

# JKPT Fitness Tips & News

## Feeling ill? Excercise do's and don'ts

Provided by IDEA Health & Fitness Association

You're tired and achy. You must be getting a cold or maybe even the flu. Should you tell your trainer you need to work extra hard to build up your immunity, shift your workout to a lower intensity or skip exercise altogether until the bout passes? Most of us get hit with allergies, colds and other minor setbacks throughout the year, but few hard-and-fast rules exist regarding exercise and illness. The next time you're sick, refer to these do's and don'ts to help determine whether working out will help or hurt your condition.

**1** **DO** a check of your symptoms first. If you have above the neck signs, such as a runny nose, sneezing, or a sore throat, moderate exercise is generally safe as long as you do not have a fever. You can

resume intense workouts as soon as symptoms disappear. If you have below the neck signs, such as extreme tiredness, muscle aches, vomiting, diarrhea, chills, swollen lymph glands, or a hacking cough, allow at least two weeks before returning to intense training.

**2** **DON'T** exercise with a fever. Fever (a body temperature above 98.6 degrees Fahrenheit) signifies you are doing battle with a virus. Exercising under these conditions increases risk of dehydration, heat stroke, and even heart failure.

**3** **DO** modify your exercise intensity. If you have cold or flu symptoms, you cannot power away your ailment through more intense workouts. In fact, you may make your illness worse. A simple sore throat, for example, could indicate an infection,

and your immunity to fight it will be reduced if you continue vigorous exercise. Moderate exercise, however, is fine for mild cold symptoms as long your heart rate and body temperature do not increase excessively.

William A. Primos Jr., MD, and James R. Wappes in The Physician and Sports Medicine (January 1996) suggest working out at half speed for about 10 minutes. If you feel fine, you can increase your intensity. Stop exercising if you feel dizzy, nauseous or experience any other exacerbated symptoms.

**4** **DON'T** over train or stress out. Over training can lead to suppressed immune function and exposure to opportunistic infections, notes medial exercise specialist Michael Youssouf, MA. In addition, attempting new or harder activities can lead to failure. Such stress may influence your immune system. Choosing activities you enjoy and

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## BOOT CAMP BY JENN

**NO EXCUSES! NO WHINING!**  
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**Wednesdays 5:30 am • Fridays 7:00 am**  
**\$16.50 per class**  
**Get up and sign up today!**

November 2006

## REMINDER!

**Open House  
Sat, Nov. 4  
1 – 4pm**

**Stop by to see our new Movement Studio**  
**Bring your friends & family**

JKPT is located at  
13300 NE 175th St.  
Suite 2, Woodinville

Next door to Kid's Country Day Care & behind Dinners Ready  
*We look forward to seeing you!*

## HOLIDAY CLOSURES

**The studio will be closed 11/23 - 11/26**

*Have a Happy & Healthy Thanksgiving!*

No membership fees, you only pay for the sessions that you need, based on your specific goals.

Trainers providing programs to help you reach your goals!



Jenn



Kerry

**JK Personal Training LLC**  
13300 NE 175th St., Suite 2  
Woodinville, WA 98072  
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# Making your way through the holidays without guilt (or added pounds)

## **Fitness Matters**

From the golden, roasted turkey to the buttery mashed potatoes to the decorated cookies, the holiday season is a festival of favorite family foods.

For many though, it's also a guilt-ridden, downward spiral of diminishing willpower and unhealthy, unwanted pounds.

“But is needn't be that way,” says Betsy Bowersox, M.S., R.D., a member of the American Institute of Wine & Food's “Resetting the American Table” movement. “All foods can fit in a quality diet, and that includes holiday delicacies.”

“The secret is balance over a several day period,” she says. “Look back and assess your diet over the past few days. Were you on the party circuit last weekend? Then look ahead. Are there celebrations looming?”

You can make up for a feast of rich, higher-fat foods with lighter, lower-fat meals for the next couple of days. Or plan for tomorrow night's party with a low-calorie, low-fat breakfast and lunch.

“Most important, don't panic or feel guilty if your diet seems to have gotten out of hand. When you balance (your intake) over several days, you've got the time

to regain control.”

Bowersox also advises making physical activity a regular habit as well. Beyond burning calories, exercise is essential for good health and well-being.

Bowersox offers several techniques to help you and your family emerge from the holidays in the same shape you are now, maybe even better.

### **When going to a party:**

- Have a salad, light soup or fruit before leaving home.
- Select only “special” or favorite foods at a holiday buffet – leave standard fare like potato chips, nuts and rolls for the other guests.
- Space the party beverages – have a glass of sparkling water after a glass of wine or cup of eggnog.

### **When the party is at your house and you're preparing the food:**

- Offer low-fat hors d'oeuvres such as raw veggies and yogurt dip.
- Spoon off clear fat before making gravy.
- Grate hard cheeses instead of slicing them – you'll use less.
- Substitute juice, wine or mineral water for part of

the oil in salad dressings.

- When making sauces, add butter last, whisking in a tablespoon or less for smoothness and buttery flavor.
- Make a crustless pumpkin pie.

“Experiment to see what is acceptable to your taste, but don't sacrifice a family-favorite holiday dish,” Bowersox says. “Traditional foods – passed on through generations – are an important part of the holidays. These foods are a gift and restriction or omission shouldn't be part of the gift-giving.”

“Practice portion control instead. A smaller serving of the real thing can be very satisfying.” That doesn't mean, however, that you can't introduce new, healthier traditions.

ACE's top tips for surviving the holidays are great for increasing your energy and reducing your stress, this season and all year long.



## **YOGA CLASSES NOW AVAILABLE**

DAY	TIME	DESCRIPTION
Monday	9:15 am	<b>Power Vinyasa Yoga</b> All levels welcome but you will sweat!
Tuesday	9:15 am	<b>Flow Yoga</b> Less Strenuous Great for beginners or after an injury
Wednesday	9:15 am 7:00 pm	<b>Power Vinyasa Yoga</b> <b>Power Vinyasa Yoga</b>
Thursday	9:15 am	<b>Flow Yoga</b>
Saturday	9:00 am	<b>Power Vinyasa Yoga</b>
Sunday	5:00 pm	TBA

Join Certified Yoga and Pilates Instructor **Lori Claudon** for Power Vinyasa Yoga, Gentle Flow Yoga and Pilates

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*Continued from page 1*

can do consistently may improve your exercise adherence and immune function.

**5** **DO** exercise to keep your immunity strong. Researchers have found a link between regular exercise and improved immune function response. Primos and Wappes note that during moderate exercise immune cells circulate more quickly through your body and are better at destroying viruses and bacteria.

**6** **DON'T** infect or become infected. Be alert to air-quality conditions at your training facility. During cold and flu seasons, exercise during less-

crowded hours to avoid catching or transmitting viruses. Consider outdoor activities if weather conditions permit.

**7** **DO** use common sense. Ken Baldwin, president of Premier Fitness in Cambridge, Massachusetts, advises ill clients to stay home, rest, and drink plenty of fluids. It's difficult to exercise when you're coughing and sniffling.

**8** **DON'T** let a temporary illness stop you permanently. Focus on flexibility, stress management, and mind-body awareness during down times, Youssouf suggests. Moreover, plan how to resume your activity pro-

gram as soon as you can rather than letting yourself drift into sedentary habits.

**9** **DO** return to exercise when you're ready. Making up for time missed in the gym can drain your immune system all over again. Exercise for two days at a lower intensity for each day you were sick, Primos and Wappes advise. Give your body time the time it needs to recover.

**10** **DON'T** hesitate to consult your doctor. Even if an illness is minor, check with your physician if you are seriously concerned. As always, better safe than sorry.

## **Q:** Can you provide some examples of food labels and nutrition calculations?

**How many calories would you consume if you ate the entire bag?**

$$90 \text{ calories} \times 4 \text{ servings} = 360 \text{ calories}$$

**What is the total amount of calories that come from fat in the entire bag?**

$$30 \text{ calories from fat} \times 4 \text{ servings} = 120 \text{ calories}$$

**What is the percentage of calories that come from fat in the entire bag?**

$$120 \text{ calories from fat} \div 360 \text{ calories} = 33\%$$

**How many calories per serving come from carbohydrates?**

$$13 \text{ g Carbohydrates} \times 4 \text{ calories} = 52 \text{ calories}$$

**How many calories per serving come from protein?**

$$3 \text{ g Protein} \times 4 \text{ calories} = 12 \text{ calories}$$

*This information is a fundamental principle for ACE certifications. Knowledge on this subject is required by ACE professionals.*

November 2006

## Upcoming Events

### BODIES...

#### The Exhibition

Now through Dec 31  
800 Pike Street  
Seattle WA 98101  
[www.bodiestheexhibition.com](http://www.bodiestheexhibition.com)

### 20th Annual Big Climb for Leukemia

Sunday, March 18, 2007  
at the Columbia Center  
(formerly Bank of America Tower) in downtown Seattle. The 69-flight course includes 1,311 steps, 19 steps per flight and 788 feet of vertical elevation.

[www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org)  
Register at Active.com

#### Disclaimer

Fitness and health information presented on these pages is intended as an educational resource and is not intended as a substitute for proper medical advice. Consult your physician or health care professional before performing any of the exercises described on these pages or any exercise technique or regimen, particularly if you are pregnant or nursing, or if you are elderly or have chronic or recurring medical conditions. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

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## Nutrition Facts

Serving Size  $\frac{1}{2}$  cup (114 g)  
Servings Per Container 4

### Amount Per Serving

Calories	90	Calories from Fat	30	% Daily Value*
Total Fat	3g			5%
Saturated Fat	0g			0%
Cholesterol	0mg			0%
Sodium	300mg			13%
Total Carbohydrate	13g			4%
Dietary Fiber	3g			12%
Sugars	3g			
Protein	3g			
Vitamin A 80%		Vitamin C 50%		
Calcium 4%		Iron 4%		

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories	2,000	2,500
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## GET READY TO HIT THE SLOPES

You don't have to wait for the snow to start falling to get ready for ski season. Start your training now and you'll be sailing past those other ski bums on your way down the mountain.

Dusting the competition or showing off to friends are not the only reasons to get in shape before ski season. Skiing is an activity that requires a variety of skills: strength, endurance, balance and coordination. Hit the slopes without developing these skills and you may be in for more than a little embarrassment — you might even hurt yourself.

### **SPORTS-SPECIFIC TRAINING**

This is where sports-specific training comes in. Generally speaking, sports-specific training programs involve focusing on the various skills associated with a particular activity. Depending on the sport, this may include health-related fitness components such as cardio-respiratory endurance, muscular strength and endurance, and flexibility. A specific program may also take into account skill-related measures of fitness such as agility, balance, coordination, power, speed and reaction time. Most sports require a mixture of these components.

Skiing is a sport that relies heavily on skill-related fitness. A traditional fitness program, which includes a combination of weight training and cardiovascular exercise, will only take you so far. A specific training program to develop specific skills for skiing will take you from the peaks to the valleys in record time.

### **GET READY TO SKI**

There are several ways to begin a sports-specific training program. The simplest way is to include several new exercises in your regular workout schedule. For example, performing wall sits that require you to "sit" against a wall will help build up the isometric strength needed for the tuck position in skiing. Squats and lunges will build lower-body strength for skiing tough terrain like moguls. Exercises such as crunches to work your abdominals are essential in creating a solid "core" for balance and agility.



It is important to train your body to withstand and absorb the impact associated with skiing. Plyometric movements, such as hopping from side to side, develop muscle power and strength as well as improve agility.

### **SET UP YOUR OWN SKI CIRCUIT**

A great way to integrate these elements into your existing routine is to create a

circuit -raining program, which involves rapidly moving from one exercise to the next. You can set up a circuit in any large room, or at your club's aerobic studio. Be sure to place all of your stations before beginning your workout so you don't have to stop in the middle. Set a specific time limit for each exercise, as well as a set period of breaks between each station. Thirty seconds of work followed by 30 seconds of rest are common interval periods. Then, simply turn up the music and make your way around the circuit. You might even want to create your own music tape with timed intervals of music for exercise and silence for rest periods.

Try these stations to help you gear up for the slopes: use the slide for lateral training, perform one-legged squats to develop balance and strength, and use a step-bench platform to improve power. Try catching a bean bag as it drops off your forearm to improve reaction times or bounce two tennis balls to improve coordination. To improve agility, create your own slalom by running between cones. In sports-specific training, you are limited only by your imagination.

### **Compliments of:**



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