

Gina Paulhus'

**"Home Bodies"**

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

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## Drop Sets

Once in a while at the end of a set during weight training, rather than simply stop when you can't do any more reps, choose a lighter weight and perform reps to exhaustion. This will greatly increase your strength. Don't perform drop sets for more than one exercise per workout since they are tough to recover from.

## The Ins and Outs of INTENSITY

So many people go haphazardly through their workouts with really no rhyme or reason to what they are doing. They might have a vague goal such as weight loss, gaining strength, getting healthier or gaining endurance, but their workout schedule is not constructed optimally with their primary goal in mind.

Did you know that a proper workout plan not only calls for a certain number or various workout sessions each week, but it also should have prescribed and varied levels of intensity? You are not supposed to go all out each and every workout, nor should you coast all the time, not really pushing yourself. *Intensity* is a measurement of how much effort you're putting into your sessions. The number of high, medium and low intensity workouts you should perform each week will vary based on your age, experience with exercise, overall recovery ability, general health, injury status, goals, and also your personality type. Are you the type that likes to *go hard or go home*, or are you more the type that likes *'slow and steady wins the race?'*

Bodies respond best to variety and systemized progression. Both are essential to achieve the results you desire. Some people like to vary their progressions based on how they feel from session to session. Some prefer to vary their intensity based on a preset schedule (such as, Monday is hard day, Wednesday is medium, Thursday easy,

Saturday hard). Either can work if it works with your personality and you stick with it. Personally, I like to loosely plan my workouts, but modify based on what my body is telling me. This requires you to be honest with yourself and take advantage when you feel good to really work hard.

It's naturally easier to push yourself when you don't have to work out alone. Whether you're using a trainer, working out with a friend, or taking part in a group class, try to work out with someone else at least once in awhile. With the clients I see weekly, they can expect that their session with me is one of their hardest workouts in their week. We do that on purpose, and it's OK for the on-your-own sessions to be a bit easier, as long as you are really pushing it at least once a week. If your effort level when you're with the trainer is a 10, your other days should be 8's or 9's if you work out three times a week, and if you work out five times a week or more a couple of the sessions might be 5's or 6's.

You don't need a trainer to work with you all the time to enjoy the benefits of a professional's input into your routine. With just one session Home Bodies can set you up for months with a plan.

Working out is much like a syllabus for a college course; there is a systemized plan behind the whole thing. You can view your workouts as a part of a bigger, master plan for a 'semester' such as a six month time period, and vary your intensity and focus within that to achieve your ultimate goal by the end.



# Broken Foot, Sore Knee, or Sprained Ankle? No Excuses! You can still get a great workout.

By Dawn Boulay, Home Bodies trainer to Cape Cod

Recently my boyfriend broke his foot, leaving him to hobble around on crutches. Needless to say, this seriously interrupted his exercise routine. Rather than become deconditioned, we made adjustments to the exercise routine.

Looking on the bright side, there are a few benefits (if you can call them that!) to walking on crutches. Walking with crutches is more cardio-intensive than walking on your own two feet, i.e. a 150 lb. person on crutches burns approximately 340 calories per hour, versus an able 150 lb. person walking at a moderate 3 mph (walking-the-dog) pace, burns about 225 calories/hour.

Swimming is a great cardiovascular workout, an overall body strengthener, and the weightless aspect is good for gently moving the injured body part to maintain range of motion. If you are not able to move the injured body part safely, a float between the legs can help.

Other cardio workouts include the rowing machine (otherwise known as the 'erg') - if you are not able to use your leg/foot, you can use the seat in a stable position and row with the upper body to get the heart pumping. Perhaps your gym has an upper body ergometer at the gym which is basically a bicycle for the arms.

Once you get over the initial soreness, the crutches actually help build abdominal and upper body strength. To strengthen the forearms and wrists for grasping the crutches, try wrist curls/extensors.



**Wrist curls/extensors** are performed holding dumbbells. Stabilize the forearm on a bench or chair and perform a few sets of 20 palm up, then 20 palm down. You will need more weight for the palm up variety.

**Hand grip strengthener.** Squeeze a tennis ball for 20 seconds, then release, repeat 1 dozen times, and repeat the whole set several times throughout the day.

Other exercises you should be able to do because they are performed seated, or lying down with dumbbells, tubing, stability ball, etc. include:

- For back: Bent-over seated rows, reverse flys, supermans
- For abs: Bicycle crunches, oblique crunches, knee-up crunches, lying down leg raises/lowering with stability ball between the ankles
- Bent-knee pushups and dumbbell press and flys for chest, arms, back
- For arms and shoulders: bicep curl-shoulder press combo, triceps extensions and dips, front and side dumbbell raises

Just as important as all the above is STRETCHING. Every day, perform overall body stretches for 10 minutes before you get out of bed in the morning, and stretch in the bed for 10 minutes before you go to sleep.

Also, sound nutrition really promotes healing. During the healing process, the body needs increased amounts of calories, protein, vitamins A and C, and sometimes, the mineral, zinc. Go here for specific nutritional guidelines for healing: [http://my.clevelandclinic.org/healthy\\_living/nutrition/hic\\_nutrition\\_guidelines\\_to\\_improve\\_wound\\_healing.aspx](http://my.clevelandclinic.org/healthy_living/nutrition/hic_nutrition_guidelines_to_improve_wound_healing.aspx)

Don't get discouraged - before you know it, you'll be back on both your feet!

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*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.*

# Track It!

## with Home Bodies

Accountability Program 2009/2010

Week 50: ended Sun. June 27, 2010

### WORKOUT and FOOD

Leah Rogers	4527	1st
Gina Paulhus	4414	2nd
Jillian Mason	4120	3rd
Heidi Nicholson	4001	4th
Bill Powell	3973	5th

Mary Desmarais	3932
Cheryl Delfossi	3846
Kathleen Cashman	3708
Janet Bowman	3644
Jeff Adams	3606
Lisa Taylor	3582
Susan Darvis	2833

### WORKOUT only

Jesse Barnes	2031	1st
Kathy Allen	1912	2nd
Peter Allen	1753	3rd

Becca Davidson	1741
Brian Petersen	1687
Tom Provencher	1556
Rebecca Weed	1202

Believe it or not, bottled cocktail sauce is loaded with sugar!

## Make Your Own Low-Sugar Cocktail Sauce

- 1/2 cup low-sugar ketchup (I use Heinz Low Sugar Ketchup)
- 2 T tomato paste
- 2-3 tsp. fresh lemon juice
- 4-5 tsp. cream-style horseradish

Mix all ingredients together. Serve chilled.

## Client Question: Do I need to include whole grains in my diet to be healthy?

### Trainer's Answer:

There are no essential carbs—only essential proteins and essential fats. Furthermore, calorie for calorie, whole grains never have as many vitamins and minerals as fruits and vegetables. The small amount of carbs we need to function well can be found in fruits and vegetables. Dairy foods, beans and legumes, and nuts also contain carbs, as do wine and chocolate--foods that have specific health benefits in moderation.

So although we don't tend to need whole grains for carbs, one 'nutrient' that can be hard to come by without whole grains is dietary fiber—although with a varied diet of fruits, vegetables, legumes and nuts you should be able to obtain your 25-30 grams per day. However, whole grains do add an easy source of fiber particularly for those who do not consume beans or legumes regularly.

However, whole grains come in handy as a good calorie source for those who are athletic, for growing children, or for those who are thin and want to maintain or gain weight. Whole grains are also a less expensive alternative source for high-quality calories if cost of food is a concern. There *are* some metabolic types that thrive on higher carb diets and feel and perform best on higher carb diets; this is usually a trial and error type situation. But, if you find yourself feeling sleepy after consuming a high carb meal, you probably aren't a person who does well on higher carbs. Keep in mind too that 'starchy' vegetables such as potatoes of all types, squashes and corn as well as fruit juice all provide higher carb levels similar to what you'd get with whole grains.



So, the answer is, no not everyone needs whole grains in their diet, and how many servings you include is going to depend on your individual physiology, what else you are eating, and your health and fitness goals. Generally, 1-6 servings per day is a good place to be. A serving would be a slice of whole wheat bread, 1/2 cup cooked brown rice or whole wheat pasta, 1 cup of dry cereal such as bran flakes, 1 small whole wheat or 1/2 large whole wheat tortilla, or 1/4 of a large whole wheat bagel. So, it's not terribly difficult to obtain even 6 'servings' of whole grains in a day. Keep in mind you may need more if you wish to gain weight, if you are a vegetarian, or if you are an athlete.

## Salmon Cakes

Submitted by Emily Weidman, Home Bodies Client

- 1 can Pink Wild Alaska Salmon (about 14.75 oz)
- 1/8 cup dried fine whole wheat bread crumbs
- 2 chopped scallions
- 1/4 cup minced bell pepper
- 1 teaspoon dijon mustard
- 6 drops Tabasco sauce
- 1 egg beaten
- oil to fry salmon cakes
- additional 1/8 cup or more bread crumbs to coat salmon cakes



Drain salmon in strainer so water from the can is removed.

Mix salmon with vegetables, seasonings, bread crumbs and beaten egg. If the mixture seems too wet to shape into patties, add extra bread crumbs.

Divide the mixture into 6 equal parts and shape into 6 patties. Coat lightly in bread crumbs.

Heat oil in frying pan and fry on medium heat. Turn once until browned on each side.

## Tanya's Mexican-Wheat Salad

	Calories	Fat	Protein	Carbs	Fiber	Sugar
8 oz Kraft Fat Free Peppercorn Ranch Dressing	400	0	0	88	0	16.0
2 Chopped Jalapeno Peppers (deseeded)	36	0.2	1.8	8.6	1.4	4.6
1 Tbsp Chili Powder						
3 servings (2 c cooked) Wheat Bulgur	420	1.5	15	90	21	0.1
1 can Black Beans (rinsed)	350	0	24.5	63	28	0.1
10 oz package Frozen Corn (cooked & cooled)	300	3	9	66	3	15.0
8 oz 50% Low-fat Jalapeno Cheddar	560	36	64	4		
2 Red Peppers (chopped)	66	1.2	2.8	15	5.6	7.8
1/2 c Sweet Onion (chopped)	31.5	0.1	0.7	7.6	1.05	3.2
Total for Recipe	2163.5	42	117.8	342.2	60.05	46.6
<b>Per serving if 8</b>	<b>270.4</b>	<b>5.3</b>	<b>14.7</b>	<b>42.8</b>	<b>7.5</b>	<b>5.8</b>

Simply combine all ingredients in a bowl!

Serve chilled.

Tanya Anderson is Home Bodies' trainer to southern NH and Essex County in MA. Tanya is an endurance athlete herself and is Passionate about nutrition and healthy eating.



# Fitting in a Workout While Away



By Ashley Arpe,  
Master Trainer

I had a hip replacement at the tender age of 11, so I understand what it's like to be limited by

injury. When injured one must strengthen the muscles surrounding the joint for proper flexibility, strength and ability to perform everyday movements. The worst thing to do is nothing: that will have you back in the doctor's in no time. While strengthening muscles you also improve bone density, A few years ago I had a x-ray of my hip and my doctor found that there is no sign of a hip replacement due to my taking care of my health! Also being at your ideal weight helps joints as they are small and only can hold so much pressure--especially hips. Keep your weight to a healthy number and bones and muscles strong to prevent medication and surgery. I sure do not want another hip replacement so I plan to work out every day for the rest of my life. Live well.

## FREE Home Bodies shirt

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

If you sleep less than 8 hours per night, you burn fewer calories during the night than someone who sleeps at least 8 hours.

*True or false?*

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

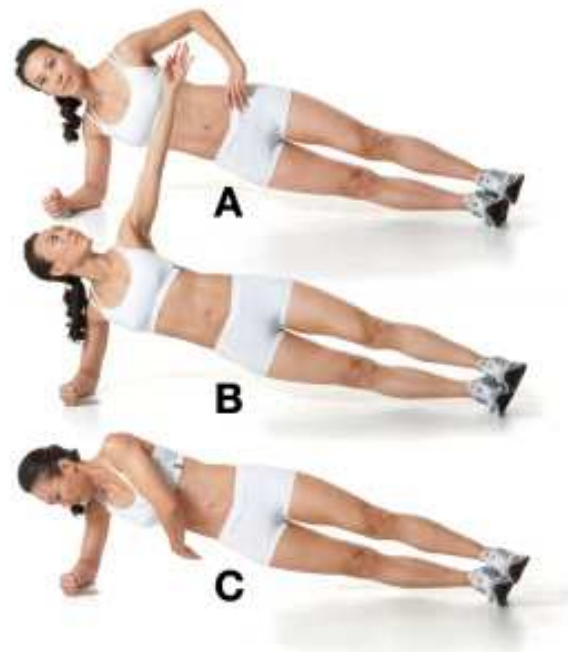
# Move of the Month: Twisting Side Plank

**Requires:** Mat

**Works:** Abs, Obliques, Low Back, Shoulder Girdle, Glutes, entire core

**First Master:** Side plank hold and hip up and down

**Difficulty Level:** Advanced



Begin propped up on your elbow in a side plank. Other arm is on the waist. Raise your free arm above your head, then rotate torso so stomach is facing the floor as you scoop your arm through. Keep flat through the hips. Twist as far as you can without breaking form, then twist back up to start position. Avoid letting your butt pop up in the air as you twist, and roll onto the balls of your foot as you twist to face down.

You may not be able to turn all the way so that your stomach faces the floor at first, but as you get stronger this will improve.

If this move hurts your elbow or shoulder, you can try it propped up on your hand as opposed to your elbow.

Perform 8-10 reps for 2-3 sets on each side.

# About Dan Baker, trainer who has been overweight himself and understands the struggle, and who has a plethora of in-the-trenches experience helping those from all walks of life.

“Growing up in a family whose members all weigh at least double what they should, I know very well the feeling of 'having the deck stacked against me.' In my late teens I became a natural strength athlete and started training towards competing in local strongman competitions but quickly developed knee and shoulder problems. I had to take 6 months off to heal then started back working out again along with physical therapy, trying to slowly regain some of my former strength. After 3 months of little to no progress I decided that my career as a strength athlete was not to be at the time. I decided to finally make an all out effort to lose the tremendous amount of extra weight I had carried around my whole life. I started out in 2001 at 390 lbs. and finished in 2003 at 230 lbs. through nothing but weight training and an overhaul in my diet. This wasn't easy, because my knee couldn't take more than 20 minutes of walking 3 days a week and my shoulder swimming once every other week.

I had trained friends and family off and on over the years and always thought about becoming a personal trainer but repeatedly put it off on the back burner because of time and money constraints. Eventually I decided enough was enough--that I was leaving the rat race to do something which I loved and to make a real difference in people's lives like never before. It's so rewarding hearing back from people month after month -- how amazed they are at the strength and endurance they've gained at everyday things. Taking in groceries, lifting or moving something at work, helping a friend move or performing yard work that was once so hard has now become incredibly easy and they are able to get it done in a fraction of the time it originally took them.

With a new client I begin by going over their health and exercise history, finding out what their goals and expectations are, and finding out what they would like to improve physically or lifestyle/habit wise or which they feel is a problem area holding them back somehow. After that I teach them how to use their surroundings and imaginations with things around the home in developing an exercise program using minimal amounts of equipment and time as well as teaching them healthier food choices when it comes to dining and cooking. If a client already owns equipment and wishes to learn how to use it properly, I can offer that advice as well.

Learning proper form especially in some of the more complicated movements along with the importance of function, balance, moderation, planning and periodization is critically important for anyone's immediate and continued long term success in reaching their fitness goals. Learning to



**Dan Baker covers southern and seacoast NH and Maine for Home Bodies.**

listen to their bodies' own subtle cues is also very important. When starting out I believe in making small but steady changes in diet and exercise routines that build upon one another. We all fall down from time to time but it's the getting back up that builds character and proves ones' mettle against adversities in life. Learning to never give up, digging deep within, then refocusing on the promises and goals that you silently made to yourself and finding the strength to carry on against all odds is what it takes to succeed.

Eventually in time by building this way step by step, brick by brick, you'll look back one day and realize you've achieved something you once never would've imagined possible back when you first started. And I'd love to be there to help guide you through this process.”

## **Dan's Qualifications and Certifications**

- (A.C.E.) Certified Personal Trainer.-
- C.P.R./ A.E.D. Certified by The American Red Cross
- Lost and maintained a 140lbs weight loss for 7 years now
- Knowledgeable about issues relating to Menopause, Diabetes, Obesity, Aging and Supplements.



# Coping with S.A.D.

By Amy Lagone, Home Bodies Head Trainer, Master Trainer

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As we move toward the autumn and winter months, we all can experience changes in mood and energy; the days are getting shorter and colder, the kids go back to school, its back to the same old grind and another fun and sunny summer has come and gone. For some, these feelings can become more pronounced than just your average "winter blues". Before we can discuss how we can prevent Seasonal Affective Disorder, let's learn more about it first.

## The Facts

Seasonal Affective Disorder (SAD) is a type of depression which can occur during certain months of the year. Most commonly it's observed during the fall and winter months, but it can occur during any season. Below 10% of Americans are affected by SAD.

## The Risk Factors

Studies have shown that being female, living far from the equator, and a family history of other types of depression can all be risk factors for developing SAD. However, though more women develop SAD, men tend to have more severe symptoms when it does occur.

## The Possible Causes

Low Vitamin D Levels: Individuals low in vitamin D often experience symptoms in line with depression and SAD. Vitamin D is produced by the body when exposed to sunlight, and given the lower levels of sunlight exposure many experience during the winter, low vitamin D levels could be to blame for many of the symptoms of SAD.

Circadian rhythm: The reduced level of sunlight in fall and winter may disrupt your body's internal clock, which lets you know when you should sleep or when you should be awake. This disruption may lead to feelings of depression.

Low Melatonin Levels: Melatonin is a hormone that plays a role in sleep patterns and in your mood. Melatonin is created by the body during the darker hours of the day; it causes you to feel drowsy and lowers your body temperature, preparing you for sleep.

Serotonin Levels: Serotonin is a neurotransmitter, or chemical in the brain, that affects mood. Reduced sunlight can lead to a drop in serotonin, which can lead to depression.

## The Symptoms

Depression, anxiety, loss of energy, social withdrawal, oversleeping, an increased craving for carbohydrates, and weight gain all can be symptoms of SAD.

## What to do about it?

First, if you or someone you know seems to have these symptoms, contact a doctor. There are many things we can do to combat feelings of depression. What's great is that most of these tips go hand in hand with weight loss and strength building goals.

\*Since low levels of vitamin D are a suspected cause of SAD, make sure that you are getting a few minutes of sunshine each day, even during the winter. A lunch time walk, even if it's cold out, will allow the skin to absorb some vitamin D (the little skin you're able to expose in a New England winter!). The fresh air and brightness will help to elevate your mood, and you won't feel like you live in a cave!

\*Exercise has been shown to improve sleep quality. Getting in a good workout most days of the week will help you to keep your sleep patterns more regular.

\*Avoid caffeine and other stimulants in the latter half of the day. Many of us have such busy lives that we sometimes need that kick of caffeine in the afternoon. A better way to remedy the mid-afternoon drowsiness is to break the cycle and start correcting sleep pattern issues from the root.

\*Avoid watching TV before bedtime. When you are tired, turn off the TV, go to the bedroom and turn off the lights. While some say that TV and reading help them fall asleep, many experience the opposite. You may end up staying awake longer than you intended to catch the end of a show or to make it to the end of a chapter.

## Website References:

<http://www.bing.com/health/article/mayo-125528/Seasonal-affective-disorderSAD?q=seasonal+affective+disorder&qpvt=seasonal+affective+disorder>  
[http://www.medicinenet.com/seasonal\\_affective\\_disorder\\_sad/article.htm](http://www.medicinenet.com/seasonal_affective_disorder_sad/article.htm)

# Home Bodies Client of the Month for September 2010 is...

## Cath of Dover NH!



**Cath is so proud of her progress thus far!**

“I finally got serious about getting healthy and losing weight when two people I am close to decided to undergo bariatric surgery. In learning, through them, the process of bariatric surgery, I came to realize that that is not a good fit for me and I really needed to get serious before major health concerns developed. Both of them had very successful surgeries and have lost a ton of weight, but I can't see myself making the life changes necessary to be successful in that way. I was never consistent with weight loss or exercise programs before Home Bodies. I love to garden, but that is seasonal and didn't address my out of control eating habits.

I love that Home Bodies trainers come to your home and use your home equipment, or counters, or chairs, or your own body weight! Learning exercises this way makes you realize that you can incorporate exercise into everyday life.

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*I didn't expect to bond with Jenny as fast as I did. She's young enough to be my daughter, slim enough to make me jealous and knowledgeable enough to intimidate me!*

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From the very first session, she empowered me and taught me and shared her knowledge freely. I have never felt judged for being so overweight by my trainer. She gently pushes me to do more, but understands when my busy life temporarily gets in the way. She helps me stay on track, celebrates my successes

and inspires me to be healthier every week.

My original goal was to lose weight. *A lot of weight.* Jenny encouraged me to break it down into more manageable, more tangible goals. I have reached my first goal of losing 30 pounds. In the process I increased my strength and endurance. Now I enjoy setting goals like not missing a single workout this month, or eating 95% healthy this week. Along the way I am confident I will lose the rest.

Jenny has been a really good sport about mixing up my training sessions. She senses when I am getting too comfortable with the sets and finds something new and challenging to excite me. It's a good mix of strength training and cardio.

I like that Jenny gets as excited about my health advances as I do. She'll remind me of how shaky I was at the beginning, or how much more flexible I am, or how much longer I can exercise. I also like that she accommodates my painful knees and helps to find exercises that strengthen them without making them feel worse. I am scheduled for knee replacement surgery and Jenny has been very helpful with getting me in the best shape possible for the quickest recovery time. At each doctor's appointment, the staff is very pleased that I am working with Home Bodies to get ready for my surgery.

Jenny outlined a very sensible eating program that is very livable and easy to follow. She encouraged me to journal for the first few months and patiently went through meals to show me where I was loading on too many carbs, or where I could work in some more protein. I really feel confident now when planning meals or eating on the fly that I can eat nutritiously and feel satisfied without overdoing it. Filling up on actual meals that are nutritionally balanced have curbed many of my urges to snack on junk.

I've lost 30 pounds since January and I have had to buy smaller clothing since I started working with Jenny.

My measurements have been fun to track each month. I can garden longer, wrestle with my grandsons and I have lots more energy. People comment about the weight loss and that's pretty cool, too. Some weeks I feel like I've followed the program to the letter, and some weeks I feel like I've been a slacker. Jenny always reminds me that it's a brand new week and points out that my slacker weeks are actually 10 times better than my pre-trainer days!

Absolutely give Home Bodies a try! It saves time because a trainer will make sure you are using the correct form and working at the correct intensity to actually benefit from your efforts. I love training at home and finding ways to incorporate fitness into everyday life. Knowing that Jenny is coming keeps me on track and encourages me to follow through with my workouts. It's like making a date with yourself to take care of yourself. If I could, I'd have Jenny move in and be my full time trainer!

I grew up in Portsmouth but have lived in Dover for almost 30 years. I am Office Manager for Dover Fire & Rescue. I spend too much time sitting at a desk and being stressed out over paperwork. I work with all these superfit firefighters, which can be a little disheartening, but some of them have noticed my efforts and that is encouraging. I love gardening, reading, playing cards, traveling.”

### Home Bodies Newsletter

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Home Bodies in-home fitness training

Gina Paulhus  
10 Boardman St.  
Haverhill MA 01830

508-633-7749

[www.homeexercisecoach.com](http://www.homeexercisecoach.com)