

2011 CONTINUE HEALTHY LIVING

February, 2011

Movement is a medicine for creating change in a person's physical, emotional and mental state.
-Carol Welch



Why Train like the Guys?

By Janet Fougere

When I say train like the guys, I'm not suggesting we bulk up until we look like Arnold Schwarzenegger. We do however, need to train with weights to build lean muscle and increase bone density.

Muscle mass decreases naturally from your late 20s. Once you hit menopause, you lose half a pound (250g) of muscle every year, which adds up to a lot of muscle over time.

Bone mass increases until your late 20s and then plateaus. At about 30-35 it starts to decline.

Strength Training

It's very important to try to replace as much of that missing muscle and bone mass as you can. Strength training exercises, also called anaerobic or resistance exercises, is the way to do that.

Even at rest, muscles need more calories than fat, so more muscle will contribute to weight management and losing inches. Muscle makes you strong and prevents you from turning into a fragile old woman later.

Increasing bone density will help prevent osteoporosis.

The good news is you can prevent all of that loss and put back muscle and bone mass that's already disappeared with strength training exercises.

Fruity Flaxseed Muffins Recipe

Recipe provided by WebMD
 Call out to Julie M. for forwarding this wonderful recipe

These moist and high-flavor flax muffins are delicious.

Ingredients

- 1/2 crushed pineapple with juice, canned
- 1/2 cup finely chopped apples (with peel)
- 2 tablespoons canola oil
- 1 large egg, higher omega-3 if available, beaten lightly
- 2 egg whites (or 1/4 cup egg substitute)
- 1 cup fat free sour cream
- 1/4 cup dark molasses
- 1/2 cup raisins, currants (or any other dried fruit, chopped)
- 1 1/4 cup unbleached white flour
- 1/2 cup whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup ground flaxseed

Instructions

1. Preheat oven to 400 degrees. Line muffin pan with paper or foil liners. Coat inside of liners with a quick squirt of canola cooking spray.
2. In large mixing bowl, beat together the pineapple with juice, apples, canola oil, egg, egg whites or egg substitute, sour cream, and molasses until mixture is light and fluffy. Stir in raisins or dried fruit.
3. In medium bowl, whisk together flours, baking powder, baking soda, salt and flaxseed. Beating on low speed, add flaxseed mixture to sour cream mixture just until combined (batter will be a little lumpy). Spoon batter by 1/4 cupful into prepared muffin pan.
4. Bake in center of preheated oven for about 20 minutes or until muffins are golden brown and springy to the touch.

Yields 12 muffins, freeze them and they stay fresh for 3-4 months. Mine don't usually last that long :)



Nutritional Analysis: Per muffin:
 194 calories, 5 g protein, 31 g carbohydrate, 5.5 g fat, .8 g saturated fat, 2.1 g monounsaturated fat, 2.6 g polyunsaturated fat, 20 mg cholesterol, 4.5 g fiber, 224 mg sodium, 1.7 g omega-3 fatty acids.
 Calories from fat: 28%.



Peak performance is characterized by relaxation and a sense of power and energy. It has only been described as a feeling of being in control, or an experience of joy or freedom. To strive for that experience through physical activity is a wonderful way to take care of yourself.

Here is a cardio workout for you to try this week. If you aren't on the interval bandwagon yet, I encourage you to try it out! Not only does it burn more calories than steady state but it's also less boring. You burn more fat than carbs (as compared with steady state).



Move of the Month INTERVAL TRAINING

Exercise photo provided by Diet.com, by Sarah Dussault

10-minute Warm Up Jog 4-6 RPE

1-minute Run 7 RPE

30-sec Recovery Jog RPE 5

Repeat Run/Recovery 3X

30-sec Recovery Jog 5 RPE

30-sec Sprint 9 RPE

1-minute Recovery Jog 5 RPE

Repeat Sprint/Recovery 8x

5-minute Cool Down 4 RPE

RPE is the rate of perceived effort. You should be able to kinda sing Happy Birthday at a level of 5, speak a few breathy words at 7 and not be able to talk at 9.

Have you tried using interval training yet? If not, how come?