

### QUICK TIPS

As Summer comes to an end, it's a great time to set some new goals for the Fall until all breaks loose Thanksgiving onward!

**1) Don't Lift Too Heavy.** This is something we see and fight every day in the gym. Men, (mostly), think the only mark of achievement is to lift more weight. Almost always this leads to three things: Bad Form, Injury, and Delaying Progression. In fact, there are many manipulative variables for any given exercise, or joint motion pattern, not just more poundage: Slow the tempo down, change the direction of the resistance or body slightly (think slight levels of incline on a dumbbell press or variations between a pulldown and rowing motion), less resistance more reps, try pushups instead of bench press.

**2) Jogging.** With around 3 times bodyweight hitting the pavement with every step, the pounding, inflammation, and the wear and tear that accompany this repetitive joint movement, jogging just isn't worth it folks. This is not to say a 2 or 3 mile trot once in a while will kill you, but if jogging is your sole source of exercise, you're headed for trouble, and limited results. "Any type of exercise besides maybe walking has the potential to become chronic and induce a state of chronic inflammation." C-reactive protein and cytokines constantly floating through your bloodstream is not healthy. In fact blood draws and markers from post-marathon runners is pretty much on par with someone undergoing a heart attack. The human body is meant to walk, sprint, lift, eat, hydrate, and rest, not jog every day and definitely not run a marathon. If this is your sole source of exercise, you need a new strategy. A few good reads: [HERE](#) [HERE](#) and [HERE](#)

**3) Maintain, Increase, and Stimulate Muscle.** You have to lift folks! Most of the population still correlate exercise with 30 minutes on an elliptical or treadmill with a little stretching thrown in, and that lifting weights is about biceps and bench press. The truth is that a well-rounded and properly varied/progressed Resistance Training strategy is far more beneficial than chronic cardio and probably the most important strategy to get involved in as you age. And, it's not just about muscle! Joint integrity, tendons, ligaments, cartilage, and nerve are all stimulated and strengthened, as are organs, endocrine function, heart output, blood pressure, lymph, and neuronal connections.

**5) Learn how to eat healthy anywhere, anytime.** We hear this often: "I can't eat healthy on business trips or vacation." True, vacations are a time to let loose and having to eat on I-70 to Denver doesn't offer the best cuisine, **but:**

- Pack a cooler with healthy drinks and snacks.
- Fast Food joint? Tell them to keep the bun and double the lettuce.
- Take the extra spare time on vacation to grab long morning walks.
- Stop at a grocery store instead of a restaurant.
- Emergency supply of jerky and nuts.

**6) Get your family involved.** It's hard when you're living a healthy lifestyle and your spouse and kids are constantly on the couch eating doritos and watching tv. All of the Trainers and colleagues at Fitness Alliance try to find solutions and create strategies that will get everyone involved. Most times it starts figuring out a person's likes and dislikes, making a personal connection, and navigating through their past exercise nightmares. We totally realize some people prefer Pilates over the Gym and that's great, whatever it takes to get people active!

**7) Days Off.** Try to think of your quest for health and longevity in weeks, months, and years rather than just workouts. Once you decide on how many days per week you are going to work with a Fitness Professional, think about other activities in your of days that can keep you active.

**8) Eliminate the word Carbs from your vocabulary.** Vegetables, Fruit, Vegetables, Wheat, Oats, Corn, all Carbohydrates.  
Vegetables & Fruit= GOOD      Grains= BAD

# Massage Promotion

Heather McCoy

Licensed Massage Therapist/ Registered Nurse

Refer a friend and you BOTH  
receive \$10 off your next Massage



15445 Metcalf Overland Park, KS 66223  
heathermccoymassage.com/hmccoyrn22@gmail.com  
(913) 244-8207

Also, due to exception service and popular demand, Heather is now available Monday – Friday!

## Grilled Chicken, Blueberry & Almond Salad with Cider Vinegar Dressing

SERVES 4

### LIST of INGREDIENTS

- 3/4 cup olive oil
- 6 TBSP apple cider vinegar
- 2 tsp Dijon mustard
- 3 cloves garlic, *minced or finely grated*
- 1-1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 lb boneless, skinless chicken breasts
- 8 cups mixed salad greens
- 1 cup fresh blueberries
- 3/4 cup sliced almonds, *toasted*
- 1 medium-size ripe avocado, *pitted and sliced*
- 1/2 medium-size red onion, *thinly sliced*

### the METHOD

- 1 In a medium bowl, whisk together the olive oil, vinegar, mustard, garlic, salt, and pepper. Pour half of the dressing into a large bowl. Set aside the remaining dressing. Add the chicken to the bowl and toss to coat. Cover and refrigerate for 30 minutes or up to 2 hours.
- 2 Heat a grill to medium-high heat. Remove the chicken from the marinade and place on the grill (discarding marinade). Cook for 5-6 minutes per side, or until the chicken is cooked throughout (165°F on an instant-read thermometer). Remove from the grill and let rest for 5 minutes, then slice.
- 3 Divide the greens among 4 serving plates. Arrange the chicken, blueberries, almonds, avocado, and red onion on top of the greens. Serve with the reserved dressing.



We have Personal Training options for every budget and to accommodate any time of day.

- One-on-One
- Partner
- Small Group
- Weekly & Flat Monthly Rate for three workouts per week

Give one of us a call to talk options!

### Personal Trainer Directory

Bill Leavitt	816-916-7557
Ryan Bell	785-317-3688
Angela Stallings	417-294-4982
Liz Trussell	913-424-6043

### We Also Do:

- In-Home Sessions – Equipment Sales
- Corporate Lunch & Learns
- Company Exercise Programs

**SAVE THE DATE: Our next Lunch & Learn is September 26<sup>th</sup> at Noon.**

**Hot nutrition topics revealed by Adi Shamir and Kirk Johnson...and free food!**

### Fitness Alliance

15445 Metcalf, Overland Park

### Home Of:

Johnson Chiropractic, Performance Rehab, Eilates Pilates, Heather McCoy Massage, Sherri Mayer Photography, Bella Vita Skincare, Restorative Fitness.

