

# Fitness



# AdVantEdge

## Newsletter #9-Keep On Keeping On!!

### Recipe of the Month

This "Not Your Granny's Chicken Soup" is another recipe that can be refrigerated or frozen for a quick meal full of nutrients for your busy day!

4 15 oz. Cans fat free chicken broth

2 16 oz. Jars salsa

1 16 oz. Bag of frozen mixed veggies

2 15 oz. Cans black beans, drain/rinse

1 pound bnl/skinless chicken breasts, cooked and cubed.

In large saucepan, combine chicken broth, salsa, vegetables and beans.

Cook on medium heat until mixture begins to boil, stirring occasionally.

Reduce heat to low, cover and simmer for about 5 minutes or until vegetables are tender crisp. Stir in the chicken

(already cooked) and simmer for another few minutes until heated through.

### Performing Under Pressure

Great things are not accomplished under normal conditions. For example, the stories of extra ordinary strength during times of stress (like when people lift cars off of other people) do not happen when there is not a time of stress. The same person under normal circumstances can not walk up to a car and lift it. Amazing performances often happen when athletes are under a great amount of stress and pressure. People do not push themselves to perform unless an extraordinary amount of stress is applied. Even the mild-mannered Superman is Clark Kent during "normal" times. When there is someone who needs help he transforms into Superman and saves the day. This is all very applicable to your physical fitness training. You must place your body under a challenging amount of stress to become successful in building the body or strength you want. This is your training for the challenges you

may be faced with, whether they are at work, home, or physical. Set your self up for success by facing challenges right here in the gym, setting goals, and not stopping until you achieve them!!

### Back Workouts

Back exercises are probably the most neglected part of the body due to the fact that your back is not visible in the mirror. However, for a man, nothing shows a more powerful physique than a W-I-D-E back and a small waist (the V-taper). For women, a tight toned back gives the appearance of a smaller waist. Any motion in which you are pulling the weight toward you or down, is working your back. 2 tips for back development this month. First, on every repetition, you must squeeze your shoulder blades together to "force" a good contraction for your back muscles. Second, remember the negative motion (also called eccentric)-do not let the weight go back to your starting position without going slow and under control.

### Disclaimer

This information is designed to help you make informed decisions about your health. The information is not intended as a substitute for advice or treatment that may have been prescribed by your physician. You should always consult your physician before beginning any exercise program, or before adhering to the recommendations given. You are personally responsible for the way in which the information or recommendations given are perceived and implemented, and do so at your own risk.

### Fitness AdvantEdge

Is located at 1005 6<sup>th</sup> Street. We offer customer service unparalleled by

any other fitness center and focus on helping people reach their fitness goals. Call (515)382-9721 to discuss your plans to improve your health, lower your risk of many diseases, boost your immune system, improve your appearance, and increase your self-confidence.