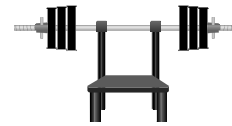


The Bench Press



SPRING 2007

All the news in fitness to print!

Visit us on the web! www.seattlefitness.com

83 South King Street, Suite #211 (Corner of First & King in Pioneer Square)

(206) 467-1800

~Contributors~

Tija (Tia) Petrovich,
General Manager
and co-owner of
Seattle Fitness, is a
Certified
Personal Fitness
Trainer and the
author of "**Lighten
Up!**," a best-selling
low-fat cookbook.

Heather Parsons, our
Group Exercise (X)
Director, is an
AFAA-Certified
Personal Trainer and
certified Pilates
Instructor. She has
been teaching
aerobics and
conditioning classes
since 1989.

Jerome Powell, our
Fitness Director, is an
ACE-Certified
Personal Trainer. He
owns **Optimal Fitness**.

Marci Hart is our
Assistant Manager
and **Membership**
Director. She is an
AFAA Certified
Personal Trainer,
specializing in **Older
Adult Fitness**.

Our many thanks to
long-standing member
and proofreader of
this publication,
Margy Kotick!



Understanding Body Mass Index

Body Mass Index, or **BMI**, is one of many common tests doctors use to **track health**. The BMI is a statistical measure of the weight of a person scaled according to height. The index was invented between 1830 and 1850. It was meant to be a simple way of classifying sedentary people with an average body composition. The BMI came back into use in the 1980's, when **obesity became an issue in Western society**. The BMI became controversial because many people, including physicians, have started to rely on it for medical diagnosis. That has **never been the BMI's purpose**. Bodies rank along the BMI from around 15 (near starvation) to over 40 (morbidly obese). The spread is described in categories such as underweight, normal weight, overweight, obese, and morbidly obese. The ranges of values are **only valid when applied to adults**. It is good to note that the ranges are not exact, as someone with a very low BMI may just be naturally thin. A very muscular individual will naturally weigh more, as developed muscle is denser than fat. The BMI does not account for these factors. It is good to note that the BMI **broadly categorizes** populations for purely statistical purposes. Given my reservations concerning the limitations for the BMI being used as a diagnostic tool, the following are definitions of the BMI categories:

Starvation: Less than 15 **Anorexic:** Less than 17.5 **Underweight:** Less than 18.5 **Ideal:** from 18.5 to 25 **Overweight:** from 25 to 30

Obese: from 30 to 40 **Morbidly Obese:** over 40

To find your BMI rating, type "Body Mass Index" into your favorite search engine and fill in your information to find your categorical listing.

Tija Petrovich

Certified Personal Fitness Trainer and Owner, Seattle Fitness, Inc.

The Mood and Food Connection

It makes sense, but we seldom consider that **the foods we eat** can affect our moods and how we feel. If we are aware of our different moods, we can try to improve our overall health through our food choices.

Consider the following suggestions.

If you are caught in a **cycle of mood swings** and feeling emotionally unstable, make sure you are not dehydrated. Dehydration can make you irritated and unable to sleep.

When feeling **anxious or stressed**, you might want to try foods rich in calcium or a handful of almonds. Calcium is great for reducing anxiety and helps you to feel calm and relaxed.

If you just had a **serious temper tantrum** or feel angry, eat some carrots, grapes, or grapefruit. These are all full of pectin. Pectin is a soluble fiber that can reverse the "fight or flight" syndrome by decreasing your heart rate, adrenaline levels, and blood pressure.

Want to **sharpen your thinking skills**? Focus on fish, shellfish, or lean poultry. Proteins give you a steady feeling of energy and concentration. Additionally, including a dose of protein in a snack will curb your appetite much longer than eating just carbohydrates.

If you find yourself **lost in a fog**, feeling sluggish and sleepy, avoid highly refined carbohydrates. Try low-fat dairy products or a multigrain slice of bread. These have complex carbohydrates that will slowly release the flow of blood sugar and serotonin levels within your body. Passing up the donuts and candy for oatmeal will leave you feeling happier and more alert in the long run.

When **sad or discontented**, nibble on a piece of chocolate. Chocolate lifts the mood and can make you feel happy. Besides just fat and sugar, chocolate contains an endorphin-releasing substance called phenyl ethylamine. Remember, however, the effect is only going to be short term.

-Marcy Hart, Asst. Manager and Certified Personal Trainer

~Vital Statistics~

Do you know?

Calories burned on a daily basis per pound of lean muscle versus fat.
10-15 times more

Average number of calories a 150-pound woman burns in 30 minutes of moderate strength training. **102**

Percentage of U.S. women who strength train two or more times per week. **17.5%**

Number of pounds American women gain per second, collectively. **4.4**

Number of pounds American men gain, collectively. **3.6**

Number of pounds women in the U.K. gain per second. **2**

Percentage of daily calories that come from beverages for women ages 19-49. **21.7%**

Percentage of daily calories that come from soft drinks. **7.6%**

Percentage of daily calories that come from plain milk. **2.8%**

Percent that employees' out-of-pocket health care is expected to rise in 2007. **9%**

Percentage of Americans who say they're dissatisfied with the cost of health care. **80%**



~Statistics gathered from Health@ magazine~

Staff Spotlight!

~ Charles Bailey ~

Charles' family settled in the Seattle area in the late 1940's. Four of Charles's uncles helped to build I-5. One of his uncles built a very large church that is still stands.

In his early years, Charles was part of the "angel choir" for his uncles church. While attending Emerson Elementary, Charles's musical background broadened to include the alto saxophone.

In the early 1990's, Charles found himself interested in martial arts and wrestling. He also took bass lessons, reconnecting with his musical interests.

Charles formed a musical trio in which he played bass. The trio performed at several house parties.

During summers and after high school, Charles worked for a building maintenance company.

In the late 1990's, Charles found himself getting interested in his health and biking.

Charles joined the Metropolitan Improvement District (MID), a group of street patrol bike-riding ambassadors. He assisted the Seattle Police Department, offered security escort, and engaged with street people in crisis due to mental illness and drug or alcohol abuse.

Around this same time, Charles joined our staff as a receptionist.

Currently, Charles lives downtown and works (at his "real job") as a security officer for NW Security Services. He is single, happy, and enjoys meeting new friends.

~ Fun Fact ~

Charles once auditioned for a heavy metal band!

Group X

"Spring Cleaning"

Have your workouts been **fewer and farther between**? Have your reasons for not working out become greater than your desire to fit into your favorite jeans? Then it's time for a **workout Spring cleaning**. Where to start? It can be as simple as **adding 5 extra minutes** to your cardio, **1 extra set** to your weight training or trying one of our many challenging and entertaining **classes**. Spring is a great time to revamp and refresh your eating habits and your workout. So what are you waiting for? You'll be glad you did and, who knows, maybe that favorite pair of jeans will need replacing with a smaller size.

Happy sweating!

Heather Parsons - Group X Director, Certified Personal Trainer

Patella Femoral Pain Syndrome- Runner's Knee

The weather is getting nicer and our days are lighter, longer. This means outdoor exercise, particularly running, walking, and hiking are more popular. As activity increases, so may that **annoying knee pain**, which you tried to ignore over the winter. **Patellar Femoral Pain Syndrome (PFPS)** is a common culprit of this pain. PFPS is a term used to describe pain in the front of the knee caused by compression of the kneecap (patella) against the femoral condyles.

In normal motions, the patella glides freely between these condyles due to the hyaline cartilage on both the condyles and the patella. In knees where the compression between the surfaces is increased or the patella is not correctly tracking in the groove between the condyles, the cartilage is irritated and can cause pain.

The best way to avoid PFPS is to refrain from prolonged and unnecessary compression between the patella and the condyles. For instance, **do not sit** with your knees deeply bent or tucked up underneath you. Avoid prolonged kneeling and deep squatting.

To treat PFPS, train the areas that affect the patella and condyles, which include strengthening the hip joint and keeping the muscles surrounding the knee flexible. **One simple exercise** for strengthening the key hip muscles is to place a pulley or Theraband around one ankle. While balancing on the opposite foot, extend the leg directly behind you against the resistance of the band for 10-12 repetitions. Turn to the side (leg with the pulley on the outside) and extend it to the side for another 10-12 repetitions. Repeat 3 times.

In order to maintain flexibility, **stretch your hamstrings** by lying on the floor with your leg extended, knee straight, against the doorframe. Hold for one minute, then scoot closer to the door and hold for another minute.

Another wonderful way to maintain flexibility is use a foam roller or a tennis ball and roll on or massage the entire length of the outside of your thigh, the IT-Band.

Gradually ease back into running and enjoy the sunshine!

Carrie Johnson, PT Carrie.Johnson@stryker.com
Physical Therapist at Seattle Sports Physical Therapy
100 S. King Street, Suite # 420 PH: (206) 467-6705

Tija's Creamy Garlic Hummus

Yield: 1 ¼ cups

- 1 (15 oz.) can garbanzo beans
- 3 T. lemon juice
- 2 T. garlic olive oil
- 1 large clove garlic, minced
- Salt

- Open beans, reserving liquid.
- Place beans, lemon juice, olive oil, and garlic in a blender.
- Blend on high until creamy.
- Salt to taste and blend.
- If hummus is too stiff, add more of the reserve bean liquid and blend until smooth.
- Scrape into a small serving bowl.
- Serve with raw vegetables.

Fitness Trainer's Q & A

Q. What are the benefits of **heart rate monitors** and how do they work?

A. Everything we do has an impact on our heart and heart rate. You can feel your heart rate speed up or slow down based on both **internal** and **external stresses**. The healthier you are, the better able you are to handle these stresses. Your heart rate can be a guide as you work to become more fit and a heart rate monitor is a great tool to use.

Everyone has a **maximum heart rate (MHR)** that they are born with. It is a fixed number that does not decline with age unless you become unfit. It also cannot be increased with training. To find their MHR, most people use the 220 minus their age formula. This formula works well in **conjunction with a heart rate monitor** as a training guide. You get a more personal and accurate view of your heart using a monitor.

For instance, if you are in decent shape and looking to burn fat, working at 60%-70% of your MHR for 45-60 minutes, 5 days a week is optimal. If you are looking to increase your aerobic capacity, try interval training at 75%-85% of your MHR. If you are just starting out, I recommend exercising at 50%-60% of your MHR, increasing your time with each session. Heart rate monitors **take the guesswork out** of training and give you real numbers to guide you toward your goals.

Jerome Powell,
SF Fitness Director
C.P.F.T.