanut butter, or oatmeal mixed with cinnamon and raisins (2 Tbsp is a good amt. of raisins)

94% fat free microwave popcorn is 200 calories for the entire bag.

Microwave a sweet potato for 8-10 minutes (pierce with a fork) and eat as is. If you have more time, coat a pan with olive oil and bake 'sweet potato fries.' Leave the skin on and dip in ketchup.

Toast up some high fiber English muffins. They have 5 g protein and 100 calories each

Quinoa is a higher protein grain that makes a great side dish. It can be prepared like rice or in a crock pot, and seasoned like rice

Eggs

Hard boiled eggs (1-2 whole and 4 whites) mixed with low fat mayo and chopped cucumber as egg salad; can put on high fiber whole grain bread or in pita or wrap

Omelet with peppers, onions, low fat cheese, and strip or two of bacon crumbled; 1-2 whole eggs and 4 whites

Egg beaters or egg whites; start cooking and add some slices of roast beef, turkey or ham, and cook it up together

Veggies microwaved from frozen, any type with chopped egg mixed in and topped w/ olive oil and sea salt and pepper

Turkey

Take 4 sheets of aluminum foil and put one pattie (20 oz. package of 99% lean ground turkey) onto each sheet. Top w/ any frozen veggie you like, add any spices you want, close up the foil like it's a baked potato, and cook in oven 40 min. at 400 degrees

Lean turkey will stay moist when prepared this way. Add olive oil after if desired before eating

High fiber wrap with turkey slices and veggies, either cooked or salad type, and low fat cheese if desired

Take prebagged lettuce/salad mixes, and slices of turkey, and wrap the turkey around some of the veggies and eat

Beef

You can get precooked beef strips; Tyson brand are good. Make veggie mix from frozen by heating in microwave and then add the beef strips. Can add to salads too

Roast beef veggie wraps--cook veggies from frozen in microwave, then take a slice of roast beef and put veggies on it, wrap it and eat.

Bison and venison are much leaner than steak and can be cooked like steak

Chicken

Bake or boil chicken tenderloins, then smother w/ frank's red hot sauce. Or top with a marinade if you didn't have time to soak

I like to mix ketchup w/ A1 sauce and dip plain chicken tenderloins into it. Or dip them into honey mustard. or low-calorie salad dressing (I like thousand island or blue cheese, they even make no calorie ones usually in the salad section of the store. Some think they are gross, but I find them decent for being no calorie!

Check out chicken marinades which are near the salad dressings, and make the foil packets I described for the turkey but with chicken and veggies instead.

Get a roasted chicken and remove the skin and use the meat on salads or mixed with frozen veggies prepared in microwave

Fish

Pan sear scallops with olive oil/chicken broth just for 2 min. or so, serve over veggies, squeeze lemon juice on top

Pan sear fresh tuna, serve with soy and ginger sauce and steamed veggies or sautéed spinach and garlic. You can use chicken broth, coconut or olive oil to sauté, add garlic if desired

If you like imitation seafood it's good on salads and you can mix w/ low fat mayo. Or top microwaved veggies or salad with imitation seafood or canned shrimp or crab meat

Shrimp cocktail is a quick 'meal' anytime. If you eat a ton of cocktail sauce it can add up, but a few Tbsps. is fine.

Make foil paks as described w/ the turkey, using salmon or a whitefish. Top with fresh or frozen veggies. Lemon, vinegar and dill are good on fish.

Sashimi at Japanese restaurants--it's all protein and healthy fat. If you get sushi which comes with rice, just eat part of the rice. Avoid rolls with added sauces, but rolls with just fish, veggies, and avocado are ok. Miso soup is fine to have with your meal, as is edamame (soybeans) and seaweed salad.

Track It!

with Home Bodies

Accountability Program

Week 40: ending Sun. April 25, 2010

WORKOUT and FOOD

Leah Rogers	3532	1st
Gina Paulhus	3424	2nd
Bill Powell	3347	3rd
Jillian Mason	3228	4th
Heidi Nicholson	3128	5th

Mary Desmarais	3103
Cheryl Delfossi	3026
Kathleen Cashman	2900
Lisa Taylor	2742
Janet Bowman	2814
Jeff Adams	2829
Susan Darvis	2102

WORKOUT only

Jesse Barnes	1613	1st
Kathy Allen	1550	2nd
Peter Allen	1464	3rd

Becca Davidson	1441
Brian Petersen	1395
Tom Provencher	1272
Rebecca Weed	922



I've been working with Gina for almost 3 years. Within this time I have not only worked hard to get into the best shape of my life but also become much more confident. I've learned how

to live a healthier life and feel great in my own skin. I've gone from being someone who was very intimidated by the thought of lifting a weight to someone who lifts weights on a regular basis. I can't believe how strong I've become. When I started working with Gina I wasn't able to run for longer than a minute or two. I am so excited to report that I recently finished my first 1/2 marathon. Gina's constant encouragement and caring has helped me reach goals that I never thought were possible. She is an amazing trainer who knows just what to say to get the most from our workouts together. I value her input and know that with her support I will continue to work hard to reach all of my training goals. I highly recommend Home Bodies."

Heidi Nicholson
Boxford, MA



3 Alternatives to Beef Burgers for the Summer Grill

Looking for a healthier, non-beef alternative to the burger? Try these and experiment with your own additions. These are lower in fat than beef burgers and high in protein and fiber. For a fast and easy method, pulse all the ingredients except for the meat in the food processor, remove the ingredients, then grind the meat.

Buying boneless chicken on sale and grinding it yourself saves money and gives you more control over the texture.

All of these burgers can also make a nice meal all year round, with or without the bun or with a side of brown basmati rice and a salad. To reduce carbs, use half a bun or serve on a portabella.

Black Bean Burgers

- 1 16 oz. can black beans, drained, rinsed & mashed
- 1/2 red onion, finely diced
- 1/2 red pepper, finely diced
- 1/2 cup corn, fresh or frozen
- 2 scallions, minced
- 2 cloves garlic, minced
- 1 egg
- 1-2 canned chipotle pepper in adobo sauce, minced (can substitute 1 TB chili powder and hot sauce to taste)
- 1 TB cumin
- 1/2 cup Monterey jack cheese, grated (OPTIONAL)
- 1/2 cup+ bread crumbs or oatmeal, pulsed in processor until bread crumb consistency
- salt and pepper to taste

Combine all ingredients except oatmeal until well mixed. Add enough bread crumbs to bind, and form into patties.

Place patties on a tin foil lightly sprayed with oil, and bake or grill 8 to 10 minutes on each side.

Serve on a whole grain tortilla or bun, topped with salsa.



FOR SALSA: Combine finely chopped tomatoes, red onion, cilantro, lime zest and juice and chili pepper or hot sauce, drain and top the burger.

MORE burgers on next page!

Chicken Burger – Italian Style

1 lb. boneless chicken breast, ground in food processor
3 cloves garlic
1-2 onions, minced
3+ TB fresh basil chopped
2-3 TB sundried tomatoes, finely chopped
1 egg
½ cup+ bread crumbs or ground oatmeal
Salt and pepper to taste

Combine all ingredients, using as many bread crumbs as needed to bind, and form into patties. Cook on a hot grill, broiler, or frying pan with a little oil for about 5 minutes each side or until internal temperature reaches 165 degrees with an instant-read thermometer.

FOR CARMELIZED ONION TOPPING: Slice 2-3 onions and add to a little olive oil in hot pan. Cook over low to medium heat for 10 minutes or until golden brown. Season with salt and pepper. OPTIONAL: Add the onions to a few tablespoons of nonfat/lowfat sour cream, and put a spoonful on your burger.



Asian-Style Burger

1 lb ground chicken or turkey
3 TB or to taste ginger, freshly grated
1 onion, finely minced
2-3 cloves garlic, minced
2+ TB soy sauce, to taste
2 scallions, finely minced
1 TB or to taste Thai siracha hot sauce
½ cup+ Panko crumbs
1 egg
salt and pepper to taste

Combine all ingredients and form 4 patties. Cook on a hot grill, pan or broiler for 5 or so minutes on each side, till juices run clear or internal temperature of 165F is reached on an instant read thermometer.

FOR MANGO TOPPING: Mix together: fresh/frozen mango, red onion, scallion, cilantro, lime zest & juice, rice wine vinegar, salt and pepper.



Dawn Boulay is Home Bodies in-home personal trainer to Cape Cod. 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.

Fitting in a Workout While Away



By Ashley Arpe,
Master Trainer

Even while traveling, make time for yourself once per day. You're important—there is only one of *you* and the world can wait! Many Hotels these days have fitness centers. Walk on the treadmill or use the elliptical to warm up. If you know how to use them properly try the weight training machines.

Circuit training only requires 20-30 minutes. Pick two exercises and switch between them for 2-3 sets. Choose one upper body and one lower body exercise to pair together, or two core exercises. Try to cover your whole body by the end of the workout. Be sure to take little to no rest in between sets to maximize your cardiovascular and strength benefits from this quick but effective workout.

Free bottle of Monavie acai juice

**Take my Trivia Quiz and
YOU Could Win!**

**Extra-virgin olive oil is
an important source of
essential fatty acids.**

True or false?

The first person who emails or posts to my Facebook the correct answer wins.

gina@homeexercisecoach.com

Move of the Month: Goblet Squat

Requires: dumbbell or kettlebell

Works: Hips, Quads, Hamstrings, Glutes,
Shoulders

First Master: Bodyweight squats

Difficulty Level: Intermediate

How to perform:

Take a relatively narrow stance, with your feet only slightly wider than shoulder width apart.

Hold a dumbbell, medicine ball or kettlebell in front of you. Hold the weight with both hands, touching it to the top of your chest. If you use a kettlebell, hold the weight by its "horns."



Squat down as if you're bending to sit down in a chair *behind you*. Make sure to keep your elbows between your knees as you squat, not on top or outside of them. Squat down as deeply as possible in one fluid motion. Also keep your back as straight as possible as you keep the weight stable and unmoving.

Push up explosively. To finish the motion, push up from your thighs and buttocks, this time as if you are standing up out of a chair *but without leaning forward*. Pay attention to the straightness of your back and your stance, making sure neither moves out of position. If the exercise feels easy after performing 12-15 reps, use a heavier weight.



Acupuncture Points for exercise recovery and injury prevention

By Bill Boylan, Home Bodies Master Trainer.

Acupuncture is a huge part of my recovery and restoration program. Being an acupuncturist affords me the luxury of treating myself at home with great results. I also treat lots of sports injuries with acupuncture in my clinic. I see anything from sprained ankles to knees, back injuries, shoulder problems and everything in between. This is a quick how to of self treatment with acupuncture points. Press these points for 1-2 mins each up to several times a day is as needed for improved recovery from exercise or for a specific injury in the corresponding area. Listen to your body and don't cause yourself undue pain. These points won't undo overtraining or using poor exercise form but are a valuable tool in improving your health as well as quality of movement.

Here are some helpful points to know:

LI4- Main point for any problem of the shoulder, arm, neck, head and face.

Squeeze thumb against index finger. This point is located at the center if the bulge of muscle between the metacarpals of thumb and index fingers.

BL 40- Treats any low back and Hamstring issues. This point is on the back of the leg at the crease directly behind the knee in the center.

GB 34- Main point for relaxing and healing any tight musculature. Touch the center of your knee cap, Staying level with the knee cap slide your finger to lateral (outer) part of your leg, you should now be able to draw an imaginary line down to your ankle. Now slide your finger down 2-3" on this line until you pass over a bony bump, directly beneath it is a tender depression that is GB 34

Quick Meal Ideas...continued from page 2

General tips

Add things like capers, olives, lemongrass, chestnuts, water chestnuts found in the Asian section or pickles or jarred veggies like roasted peppers (find ones without added fat by reading nutrition label) or sundried tomatoes to veggies and salads to jazz them up.

Low or no calorie shiritaki 'noodles' which you can find in the refrigerator section of most health food stores and some grocery stores, are great to add to eggs, veggies, or any dish where you would normally use pasta.

Most Asian based seasonings like soy sauce are practically calorie-free--just be conscious of the sodium.

Use taco seasoning packets to mix w/ meats or into veggies. Or use seasoning packets like sweet/sour chicken or whatever you like

Dr. Melina bars make a good snack on the run. [Go here to order Dr. Melina bars from Amazon.](#)

Top microwaved veggies (frozen or steam in bag ones) with marinara sauce or other low fat sauce you would normally put on pasta. You can also sprinkle 1-2 Tbsp. parmesan cheese on veggies.

Nuts make a good snack, but a serving is only 1/4 cup nuts (shelled). Pistachios are the highest in protein of all nuts.

Get precut fruit salad or presliced watermelon. Have frozen or fresh grapes.

Although it's common to start a meal with salad, it is more satisfying to starting a meal with protein, and it digests better. Or flesh out a cooked veggie meal with a little bit of salad mixed in for some crunch.

Grapefruit (red or white) w/ sweetener on it is good to have and good for the metabolism. You can cut it w/ the peel still on and eat like an orange.

Apple slices and celery are better with peanut butter, and carrot and pepper slices are better with hummus. Just watch portion sizes.

Check out veggie type burgers or soy type burgers in the freezer section. Find ones w/ higher protein.

Drink green tea.

Squeeze half a lemon or lime into water or seltzer water and add a little sweetener if you want. Rinse afterwards with pure water to save your enamel!

Sweets

If you consume the occasional protein shake and have fruit regularly, you will be surprised that your sweet tooth will remain more at bay. However, if you need something sweet, try vitatops, which can be found in the freezer section of most grocery stores. They are muffin tops, brownies, and other cake-type items that have fiber and protein and 100 calories each. Or have oatmeal with sweetener.

Protein shakes are better with milk or a little bit of cream and ice in the blender. Some add yogurt or fruit as well. Add some orange Metamucil to vanilla powder for a 'creamsicle' that stays with you!

The lower calorie frozen desserts like ice cream sandwiches and larger size fudge bars or weight watchers deserts tend to be more satisfying, for the same calories, than a measly 1/2 cup of low fat ice cream or frozen yogurt. Sugar free popsicles and fudgeicles are low in calories for a sweet treat, as are sugar free puddings. Sugar free jello can be jazzed up with some light cool whip.

Alcohol

Light beer, wine, or simple mix drinks like diet tonic water/club soda/diet soda with hard liquor are lower in sugar than cocktails and frozen drinks.

Drinking causes your body store fat while you drink, so try not to both drink and eat fattening foods at the same time. If you are having pizza, don't drink at the same time and vice versa.

Gymnastics as a form of Exercise and Fitness

Home Bodies Head Trainer, Master Trainer



Gina performing a handstand. Gymnastics is literally the original workout of mankind!

Gymnastics is an activity and sport involving performance of exercises requiring physical strength, flexibility, agility, co-ordination, balance, and grace. Competitive Artistic gymnastics is the best known of the gymnastic sports. It typically involves the women's events of uneven parallel bars, balance beam, floor exercise, and vault. Men's events include floor exercise, pommel horse, still rings, vault, parallel bars, and high bar.

Gymnastics evolved from exercises used by the ancient Greeks, that included skills for mounting and dismounting a horse, and from circus performing.

We all love to watch the gymnasts during the Summer Olympics, but ideas from gymnastics can help you get a better workout, too! Obviously there are opportunities for kids as young as preschool up through college to take part in gymnastics, but it can be a great and fun activity and form of exercise for adults as well. There are adult gymnastics classes offered at some local gymnastics facilities; sometimes they are not advertised on the websites so call and ask. If you have trouble locating one, email me at gina@homeexercisecoach.com.

If the acrobatics aspect seems a bit over your head, you can still achieve phenomenal fitness benefits by performing gymnastics-inspired conditioning exercises and basic drills. Some of the best physiques in the world have been developed based on gymnastics exercises. Gymnastics strength and flexibility will keep you looking and feeling young, limber and in great shape. It is a wonderful supplement to traditional cardio and weight training workouts, and the opportunity to improve your skills is motivating and fun. Plus, the exercises look cool and are great to show off to others once you've mastered them!

Here are some basic gymnastics exercises:

L hold

Seated on the floor with your legs out in front, press thru your arms and attempt to lift your legs and butt off the floor. Doing it with straight legs is tough—first try with your legs bent up. Even if you can hold for just half a second, you will get better with practice. This exercise develops your abs, hip flexors, shoulders, chest and triceps. Do 8 attempts holding yourself up as long as you can, even if it's just a fraction of a second. You will get better with practice!

Handstands

Place your hands on the floor with your arms straight. Start off with a very small kick and see if you can support your weight on your hands even for a brief second. As you get stronger and gain coordination, kick up harder until you are able to get all the way upside down. These can also be performed against a wall once you are able to kick all the way up. This exercise develops your balance, as well as your shoulders, back, triceps, and abs. Try 10 handstands.

Planche

Place your hands on the floor and your feet up on the edge of a couch. Keeping your body in a push-up position, lean your shoulders out beyond your hands as far as you can while keeping arms straight. This exercise develops your shoulders, triceps, chest, lats, low back, and abs. Hold for 5 seconds each and do 5 reps.

I can design a gymnastics workout for you that can be performed at home no equipment other than your body! With a few small pieces of equipment we can expand your workout even further. The reward will be a 'gymnastics body' that looks and feels great. Let me know if you are interested in learning more!

Home Bodies Fitness Goal Sheet

It's important to take time once in a while to reflect what you have gained out of your health and fitness efforts. Half of the year is already over if you can believe that—let's celebrate our victories and make sure we maximize our efforts for the rest of the year.

Even if you have not been working out or eating well, the fact that you are reading this newsletter shows that you are interested and striving toward improving your health, so congrats!

Below there are three categories. Check which one you fall into, fill in responses to the prompts and post on your fridge to keep your focus and motivation up!

FOR THOSE WHO HAVE NOT EXERCISED IMPROVED THEIR NUTRITION THIS YEAR:

I like to read about health and fitness because:

One specific thing about my fitness I'd like to improve is:

The reason I want to accomplish this is:

An action plan to accomplish this is to:

One specific thing about my diet I'd like to improve is:

The reason I want to accomplish this is:

An action plan to accomplish this is to:

FOR THOSE WHO HAVE DONE SOME EXERCISE OR IMPROVEMENT IN DIET, BUT HAVE NOT BEEN CONSISTENT:

I feel my effort level to improve my health and fitness has been (percentage):

I am proud that I have (list some things you have been successful with):

1.

2.

3.

4.

I know I could do better with:

1.

2.

3.

4.

Here are some obstacles I have used as an excuse:

1.

2.

3.

4.

Here is what I am going to do differently for the rest of the year:

1.

2.

3.

4.

One specific thing about my fitness I'd like to improve is:

The reason I want to accomplish this is:

One specific thing about my diet I'd like to improve is:

The reason I want to accomplish this is:

FOR THOSE WHO ARE VERY SATISFIED WITH THEIR HEALTH AND FITNESS PROGRESS SO FAR THIS YEAR:

I am very proud that I have been consistent about:

1.

2.

3.

4.

I am proud that I have achieved:

1.

2.

3.

4.

I would still like to work on:

1.

2.

3.

4.

To accomplish #1 I will:

To accomplish #2 I will:

To accomplish #3 I will:

To accomplish #4 I will:

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