

Contact Your Fitness Staff:

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311 Fitness

Health and Wellness Newsletter

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Member of the Month

Congratulations Ryan Blackney! Ryan has put in a great deal of hard work to improve his lifestyle and overall health.

How did you get started getting fit and how do you stay motivated?

I've enjoyed working out since high school when we had pretty consistent strength and cardiovascular workouts on my sports teams. My motivation is that I love to eat – I feel a bit freer to enjoy food if I know I am burning calories!!!

What are some changes you have made to become more fit and healthy?

I try to refrain from adding salt to meals, and I try to eat deserts only on the weekends.

What is your fitness routine like?

I try to lift weights twice a week for a half-hour. I will run pretty intensely for a half-hour once during the work week, followed by a more leisurely run with my golden-doodle and kids in the jogging stroller on the weekends.

What health and fitness goals are you currently trying to accomplish?

I pretty much know what my "fighting" weight is, and I try to keep it there. It's funny how I always seem to gain a pound or three over the weekend!

What is the one thing that you have taken with you through your fitness journey?

The harmony between mind, body, and soul. When I'm fit, I think more clearly and feel more at peace.

Exercise of the Month

Burpees

Preparation

Stand upright with arms to sides.

Execution

Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While holding upper body in place, kick legs back. Land on forefeet with body in straight, plank position. Perform pushup by lowering body to floor and back up. Keeping upper body in place, pull legs forward under body returning feet in original position. Jump up and land to original standing posture or repeat.



www.exrx.net

How to recognize and stop emotional eating

Emotional hunger can be powerful. As a result, it's easy to mistake it for physical hunger. But there are clues you can look for that can help you tell physical and emotional hunger apart:

- **Emotional hunger comes on suddenly.** It hits you in an instant and feels overwhelming and urgent. Physical hunger, on the other hand, comes on more gradually. The urge to eat doesn't feel as dire or demand instant satisfaction.
- **Emotional hunger craves specific comfort foods.** When you're physically hungry, almost anything sounds good—including healthy stuff like vegetables. But emotional hunger craves fatty foods or sugary snacks that provide an instant rush. You feel like you *need* cheesecake or pizza, and nothing else will do.
- **Emotional hunger often leads to mindless eating.** Before you know it, you've eaten a whole bag of chips or an entire pint of ice cream without really paying attention or fully enjoying it. When you're eating in response to physical hunger, you're typically more aware of what you're doing.
- **Emotional hunger isn't satisfied once you're full.** You keep wanting more and more, often eating until you're uncomfortably stuffed. Physical hunger, on the other hand, doesn't need to be stuffed. You feel satisfied when your stomach is full.
- **Emotional hunger isn't located in the stomach.** Rather than a growling belly or a pang in your stomach, you feel your hunger as a craving you can't get out of your head. You're focused on specific textures, tastes, and smells.
- **Emotional hunger often leads to regret, guilt, or shame.** When you eat to satisfy physical hunger, you're unlikely to feel guilty or ashamed because you're simply giving your body what it needs.

For more tips visit this website: <http://www.helbguide.org>

Healthy Recipe

Seared Strip Steaks w/Horseradish- Root Vegetable Slaw

4 servings

Active Time: 40 minutes

Total Time: 40 minutes

Ingredient

3 cups shredded peeled root vegetables, such as beets, carrots, celeriac and/or turnips (see Tip)
2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided

3 tablespoons chopped fresh dill, divided

3/4 teaspoon kosher salt, divided

1 pound strip steak (1-1 1/4 inch thick) trimmed and cut into 4 portions

1/4 teaspoon freshly ground pepper

1/4 cup water

1/4 cup white balsamic (see Note) or regular balsamic vinegar

2-4 tablespoons prepared horseradish

1 tablespoon reduced-fat sour cream

For preparation and nutrition information visit the site below
<http://www.eatingwell.com/recipes>

311 Fitness Center Updates

Small Group training

Keep an eye open for upcoming programs that will help motivate you to stay fit.

Refer a member and receive one free month to your membership!!!

Schedule a chair massages in the lobby provided by Advocate Fitness the 2nd and last Thursday of every month.

Ask about our personal training packages.

Chicago Local Events/Races! Sign Up Today!

Advocate Fitness Duathlon

City: Chicago

Date: September 14, 2013

Time: 8:30 AM

Distance: Duathlon

Details: 3 mile run – 10 mile bike – 3 mile run

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Group Exercise Schedule

Classes are subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Bootcamp 7:30-8:00a		Spin 2 7:15-8:00a	Morning Burn 7:30-8:00a	
		Absolutions 11:40a-12:00p		Absolutions 11:40a-12:00p	Partial Insanity 11:30a-12:00p
Lunch	Tone-Up 12:05-12:35p	Cardio Blast 12:05-12:35p	Tone-Up 12:05-12:35p	Tabata Training 12:05-12:35p	Yoga 12:00-12:45p
	SMRT Core 12:45-1:15p	Spin 2 12:30-1:15p Pilates 12:45-1:15p		Spin 2 12:30-1:15p	Spin 1 12:30-1:00p
After Work	Yoga 5:15-6:00p	Core and More 5:30-5:45p		Partial Insanity 5:30-6:00p	



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