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Mariners Wellness Center
Baptist Health South Florida
www.baptisthealth.net/marinerswellness
305-434-3700
By Margi Faze

Should I work out on an empty stomach? Can I eat whatever I want after I work out? Type these questions on your web browser and you will pull up dozens of web sites with misinformation on the relationship between nutrition and exercise performance. The world of fitness is full of contradictions and confusion. However, scientific information that unlocks the answers to these decades-old questions does exist. It is based on that information that I will answer these and other questions on the topic of nutrients to best fuel your workouts.

What is the role of food in exercise?
Our bodies require fuel in the form of energy to function even in a resting state. Nutrients provide the energy necessary for our muscles, organs and bones to function normally and, more importantly, for work, tissue development and tissue repair. When we exercise, we increase our heart rate, breathing and energy consumption; thus increasing our body’s need for energy nutrients. Accordingly, improvement in physical fitness, performance and even physical appearance cannot be realized by focusing on exercise alone. To achieve optimum results, as the principal source of fuel in our bodies, nutrients must be considered an integral component of our fitness programming.

Should I work out on an empty stomach?
The short answer is “no.” You should not consistently work out on an empty stomach. The basic premise behind working out on an empty stomach is that, in the absence of current nutrients, your body will burn fat to use as fuel, thus helping you to lose weight. Although there is some truth to this theory, you must consider that when the body lacks energy, it will pull stores from fat and muscles alike reducing your lean mass. If you
lose enough lean mass your body will eventually slow down its metabolic rate to conserve energy and this will lead to the storage of additional fat. If that weren’t enough motivation to nourish your body before a workout, consider the quality of exertion you bring to your sessions. Unless you’re a gym rat who loves spending hours at the gym, you will want to make the best out of every workout. When you exercise after a prolonged fasting period, especially in the morning, the level of energy you bring to your session is low and the quality of your exertion reduced, rendering a less than desired outcome. Eating a sensible portion of carbohydrates, such as an apple or an energy bar, 30-60 minutes before exercise will supply your body with the energy it needs for increased performance.

**Should I eat or drink during exercise?**
Dehydration, heat exhaustion and heat stroke are high risks during prolonged or intense exercise. Therefore, drinking plenty of fluids before, during and after exercise is paramount to maintain good health. According to the National Athletic Trainer’s Association, the amount of fluids and the types of fluids consumed are important for achieving optimal performance. The carbohydrates and electrolytes in quality sports drinks can help restore fluid loss while also providing muscles with the needed fuel to avoid mental and physical fatigue and poor performance. When the workout is intense or longer than 1 hour you can ensure proper hydration by drinking plenty of water prior to your workout and sipping on a sports drink that is made of six percent carbohydrate solution during and after your workout. On the other hand, if your workout is short or low intensity drinking water is sufficient for proper hydration.

**What types of food are best after my workout?**
Whether you are training for a race or trying to lose, gain or maintain muscle mass, the food you consume after hitting the gym may be your most important meal of the day. A demanding strength-based workout creates microscopic tears in the muscle fibers. These micro-tears are part of the tissue remodeling process necessary for muscles to expand and grow. However, lack of proper nutrition may cause extensive tearing and muscle breakdown. Moreover, during training the primary type of energy used is glycogen (a form of carbohydrate), which is stored in lean mass. Depending on the type, duration and intensity of your workout, your muscle glycogen stores may become depleted. Protein synthesis through the consumption of high quality proteins is important to prevent muscle breakdown and enhance recovery and growth. Optimizing glycogen synthesis thought the consumption of carbohydrates is equally as important in order to recover muscle stores and increase energy to sustain you for the rest of the day. There is a small window of opportunity following a workout when muscles are depleted and hungry and the absorption of nutrients is enhanced. Eating a protein- and carbohydrate-rich meal within 45 minutes after your workout is your best bet for optimizing your workouts.

**What about the rest of the day?**
In order to be successful in your endeavor to better fitness and health, it is important to be sensible not just before and after your workouts, but also throughout the day. Most experts agree that consuming five to six small meals per day, eating approximately every two to three hours is the best way to keep our bodies healthy and our energy at optimum level. Choose high-quality, natural foods that contain proteins, complex carbohydrates, fruits and vegetables; the greater the variety the better.

When eating for performance the most important thing to remember is that skipping a meal, whether it be pre- or post-workout, will have a negative effect on your end result. Your body needs energy to function especially during rigorous exercise. So, grab yourself an apple before heading to the gym and never again neglect a post-workout meal…. You will feel energized, recover quickly and, most importantly, you will optimize your workout gains.

Margi Faze holds a bachelors degree in English and is a certified yoga, Pilates, and ACSM group exercise instructor.
Have you ever seen someone at a gym rolling on a long, cylindrical foam and wondered what he or she was doing? They aren’t crazy; they are really being proactive in maintaining the health of their connective tissue.

As we age the health of our connective tissue becomes an increasingly important issue, as movement can be restricted and increase the difficulty of everyday activities. There is a technique that can be used, other than modifying exercises and flexibility training, to improve whole-body function. This technique, which is not limited to seniors, is called self-myofascial release (SMR). SMR technique specifically targets fascia to help them “release” or “unstick.”

Connective tissue connects and helps shape many parts in your body, as well as helping some tissues perform work. The type of connective tissue that we are most interested in is fascia, primarily collagen, which are the fibers that connect, surround and separate muscle and other organs. Most individuals will have hyperirritable spots in parts of a muscle, often called trigger points or knots that are essentially bundles of fascia. According to spine-health.com, doctors still don’t know the exact cause of myofascial pain. However, we do know that myofascial pain can develop when a muscle is injured or overworked or from skeletal abnormalities. It may also develop in conjunction with other disorders such as fibromyalgia or depression. As a result, bundles of fascia can cause pain, irritation and loss of range of motion.
Self-myofascial release techniques are simple ways to improve range of motion, and overall function of the body, as well as reduce pain. Effective technique is to apply pressure and movement over the affected areas allowing the myofascial tissue below the skin to “release.”

SMR technique is usually done using a foam roller for large general areas and lacrosse balls or tennis balls for targeting specific trigger points. Research suggests that using a rigid roller and applying strong pressure to an isolated contact area can be helpful for younger exercisers (Curran, Fiore & Crisco 2008). Senior members with fragile tissues, however, should use a soft foam roller so as to not cause harm or injury from too much pressure inhibiting the effectiveness of SMR.

Be sure to reach out to a Mariners Wellness Center exercise staff member, if you have any questions or would like to learn more about SMR techniques.

Everyone, especially seniors, can benefit from using SMR techniques to regain the ability to perform activities of daily living with ease. So, what are you waiting for? Let’s get rolling!

Frank Espina holds a bachelors degree in exercise physiology and is an American College of Sports Medicine certified personal trainer.

Newsletter Article Sources Used:
Nourishing Your Body for Optimum Performance
ACSM Resources for the Personal Trainer
Self-Myofascial Release for Seniors
http://www.spine-health.com
http://www.idealfit.com
http://en.wikipedia.org/wiki/Myofascial_release

Importance of Strength Training as we Age

Summer is here, and it is no mystery that South Florida is about to HEAT up! Exercising in the summer sun can be a challenge, and it is important to take precautions and limit the time you exert yourself outdoors. A simple way to remember how to stay safe while exercising outdoors is by following the HEATT principal:

Hydrate: It is essential to increase your fluid intake, regardless of your activity level. Don’t wait until you’re thirsty to drink. Drink two to four glasses (16-32 ounces) of cool fluids each hour.

Even Pace: Keeping an even tempo will decrease the risk of over-stressing your body as well as help you keep focused on listening to your body.

Attire: Wear light, loose clothing while exercising outdoors. This will help keep the body cool and protected from the sun. Don’t forget to protect your eyes as well by wearing polarized sunglasses and lather on the sunscreen. Sunburned skin keeps the body from allowing it to cool properly.

Team Work: Exercising with a buddy isn’t just to keep from getting bored, but it is also a good idea especially when exercising outdoors. If one person begins to feel unwell, a friend can help keep the person calm and call for help if necessary.

Time: When exercising outdoors try to do so early in the morning or in the early evening to avoid the mid-afternoon sun and higher temperatures.

Enjoy a safe and active summer!
Have you ever wondered why, as we get older, things that once seemed so easy to do are now so difficult? The chair you used to move around the house when you were cleaning now seems heavier or changing a flat tire now seems so much harder than it once did? As we age, our bodies get weaker. This is just part of life. Many of us have acknowledged this inevitable process and have chosen to do something about it that will aid us in extending our functionality, mobility and strength for the long run. That, ladies and gentlemen, is strength training. Strength training is the utilization of weight-bearing or resistance-training activities to strengthen ourselves as a whole and, with a little guidance, everyone can do it safely.

Most people are either intimidated by resistance-training equipment or believe that they are not interested in that type of exercise. Others might feel, because of social and media advertising, that only cardiovascular training is necessary to remain healthy and that strength training has no place in their fitness lifestyle. On the contrary, strength training is a major component of overall health and fitness that should be integrated into one’s programming. Including resistance training in your exercise routine may reduce the risk for many chronic conditions that cardiovascular training alone cannot reduce. Furthermore, strength training can improve muscle and bone mass, muscle strength and even dynamic balance to help you perform daily tasks with ease.

Increased muscle and bone mass are seen as a benefit of strength training, while the lack of this type of exercise in older populations is associated with chronic conditions like sarcopenia and osteoporosis. Studies show that adults over the age of 40 lose approximately one percent of muscle mass per year. This age related loss of muscle mass is called sarcopenia, and it is a relevant concern for the aging population because of the increased risk for developing other chronic disorders like osteoporosis. Osteoporosis is a condition in which our bones become increasingly porous and brittle and can be easily fractured. In a study conducted by Nelson et al., a group of women aged 50 to 70 years participated in a randomized controlled experiment designed to see if one year of strength training could reduce the risk of osteoporotic fractures by increasing bone

By Michael Bello
Strength training benefits. They reported that 12 weeks of resistance training improved the flexibility of different joint movements in older women, and higher frequency induces greater increases for frontal hip flexion.

To summarize, strength training gives us the benefit of increased muscle and bone mass, muscle strength, dynamic balance and flexibility. It can improve self-confidence and provide the strength you need to be able to do the activities you want to do without fear. Don’t let this thing called age slow you down. Train your body to be able to handle these tasks with a proper strength-training regiment and you will be able to reach the goals you set for yourself and enjoy life to the fullest.

Michael holds a masters degree in exercise science and is a certified personal trainer by the national council of Sports and Fitness,
### Group Exercise Class Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Zumba</td>
<td>Hatha Yoga</td>
<td>Cardio Pump</td>
<td>Zumba</td>
<td>Hatha Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jeannine (45 mins)</td>
<td>Natacha (45 mins)</td>
<td>Michael (45 mins)</td>
<td>Jeannine (45 mins)</td>
<td>Natacha (45 mins)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>40:20</td>
<td>Suspension training</td>
<td>Zumba</td>
<td>Corrective Stretch</td>
<td>Butts &amp; Guts</td>
<td>Tabata Boot Camp</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Michael (45 mins)</td>
<td>Michael (45 mins)</td>
<td>Jeannine (45 mins)</td>
<td>Michael (45 mins)</td>
<td>Michael (45 mins)</td>
<td>Diane (45 mins)</td>
<td></td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Spin</td>
<td>Yoga Sculpt</td>
<td>Spin</td>
<td>bodyART</td>
<td>Butts &amp; Guts</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jim (45 mins)</td>
<td>Margi (45 Mins)</td>
<td>Jim</td>
<td>Arlene (45 Mins)</td>
<td>Margi (45 mins)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Fit for Life</td>
<td>Fit for Life</td>
<td>Fit for Life</td>
<td>Fit for Life</td>
<td>Spin</td>
<td>Spin</td>
<td>Spin</td>
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<tr>
<td></td>
<td>Michael (45 mins)</td>
<td>Michael (45 mins)</td>
<td>Michael (45 mins)</td>
<td>Michael (45 mins)</td>
<td>Julie (1 hour)</td>
<td>Jim (1 hour)</td>
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<tr>
<td>11:00 AM</td>
<td>BSF for Boomers</td>
<td>BSF for Boomers</td>
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<td></td>
<td>Michael (45 mins)</td>
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<tr>
<td>12:30 PM</td>
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<tr>
<td>4:30 PM</td>
<td>Hatha Yoga</td>
<td>Zumba</td>
<td>Cardio Pump</td>
<td>bodyART</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Natacha (45 mins)</td>
<td>Beth (45 mins)</td>
<td>Diane (45 mins)</td>
<td>Arlene (45 mins)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Aerial Yoga</td>
<td>Tabata Boot Camp</td>
<td>bodyART</td>
<td>Boot Camp</td>
<td>Spin</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Natacha (45 Mins)</td>
<td>Diane (45 mins)</td>
<td>Arlene (45 mins)</td>
<td>James (45 min)</td>
<td>Julie (1 hour)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Spin</td>
<td>Spin</td>
<td>Spin</td>
<td>Hatha Yoga</td>
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</tr>
<tr>
<td></td>
<td>Julie (1 hour)</td>
<td>Julie (1 hour)</td>
<td>Julie (1 hour)</td>
<td>Natacha (45 mins)</td>
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**Group Exercise Class Descriptions**

- **40:20**: A fast paced circuit class that will consist primarily of bodyweight exercises with the use of some exercise tools.
- **BodyART**: A challenging, functional total body and mind workout, combining, strength, flexibility, balance and breath training.
- **BSF for Boomers**: Balance, Stability, and Flexibility training designed specifically for Boomers.
- **Butts & Guts**: A combination of core and lower body exercises.
- **Cardio Pump**: A total-body muscular strength and endurance, emphasizing upper body, core and cardiovascular conditioning.
- **Corrective Stretch**: A series of stretches designed to correct common muscular dysfunctions.
- **Fit for Life**: Play smart and stay young. This class works within the muscular strength and endurance repetition range and consists of strength, balance, and flexibility exercises.
- **Spin**: A class designed with the use of spinning bikes to provide a high-intensity, low-impact cardiovascular class.
- **Boot Camp**: A very intense total body workout designed for the experienced exerciser.
- **Suspension Training**: A class designed for total body strengthening utilizing suspension straps and your bodyweight.
- **Tabata Boot Camp**: A high intensity interval training class.
- **Yoga – Aerial**: A combination of traditional yoga poses done on the floor, and postures practiced using a soft fabric called a hammock suspended at a various heights designed to improve flexibility, strength, and balance.
- **Yoga – Hatha**: Combines breathing techniques with yoga postures and a short relaxation designed to improve flexibility, strength, and balance.
- **Yoga – Vinyasa**: A dynamic class that synchronizes body movements with breathing. It is characterized by different sequences of poses, including the Sun Salutation.
- **Yoga Sculpt**: An upbeat intermediate to advanced class blending basic Yoga poses, Pilates, and sculpting exercises using a variety of resistance training equipment (modifications to most exercises are offered for beginners).
- **Pilates**: A system of controlled exercises that engages the mind and conditions the body. Pilates exercise aims to improve range of motion and to strengthen the core from where all motion is generated. All levels welcome.
- **Zumba**: A Latin dance based aerobic class.

Room capacity varies per class and is based on the maximum number recommended for safety and efficacy.
Greek yogurt Parfait

Ingredients:
1 cup grano* (may substitute with brown rice)  
12 cups water, divided  
1/4 cup orange blossom honey  
1/4 teaspoon kosher salt  
4 cups plain low fat Greek-style yogurt (2% fat works best)  
2 cups fresh berries (blackberries, raspberries, blueberries, or sliced strawberries)

Directions:
1. Soak grano in 6 cups water overnight. Drain. Place in a medium saucepan with remaining 6 cups water over medium-high heat; bring to a boil. Reduce heat, and simmer 20 minutes or until grano is just tender. Drain well. Stir in honey and salt. Cool to room temperature.
2. Spoon 1/4 cup yogurt into each glass. Top yogurt with 3 tablespoons grano and 2 tablespoons berries. Repeat layers with the remaining ingredients.
3. Enjoy! Makes 8 servings

Nutrition:
Calories 228  Carbohydrates 38.9 g  Sodium 106 mg  Fat 3.1 g  Fiber 4.8 g  Protein 14.1 g

* Grano is a type of durum wheat grain used for making pasta. It can be found in health food stores and Italian markets.
Aerial YOGA
Build Strength. Increase Flexibility. Improve Balance.

Suspension and gravity work together to offer a wide range of supported postures above the mat in this new and exciting way to experience yoga. The aerial hammock creates a dynamic and fun environment to stretch, hang, swing, invert, and relax while enhancing and deepening your understanding of yoga and the alignment of your body.

All classes are supportive and tailored to meet the needs and abilities of each individual. Be sure to check out the schedule on page 7 for class dates and times.

This is a fee based class. For more information, please see one of our front desk staff members.

Meet the staff

Arlene Line
Exercise Assistant and Group Exercise Instructor

Arlene moved to the Florida Keys 38 years ago and has been a member of the Wellness Center staff for more than ten years. Prior to joining the Wellness Center team she owned a personal training business. She is an ACE-certified personal trainer, ACE advanced health & fitness specialist, AAHFRP post-rehab conditioning specialist and international bodyART instructor. At the center Arlene works as an exercise assistant and personal trainer and recently began teaching the well received BodyART classes.