

JKPT Fitness Tips & News

July 2007

Quick Guide to Online Diet Trackers

Do you want to know exactly how many calories you are consuming, the breakdown of protein, carbs and fat or do you need a little extra motivation to get in better shape? An online diet tracker might be for you.

Having a hard time believing you consume a lot of extra calories during the day snacking? Keeping an honest food log will show you exactly where your trouble areas are.

Online diet trackers offer you tools for tracking your daily diet and exercise with reports to see your progress. Most of the sites have motivational articles, recipes and message boards to assist you in your goals to becoming the healthiest version of you!

Google "diet tracker" and it will get you all sorts of links. Where do you start? Before spending money on special software or sites that offer little to be desired, check out these two easy-to-use sites.

Sparkpeople.com. This is a FREE site. The food database is sufficient and you can add your own items also. Pick and choose what nutritional items you want to keep an eye on. Are you watching your cholesterol or sodium intake? You can add these items to your reports. The site adds fun to the tracking process by letting you earn "points" by accomplishing various

tasks like logging in to your account daily. They offer meals plans and shopping lists. The reports are easy to read and print out to look over with your doctor or personal trainer!

MyFoodDiary.com. This site will run you \$9 per month with no contract but it offers a huge food database, a recipe tracker for custom foods, and a body log (record your body comp information provided by JK Personal Training). Reports are easy to read and the site is user friendly overall. It also offers motivational articles and an exercise log.

Their site says it can be customized. "Our system provides built-in support for women who are pregnant or nursing. This feature provides accurate calorie estimates to help ensure that your baby is properly nourished."

We also provide vitamin and mineral recommendations based on national standards for people who are vegetarian, post-menopausal, smokers or drinkers."

Be sure to discuss your diet and exercise with your doctor and personal trainer.

Other sites which:

mypyramidtracker.gov. Free. Not as user friendly and fun to use as the other sites. "MyPyramid Tracker is an online dietary and physical ac-

tivity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity."

FitDay.com. Free online and also offers and PC download version (\$29.95). "Track your Foods, Exercises, Weight and Goals. View your Calories, Nutrition, Weight Loss and more." Try the free version before investing in the deluxe. If it's not user friendly, chances are the deluxe version won't be either.

DietAgenda.com. Free. You can enter one day's food log without having to register but the downfall there is you only have access to what's in their database.

FitWatch.com. Free or deluxe version \$4.95/month. Hard to see what the site was going to offer without actually registering. Try a site that offers a tutorial first.

**Boot
camp
CLASS
by Jenn**

Wednesdays 5:30 am
& Fridays 7:00 am
\$16.50 per class.
Sign up today!

Be sure to check out our Yoga & Pilates Classes

Your first class is FREE!
8 classes for \$88 or \$15 drop-in

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!

MOVEMENT STUDIO CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 pm Danielle Pilates	8:30 am Paula Yoga	7:00 am Danielle Cardio/Weight	5:30 am Jenn Boot Camp	7:00 am Danielle Cardio/Weight	7:00 am Jenn Boot Camp	9:00 am Ryan Hatha Yoga - 60 min
		9:30 am Danielle Pilates	8:30 am Paula Yoga	10:30 am Danielle Pilates		10:30 am Danielle Boot 'n Ball

NEW CLASSES:

Boot 'n' Ball: This class gets the whole body moving with boot camp style cardio intervals and strength/ core conditioning exercises using the stability balls and weights. Great for all fitness levels.

Sculpting: This class is a fast paced mix of cardio, kickboxing and sculpting intervals. This class is designed for high energy and to keep you physically challenged with lots of variety. All fitness levels welcome, modifications will be given for beginners.

Total Ball: Stability balls are used in a variety of fun and challenging exercises. Class focuses on core conditioning, total body strength and balance. Weights are used and is an entire body workout.



Jenn



Kerry

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Upcoming Events

Woodinville BluesFest, Wednesday, July 4, Wilmot Gateway Park, 5 to 8:30 p.m. New to the summer fun in Woodinville, pack the family and a picnic and enjoy Miles from Chicago (5-6:30 p.m.) and Becki Sue and Her Big Rockin' Daddies (7-8:30 p.m.). Free performances. This is part of the Northshore Freedom Fest which also includes Bothell Parade and Battle on Concord Re-enactment (www.ci.bothell.wa.us) and Kenmore Fireworks Show (www.cityofkenmore.com).

Summer Concert Series Kicks Off July 12, DeYoung Park, 12 to 1:15 p.m. The Edlos (A cappella)/July 12; The Higgins (Fiddling/Celtic)/July 19, Crème Tangerine (The Beatles Experience)/July 26; Route 66 & the Eastside Swing Dancers (Swing band)/August 2 & Tickle Tune Typhoon (Children's music)/August 9.

Woodinville City event information can be found at: www.ci.woodinville.wa.us/events/spevents.asp.

START TRAINING!

Super Jock n Jill Half Marathon and 4+ Mile Run/Walk Labor Day, Sept. 3, 2007 Redhook Ale Brewery 14300 NE 45th St Woodinville, WA www.superjocknjill.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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The Movement Studio at JK Personal Training LLC brings you...

New Classes!

Sculpting

This class is a fast paced mix of cardio, kickboxing and sculpting intervals. This class is designed for high energy and to keep you physically challenged with lots of variety. All fitness levels welcome, modifications will be given for beginners.

Total Ball

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Boot 'n' Ball

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See our web site for more information

www.jkpersonaltraining.com • Drop-ins welcome!



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*Introductory Price

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Working with a personal trainer is one of the quickest and most successful ways to improve your health & fitness.

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

BEAT THE HEAT BEFORE IT BEATS YOU

KEEPING COOL WHEN THE WEATHER IS HOT

It's summertime and you head out for a run. Before you even finish the first mile, your body feels as though it might ignite from the heat. It's not your imagination. Fifteen minutes into your run and your body temperature could be as high as 5° F above normal. If you were to continue at this pace, fatigue and heat illness would no doubt take over.

STRATEGIES TO PROTECT YOURSELF FROM HEAT ILLNESS

The above scenario doesn't have to happen. Drinking enough fluid, whether it be water or a sports drink, is imperative for exercising in hot or humid weather. Maintenance of body fluids is essential to maintaining proper body temperature. Sweat dispels heat through your skin. If you let your body become dehydrated, you'll find it much more difficult to perform even the lightest of workouts. But don't wait until you're thirsty to start replenishing those fluids. Chances are, by the time you actually feel thirsty, your body is well on its way to becoming severely dehydrated.

The following strategies will help you protect yourself from the onset of heat illness:

1 Hydration

Fluid replenishment before, during and after exercise is essential to avoid progressive dehydration. Always consume more fluids than you think you need before and after exercise, and strive to drink 6 to 8 ounces of fluid every 15 to 20 minutes during exercise.

2 Exercise Intensity

You should probably reduce the intensity of your workout, particularly the first few times you are exposed to higher temperatures.

		HEAT STRESS INDEX					
		Air Temperature °F					
		70°	80°	90°	100°	110°	120°
Relative Humidity	0%	64°	73°	83°	91°	99°	107°
	10%	65°	75°	85°	95°	105°	116°
	20%	66°	77°	87°	99°	112°	130°
	30%	67°	78°	90°	104°	123°	148°
	40%	68°	79°	93°	110°	137°	
	50%	69°	81°	96°	120°	150°	
	60%	70°	82°	100°	132°		
	70%	70°	85°	106°	144°		
	80%	71°	86°	113°			
	90%	71°	88°	122°			
100%	72°	91°					

Heat Sensation	Risk of Heat Injury
90° - 105°	Possibility of heat cramps
105° - 130°	Heat cramps or heat exhaustion likely Heat stroke possible
130°+	Heat stroke a definite risk

3 Temperature

Use the heat stress index table to determine the risk of exercising at various combinations of temperature and humidity. While a 90° F outdoor temp is relatively safe at 10 percent humidity, the heat stress of 90° F at 50 percent humidity is the equivalent of 96° F. When the heat stress index rises above 90° F, you may

want to consider postponing your exercise session until later in the day. Or, plan ahead, and beat the day's heat by working out early in the morning.

4 Fitness

Physical training and heat acclimation can increase your blood volume, helping to regulate body temperature more effectively.

Interestingly, the acclimatization process can be completed in seven to 14 days of repeated heat exposure. However, you must always continue to drink fluids before, during and after exercise.

5 Clothing

Wear minimal clothing to provide greater skin surface area for heat dissipation. Your clothing should be lightweight, loose fitting, light colored to reflect the sun's rays, and of a material that absorbs water, such as cotton.

6 Rest

Know when to say "no" to exercise. Using common sense is your best bet for preventing heat stress when Mother Nature turns up the heat.

Compliments of:



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