

# FUSION NEWS



March 2010

## TRAINER TIP

By Chris Pederson

### Power Your Walks 6 Ways to Boost up your Stroll

- 1. Speed Up**— Start by building a brisk pace. That means a 15-minute mile, or a pace of about 3.5 miles an hour. But to reap increased fitness benefits, you'll want to speed that up too.
- 2. Head Uphill**— Climbing works the back thigh and gluteal muscles much more than trekking on the flats.
- 3. Wear Good Shoes**— A lot of people wear comfort shoes to walk, but you'll need either a walking shoe or cross trainer for support and cushioning. It allows you to walk stronger.
- 4. Carry Some Weight**— But just a little bit, no more than five pounds per hand. If you carry light hand weights, you'll tune into your upper-body muscles more. Even just controlling the weights as you walk helps tone your core, because it has to stabilize your body.
- 5. Lengthen Your Stride**— You don't necessarily want to race walk, but lengthening your stride and focusing on your hamstrings and glutes while you walk really powers up your workout. Your walk will be so brisk, it will almost feel like a jog, but you'll actually burn more calories if you stick to the walk.
- 6. Vary Your Pace**— The means incorporate some running in your walking routine. When your body accelerates, it has to do so much to get everything going, and your heart and lungs use a ton of calories. Every time you push into acceleration, you increase your calories burn.

## Bounce House



Fusion's Bounce House will be open on Saturday, March 20, from 11 a.m. to 1 p.m.

Members and non-members, kids and adults, are welcome.

Non-member price for bounce house only: \$2



A three-day Red Cross life guard certification course will be held at Fusion during the coming spring break for area schools.

Future lifeguards must attend every day of the 32-hour course scheduled Friday, April 2, 9 a.m.-7 p.m.; Saturday, April 3, 9 a.m.-6 p.m.; and Monday, April 5, 9 a.m.-7 p.m.

### Requirements to take the course are:

- Minimum age of 15
- Swim 500 yards continuously, using these strokes in the following order: 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; 100 yards of breaststroke; 200 yards of front crawl using rhythmic breathing and/or breaststroke. The last 200 yards may be a mixture of front crawl and breaststroke.
- Swim 20 yards using front crawl or breaststroke, dive to a depth of 7-10 feet, retrieve a 10-pound object and return it to the surface and swim 20 yards back to the starting point

Cost of the lifeguard certification course for Fusion members is \$140 and \$160 for non-members. To register, call the Fusion front desk, 532-3896.

## Check Out Our Website!!

[www.fusion4life.com](http://www.fusion4life.com)





*"Luck is what you have left over after you give 100 percent."*

*-Langston Coleman*

## Happy Birthday Pisces!!

### Here's your Healthy Fitness Horoscope!!!!

The Pisces sign is naturally drawn to arts like music and dance. This opens up lots of fun fitness possibilities. Why not take salsa lessons with your partner or hip hop dance classes with a group of your friends? Nothing compares to an evening of dancing—it's fun and burns tons of calories! Even if it takes you a while to pick up the steps, you'll have so much fun that it won't matter. You sometimes feel frustrated with the limitations of the human body—you don't like to be told you can't do something! Push your fitness to the limit by learning new, exciting skills like downhill skiing, tennis or golf. You believe that there's more to the world than what you see with your naked eyes. Your heart is genuinely filled with love and appreciation. Tune in to your mystical side by taking yoga and meditation classes, which will help you to focus on and express your deep gratitude.

[www.sparkpeople.com](http://www.sparkpeople.com)

## Member Of The Month

### Luretta Satterlee

Luretta Satterlee, 75, of Coffeen, can be found walking in the pool's "lazy river" five mornings a week. Luretta started this regimen three years ago after her second knee replacement surgery. What's most impressive is that initially, she was terrified of the water because of a near-drowning incident as a child. The aquatics therapy definitely sped recovery from her knee surgery, and now she says that starting the day at Fusion "helps give me a positive attitude."

*Congratulations Luretta!!*

## Recipe of the Month:

### Roasted Savoy Cabbage with Black Bean-Garlic Sauce

Roasting cabbage brings out its rich, nutty flavor. We think Savoy is particularly beautiful, but green cabbage works as well.

#### Per Serving (3/4 cup):

Calories: 123

Fat: 8g

Carbs: 12g

Protein: 4g

Fiber: 5g

#### You Will Need:

- 1 head Savoy cabbage, (about 1 pounds), cored and cut into 1-inch squares
- 4 teaspoons canola oil
- 2 tablespoons Shao Hsing rice wine, or dry sherry



1/2

4 teaspoons black bean-garlic sauce

1 bunch scallions, minced

2 teaspoons distilled white vinegar

2 teaspoons toasted sesame oil

5 dashes hot sauce, or to taste

#### What To Do:

1. Preheat oven to 500°F. Toss cabbage and canola oil in a large roasting pan and spread out in an even layer. Roast until beginning to wilt and brown, about 15 minutes.
2. Combine rice wine (or sherry) and black bean sauce in a small bowl; drizzle over the cabbage and toss. Continue roasting until tender, about 5 minutes more. Toss with scallions, vinegar, sesame oil and hot sauce until combined.

*Taken from EatingWell Magazine*



## Last Month's Winners are... JC Porkies Of Litchfield

The first monthly winners in the Lighten Up 4 Montgomery County challenge are the JC Porkies, the Litchfield team of Julie and Chad Foss (left) and Jerry and Cinda Lubich. The team lost 6.76% of its starting weight -- 56 pounds -- to win four \$25 gift cards from CVS in Hillsboro.

**2nd Place:** Weigh Too Much - 6.52% weight loss

**3rd Place:** Thin To Win—6.5%

**4th Place:** Chunk Busters - 6.44%

**5th Place:** On-A-Mission - 6.18%.

Greg Seago, program monitor, said Lighten Up's 658 participants reported a total weight loss of 691 lbs. in the first month!

## Did you know?

### Toxic Fish

#### Is that fish toxic?

All foods we eat contain some toxins—including mercury, PCBs and pesticides. These toxins originate on land (often released by industry or agriculture) and leach into the waterways, where mercury becomes even more toxic as it converts into methyl mercury. These contaminants then accumulate up the food chain. The highest levels of toxins are in large fish (swordfish or sharks), wild freshwater fish (lake trout), and fish like striped bass that spawn in rivers near industrial or agricultural regions. Since high levels of mercury may harm an unborn baby or young child's developing nervous system, the FDA & the EPA advise women who may become pregnant, pregnant women, nursing mothers and young children to avoid some types of fish and to choose those that are lower in mercury. To see a list of fish with a health advisory, visit [edf.org](http://edf.org).