



Message from Frank Santana

The "Best Way to Achieve New Year's Health Resolution"

It's that time of the year when many people make a conscience decision to finally make this year the year when they once and for all get their health in order. Whether it be losing the proverbial "tire" around the mid section, the "thunder thighs" that slow you down and/or the extra large seat you're carrying that airlines are making you pay for these weight conscience days the process of achieving meaningful inroads to improving the way you feel about yourself, the way you look in the mirror and the overall improvement of your health should be the same. It's time for some tough love!

First, it has to start with a sincere and real commitment to do it. There is only one method to sustainable loss of weight and that is "Learning" to eat healthy foods and living a healthy lifestyle. Eating less calories than you expend. Any other method is a temporary and self defeating and delusional thinking. Diets DO NOT WORK! It's a lifestyle stupid!!

Second, come to grips that getting healthy and staying healthy requires a commitment of time, energy and money. You got to be overweight because you invested lots of time to inactivity living your sedentary lifestyle, used lots of energy stuffing your self with "Junk Foods" and spent lots of hard earned cash on the most expensive of all foods, junk foods, that are designed to make you overweight! You didn't get overweight because you ate too much broccoli or too many apples did you? Time to redirect your time, energy and money into a successful venture.

Third, you cannot optimize your health without exercise! Accept and ingrain that thought into your brain. Resistance training increases your metabolism, the rate at which your body burns calories, if you are overweight this is critical; cardio training strengthens the heart muscle and its ability to pump blood through your arteries, we list over 101 benefits at www.7flags.com of exercise to your well being.

Lastly, the best way to achieve a "health transformation" is to hire a health expert, a 7Flags personal trainer. Hire one for a year of expert advice. Most unhealthy people are lazy (Stop with the excuses please!), you need someone to motivate you and be your personal coach, keep you on a regular and consistent schedule, hold you accountable, teach you the proper exercises for faster results, teach you proper nutrition and instill and build good habits. What would you give to look good in that birthday suit?

Do you think that \$10 grand coat or that \$40 grand car will hide the fact that you are overweight? Is \$3000 to \$6000 too much to get a real makeover created by the person within you?

Talk with one of our personal trainers or call us at 278-8888 or contact us www.7flags.com

It's a new year - new resolutions, new workout routines, and maybe you're finding some new muscles complaining after those workouts! Your body has been working hard and needs a little attention. Don't forget to stretch AFTER you exercise when your muscles are warm. Stretching before you do anything strenuous when tissues are cold may lead to tearing, so make sure you start with some light movement first - brisk walking or jogging for example. Save those long, deep stretches for later.

There are some other "feel-good" things you can do as well - sit in the jacuzzi, sauna, steam room, or book a massage. Your massage will be tailored to your needs and preferences, from a 30-minute spot massage to an hour or hour and half which can incorporate special attention to that problem area plus relaxing the whole body and spirit. Massage stimulates the immune system, increases blood circulation, and helps produce those positive endorphins. Therapist Erin has had special training and experience in sport specific complaints. Call her direct at 491-8721 to schedule your session and take the next step in improving your health in 2010!

*Did you know that---

*You get \$10 off your first hour massage?

*You get 20% off your massage when you recommend some who books a massage?

*You get The Rub Club card, which gives you credit for every time you spend money for massage services, even gift certificates, towards a free hour?

Weight loss and the principal of specificity

By Reid Jansonius, NASM, CPT

7 Flags Personal Trainer

Let's say you set a fitness goal, join a gym, and start pounding out the miles on the treadmill. The first few weeks go very well, and it's showing on the scale. But after a month or so, you're losing weight at a very slow pace, even though you're running more than ever. Your goal begins to seem unreachable. You become discouraged and bored, the trips to the gym few and far between.

What happened? You plateaued.

Understand that one of the human body's primary goals is to use as little energy (calories) as possible, and it's an incredibly dynamic organism. It will adapt to meet the exact demands placed on it, whatever they may be. In exercise science, this is called the principal of specificity, and it's important to understand its implications for weight loss.

Let's examine the treadmill example above. The body responds to long periods of cardiovascular training by becoming more efficient at it. With each session, your body improves its ability to supply working muscles with the steady dose of oxygen they need to sustain your pace.

The same principal applies to muscles. They'll develop the traits necessary to run for a long period of time in a straight line and nothing else. Pretty soon a mile is a breeze, then two, and so on.

These adaptations are good for your heart, lungs and overall health, but by becoming more efficient the body simply doesn't need to burn the same amount of calories anymore to get through the long cardio workout, so it won't.

If fat loss is your goal, you don't want your body to be a temple of efficiency, you want it to be a calorie-burning machine. Treadmills and ellipticals surely burn calories, but if it's all you do, you won't see the results you could for the time you put in.

So what can you do? Throw your body a curveball and challenge it in different ways. Instead of running at a steady pace, cycle through jogging for 2 minutes then sprinting for 30 seconds. That's called interval training, and it's a great way to get a lot done in less time. Alternatively, you could run at an incline, spend part of your

time on the stair stepper instead of the treadmill, and so on.

Resistance training is a great way to incorporate something new, and it's a key component of any sustainable weight loss program. A pound of muscle mass burns about three times more calories per day than a pound of fat, so building lean muscle will raise your resting metabolism - a very desirable adaptation for someone with the goal of losing body fat.

Even better, resistance training will cause your body's metabolic rate to stay elevated hours longer after finishing a workout than a purely aerobic cardio workout would.

Start light and simple, performing 2 to 4 sets of 12 to 20 reps, and progress to more advanced movements and heavier weights when you feel comfortable.

Of course, all programs must be progressive in nature to give the best results while minimizing the risk of injury. If you step into the gym blinking like an owl, confused at all the contraptions, a personal trainer is an excellent option. They can design a program to specifically meet your needs as quickly as possible while avoiding injury, guesswork and confusion.

In any case, remember if you want sustainable, long term results, you need to mix up your workouts. Keep your body guessing, and you'll keep yourself interested, challenged and progressing toward your goal.