

Health & Fitness News

Mark A. Chapman

Mark A. Chapman
Wellness Center

Sept, 2010
Volume 1, Issue 6

Upcoming Events:

09-06-10
Labor Day
CLOSED

09-07-10
Yoga Begins
Teacher: Gail

09-15-10
Lunch Bunch
Topic: Honey
Speaker: Jerry Brown

09-25-10
Piotique

What's New In Fitness Apps

Lolo Burn - I love running apps and Lolo burn offers interval workouts in a unique way. Not only do they include music that changes to match your running pace, but you can actually change the pace at any time during the workout if things move too fast or slow. There's a coach who offers a few motivational pep talks throughout the workout and the screen shows the intervals as well as your speed, calories burned and incline (if you choose the treadmill option). There are lots of workout options for both walkers and runners and the music is pretty decent. It's a little pricey at \$4.99, but worth

checking out if you like interval training.

Authentic Yoga - This yoga app, which features Deepak Chopra, is great for quick yoga workouts if you're on the road or if you work at home, and can easily bust out a few yoga moves in the comfort of your home office. The app includes instructional videos of the poses and the workouts themselves show pictures of each pose with audio instructions. It's not exactly like following a video, but it's simple to use and, at \$1.99, reasonably priced.



Mark A. Chapman
Wellness Center

Exercise & Commitment

Committing to exercise is a lot like committing to a marriage - well, except that exercise won't wine and dine you with a dinner and a movie, nor will it ever take out the trash. However, like marriage, you have to work at your exercise relationship, figuring out how to keep it going day

after day. That sounds like a lot of work, but you do have a few resources to draw from if you're tempted to skip your workout:

1. Habit
2. Discipline
3. Inspiration
4. Competition

Now Available:

New Punch Card Available. Get 12 visits at the Wellness Center for \$50.00 with no expiration date.





Dynamic Abs

Ball Tucks and Pikes

Lie facedown with ball under shins/ankles, body supported on hands (like a pushup). Beginners, bend the knees and roll the ball in towards the chest--try to keep your back straight and contract the abs. Roll out and repeat. Advanced, keep the legs straight, contract the abs and pull the ball in a pike position until toes are on the ball. Repeat for 12-16 reps.



Oblique Arm Sweep

Sit with legs bent, back straight, arms extended straight out in front of you. Lean back to a point where you feel your abs contract, but avoid arching or straining the back. Contract the abs and sweep right arm down and behind you in half-circle motion, leaning the torso back a few inches. Sit back up and repeat on other side for 12-16 reps a



Knee Drops

Lie in the floor with knees pulled in over the chest. Place a ball between knees and stretch arms out to the sides like an airplane, palms facing up. Contract the abs and twist the hips to the right, bringing knees towards the floor (keep your shoulders flat on the floor). Don't Touch the floor and use the abs to bring the knees back to the start and then go to the opposite



"You are never too old to set another goal or to dream a new dream"

Less Brown

Understanding Weight Loss Plateaus

Almost everyone reaches a weight loss plateau at some point in their fitness lives. The reason is that the human body works hard to keep energy intake and output in balance. In other words, your body does not like to lose weight (not a revelation, huh?). After your initial

weight loss, your progress will slow down and eventually stop even though your exercise and food intake is consistent. The bottom line is that the very efforts you make to burn more calories may eventually slow it down.

Possible Problems

1. Lower calories too much
2. Loss of Lean Body Mass
3. Weight – Loss
4. Adaptation Phase Ends
5. Exercise Efficiency
6. Over Training
7. Enhanced Physical Condition.

Clay County Medical Center
Mark A. Chapman
Wellness Center
617 Liberty
Clay Center, KS 67432

E-mail: wellness@ccmcks.org

Web site: www.ccmcks.org

Honey Roasted Chicken (Calories 341; Carb 24g; Pro 47g) (Serv Size ¼ chicken)

- ½ yellow onion quartered
- 1 whole chicken (salt to taste)
- Ground black pepper
- 3 sprigs of fresh rosemary
- ¼ cup of honey
- 1 lemon, zested, halved and juiced
- 4 cloves of garlic, peeled
- 1 tablespoon of Dijon Mustard

Step 1

Preheat oven to 375 degrees. Rinse the chicken under cold water and pat dry with paper towels. Season inside and out with salt and pepper.

Step 2

Place chicken in large roasting pan.

Step 3

Roughly chop two sprigs of the rosemary. In a small bowl, mix together Dijon mustard, honey, chopped rosemary, lemon juice and lemon zest.

Step 4

Place the remaining sprig of rosemary, a lemon half, the onion quarters and garlic in the

cavity of the bird. Using a pastry brush, coat the outside of the bird with the lemon honey glaze.

Step 5

Place the roasting pan in the oven and baste the chicken every 15 minutes with any remaining glaze. Roast until a thermometer inserted into the thigh reaches 180 degrees and juices run clear, about one hour. Remove and discard the skin. Serve hot or at room temperature.

Mark A. Chapman
Wellness Center

