



Western Racquet Club Fitness Center

Hours of operation:

Monday through Saturday: 5am to 10pm

Sunday: 5am to 6pm

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Get Fit Newsletter December, 2018

The best way to get fit

Talk to 10 people and you'll get 10 different opinions on the best way to get fit. One will tell you to attend an aerobics class. Another will swear by jogging. Yet another will tell you that dance and biking worked for them. The truth is that there's really only **one** effective way to get fit. Before I get into the details, it's important that we agree on the definition of 'fit.' Too often thin is mistaken for fit, and that's not what you should strive for. When someone is thin, but has very little muscle tissue, they aren't truly fit.

Here's why thin doesn't equal fit:

- Their body fat percentage will be higher than ideal—even though you won't see a lot of fat on them, if their muscle percentage is low then fat percentage will be higher.
- Their resting metabolism will be low, since little muscle is present to burn calories at rest.
- Their body won't be functionally strong, which will lead to injuries and frustrations.

So how does one get truly fit? It's this simple: **Resistance Training.**

Resistance training is when resistance is used to challenge your muscles in order to gain strength and endurance. You could do this with traditional weights, exercise bands, medicine balls, cable machines, sand-bags, kettle bells or even just using your own body weight. Consistent resistance training has the following side effects...

- Strength and muscle tone
- Cardiovascular capacity
- Speed, Agility and Flexibility
- Resistance to injury and disease

If that's not enough to convince you that resistance training is the only way to truly become fit, then read on...

Top 9 Benefits to Resistance Training

- 1. To Build Muscle and Gain Strength:** Don't worry, ladies. This does NOT mean that you're going to 'bulk up' or look too masculine. What will happen is that your arms, tummy and legs will become tighter, leaner and more defined.
- 2. To Lose Fat:** When it comes to losing size, all that you want to see go is fat, not muscle. Strength training ensures that you maintain and grow those muscles and only lose fat.
- 3. To Build Strong Bones:** The older we get, the more important our bone density is. A good strength training program is one of your best defenses when it comes to osteoporosis.
- 4. To Alleviate Anxiety, Stress and Depression:** Sure there are plenty of pills out there that claim to give these benefits, but you and I both know that strength training is more wholesome and effective way. And besides, who really wants pharmaceutical side effects?
- 5. To Sleep Better:** Here's another pill you can stop taking once you start strength training. Study after study have proven that strength training improves sleep.
- 6. To Improve Chronic Back Pain:** If you are one of the millions across the globe who suffer from back pain then you'll love the benefit of lowered pain.
- 7. To Improve Insulin Sensitivity:** Today diabetes is a huge threat. Minimize your risk by improving insulin sensitivity through regular, challenging strength training.

8. To Improve Good to Bad Cholesterol Ratio: Here is yet another pill that you could potentially stop taking while on a strength training routine. Blood pressure and heart health are of utmost concern, so why not give yourself the advantage of a strength training routine?

9. To Raise your Metabolism: This helps to reduce body fat and to keep that body fat off, even on the days that you aren't able to exercise. Pretty awesome, right?

A solid resistance training routine will tone your legs, lift your buns, strengthen your core, and will result in inches and pounds lost. If you're ready to begin your body transformation then feel free to reach out to me.

3 Ways to GET MORE From Your Workout

Use the following three tips to bring your routine up to the next level:

1. Be Unstable: Use your entire body, and target your core, by performing exercises that engage stabilizing muscles. To do this use an exercise ball, a balance board, a balance disk, or you could simply stand on one leg.

2. Add Resistance: The more resistance that you incorporate with your routine translates into higher intensity and more calories burned. Some ideas for adding resistance include: carrying dumbbells while doing lunges, wearing a weighted vest while walking or jogging, or putting a weight between your feet while doing leg raises.

3. Use Intervals: Interval training is an amazing tool for creating short yet effective workouts. Don't worry, it's not complicated. Interval training is simply alternating between different short bursts of activity.

Greek Yogurt Parfait



This recipe makes a tasty breakfast or a high energy snack. Plain Greek yogurt is a fantastic filler that's packed with protein and makes the perfect backdrop for ripe fruit and a sprinkle of crunchy, natural granola. To lighten this recipe up even more feel free to leave out the granola. Enjoy!

What you need

- $\frac{3}{4}$ cup fat-free plain Greek yogurt
- A few drops of stevia
- 2 cups sliced mixed plums, peaches, nectarines, and sprinkle of cinnamon
- $\frac{3}{4}$ cup granola

Instructions

1. In a medium bowl, mix the yogurt with the stevia.
2. In another medium bowl, mix the sliced fruit with the cinnamon.
3. In serving dishes, layer the yogurt, fruit, and granola.

Nutrition: Serves three. One serving equals 146 calories, 16g fat, 34mg sodium, 39g carbohydrate, 7g fiber, and 15g protein

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