

Gina Paulhus'

"Home Bodies"

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

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Inside this Issue...

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Outdoor Workout Ideas

...Page 2

Counting Carb and Fat Grams—Necessary?

...Page 2

Last-Second Healthy Dinner Ideas...page 3

Location...Finding What Motivates You

...Page 5

Improve Your Strength with Stretching

Not everyone is aware that you can get stronger just by stretching. A muscle that can move through a greater range of motion is capable of producing more force. In addition, when your muscles don't have to work extra hard just to overcome limited range of motion, they can work much more easily. Finally, being flexible helps prevent injury while working out, and you will never get stronger if you cannot work out due to injury! Spend just 10 minutes three times a week and you'll see great benefits. Hold each stretch for 30 seconds.



Newsletter

The 'Logical vs. Emotional' Mind Trick

All of our decisions ultimately are based on either a logical response or an emotional one. If you can identify the source of a decision you are about to make as being logical or emotional, you gain control over your actions. All actions begin with a thought, and while you are still at the 'thought' part and not yet at the 'action' part, you still have time and ability to make a change.

For instance, when you decide it's time to eat better and start working out again, it is usually an emotionally based decision. After all, it's more fun to eat junk and be lazy. However, there was probably some emotional pain you experienced that motivated you to want to make a change such as being disgusted with your reflection in the mirror or unhappy that your clothes don't fit. In this case, emotional decisions are good because they motivate you to make a change in the right direction.

However, there are times when emotional decision making can backfire. When you think, "I am really feeling down right now and I will feel better if I have some ice cream," you are being driven by an emotional response. *Emotional responses are dangerous when they cause you to do something against your greater goal. When you cater to them, you are giving up long-term true happiness (weight loss and feeling good about yourself) with short-term pleasure (eating the ice cream).* If you stop yourself and remind yourself—'emotional versus logical' you will realize that logically you will feel even worse after eating the ice cream, and then you will be able to sidestep the emotional response that drives you to eat.

Sometimes it is self-sabotage that is the emotional response that derails you. For

instance, if you go off your diet, emotionally you might start thinking, "See, I can't do this, I am too weak. What is the point in trying. I am just going to eat what I want and accept that I will stay overweight." Or, even worse, "I have already screwed up this week, I am just going to eat what I want and start over Monday." Emotionally, this feels good because you let yourself off the hook and you comfort yourself by saying that you will go back on your plan on Monday so it's OK to enjoy yourself now. However, when thinking 'emotional versus logical' you realize that you will just put on more weight this week that you will have to take off come Monday, so you are just shooting yourself in the foot.

Before making your next decision regarding food and eating, check in with yourself with the question 'emotional versus logical—what is really going on?' Even if you don't end up changing your behavior, just being conscious of what makes your mind tick will be helpful to identify how you struggle and the various ways your mind likes to play tricks on you.

When a kid is acting up and starts to get really whiney and emotional, and you can tell you are not getting anywhere, you might have him or her 'cool off' with some quiet time before continuing on his or her day. This allows the emotion to dissipate. Give yourself the same time to 'cool off' before you make a decision that will harm you in the end.

The mind is so powerful—it can be your biggest ally or your worst enemy. It is possible to stop your thoughts in their tracks and turn them around in an instance—the power is inside you!



Outdoor Calorie Blast

By Ashley Arpe

This workout is best done at a park that has benches you can use.

Start by stepping up and down on the benches until your heart rate becomes elevated. Then use the bench for push-ups by holding on to the bench with your hands. Make sure your body stays in the plank position during the push-ups. If this is too easy, try the push-ups with hands on bench and one leg off ground keeping abdominal muscles tight.

Next you can perform single leg squats to fatigue for some direct leg work. To work shoulders, kneel on the bench with your butt up in the air and hands on the ground. Tuck your chin in to your chest and perform overhead push-ups.

Perform suicide drills on the grass by using points to run and touch down to before returning to starting position. Also, jumping jacks and short sprints are a great way to increase endurance and overall metabolic rate.

You can finish up your workout with core work such as crunches, arch-ups and bicycles for abs on the grass.

If you perform all these exercises back to back with minimal rest, you will increase your work capacity and metabolic conditioning. Therefore you will be able to burn calories faster whether you are at rest or in motion when training.

Client Corner: Q + A

Client Question: *Do I need to worry about how many grams of carbohydrates or grams of fat I take in if I want to lose weight? I get overwhelmed with nutrition labels and not knowing how many grams is 'good' or 'bad.'*

Gina's Answer:

To a point, yes, although counting grams of carbs and fat is not usually required. The most important aspect of a weight loss eating plan is to burn off more calories than you take in. Beyond that, it is important to consume about 0.8 times your bodyweight in protein per day.

After consuming your protein and getting plenty of fruits and vegetables (which are primarily carbohydrates, but they are the slow-absorbing type that have minimal affect on your blood sugar) you will have additional calories left. Part of those calories should come from essential fatty acids, such as fish oil supplements, fatty fish, or flaxseed oil. From there, there will be some calories left over where you can choose to have more carbohydrates or extra fats. If you choose to have your extra calories come from carbohydrates, it will be best to have them come from the whole grain variety. If you choose to have them come from healthy fats, olive oil or nuts would be the best choice. All nuts are pretty much created equal in terms of healthy fat content besides peanuts, which technically are a legume.

The more exercise you do and the more active you are, the more extra carbs and fats you can have. If you want to lose weight quickly, you will want to cut back. If you want to maintain or gain weight, you can have more. The more you weigh right now, the more carbs and fats you can get away with.

A good rule of thumb is that each meal should contain some lean protein and some fruit and vegetables, and also a portion of either healthy carbs or healthy fat, but not both. Make sure to consider condiments and sauces when thinking of your extra carbs or fat. For instance, if your veggies are sautéed in oil, that is your fat. If you have steak instead of a lean protein, that is also your fat. If you have BBQ chicken, the sauce is your carb. Peas and beans have protein but also lots of carbs, so those are your carbs in a meal.

If you abide by the above guidelines and use your hunger as a guide, you should be able to meet your bodyweight goals without having to count. However, for a rough guideline, consume 1 gram/lb. of your body weight in carbs per day if you are mostly inactive, 1.5 grams/lb. if you are somewhat active, or 2 grams per pound if you are very active. Consume around 0.5 grams of fat per pound of your weight for general health, with less than 10% of that from saturated fat sources other than coconut oil which is a healthy fat.

The Importance of Rest Days

By Jenny Legan, Home Bodies Trainer to greater Portsmouth



Although it may seem an initially counterproductive concept, adequate rest periods are an integral part of an exercise routine that will yield optimal results.

However, there is a fine line between too

much rest and just the right amount of down time to provide the body with a chance to heal and recover. Finding the middle ground does involve some trial and error to find the right balance for each individual and the unique needs of their own body.

Why is a rest day (or even two) a week so important? Adequate recovery opportunities are important because they provide the body with the chance to actually repair the damage incurred to the muscle tissues that resulted from the stress exerted on the fibers during strenuous exercise. Put into simple terms, the goal of exercise is to put stress on the body above and beyond the demand it is used to. This causes microscopic tears to result in the muscle fibers, but when given adequate rest time after exercise, the body actually heals the tissues, resulting in the muscle fibers rebuilding to become thicker and stronger. So, it is actually the rest period that yields muscle growth, not the actual exercise that is rendering a result from a workout routine.

There are basically two forms of recovery that can be worked into an exercise regime. Depending on how strenuous the exercise routine is, it may be best to have one or two days per week that you take completely off of exercise and avoid strenuous activity. For some, it is best to utilize a form of active rest.

Even with active rest, the goal is to avoid any strenuous activity, but this doesn't mean a day on the couch. Active recovery days are the time to integrate the physical activities you enjoy into your routine. This may be a round of golf, a walk, or swimming. Pick something physical that you enjoy that is not overly strenuous.

The bottom line is that adequate recovery time is essential to any exercise routine because it provides the body with the chance to actually make the adaptations to exercise, providing the results we are all after. Rest days are one great way you can get 'more' with 'less'!

Oops! Ran out of food. What to do for dinner?

To prevent this problem from happening, you need to 'plan' to run out of food for dinner. I know that sounds strange, but if you operate under the assumption that you *will* run out of food for dinner at some point and have a plan B already set up, you will do much better. If you make the backup plan part of your routine, you will have no trouble being left high and dry one night.

1. Always have canned or pouch tuna or chicken breast in the pantry. No, it's not a gourmet meal, but you can make a salad or sandwich and still get your protein without having to cook.
2. Always have a protein shake option around. Not an ideal dinner, but better than pizza.
3. Every time you make a healthy meal, make extra and either stash it in the fridge for short-term use or pop in the freezer. When you are stuck high and dry you will have a variety of pre-made 'frozen dinners' available to you.
4. Have a few high-protein store-bought frozen meals in the freezer, as well as frozen vegetables. No, it's not as yummy as homemade fresh food, but you can get the nutrition you need in a pinch.
5. Order steamed veggies and chicken or seafood as take-out, or get a take-out salad with little or no cheese, some protein and dressing on the side. You can eat out and still eat well.
6. Always keep deli meat on hand for a quick meal.
7. Keep some shrimp cocktail in the freezer to pull out in a pinch. Serve with veggies and low-fat dip.
8. Have eggs or egg beaters around and whip up an omelet. Only takes 5 minutes!

Track It! with Home Bodies

Accountability Program

Year 2008/2009 ending June 28

WORKOUT and FOOD

(Cumulative Totals) then Cum. rank)

Gina Paulhus	4649	n/a
Andrea Bates	4391	1st
Bill Powell	3959	2nd
Mary Desmarais	3957	3rd
Leah Rogers	4257	4th
Liz Mena	3699	5th
Heidi Nicholson	3666	
Amy Cieslik	3127	
Cheryl Delfossi	3616	
Kathleen Cashman	3493	
Lisa Taylor	3390	
Jeff Adams	2482	
Joy Lucas	1909	
Anne Althusen	1636	
Kevin Plante	1326	
Ann Ayers	1212	
Peg Puopolo	227	

WORKOUT only

Kathy Allen	1958	1st
Jesse Barnes	1705	2nd
Peter Allen	1579	3rd
Tom Provencher	1365	4th
Brian Petersen	1355	5th
Jillian Bernier	970	
Paulette Holtgrieve	173	

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!

What is 'Track It?'

Track It! Is a Home Bodies program where you are given a score by your trainer on how closely you follow your workout plan. There is an exercise category and also a nutrition category if your trainer works with you on your diet.

The categories for workout are: Resistance training frequency, resistance training intensity, cardiovascular frequency, cardiovascular intensity, active lifestyle, stretching, and sleep.

The categories for nutrition are: Protein intake, carbohydrate intake and quality, fat intake and quality, fiber intake, total calorie intake, and supplements.

Some categories are worth double because they are so crucial to your results. There are a total of 100 possible points each week. If you enroll in Track It! your trainer will score you each week, and you will receive email updates with your points accumulated and how you stand amongst other Home Bodies clients. Track It! runs the entire year minus two weeks in the summer. It runs 50 weeks for a total of 5,000 possible points to earn per year.

Bill Powell of North Andover MA was our second place finisher in the combined category. Bill says, "Track It! really inspired me to stay with my program on the days when I just didn't feel like working out. I especially found it helpful on the weekend, when I would have been inclined to just wait until Monday to work out again. Since being in Track It! I use the weekend to catch up on any missed workouts to redeem my total score for the week."

Peter and Kathy Allen of North Reading, MA have been involved in Track It! for a couple of years now. "Participating in Gina's Track-It system has been a great way for us to stay conscious of our workout schedule and an overall healthy lifestyle. Being competitive and striving to maximize our points, we try to reserve time in the weekly calendar to cover all the activities (weights, intervals, stretching, etc.) that will earn us points. It takes very little time to document our activities and submit our weekly points to Gina."

Move of the Month: Inverted V Pushup

Works: Shoulders, triceps, chest, core

Level: Moderate

First master: Regular push-ups



This exercise is a way to perform a movement similar to the overhead shoulder press, or military press, without needing weights.

To start, place your feet upon the edge of a couch or chair, with the ball of foot touching down. If you have already mastered that version, you may put your feet upon a ball as depicted above.

Move your hands as close as you can to your feet and place them about shoulder width apart on the floor.

Tuck your chin in to your chest so that the top of your head is aiming at the floor.

To perform the exercise, bend your arms so that the top of your head gets close to or touches the floor. For full range of motion, do touch the floor with the top of your head, but make sure you can push back up!

Lower slowly and push quickly. Keep your abs and butt squeezed tight to work your core and ensure proper form and stability.

Perform 2-3 sets of 8-12 reps of this exercise.

Location, Location, Location: Finding What Motivates You

There are so many options when trying to decide how you would like to get your exercise. One of the main decisions is, “Do I want to purchase equipment and work out at home, or do I want to work out at a gym?” Here are the main benefits to both. Some are obvious, but some you may not have thought of.

Reasons to Work Out at Home

You have very little free time, so you might as well be already working out during the time it takes to drive to the gym.

You don’t care to socialize with others while you work out.

You have someone at home that you can’t or prefer not to leave alone.

There is no gym really close by, or it is always packed and there are lines to use equipment.

You prefer not to have people watching you while you work out.

You make excuses not to drive to the gym, but you don’t avoid workouts when you work out at home.

Reasons to Work Out at the Gym

You need heavy weights or special equipment and don’t have the space or the money to purchase it for yourself at home.

The gym is super-convenient, so why not?

Your friends are at the gym, and it is fun to catch up while you’re there.

You find reasons to blow off working out at home, or you have trouble getting started. But once you’re at the gym, you’re fine.

You like to take classes to keep motivated and make yourself work harder.

Why a Sprint at the End is so Effective

Here is a simple way to make any cardio workout more effective and productive, whether your goal is to lose weight, become faster, or simply get in awesome shape.

Normally as you perform cardio you would tend to slow down as the workout nears completion, because you are tired. It's only natural. However, if you perform your cardio strategically this slowing down near the end doesn't have to happen—and you can unlock the magic of the 'sprint at the end.'

Next time you do a cardio workout, keep your pace a tad slower than you normally would, on purpose. The reason is that we want your feel-good endorphins to kick in and be strong enough to keep you from being uncomfortable and in pain. You should not be out of breath. Then, try a minute-long sprint at the end where you work at 90% capacity right before your workout is over. This should feel very hard, but you shouldn't be completely gasping.

Each time you work out, try to sprint a little longer until you can do a three-minute, or even five-minute sprint at the end. You will blast more calories and fat the rest of the day with this technique as opposed to just plodding along at a steady pace. And I promise, it's not as hard as it sounds, because you are purposefully going a little bit slower than normal during the rest of the workout. Your times will also become faster and faster without even trying, and you will be much less out of breath than ever before.

The 'sprint' can be performed on the treadmill, outdoors, on a bike, an elliptical, or a stairmaster. Simply crank up the resistance, incline, speed, or any combination of the above. If you walk, a big hill or a brisker pace can be your sprint. However, this technique works best when you really work hard, so an elliptical or running works better than walking, even walking up a hill.

Meet Christopher Chaves, Home Bodies Personal Trainer to Framingham, Northborough, Hopkinton, Westborough and Mendon MA and surrounding areas.

By Christopher Chaves

"I've been an avid fitness enthusiast for 17 years focusing mainly in plyometrics and functional training. After years of working out myself and reading multiple fitness periodicals cover-to-cover, I decided to get certified by one of the most highly recognized agencies in the industry (ACE - American Council on Exercise).

As a Personal Trainer, I have had the opportunity to work with clients that range in age from 15 - mid 70's and have really enjoyed seeing dramatic improvements in strength, endurance, balance and flexibility that targeted training can provide. I also really enjoy the variety I'm presented with each day. No two clients are the same - I can start my day helping an older adult lead a more mobile, pain-free life and can then move on to help a student train for the upcoming football or baseball season. In addition to targeting specific workout programs for each individual client, I also ask all of my clients keep a food diary. This important step allows me to suggest gradual dietary adjustments that help my clients reach their goals more quickly whether they're trying to reduce weight, build muscle, or just attain a higher level of overall energy.

Christopher's Qualifications and Certifications:

ACE Personal Trainer Certification

American Heart Association Heartsaver AED and CPR certification

Masters of Business Administration - Clark University (Worcester, MA) May, 2004

Bachelors of Business Administration - University of Massachusetts (Amherst) December, 1999

University of Massachusetts (Amherst) December, 1999 - December, 1999 - Bachelor of Arts - Psychology Focus

Six Sigma Yellow Belt certification (2006)



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.

Luscious summer figs are high in fiber and packed with minerals such as calcium, potassium and magnesium.

Grilled Fig Pizza

- 1 store-bought pizza dough
- 1-2 TB cornmeal for sprinkling pan
- 6 fresh figs, quartered
- 1 red onion, thinly sliced and tossed with olive oil to coat
- 8 oz goat cheese, crumbled
- 1 jar fig jam such as Stonewall Kitchen Fig & Ginger Jam
- to taste fresh thyme or rosemary, chopped

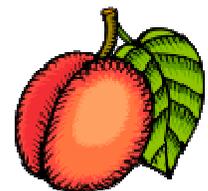
- Sprinkle a sheet pan or pizza pan with cornmeal.
- Roll out pizza dough into rectangle or circle and place on the pan.
- Par-cook the dough by putting pan on the grill with cover closed for 5 minutes or so.
- Remove pan from grill and spread dough with a layer of fig jam.
- Sprinkle dough with crumbled goat cheese, then sliced onions
- Arrange figs evenly around the top of the pizza, sprinkle with salt and pepper as desired.
- Place sheet pan with pizza on the grill with cover down for 10 minutes or until crust is cooked through, be careful not to burn the bottom.
- Optional - slide the pizza off the pan directly onto the grill for the last few minutes of cooking if desired.
- Remove pizza from grill and sprinkle with fresh herbs.



Nectarines are essentially peaches without the fuzzy skin, and are a good source of Vitamin C.

Baked-Stuffed Nectarines

- 1 nectarine, pitted cut in half
- 1/2 lemon, zest removed and chopped
- 2 or more gingersnaps, crumbled
- 1/4 cup pistachios, chopped
- 1 TB butter, softened



Place nectarines cut side up on a baking sheet, squeeze lemon juice over each half.

Mix zest, gingersnaps, nuts and butter, and place mixture on top of each nectarine half.

Bake in oven 10 to 15 minutes at 400 degrees until fruit is tender and topping is crisp. Alternatively place sheet pan on a medium grill and cook with cover closed until fruit has softened.

TO SERVE: Mix a little fruit juice with some nonfat vanilla yogurt and spoon over the nectarines, top with a sprig of mint.

End of SUMMER

GROUP EXERCISE TRAINING SPECIAL

Grab your friends and neighbors and let's take advantage of the summer weather for an action-packed, fun-filled 4-week outdoor training!

We'll spend an hour each week in the great outdoors, interval training for a great cardio, endurance and strength-improving workout, in your backyard or local park.

We'll incorporate exercises that address issues/concerns/interests from each member of the group.

At the end of the 4 weeks, you'll feel stronger, more motivated and ready to roll into the fall.

This program runs for 4 weeks and each group training lasts 1 hour. A group of 4 is recommended.

Meet once a week for \$100/person. Meet twice a week for \$180/person or three times per week for \$250/person. Call 508-633-7749 for details.



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Gina Paulhus
4 Vale St.
Merrimac MA

508-633-7749
www.homeexercisecoach.com