

Gina Paulhus'



"Home Bodies"

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

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Ever try cocoa almonds? They have the same nutritional stats of regular almonds but are dusted with cocoa powder. A healthy chocolate treat that satisfies the urge!

You Could be THAT Girl or Guy...

I feel that the average person sells themselves short when it comes to health and fitness results. You see pictures of tremendously in-shape people and think, 'they are different; I cannot be like that.' While you may not have the ideal genetics or a ton of free time, you can very well look very close to *that*--I don't care who you are. You just need to be willing to do the work and make the sacrifices, which really aren't sacrifices at all when you realize **THINGS YOU GAIN** when you **GIVE THINGS UP**.

There is nothing magical, mysterious, or elusive about the process. To be like someone you admire, copy their behavior. Eat right, work out harder than you think you can, and flex your willpower muscle when you are tempted to go astray. **I challenge you to give it your all for just one month. What's one month out of your entire life?** I guarantee you when you feel the effects of taking control of your life, you will be addicted to the feeling and you won't want to go back. Once you start seeing results, *real results*, the process reinforces itself. Because at a certain point going backwards is so painful that you just are not going to be willing to do it. At that point, willpower is taken out of the equation because the decision to do the right thing becomes a no-brainer.

Want a six pack? Want to break a personal best in a 5k? Want to touch your toes? You can do it. There are proven steps to take to accomplish all of these things. The staff at Home Bodies knows a variety of ways to help you to each and every one of these goals. All you have to do is begin executing and *make the decision* to forge ahead with blinders on--no turning back.

Think back to one year ago. Really try to remember what was going on in your life. Imagine if you had focused 100% on your health and fitness at that time. Would it have killed you? Did you really enjoy eating what you ate that much? Could you have worked out harder and would it matter now? All that would matter is you would be living in a different physical body. You wouldn't remember the particular sacrifices or the hard workouts. None of that matters in the long run. If you commit to just do it, you will never regret it. You don't ever regret skipping the cake or slacking on the workout. You only regret not giving it your all.

Picture someone you think looks 'perfect.' It could be you. No kidding. You can achieve that--there is no reason you can't. So start pouring your heart and soul into what you do, starting today.

Build Stronger Bones in 60 Seconds!

You've probably been told that if you want strong bones, you need to do weight-bearing exercise. That's because weight lifting, running, and other high impact exercises put strain on your bones, stimulating new bone growth. In contrast, low-impact activities like walking and stationary cycling have very little effect. But here's good news: you don't have to abandon your daily stroll for a strenuous jog. According to a study by a doctor at Hebrew University, a simple 60-second run in the middle of your walk is enough to signal your bones to add mass.

"You need to subject your bones to more impact than what they're used to," agrees an MD at Stanford University. So if you're inactive, start walking. And if you're already walking, add a simple 60-second jog.

Hate running? Then try the 'zigzag walking' technique. This consists of side to side strides, or forward and suddenly backward steps. The surprise change in direction may also help build stronger bones.

Excerpted from the Prevention Special Report Bone-Building Breakthroughs.

Quick Tip to Slow Down Your Eating and Eat Less

The average person consumes too many calories partly because they eat too quickly, before the body has the change to register fullness.

Try holding your fork or spoon with your non-dominant hand. It will slow you down and you'll eat less, naturally!

Client Question:

Should I wait until I am not sore from my previous workout to train again?

Trainer's Answer:

It is not necessary to wait until soreness dissipates to work out again. However, it is best to avoid resistance training or strength training for the same muscle group two days in a row. For example, if you work your chest and triceps using a bench press on Monday, do not perform this same exercise on Tuesday. However, you may perform squats, which work the legs, on Tuesday.

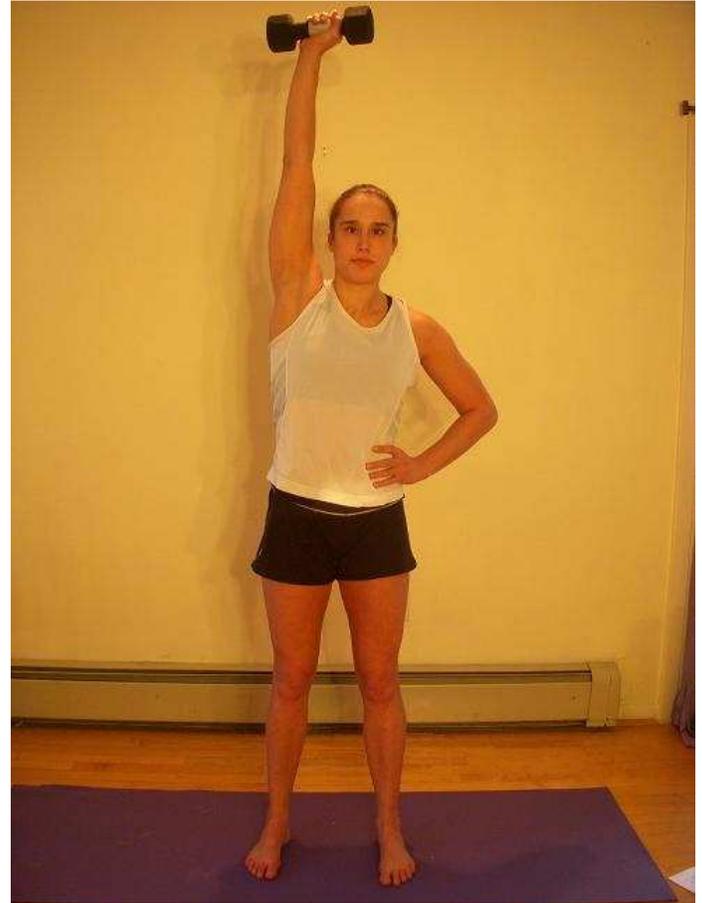
It is also best to avoid performing high intensity exercise more than four days per week. For example, sprint work, interval training where you exercise to exhaustion for short bursts, or weight lifting are all considered high intensity and should not be performed more than four days per week. However, jogging, yoga, and other lower intensity efforts may be performed up to six days per week. It's best to incorporate at least one full day of rest per week to allow your body to recover from training.



If you experience excessive soreness on a daily basis, you are probably doing too much for your recovery capacities, and you will not enjoy the same fitness gains as the body gets stronger during rest, not during the actual workout. However, working out while sore on an occasional basis will do you no harm.

Soreness is also not always an indicator of how hard you worked. It's possible to have a great workout and not feel sore. You are also much more likely to be sore when the exercise is one you have never done or have not done in a while. You are also more likely to become sore from exercises with an eccentric component where your muscles have to 'break' against gravity such as with plyometrics (jumping exercises). Soreness is genetic as well with some people experiencing more than others.

Move of the Month: Single Arm Overhead Press



Benefits of Uni-Lateral (One arm or leg at a time) Training

1. You ensure that your body develops evenly. We are naturally stronger on one side, which over time can lead to injury.
2. Your core is naturally strengthened while you work to keep you balance during the exercise.
3. You will stimulate more muscle fibers using less weight (resistance). This means you will enjoy a greater fitness benefit with a lower risk or injury since you can use lighter weights than you would need for traditional exercises.

Requires:
Dumbbell.

Works:
Core, shoulders, triceps

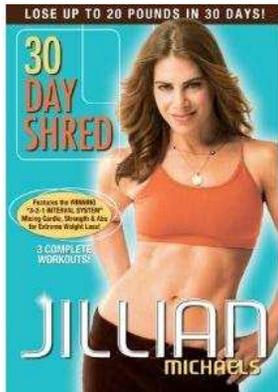
How to start:
Standing up with one hand on your waist, hold a dumbbell just above your other shoulder to the side of your head. Engage your core so that you are standing up straight to start. A 5 lb. to 25 lb. weight might be appropriate to start.

Action:
Think of *stretching to the ceiling* as you push the weight overhead. You will feel your core engaging to keep your balance. This is good! Make sure the weight stays directly to the side of your head and not in front. If you experience shoulder pain you don't have to bend the elbow down as far.

Do this many:
10-15 reps on each side for 1-3 sets. Always start with your weaker side.

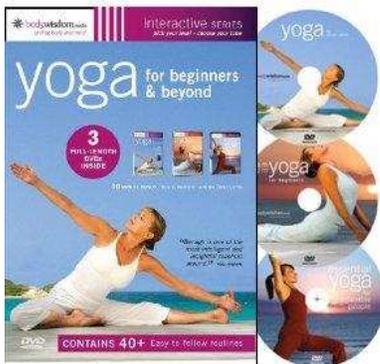
Best Fitness DVDs: Our Guide to Today's Top Fitness DVDs

Jillian Michaels - 30 Day Shred



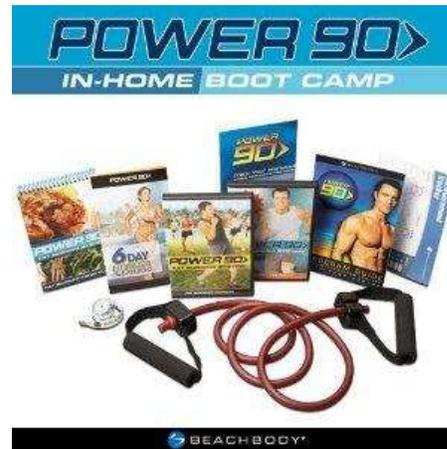
Jillian Michaels is TV's toughest trainer, but she is committed to getting big results. As your own personal trainer, Jillian will guide you through her exclusive 3-2-1 Interval System that combines strength, cardio and abs to blast through calories for a dramatic 30 DAY SHRED. The program includes three complete 20-minute workouts which progress by level of intensity. Start with Level 1 and advance through Level 3 – in no time you'll achieve a lean, shredded body.

Yoga for Beginners Boxed Set (Yoga for Stress Relief / AM-PM Yoga for Beginners / Essential Yoga for Inflexible People)



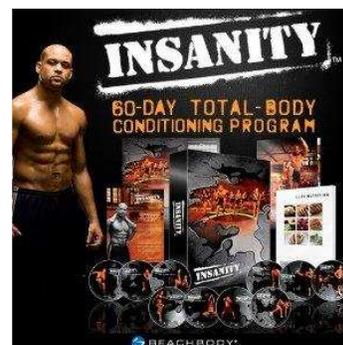
EVERYTHING YOU NEED TO GET STARTED AND PROGRESS WITH YOGA! YOGA FOR BEGINNERS Deluxe 3 DVD Set is the perfect way to explore and experience the numerous benefits of yoga. Each of these 40 routines focuses on different physical and mental aspects of yoga, such as building strength, improving flexibility, reducing stress and more! Never before has a has a single collection of yoga DVDs contained so much valuable information to help you explore the healing, invigorating, joyful world of yoga. Be inspired and motivated with this amazing library that will grow with you for years to come.

POWER 90: Tony Horton's Total Body Transformation 90 Day Boot Camp Workout DVDs



Tony Horton's Power 90 Boot Camp is a revolutionary weight loss and body transformation program that's so simple and effective, that you're guaranteed to go from the body you've got to the body you've always wanted in just 90 days. The secret is professional trainer Tony Horton's exclusive Sectional Progression training technique, where each movement targets a specific zone for maximum fat burning and toning results in as little as 30 minutes a day. And you get a Power Sculpting Band for just the right resistance throughout each and every move.

INSANITY: 60-Day Total Body Conditioning Workout DVD Program



Shaun T's Insanity workout is the best of its kind. No other workout can get you these types of results in just 60 days... Guaranteed! Shaun T's Max Interval Training techniques are a step ahead of every other fitness program ever designed. You get you a lean, muscular body in a short amount of time. The Insanity Workout is a difficult one, but the results are phenomenal.

To purchase these DVDs, go here:
<http://www.homeexercisecoach.com/best-fitness-dvds.html>

Meet Our Newest Trainer: Slava Achildiev

Home Bodies Trainer to greater Waltham



Q: What led you to become interested in fitness?

Ever since I was a young boy I always loved sports. I played Varsity soccer, volleyball, ran 300m hurdles on a track team, did swimming and tennis, and loved playing basketball. I always loved a good physical challenge; In fact I loved it so much I joined the US Army to prove to myself that I could do it. So staying physically active was always part of my life.

Q: What solidified your decision to make fitness a career?

When I met my wife back in 2002 she was the main reason that I became interested in the muscle building process. I started to read more and more about physical strength and building muscle and that got me even more fired up. I was at the gym everyday working out, building muscle, feeling strong and gaining more confidence in myself and my ability to exceed performance in playing sports.

Q: What you typically do with a new client?

What can they expect if they hire you?

The first thing I do when I meet a new client is that I take the time and talk with them. I find out what they are trying to accomplish, how they were when they were kids, did they play sports, what their weight was like back in high school, what weight they are now, what are their fitness goals, and what might be stopping them from getting to their goals. Most importantly, I ask *why* they want to get in shape--what is the main reason? Once we go thru the consultation we do a full body assessment; which may include measurements, functional movement screening, and strength test, then

I compare the results with ACSM's guidelines (American College Sports and Medicine). Based on all of this set goals and plan a program for that client and revalued every 4-6 weeks to see how they are improving towards their fitness goals. The sessions typically run for about an hour, and after each session the client gets a full body stretch.

Q: What are your favorite types of training or specialties?

I like all types of training and I am capable of working with clients from all walks of life. It doesn't matter if you are young or old, if you are trying to lose weight or gain strength, or if you are just trying to improve your golf swing. Whatever your goal, I will plan a program for that specific client and we will both work hard to reach that goal.

Q: What are your philosophies on diet and exercise?

Diets alone can only take us far. Dieting will not get you the results that you want without exercise or proper recovery time. If you put three things together: diet, exercises, and recovery, I guarantee that you will see results in your fitness goals.

Q: What is your favorite part about being a trainer?

Everything is my favorite part of being a trainer! I love coaching and guiding clients to take the right path and make a positive change in their lives.

Slava's Qualifications/Certifications:

- ISSA Certified personal Trainer
- Certified Wellness Coach (NY Strength Dr. Jack Branathan)
- CPR and AED Certified (Red Cross)
- TRX Specialist
- Kettle Bell Specialist
- Functional Movement Screening specialist
- US Army Veteran of foreign wars
- Fluent in Russian

Slava is based out of Waltham, MA. He can serve areas up to 30 minutes around Waltham including: Brookline, Newton, Wellesley, Belmont, and Weston.

How to Make Slimmed-Down Buffalo Wings

Things You'll Need

- *2 lbs. chicken wings, split at the joint
- * $\frac{1}{4}$ cup cayenne pepper sauce (such as Frank's RedHot) plus more for serving
- *1 tablespoon freshly squeezed lemon juice
- *3 tablespoons low-sodium chicken broth
- *3 large celery stalks, cut into sticks



What to Do

1. Preheat the broiler. Place wings in a large pot and fill with water to cover by about 2 inches. Bring to a boil; continue boiling for about 10 minutes. Drain.
2. Meanwhile, in a small bowl, combine cayenne pepper sauce, chicken broth and lemon juice.
3. Transfer wings to a broiler pan and broil, 5 to 6 inches from the flame, until skin begins to blister and brown, 5 to 6 minutes. Turn wings over and broil an additional 4 to 5 minutes.
4. Transfer wings to a baking sheet, drizzle with reserved sauce and toss well to coat. Place baking sheet under broiler 1 minute to heat wings and sauce. Serve with celery sticks and extra hot sauce on the side.

The Stats

Serving size: 4 to 5 wings and 4 to 5 celery sticks

Calories: 170

Protein: 23g

Carb: 1g

Fat: 6g (1.5 saturated)

Fiber: 1g

Skinny Dip!

In a small bowl, stir together: $\frac{1}{4}$ cup nonfat Greek plain yogurt, 2 tablespoons mayonnaise, 1 tsp white wine vinegar and 1 $\frac{1}{2}$ oz. crumbled blue cheese, mashing any large chunks with a spoon. Store in the refrigerator up to 3 days in an airtight container (bring to room temperature before serving).

This dip works great with other veggies as well as the celery and wings described here..





30 Minute Total Body Home-Based Workout

By Dawn Boulay

This is a total body workout using compound movements. It saves time by working several body parts at once, all the while boosting your cardiovascular fitness. When performing compound movements, it's best to go lighter on the weights to protect your joints and be able to maintain good form. Be sure to perform each exercise with perfect form--when you start to lose your form--STOP, even if you have not finished a set. For best results, start by performing one set of each exercise, and as you develop stamina--repeat the circuit again--and again!

WORKS	30 MINUTE WORKOUT	REPS	SETS	WEIGHT
Cardio and abs	1. Taebo knee blocks (or front kicks)	60 sec.	1-3	n/a
Lower body/cardio	2. Get up - Get Down - (Standup, kneel down, standup, kneel down)	8 ea. Leg	1-3	n/a
Lower body, arms	3. Back lunges with bicep curl - alternating	12-16 ea.	1-3	Med
Back, abs, obliques	4. Renegade Row Plank with crossover knee (plank where you place your hands on dumbbells and row them to the body)	12-16 ea.	1-3	Med
Back, arms, shoulders	5. Deadlift, bicep curl, shoulder press	12-16	1-3	Light
Chest/triceps/glutes	6. Chest flys and tricep press, in bridge position	12-16	1-3	heavy
Chest/abs/cardio	7. Burpees with push-up	60 sec.	1-3	n/a
Lower body/shoulders	8. Squat, abduction (side leg raise), alternating front and side arm raises	12-16	1-3	Light
Cardio	9. Jumping Jack with jab, alternating	60 sec.	1-3	n/a
Obliques, abs, arms	10. Side plank with dumbbell raise	12/side	1-3	Light
Abs/upper body	11. Get up-Get down Planks - (Straight arm plank, down to elbows, repeat)	8/side	1-3	n/a
Back of arms	12. Tricep dips on floor, bench or step	16	1-3	n/a

Final Stretch: Hold each for 20-60 seconds

1. Sitting straight leg stretch, reach for toes.
2. Hip stretch--foot to inner thigh, reach for toes.
3. Quad stretch, lie on side on floor or do standing quadricep stretch
4. Child pose into cat/cow stretch
5. Bicep and tricep stretch



Dawn Boulay is Home Bodies 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.

Home Bodies Client of the Month for March 2012...

Sue Peavey of Wakefield MA

By Sue Peavey

"I belonged to several different gyms in the past, and have had personal trainers. I had a routine of going to the gym twice per week, and I also did a lot of walking. However, during the past few years I developed some health symptoms including dizziness and loss of strength particularly on my left side. My trainer at the time had no idea on what to prescribe as I was having a lot of trouble with my balance. After a few tests it was determined that I had a condition called cerebellum ataxia. I needed to find someone who could help me with my symptoms and I no longer felt comfortable going to the gym.

Finding Donna Fuller, one of the Home Bodies trainers, was a lifesaver for me. She offers encouragement when I need it and helps push me to the next level. She really did her homework on my disease prior to our first visit--I was impressed. I like the fact that she comes to my place and works around my schedule. Working with Donna at home has been an absolute godsend. There are days where my condition is worsened, such as rainy days, and Donna will change things around a bit as needed.

"Because of my condition, I walked like Frankenstein when we met. Now, my gait is back to normal and I can get out and about again."

We have also worked on my confidence. Things that most of us do everyday are harder for me, such as going to the mall. I sometimes need a carriage to hold onto for steadiness. I'm getting more comfortable all the time.

I look forward to doing my exercises each day. We worked a lot on building strength, stretching, walking on an uneven surface, walking in general, and loosening up the fascia via foam rolling, and agility and balance exercises.

Donna is so knowledgeable about my rare condition. My trainers in the past had no idea what to do with me. I look forward to our meetings. Regarding nutrition, I do Herbalife shakes and overall make a point to make healthy choices. I try to follow my regimen every day. Donna also assisted me in finding the correct sneakers and in purchasing a treadmill which I use every day.

Trainers are not only for people who want to lose weight--they can be for people who just want to keep moving and are motivated to rejoin society. Do not become a couch potato afraid of getting out there. Someone coming to your home in your known environment is wonderful physically and mentally.



Sue has finally gotten her life back!

I live in Wakefield, MA and grew up in Medford. I am retired, but previously I worked in High Tech. I have 3 Shih Tzu fur babies which keep me very busy. While I am sure there are many who use Home Bodies for straightforward weight loss, there are many out there like me that have mobility issues. Having Donna Fuller in my life with her constant updates as she reads up on my condition, always trying to find an exercise to help me is really wonderful. She wants to help and believes wholeheartedly "if you don't use it you lose it." After having Donna in my life I feel like a member of society again. She has given me the push that I needed. Thank You!!!"

Home Bodies Newsletter

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Gina Paulhus

10 Boardman St.

Haverhill MA 01830

508-633-7749

www.homeexercisecoach.com