



Fitness Newsletter

June 2015

Transforming Lives With Educated Fitness Solutions

Hello!

Hope you are having a great month so far! Transformation has welcomed three amazing interns for the summer semester! Sam Eberle goes to Franklin College where she is studying Exercise Science and then plans to go to Physicians Assistant School after next year! She also golfs on Franklin's team! Alex Kenney is finishing his Fitness Management and Personal Training degree at IUPUI. He is married and has two daughters one is 2 and the other is 9 months! He loves mountain biking and is investigating starting his own training facility with a focus on Mountain biking. Catherine Hollibaugh goes to Marion University and is studying sports performance and is also on the cycling team. She plans on staying in the exercise science field but is still undecided on what she wants to focus on. We are very excited to all have three interns go through our curriculum and give them real life experience within a training facility and with our corporate wellness.

This month things are pretty quiet. Between Tony and I and our team we are bulldozing through several projects that have been ideas and now are coming to life. You will have to check out our posts on Facebook by liking our Transformation Fitness and Wellness Fan Page and follow us on Instagram and Twitter, @tfwellness! Also we have been capturing live testimonials! We know you have a tremendous story and it can inspire so many. Please take 3 minutes to schedule an after pic and a 1 min or less video testimonial. It is amazing what a few words can do when coming from real people with real stories. This can help others see that they are not in this alone. One other huge project that is finally live is our new website! Check out www.tfwwellness.com, we still have a few tweaks and pictures to upload but we are very happy with the final product!

Lastly, we sincerely appreciate all the support after the last month or so of challenges. After having two dogs pass away in less than 6 months we were honestly missing a huge piece of our family. It was very lonely coming home each night. So it got the best of Tony and I, it might have been an emotional decision, but we found Maxwell, our 10 week old English Bulldog. We were unsure what to name him but we both agreed to name him Maxwell after our favorite author John Maxwell! He has been coming to work and loving all the attention from the TFW family!

Have an amazing month, keep up the great work!

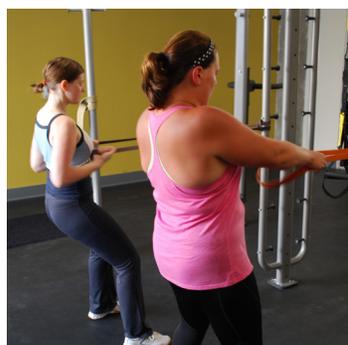
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“Life is 10% of what happens to me and 90% of how I react to it.”

- John Maxwell



TRENDING AT TFW



5 Fun Facts!

The name Jeep came from the abbreviation used in the army for the "General Purpose" vehicle, G.P.

Men can read smaller print than women; women can hear better than men

A 'jiffy' is an actual unit of time: 1/100th of a second

Donald Duck comics were banned from Finland because he doesn't wear trousers

There's a high correlation between the fitness level of the people close to you, and your own physical fitness



Cheesy Chicken and Broccoli with Whole Wheat Pasta

Serves 4

Ingredients

- 8 ounces {DeLallo short whole wheat pasta, such as fusilli or penne
- 4 cups broccoli florets
- 2 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups low-fat milk
- 1 tablespoon whole-grain mustard
- kosher salt and freshly ground black pepper
- 1½ cups shredded fontina cheese
- ½ cup grated parmesan cheese, plus more for garnishing
- 2 cups shredded, cooked chicken breast

Instructions

Cook pasta in salted water according to package directions. Scoop the pasta into a drainer or bowl and reserve the hot pasta water. Add the broccoli to the pasta water and cook for about 3 minutes or until desired tenderness. Drain and set aside. While pasta is cooking, make the cheese sauce. Over medium high heat, melt butter in a large sauce pan and whisk in the flour. Cook while whisking for about 2 minutes. Add milk and whisk continuously to avoid any clumps. Cook until



mixture thickens and begins to bubble, stirring often, about 5 minutes. Stir in the mustard and season with kosher salt and freshly ground black pepper. Remove from the heat and stir in the cheeses. Add the chicken breast, the whole wheat pasta and the broccoli and stir to combine. Season with more salt and pepper to taste and garnish with shredded parmesan cheese.

CLIENT OF THE MONTH



Jackie Suess

Jackie has flourished this last month in her workouts. She is pushing herself and lifting more than ever before and has seen some great results because of it. Jackie has lost several pounds and inches accumulating to a 2% decrease in body fat in the last couple months. She has a new found inspiration because of her hard work and dedication to a better lifestyle. Keep up the good work Jackie, your doing great!!!

Fitness Tips:

1) A workout buddy is hugely helpful for keeping motivated, but it's important to find someone who will inspire—not discourage. So make a list of all your exercise-loving friends, then see who fits this criteria.

2) After a grueling workout, there's a good chance you're going to be feeling it (we're talking sore thighs, knees and tight calves). Relieve post-fitness aches by submerging your lower body in a cold bath (50 to 55 degrees Fahrenheit; for 10 to 15 minutes. An ice pack and compression can be just as good to isolate your post-workout recovery.

AT HOME WITH TFW

Countdown

- Mountain climbers
- Body weight squats
- Push ups
- Glute Bridge

Start at ten reps of each exercise and count down each round. For example, 10 reps, 9 reps, 8 reps, of each round.



Getting to the Core of Using your Core

Dispelling the Abdominal Myth and Demystifying the Concept of the Core Work

by Adam Heavrin

“Why do we not do any crunches or sit ups?”

“I never feel any soreness in my abs. They must be weak!”

One of the biggest myths in the exercise industry is that it takes millions of crunches and ultra sore abdominals to truly “work your core.” Red light! Wrong! Your “core” is much more than your abdominal muscles, and the role of the abs themselves is many times misunderstood as well. Lets get another thing straight as well: EVERYONE has a six-pack. If you cannot see your six-pack it’s just because you have a big fluffy comforter over the top of it (i.e. fat). In order for those coveted lines to appear on your stomach getting your nutrition turned around is 75-85% of winning that battle.... and it does not happen overnight. Whether you actually desire a six-pack or not (and unless your goal is to be a pro body builder it probably is not), this article will hopefully illuminate how your abs actually work and why the only crunching you should be doing is celery between your teeth!

When you talk about the abdominal muscles in the body you need to talk about the spine. The spine is literally the pillar on which your body is built. If you have ever seen a documentary on the Golden Gate Bridge you will see that the bridge is not stiff. The bridge flexes, twists, bends, and shifts. Your abs are like the cables that make sure the bridge can move around but still remains stable enough for cars to drive on

and boats to pass underneath. Much like those cables, your abs are meant to transmit force around your body. This means they are designed to react to your movements and compensate accordingly to keep you upright and stable. When a big gust of wind comes along, the cables on the bridge need to be able to flex and bend to transmit force across the bridge so it does not collapse!

When you hold a weight on the left side of your body, the entire right side of your body (the area between hip and armpit) must “activate” to keep you from falling over (i.e. compensate). The muscles we are talking about are all the big hitters: rectus abdominis, transverse abdominis, internal and external obliques, and serratus anterior; all of them working simultaneously to keep the spine stable. Squatting, lifting (i.e. deadlift), pressing, pulling.... all of these movements create pressure inside your body that your abs have to fight against in order to keep you upright and stable. Putting a barbell on your back and squatting versus a crunch for abdominal activation: NO CONTEST; the back squat wins every time. Not only does it activate all the heavy hitters listed above it does it for longer and through a greater range of motion.

Why not crunches? You do not want to crack the bridge (i.e. your spine). Yes your spine is meant to extend, flex, twist, and compress, but only to a certain degree. When you do sit ups and/or crunches you are placing a very large amount of force on your lower spine as you curl

yourself up. It’s not the way your spine is designed to move. Again, your abs are meant to react to forces on the body. Crunches and sit-ups cause your abs to have to generate force to overcome your body weight and gravity along with flexing your spine many times in an unnatural position. No good.... don’t do it! What should you do instead? Try a Turkish Get Up, Anti-Rotation Hold, Dead Bug, or even a Plank (an oldie but a goodie). Talk with a Fit Pro at TFW about how to perform these exercises!

Read back above after my introduction. Did I use the word “core” once? Nope. When people say “core,” in their minds they are referencing all the abdominal muscles, which are mainly on the front of the body. We humans are three-dimensional beings. We do not just move forwards and backwards. You have much more musculature to your “core” than just the abs. The “core” would include everything between your butt and shoulders. At TFW we train this model of the core, which of course includes your abs too!

So now that you have some more insight on how your abs work as a part of your core musculature, I challenge you to grab a little heavier iron to work with in your next workout at TFW. No matter what exercise you are doing, rest assured that you are using those abs every step of the way, whether you want to or not.



TFW Welcomes New Interns



Alex Kenney

My name is Alex Kenney and I have just graduated from IUPUI with a degree in Fitness management and Personal Training. I am from Indianapolis and grew up on the southwest side of the city. I am passionate about helping people in the health fitness/strength and conditioning industry because I love to help people feel great about themselves and help them meet their goals. I like to see the joy that they are feeling when they reach the goals they have set and see them walk out with their heads held high and leaving no regrets about how they could have done better. The thing that excites me the most about my internship at TFW is the opportunity to learn from a great team as well as to grow as an individual in the fitness industry.



Sam Eberle

My name is Sam Eberle. I am a junior at Franklin College studying Exercise Science with minors in Neuroscience, Fitness, and Spanish. I have been an athlete since a young age and, in return, been a fitness enthusiast! I think that it is easy to have an active lifestyle if people are just taught the proper way to do so. With the majority of the population living a healthy lifestyle the overall community is better off. There is no reason not to strive for the best thing possible. I am excited to continue learning and growing as a person through this internship. I am aware that many people do things differently and I look forward to learning how TFW views and practices a healthy lifestyle.



Catherine Hollibaugh

My name is Catherine Hollibaugh. I am studying Sports Performance at Marian University. I'm also on the Marian University Cycling team. I am passionate about helping others, especially in the health and fitness industry. I'm excited about this fantastic opportunity at TFW to challenge myself and to be able to help others by using knowledge gained during my studies. I believe this will allow me to grow both personally and professionally.

Spread the Word

Do you enjoy your workouts and accountability at Transformation Fitness and Wellness? If so, tell your family and friends so that they can join you. Here at TFW we love our clients and we are always looking for more who are just like you! Tell us about the people in your life or give them our contact info so that they can reach out to us themselves.



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