

# THE ELEMENTS OF FITNESS

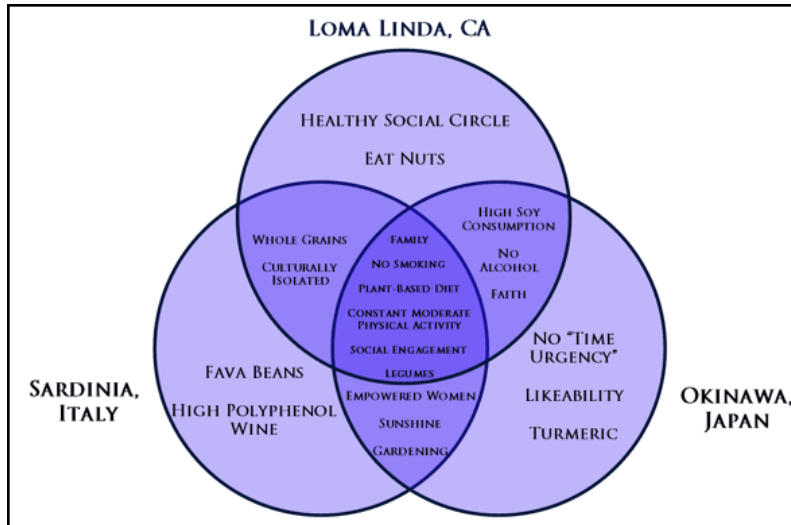
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## THE BLUE ZONES

There is a raging debate about diet out there. It's not the one you're used to either; this debate is about the minutiae of which really good diet is the really goodest. There are the vegans who won't eat animal products. There are the low-carbers who'll eat almost nothing but meat.

And there are the Paleo people, who think we should "eat like a caveman," except maybe cooking your meat, using silverware, and avoiding the insects.

In truth, following any one of these diets is probably



fine, and is way better than the crappy diet most of us currently follow. The problem with any of these diets is that the evidence behind each is not as strong as you'd like, especially when it comes to making a com-

plete nutritional change. I have tried almost every diet I've come across, and I have determined two things:

One, you can lose weight on almost any diet plan, and two, almost every diet is

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## KETTLEBELL FUNDAMENTALS

We're proud to add a brand-new class to our schedule. Starting February 1st at 5pm and each Wednesday thereafter, we're adding a full class dedicated to learning how to train with kettlebells. Anyone who has trained here long knows that kettlebells are an inte-

gral part of almost every workout we do. This class is all about perfecting your form and learning where to add kettlebells to your workout and is built around teaching how to use kettlebells safely and effectively.

Each class will consist of

movement prep, a dynamic warm-up, and instruction on how to do the fundamental kettlebell lifts. The class advances throughout each month, adding more complex and demanding exercises each session. Join us for one or all of these sessions.

## THE STAT:

# 49

Percentage of people who skip breakfast who are overweight or obese

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## R.A.M.P. UP FOR YOUR TRAINING SESSION

Two questions: Have you had an injury in the past year that didn't result from a fall or from being hit by something? Have you experienced a plateau in your fitness at any point in the last year?

If you answered "yes" to either of these questions, you probably need to "RAMP" up before you train.

RAMP is an acronym for Range of Motion—Activation—Movement Prep,

and is what you should be doing pre-exercise rather than plodding along on the elliptical trainer.

Start by getting here and rolling out any tight or sore muscles using the foam rollers. This should only take 3-5 minutes.

Follow the rolling with mobility exercises in your problem areas—most likely the shoulders and hips. Again, 3-5 minutes should be plenty.

Finish the warm-up with a movement prep series such as the one posted on the wall of the gym.

We typically follow this series with either core work, a dynamic warm-up or light sets before the heavy strength work.

Mobility and injury prevention are everyone's problem. Make it an integral part of your training.



## YOGA POSE OF THE MONTH—HAPPY BABY

by Sylvia Carl

Lie on your back, bend your knees into your belly. Grab the outsides of your feet, your toes, your shins, or use a belt or multiple belts to loop around your feet, or whatever you can muckle a hold of. Bring your knees slightly wider than your torso, and draw them toward your armpits. Flex your feet and try to bring your feet parallel to the sky with each ankle directly over the knee, so your shins are perpendicular to the floor. Gently push your feet up into your hands (or the belts) as you pull your hands down to create a resistance. Draw your thighs in toward your torso and down toward the floor as you lengthen the spine. Draw your tail bone toward the floor and enjoy!

+  
Gently stretches the inner groins and the back spine  
Calms the brain and helps relieve stress and fatigue.

### Contraindications and Cautions

Pregnancy  
Knee injury  
Neck injury



“DOES ANYONE EVER READ THESE PULL QUOTES, OR ARE THEY JUST A SPACE FILLER?”

DAVID MARTINEZ

## BLACK BEAN SALAD

### Ingredients

1 (15 ounce) can black beans, rinsed and drained

2 (15 ounce) cans whole kernel corn, drained

8 green onions, chopped

2 jalapeno peppers, seeded and minced

1 green bell pepper, chopped

1 avocado - peeled, pitted, and diced

1 (4 ounce) jar pimentos

3 tomatoes, seeded and chopped

1 cup chopped fresh cilantro

1 lime, juiced

1/2 cup Italian salad dressing

1/2 teaspoon garlic salt

### Directions

In a large bowl, combine the black beans, corn, green on-

ions, jalapeno peppers, bell pepper, avocado, pimentos, tomatoes, cilantro, lime juice, and Italian dressing. Season with garlic salt. Toss, and chill until serving. Both you and the salad can chill...it's OK.



## GET YOUR 'BELLS ON - BY STEVE BECHTEL

Kettlebells are one of the hot, “new” training tools on the market today. Walk the aisles of any Walmart and you can find colorful rubber-coated ‘bells in a range of light weights. In gyms around the globe, these things — basically a steel ball with a big handle welded on the top— are becoming very popular. Originally used as counter-weights in Russian markets, the kettlebell first came into use as an exercise aid about 300 years ago. A hundred years ago, the strongmen of the day regularly used them in training and performance. They were common for a number of years, but saw a drop in popularity in this country concurrent with the rise of machine training.

It wasn't until late in the 20th century that they made a comeback, when a former Soviet trainer,

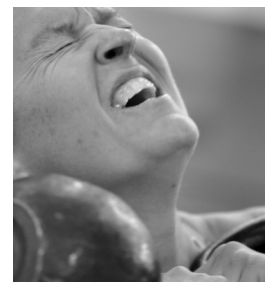
Pavel Tsatsouline, “introduced” America to kettlebell training. Today his two books – Enter The Kettlebell and The Russian Kettlebell Challenge - are the two most-read books on the subject.

The kettlebell can make you work differently than a traditional weight. The ‘bell has a profound effect on one’s center of gravity when doing standard exercises such as the swing and the snatch. Where a dumbbell is balanced, with the weight easily controllable by the hand, the offset handle on the kettlebell effectively acts as an additional arm joint, and thus demands of the user more balance, better grip, and smoother movement than does dumbbell work. The greatest benefit to most exercisers is the core involvement required in almost every exercise.

Add to this the full-body

nature of many of these exercises, and you can see why research supports the use of these tools in both strength-building and fat-loss. Are kettlebells the way, the truth and the light? No. Should they be an integral piece of your training plan? Yes. Getting started requires a bit of a learning curve, but I’ll argue that any exercise that’s easy to learn is less effective than a complex one. Start with the easier moves such as swings and cleans, then as your strength improves advance to harder ones like the get-up and the snatch. Stay away from the really light ones, which tend to be less effective, and start with a 20 to 30 pounder. Most women who train in our gym work up to using 35 pound or more for most of their exercises, and most men can handle 45 to 50.

“A HUNDRED YEARS AGO, THE STRONGMEN OF THE DAY REGULARLY USED THEM IN TRAINING AND PERFORMANCE.”



Kettlebell training is effective, and fun!



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WE CHANGE LIVES.

*After exercise, you  
should feel fit to battle  
for the kingdom, not like  
you'd just lost the war. -  
Earle Hederman*

## Metabolic Workout of the Month

My favorite kind of training is simple training. For this workout, we'll keep it really simple - all you'll need is a single kettlebell. Set a clock to beep every minute, then do the following exercises each minute for 8 minutes. If it feels like it's not too hard, add one rep per exercise, or go up to the next heavier kettlebell. If you fail to do all the reps, drop to a lighter 'bell.

5 High Pull left hand

5 High Pull right hand

10 Swings

Make sure to maintain perfect form and to set the weight down after each set of swings.

## BLUE ZONES (CONTINUED FROM P.1)

really hard to stick to.

As much as eating raw natural foods (like a caveman!) makes sense, there are two big problems with the diet. One, we don't really know what they ate or that what they ate is still available to us today. We don't have unlimited access to organic vegetables and game meat. Second, the modern environment is much different that the environment of the paleolithic era.

What we should look for is how people, *alive today*, can be the healthiest possible. And that's what leads us to the Blue Zones. Blue zones

are parts of the world where people naturally live longer, healthier lives. Researchers have found several such areas, but the most profound are the three listed in the figure on page 1: Loma Linda, California, Sardinia, Italy, and Okinawa, Japan.

The graphic comes from the work of Dan Buettner, who sought out the common traits of people living in these different areas.

What did he find? Common to all three groups was a focus on family life, a plant-based diet (which I assume was not French fries and ketchup), no smoking, heavy

social engagement, a high consumption of legumes, and daily levels of physical activity...usually for several hours. Other common practices included spending time outside, avoiding alcohol and drugs, and gardening.

It's really no surprise. All of these things are good things and relatively easy to implement. The trick is to get going on taking better care of ourselves.

In the end, eating like a caveman might or might not serve you, but eating like a person that is going to live to be 100 is probably a very good idea.



Vegetables and beans are a staple of the Blue Zone diets.

# Get In Your Element.



"I've always struggled with my weight. It seemed like every time I started getting back in shape, it'd get hurt working out. I had tried everything from aerobics classes to running, to buying an exercise machine for my home.

I never really considered myself a 'gym kind of girl' so I was reluctant the first time I went to Elemental. It didn't take long before I understood that Elemental isn't a 'gym kind of gym.' The friendly atmosphere made all the difference.

Looking back on the past few years, I can't believe how far I've come. I've lost nearly 50 pounds. My energy is up, way up. And I feel



like I can say 'yes' to any adventure that comes my way. No matter what the situation, I feel like I am in my element.



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***"I've never been a  
'gym kind of girl.'"***

**Elemental. We Change Lives.**