



THE Healthy LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 14 • MAY 2018



InBody: Understanding Your Results

May 24 • 2:00 pm
Multipurpose Room



Nutrition Education How to Lose Body Fat

May 30 • 2:00 pm
Waterfall Room

Call 561-495-2806 or email
fitness@gleneagles.cc
to register!

There's an App for That



KAREN MIKUS
Healthy Lifestyle Director

Technology has changed the way we plan our fitness activities, the way we work out and the way we measure results. As part of our Healthy Lifestyle Program we continually search for the best tools available to help our members improve their health and wellbeing. In this issue of *The Healthy Life* Newsletter, we share details on some of the technology we have available in the Healthy Lifestyle Center.

In contrast to stepping on a scale every morning or calculating your BMI, obtaining body composition values is a far better way to distinguish between a healthy and unhealthy weight because of its great ability to differentiate between lean mass and fat mass. Put simply, knowing your exact body composition values offers you a glimpse of what your existing body weight is made up of. After all, it's not just a number on a

scale, it's about how much of your weight is made up of fat, water, bones and muscle.

The good news is we've made it easier to acquire this information with the InBody Analyzer. There is more information inside on the InBody and more technology including Power Plate, Virtual classes with Fitness-On-Demand, and Fusionetics for movement screening. Our dietician, Lillian, finds the electronic tracker MyFitnessPal ideal for logging your daily food and beverage intake. You will find more details inside this issue along with in-season produce and a tasty recipe.

We wish our members who are leaving a fun-filled and safe summer. Your suggestions and feedback are appreciated.

Stay Healthy,

Karen



Staying on Track



DR. LILLIAN CRAGGS-DINO
Dietician DHA,
RDN, LDN, CLT

Long gone are the days of writing a food diary by hand.

There are many apps and electronic means to track your nutrition and exercise goals. Why self-monitor? Research shows that the mere process of tracking your intake, food choices, and exercise can help with increasing self-awareness and inspire change to meet your personal fitness and health goals. Self-monitoring also motivates you to change your dietary food choices and habits by allowing you to determine what needs changing and what you are doing right.

One of the more user-friendly and popular electronic trackers is called MyFitnesspal. You can access this free computer application by typing in: www.MyFitnessPal.com. They offer a premium membership for a nominal fee, but the free membership offers plenty of options that help keep you on track. MyFitnesspal is a way you can log in your daily food and beverage intake, and it shows you your daily intake of nutrients, calories, and vitamins. MyFitnesspal also offers a searchable food data base



with over 300,000,000 food items. Surprisingly, ethnic and restaurants foods are also included within this database, and it will certainly surprise you when you see how many calories your favorite restaurant foods contain! There is also a section where you can add your own personal food choices and recipes and you can set up a personalized diet profile. If you sign up on your personal computer, you can also access your MyFitnesspal from your mobile app for the iPhone and Android, making it easy to record your intake even on the go or at a restaurant.

Two of my favorite sections of MyFitnesspal are the “HelloHealthy” blog that gives you access to many recipes, workouts, and wellness tips to keep you informed and the “Community” section that offers support by allowing you to share your progress with friends to keep you accountable and keep you motivated. The “Community” section also includes a discussion board where you can post questions or share tips of what works for you.

To begin using MyFitnesspal, create a free membership log on and answer the questions it asks you to create a profile. It will then calculate your target goals based on your answers and create a baseline net calorie target. Then all you need to do is log on and type in the foods you eat for breakfast, lunch, dinner, and snacks and you will see the total calories, carbohydrates, fats, proteins, sodium, and sugar you have eaten for the day. There is a tab where you can log in your exercise and a “Check-In” tab that allows you to track your weight and body measurements. Another great feature is the “Reports” that allows you to graphically see your progress of weight, body measurements, and nutritional intake.

Try using this form of technology to help you with your health and nutritional goals. I believe you will find it gives you the tools you need to stay motivated, focused, and successful.

What's In Season



BLUEBERRIES: A powerhouse of fiber, potassium, folate, vitamin C, vitamin B6, and phytonutrients that support heart health. The fiber content,

along with the absence of cholesterol to begin with, helps to reduce the total amount of cholesterol in the blood and decrease the risk of heart disease.



WATERMELON: A very hydrating food choice because of its high water content, watermelons are

also rich in vitamin A, C and fiber. Watermelons are moderately high in sugar, therefore its best to measure carefully. One cup of watermelon is only 46 calories. Its low calorie but you would still need to watch the sugar content.

Mix it Up!

Strawberry Lemon Basil

- 4-6 strawberries, hulled and quartered
- 1/2 lemon, sliced
- Small handful of basil, scrunched
- Pitcher of cold filtered water

Fill a pitcher to the top with ice and fruit. Slightly scrunch up the basil and cover with cold filtered water. Let the water infuse at least 1 hour in the refrigerator.

Blueberry Orange

- 2 mandarin oranges, cut into wedges
- Handful of blueberries
- Pitcher of cold filtered water

Combine all ingredients in a pitcher and refrigerate up to 24 hours to allow the water to infuse. Squeeze in the juice of one mandarin orange and muddle the blueberries to intensify flavor. Serve cold.

Watermelon Mint

- Watermelon
- Fresh mint
- Pitcher of cold filtered water

Add melon and mint to a pitcher and then fill with water. Allow fruit to soak for 2-8 hours in the fridge.

POWER PLATE®

Whole Body Vibration Technology

Scientists in Russia used vibration training on cosmonauts when their researchers found this technology could prevent loss of bone density and muscle tissue – two major problems caused by spending an extensive amount of time in zero gravity. In fact, these cosmonauts were able to stay space-bound nearly four times longer than the Americans.

Today, vibration technology is becoming a sought after trend in the fitness world. Studies have shown increased bone density, postural control, improved mobility and balance in older users. Another study found Whole Body Vibration (WBV) training improved balance and proprioception (the body's internal awareness of movement and spatial orientation). There is a learning curve to the Power Plate – how much vibration should there be? You can set the frequency to how many vibrations you want per second, meaning how

many contractions the working muscles will make per second.

Other questions address how much time should be spent on the power plate and the amplitude and proper position. The part of the body closest to the vibrating platform will get the most benefit. To help you learn how to use this powerful piece of equipment, we are providing orientation with Sylvie Patrick, Power Plate Master Trainer. Orientation Sessions are available on Tuesday, May 15 in half hour sessions. Registration is required by calling 561-495-2806.



NEW EQUIPMENT ORIENTATION

POWER PLATE



with *Sylvie Patrick,*
Power Plate Master Trainer

Orientation Sessions available on:
Tuesday, May 15 in the Multipurpose Room
9:30 am • 10:00 am • 10:30 am • 11:00 am



**GLENEAGLES
COUNTRY CLUB**

Registration required • 561-495-2806 • fitness@gleneagles.cc

MORE TECH FOR YOUR WORKOUT

FITNESS ON DEMAND

Virtual class technology: Workout whenever it works for you! Fitness on Demand will provide a variety of high quality classes for you to choose from. We have Fitness on Demand available in the Multipurpose room and the Group Exercise Studio. Registration is required and will depend on the availability of the rooms. Please call 561-495-2806 or email fitness@gleneagles.cc.

FUSIONETICS

Fitness Assessment Technology: A great workout begins with a plan. Fusionetics movement screen can help you build that plan. Complete a short series of exercises and flexibility drills designed to identify any areas of weakness or dysfunctions in your body. Once completed, the Fusionetics software will provide you with a customized self-care fitness routine comprised of functional exercises, stretches and myofascial imbalances. This routine can be assessed at any time via an easy-to-use mobile application complete with exercise descriptions and video tutorials. Cost of assessment is \$20.00.



STRETCHING with the Power Plate

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The Power Plate will help to improve your flexibility. The power plate causes reflex muscle contractions to occur. These contractions happen between 25 to 50 times per second. After each contraction, the muscle has to relax before contracting again. All of that activity causes a change in your nervous system allowing your muscles to stretch further. Here are a few stretches to try after you have received orientation.

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Standing Hip Flexor Stretch:

- Stand in a staggered stance with your right leg forward and left leg back on the Power Plate.
- Move your hips forward and to the right.
- Bend slightly at the knees and slowly continue to push your hips forward until you feel the stretch.
- Hold for 10 seconds and then switch legs and repeat the steps.

Active Standing Inner Thigh Stretch:

- Starting from a normal standing position on top of Power Plate.
- Take a large step to one side so your feet are wider than shoulder width.
- Bend / Flex your right knee & turn the toes out to 45°.
- Keep the stretched leg straight.
- Your weight should be evenly balanced.
- Lower the body towards the floor to feel the stretch.
- Hold for 10 seconds and then switch legs and repeat the steps.



Active Hamstring Stretch:

- Stand up straight with right heel resting on the Power Plate.
- Slightly bend left knee and keep your back as straight as possible.
- Also, slightly bend forward at the waist and feel a stretch in your hamstring behind your thigh.
- Hold for 10 seconds and then switch legs and repeat the steps.



INBODY ANALYZER

Technology that provides an analysis of your body composition

Think about when you take your car into the shop. Your car isn't working, so the mechanic does an inspection of the car's parts. The mechanic opens the hood, checks the fluids, inspects the working components and is able to tell you the condition of your car. Body composition is like that, except instead of learning that you need to change your oil or replace your brake pad, you might learn that your body fat percentage is higher than you thought, or that your right side is stronger than your left and you need to work to bring your body back into balance.

Body composition is the body's relative amount of body fat to fat free mass. The latter is made up of organs, bones, muscle and body tissue. If your ratio of body fat is much higher than your fat free mass, then you could be putting yourself at risk for severe health problems such as obesity, high blood pressure, Type 2 diabetes, heart disease, fatigue, cancer and more.

By analyzing your body composition, you can understand why you weigh what you weigh. The InBody will tell you more than your body fat percentage, it will also report your body water weight, skeletal muscle mass and lean body mass. It will report your visceral fat level which is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen.

Getting and staying healthy is about monitoring the changes within your body and keeping track of how better lifestyle choices can improve the body from the inside out. Please contact the Healthy Lifestyle Center if you are interested in a Body Composition Analysis. The cost is \$20.00.



**Spotlight on Francisco Rivera,
Lead Massage Therapist**

Stretching helps stimulate the muscle tissue, promotes blood circulation and overall improves your daily workouts.

"Whether I am running, cycling, weightlifting or performing any physical activities, stretching is one of the most important aspects of my fitness journey. I stretch before working out to warm up the tissue and prevent the muscles from contracting while working out. I also stretch after a workout to reduce muscle fatigue and soreness," says Francisco.

As a massage therapist and Active Isolated Stretching(AIS) level 3 practitioner, Francisco recommends different applications that will help you keep track of your fitness level, as well as your diet and sleeping cycles to help you become a healthier human being.

Technology has transformed the fitness industry. There are endless devices and apps that can help you track your fitness activity, progress, suggestions on routes to run or cycle. Francisco prefers FitBit and feels it is one of the best physical activity trackers. "It has helped me become more active, eat a more well-rounded diet, and sleep better."

Francisco is also fond of Strava, for both running and cycling to help track time, pace and distance in the many different routes and trails he rides on, as well as mapping out an exact path so he knows where he's going at all times.

▶▶▶ InBody Demo: May 24 • 2:00 pm • Multipurpose Room



Swing Video Analysis



JOE DeMINO,
Director of Golf

There is an app called Technique that can be used on your phone to video your golf swing. When giving a lesson, I take video of the student from two different angles, showing the back swing and the follow through position. The app is great because I then take the student into the office and we transfer to the TV screen, which gives us a large picture and the app works great with slow motion. With having slow motion, we see many things that they can work on to improve their swing.



After pinpointing the items in the lesson, I will then send them the video with the tips via email. It makes a big difference with watching the video and using the slow motion program. The program works for all parts of the game from putting to full swing to just a small chip shot – seeing the playback really helps a lot.

Stop by and we can show you how you look on video, and soon you will see improvement in your game.

Tech for Tennis



MIKE PUC
Director
of Tennis

Tennis training techniques and apps through your computers and phones have kept pace with the rest of the technologically advanced world. There are many virtual coaching apps from Gigi Fernandez to Nick Bolletierri, game shot analyzers like Smash, and My Tennis Stats that give you a read out of every shot you hit with speed, direction, contact point and spin.

Using these paid apps may motivate you to train harder with more specificity, but there are also free advanced tools at your disposal that can do the same thing. The cameras in most phones nowadays are so good it is like watching a movie on TV. Record yourself during your training sessions. The automated time stamp on the phone will provide a baseline for improvement.

Ball machine function is constantly improving and there is no better fitness work out there than hitting shot after shot on the machine. The PickupWall automated ball return unit used in conjunction with the ball machine will avoid constant stopping for ball retrieval and the player will now get tired long before the machine.

While these training advances are all worth a look, don't forget the staple training device that hasn't changed since its inception and still works like a charm; the backboard. I have yet to see anyone beat this fabulous rally partner.



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Member Spotlight: RUTHIE SPRUNG-EDELMAN



Ruthie Sprung-Edelman has been into fitness forever. She was a cheerleader in high school, played all the sports and continued from there. She was always in the gym, cardio, jazzercise – she did it all. Now she plays tennis 3 times a week, golfs twice a week and she is in the gym every day. Wow!

As far as nutrition, Ruthie follows the 80/20 philosophy. 80% of her meals are nutritious and 20% she might cheat a little. As a matter of fact, Ruthie says, "Exercise gives me the opportunity to eat and drink more."

Ruthie's favorite piece of exercise technology is the Fitbit. She uses it to measure her 5 miles or

10,000 steps a day. Her Fitbit is linked to those of her brother-in-law, niece and daughter, and they challenge each other on a regular basis. Every couple of hours they get an update on how each one is doing. During one challenge, Ruthie noticed her brother-in-law was beating her by 100 steps. It was midnight, but Ruthie got out of bed and started doing jumping jacks. There are also times where Ruthie and her daughter will take the weekend warrior challenge.

Ruthie joined Gleneagles last May. She loves it here, finds the classes very motivating and loves the community. We love having her and her dedication to fitness and a healthy life.