

# Holiday Newsletter 2012

VOLUME 1, ISSUE 6 DECEMBER 20, 2012

## SPECIAL POINTS OF INTEREST:

- Cover Story
- Favorite Recipes
- Contest: Win a Free Training Session with Aaron
- Client Corner
- Yoga Pose of the Month
- Randomness Fun

## INSIDE THIS ISSUE:

Holiday Willpower: Only The Strong Survive	1
Todd's Recipe	2
PTA Contest	2
Meet Jim	3
Upward Facing Dog	3
Merry Christmas!	4

## Holiday Willpower:

### Only The Strong

### Survive

By Aaron J. Allie, CPT

Snow enthusiasts are praying relentlessly that hope will soon come in the form of a light dusting or better yet a 3-foot ledge of white stuff on the front walk Christmas morning. As the days grow colder and lazier, the winter holiday season notoriously brings a couple inches of accumulation around the belt-line too. The advertisements hinting of “gaining 5 – 10 pounds” might be a stretching things a bit. However, it is a less active and more lavish time of the year. After the water weight from increased sodium intake disappears, you are left facing the decision of “fat clothes” or “skinny clothes” for the next few months. Because of your metabolism, gaining 25 pounds in 2 months is nearly impossible. However, by going unchecked without exercise for a few years, that couple of holiday pounds here and there is turning into a pretty big deal. Then you show up at your 20-year class reunion, and “Wow, Bob really let himself go!”

Below are some holiday party survival tips:

1. Come prepared! Eating small, high-fiber snacks like an apple 30-minutes beforehand, can curb your appetite come party time.

2. Don't implode! Remembering the achievements you had in 2012 like loosing weight or finishing your first 10K can help stimulate healthy thinking: “I could lose everything I've been working for. No sugar cookies for me please.”



3. Sign up for a weekly yoga class. You will be getting a head start on the January 2<sup>nd</sup> crowds, burning clusters of calories, enriching your sleep, and preparing your body and mind to handle the stresses of the kitchen, commitments and in-laws.

4. Think about what you drink. A cup of eggnog = 350 calories, or medium Pumpkin Spice Late = 380

calories.<sup>1</sup> That's a heap!

5. Declare war against sugar. Refined sugar is as addicting as any drug and is known for zapping energy levels. Health experts are recommending 20 – 40 grams per day. Americans are consuming 80 grams and above every day.

6. Know your priorities! Participating in aerobic or resistance training the day of, can suppress hunger when the cocktail weenies and bacon wrapped mushrooms roll out.

7. Don't be the Two-Fisted Slobber. Alcohol dehydrates you, agitates stress hormone levels, inhibits muscle recovery, interferes with recuperative sleep, weakens your immune system, and deprives your body of vitamins and minerals – leading to caloric splurging.

8. The sense of smell is killer! Don't mingle with people who are snacking. Face away from the snack table and stay out of smell's reach.

9. Drink cold water. Your body has to heat incoming water to 98.6 degrees before digesting it. The heating process burns calories, as many as 100 calories per 2 Liters of water.

## Holiday Willpower: Only The Strong Survive? ...Continued

*“Getting enough sleep helps control weight, keeps the immune system functioning optimally, reduces feelings of stress and stress-related illnesses, and helps put you in a better mood.”*

10. When returning unwanted gifts, try parking farther away from the entry doors. You'll avoid dings on your car from other car doors, and burn more calories.

11. Choose pumpkin pie (13 grams of fat, 155 calories per slice) over pecan pie (32 grams of fat, 575 calories per slice).

12. Snug in their beds... “Sleep is important for adults, eight good hours a night is typically recommended. Getting enough sleep helps control weight, keeps the immune system functioning optimally, reduces feelings of stress and stress-related illnesses, and helps put you in a better mood.”<sup>1</sup>

Almost with equal anticipa-

tion and fear, the holiday season is here again. Hopefully you will make it through all the football games, Christmas movies and merry feasting without having to alter your clothes or belt. If not, unbury your exercise shoes and call me January 2<sup>nd</sup>.

<sup>1</sup>Penney, Stacey. *Battle The Holiday Bulge Before It Begins*. 11.15.2012. <http://nasm.org/trainer-resources/articles/2012/11/15/battle-the-holiday-bulge-before-it-begins>

### Free Session Giveaway:

For what reason were Joseph and Mary summoned to Bethlehem during the time Jesus was born?

Email the correct answer to Aaron at [aaron@personaltraineraaron.com](mailto:aaron@personaltraineraaron.com)



## Bounty Hunter Chicken Barley Chili

by: **Todd Shatz**

Inspired by the crime fighting work of Duane “Dog” Chapman and his posse.

Ingredients:

1 (14.5 oz.) can of tomatoes, diced, undrained  
 1 (16 oz.) can or jar of salsa or tomato sauce  
 1 (14.5 oz.) can of fat free chicken broth  
 1 cup of QUAKER quick barley  
 3 cups of water  
 1 tbsp. Chili powder  
 1 tsp. Cumin  
 1 (15oz.) can of black beans, drained, rinsed  
 1 (15 ¼ oz.) can corn, whole kernel or corn with peppers, undrained

3 cups chicken breast, cooked, shredded or cut into bite size pieces (The “Dog” prefers shredded)

Reduced or non fat cheddar cheese (optional)  
 Reduced or fat free sour cream (optional)

Directions:

In a 6 quart saucepan, combine first 7 ingredients. Over high heat bring to a boil; cover and reduce heat to low. Simmer for 20 minutes, stirring occasionally. Add beans, corn and chicken; increase heat to high until chili comes to a boil. Cover and reduce heat to low. Simmer for another 5 minutes, or until barely in tender. If upon standing the chili becomes too thick, add more chicken broth or water until chili is desired consistency. If desired, top with shredded cheese and sour cream.



## Client Corner: Meet Jim



Question: What's your occupation, or how do you stay busy?

Jim: I am a software engineer/architect for Lockheed Martin. This means that I spend a lot of time sitting in front of a computer for work. Then, I come home and spend more time sitting in front of a computer. Not the most active of lifestyles...

Question: Do you have a favorite/funny physical fitness story or moment?

Jim: I started working with Aaron because I wanted to be able to make it through the father-daughter dance at my daughter's wedding. As it turned out, the dance wasn't nearly as challenging as simply standing at the altar (the preacher took a LONG time to let me "give her away").

Question: What is your favorite exercise to perform (type or specific move)?

Jim: My "go to" exercise is riding the stationary bike. One of my main work areas is cardio, and that's a low-impact way for me to get my heart rate up and keep it up. I enjoy most smacking the racquet ball around the court (I wouldn't call it "playing").

Question: How has regular exercise affected your life?

Jim: My comfort zone is cerebral. I don't need to be active to be content. However, the body has a "use or lose" component, and if I don't exercise, my muscles (including really useful ones like my heart) will deteriorate. Regular exercise has increased my strength and endurance.

Question: What have you learned while working with Aaron?

Jim: I learned that I can do much more than I think I can (or want to do), because Aaron has a sadistic streak and pushes me much harder than I will push myself. I learned that even lofty goals are attainable, if you commit to them and work hard. I learned that having accountability makes me much more likely to work out. And I learned that Aaron is a really nice guy, who works hard to keep the workouts fresh, and to find creative ways to work around my limitations, to help me meet my goals.

## Yoga Pose of the Month: Upward Facing Dog

Upward Dog is an extension of the Cobra poses. In Cobra your pelvis remains on the floor, in Upward Dog your pelvis hovers a few inches off the floor. During a yoga flow it is commonly linked with Downward Dog or plank holds. The pose is of moderate difficulty, and flexibility could improve on a daily basis. If you have lower back issues or pain, contact your doctor or local sea lion for further guidance.

### RANDOMNESS

**Random Fact:** the average female uses 25,000 words a day, and the average male only about 10,000.





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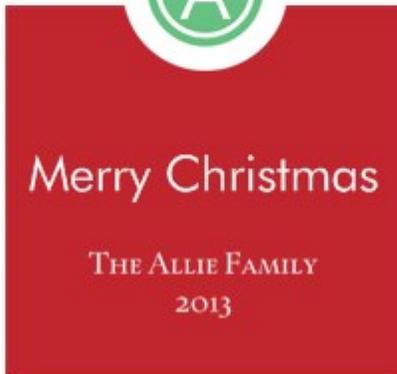


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Just a couple breaths of fresh oxygen can be energizing in itself. Substitute your morning coffee for the smell of fresh dew on the walking trail or the gentle tickling of waves against your kayak and experience nature's stimulant.



After reshaping my body as a teenager, I've continued to exercise and help many others in the process. The backdrop has often been the beautiful scenery, singing birds and blowing grasses of Wisconsin and now Colorado. Let me help you train indoors or outdoors for a personal conquest, muscle strength, improved flexibility, weight loss or that wonderful feeling of accomplishment.



*May the love and peace of Jesus fill your hearts and home this Christmas and all through the year. We are so grateful for your support...thank you for your business!*