



## How Do They Do That - By Mike Mejia

### Pick their brains to get their bods

Five of the fittest 24 Hour Fitness trainers share their workout secrets.

Admit it, sometimes they get on your nerves. Sure, you look to them for motivation and guidance, but deep down you're jealous. The chiseled abs, the toned arms, the tight calves... No doubt about it, the trainers at 24 Hour Fitness are in amazing shape. The question is: How did they get that way? Is it genetics, or discipline and knowledge?

Since we know you'd love to know their secrets, we picked five of the buffest, most inspiring trainers at 24 Hour Fitness. They're into free weights, martial arts, intensive cardio, or all three, and the insights and tips they provide will make your next workout more productive. So stop wondering what it takes to have one of the hottest bodies in the gym. Some of the best in the business are about to show you how to make it happen.

#### Chuck Abele

**Gym:** Overland Park Super Sport, Overland Park, Kansas

**Area of Expertise:** Besides holding a bachelor's degree in nutrition, Abele is a consummate jock, having been a decathlete, Division II football player, and a competitive strongman.

**Favorite Training Technique:** Supersetting, or doing two related exercises in quick succession. "Nothing allows you to get more work done in less time," he says.

**How He Trains:** Given his diverse background, it's not surprising that Abele likes to mix things up in the gym. He works out 5 days per week, combining strongman and power-lifting exercises, such as the barbell clean-and-press, with lots of unstable-surface training. This enables him to retain his hard-earned muscle mass without neglecting core strength and balance. Instead of traditional steady-state cardio, he prefers 45- to 60-minute bouts of intense, varied activity, similar to how boxers or ultimate fighters train.

**His Advice For You:** By combining high-intensity, rapidly paced strength training (supersetting), with smaller, more frequent meals, you can teach your body to increase its metabolism and burn more calories, even when at rest. "You'll be a fat-burning furnace," he says.

#### Toni Lentz

**Gym:** Orange Sport, Orange, California

**Area of Expertise:** Cardio and free weights

**Favorite Exercise:** There's nothing like traveling lunges for "firing up those glutes," says Lentz. While holding a pair of dumbbells at your sides, take a giant step forward with your right foot. Bend both knees as you slowly lower yourself toward the floor. Then press down with the right foot to stand up and stride forward with the left leg. Continue until you can't continue.

**How She Trains:** After being teased incessantly as a youth for being a "toothpick," Lentz transformed herself. She trains nearly 2 hours

per day, 6 days per week, mixing free weights, running, and kickboxing, with core work. As if that weren't enough, she recently started training to become a pole-vaulter.

**Her Advice For You:** Use your stress. When you're anxious or upset your body is producing adrenaline, which can be used to fuel intensive workouts. In other words, take your aggression out on the treadmill or weights rather than yourself or someone else. "We're all stressed about one thing or another," says Lentz, "so why not use it to fuel your workout?"

#### Tuan Nguyen

**Gym:** Fulton & Hurley Sport, Sacramento, California

**Area of Expertise:** Fat loss

**Favorite Warm-Up:** Rotational push-up. Start as you would a regular push-up, but when you reach the top position, rotate your torso and hips and reach one arm toward the ceiling as you balance on the sides of your feet. "It's a great way to get the core primed and ready for action," says Nguyen.

**How He Trains:** A former state-level competitor in martial arts, Nguyen favors a functional approach to working out. He uses unstable surfaces such as balance boards in his training and prefers free weights and cables to the guided resistance of machines. The added balance and coordination this requires lets him work more muscles and burn more calories in less time. For additional fat loss, he prefers the intense stop-and-go action of basketball to more steady paced forms of cardio.

**His Advice For You:** Nguyen wants you out of your comfort zone. He wants you to challenge yourself with non traditional types of exercise. Whether it's performing a shoulder press while standing on a wobble board or substituting a cable rotation for the overused crunch, never let your body get used to what it's doing. "That's when you plateau," he warns.

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Spring has finally arrived and a lot of people are excited to head outdoors for a brisk walk or run.

The following S.M.A.R.T. tips for running (Stretch, Move, Add it up, Reduce strain, Talk to a physiotherapist) have been prepared for you by the Canadian Physiotherapy Association (CPA) to help you get the most enjoyment out of your running program.

## **S** TRETCH - BEFORE AND AFTER YOUR RUN

When stretching, physiotherapists recommend that you:

- Warm up by walking for at least five minutes;
- Do slow, controlled movements to the point where you feel a mild tension in the muscle. If this pull lessens, stretch a little more. It should never be painful;
- Hold the position for 20 – 30 seconds, and don't 'bounce';
- Breathe regularly throughout the stretch;
- Repeat the stretch on the opposite side, 3 -5 times.

### Cool down

When your run is over, take time for a cool down –a brief, relaxed walk along with some of the same stretches you did before your run. Spend at least 10 minutes cooling down to help work the metabolic wastes and excess fluid out of your muscles, and to allow your heart rate to slow down gradually.

By the time you stop, your pulse should be within 20 beats-per-minute of your resting heart rate.

## **M**OVE - TODAY FOR TOMORROW

Running is a great activity to get your whole body in motion, and body posture is an important part of your running technique.

- Before your run, take a couple of deep breaths to expand your lungs. After you exhale, maintain this position, with shoulders down, relaxed and slightly back. Keep your head up and avoid excessive arm movement while running.

## **A**DD IT UP - AN HOUR IS POWER

- In summer drink at least two glasses of water before a run to ensure proper hydration;
- Wear shoes that give your feet the support they need. Proper shoes can help improve the biomechanics of your feet and legs, which will help prevent injuries; and ask for advice at a specialized running shop.

## **R**EDUCE STRAIN - USE WHAT WORKS FOR YOU

• Start running at a slow pace if you haven't been active for a period of time. Increase speed as your conditioning improves; or

• Use the run / walk technique – start with a two-minute run / one-minute walk, gradually increasing your run time.

• Increase your distance by 10 per cent each week;

• Your running pace should always allow you to carry on a conversation, while you breathe comfortably;

Take time to recover between runs. The most important day in any running program is your rest day. They are as vital as training days. Rest days give your muscles time to recover and build strength;

• Vary the direction or route you run. Repeating the same course puts strain on the same parts of your body each time you train; and

If you do experience an injury, use the R.I.C.E steps to reduce pain, minimize internal swelling, and promote healing.

• Rest – to protect yourself from further injury;

• Ice – to help reduce pain and swelling within the first 48 – 72 hours after an injury. Note: Ice packs should never be on longer than 15 minutes or more than twice an hour;

• Compression – wrap an elastic bandage around the injured area to control swelling. It should not feel uncomfortably tight;

• Elevation – Use pillows to raise the injured limb above the level of the heart while lying down.

Before you can safely return to running, it is essential to regain strength, flexibility, balance and co-ordination. Consult a physiotherapist for a detailed assessment and management of your injury.

## **T**ALK TO A PHYSIOTHERAPIST

Physiotherapists are healthcare professionals who help people of all ages and lifestyles gain and maintain their desired level of active living and physical functioning. With our applied knowledge and understanding of the human body in action, physiotherapists are able to help you to increase mobility, relieve pain, build strength and improve balance and cardiovascular function. Physiotherapists not only treat injuries, they also teach you how to prevent the onset of pain or injury that can limit your activity.

As a physiotherapist, I can assess your injury and provide appropriate treatment that will promote an earlier return to activities as well as advice on how to prevent recurrence of injury.

If you have any questions regarding an injury or would like to arrange a consultation, please feel free to stop by the Health Clinic. You can contact the clinic at 514-390-1230.

Happy Running!

Holly Ewanyshyn is working in downtown Montreal as the Mansfield Health Clinic Physiotherapist



## Working Out In a Recession

Scott McLin used to hit the gym about once a week. Since losing his job as a marketing analyst three months ago, he goes almost every day.

"I have the time now, so I may as well work on getting in shape," said McLin, 25, who's cut back on restaurant meals and clothing purchases instead of his \$86-a-month Crunch membership.

Equinox, which runs 48 U.S. gyms, and Town Sports International Holdings Inc., the owner of the New York Sports Clubs, say that's a growing trend as consumers grappling with the recession seek to relieve stress. In a survey released last week by Rodale Inc., the publisher of Men's Health and Runner's World, 84 percent of those polled said there is no better time than now to invest in their health.

"Your health-club membership, your cable TV and your cell phone are in the last third of things that you're going to cut off" in a tough economy, said Anthony Gikas, a leisure analyst at Piper Jaffray & Co. in Minneapolis.

With the unemployment rate at the highest in 25 years, consumers are taking fewer vacations and business trips, and spending less on entertainment, all of which contributes to more trips to the gym, he said.

The gym and fitness-club market will grow 2.2 percent this year to \$24.3 billion, according to Los Angeles-based researcher IBISWorld Inc.

### More Resistant

"Health and wellness tends to be a little bit more resistant to sharp declines," said George Van Horn, a senior analyst at IBISWorld in Chicago.

Equinox, which decided not to raise dues for existing members in 2009 for the first time in its 17-year history, has added meditation classes and power-nap sessions that include

stretching and end with a 15-minute nap. An Equinox membership costs between \$142 and \$173 a month in Manhattan.

"Staying in shape is more important than ever," Chief Operating Officer Scott Rosen said in a telephone interview. "It's a stress relief for people."

Gym usage among existing Equinox members grew as much as 15 percent in the first quarter. Participation in classes that are included in the cost of a membership has increased by a similar amount, and the gym is adding more yoga classes to meet demand.

Christopher Stadler quit his job as vice president of marketing at a beauty-care company before the winter holidays and is now looking for a new one. He uses his Equinox membership seven days a week, up from three or four days previously.

### Refuge From Headhunters

"It's an escape from headhunters and interviews," said Stadler, 38, who eats out less during the week to make up for the money he spends on his membership.

Life Time Fitness Inc., the operator of 83 gym facilities in 18 states, is also seeing increases in utilization and class attendance among existing members.

### So Much Better

Gym usage at Crunch has increased because of the economy, said Chief Operating Officer Keith Worts. Fitness-class attendance at the New York-based chain is also up, he said.

McLin started attending classes at Crunch in San Francisco only recently, viewing them as a free personal training session that would otherwise cost \$40 to \$60 an hour. They're "basically full," even at midday, he said.

"I just feel so much better day to day," said

McLin, who now attends two classes a week and is training for a marathon.

To lure job seekers like McLin, Town Sports is using the slogan "Fact: Physically fit people are more likely to be hired." Town Sports' club usage rose more than 15 percent in the fourth quarter, and the trend is continuing into its first quarter, Chief Executive Officer Alex Alimanestianu said on a conference call March 3.

Life Time Fitness said club openings drove a 13.6 percent increase in new memberships in the fourth quarter, compared with a year earlier. The chain has also seen an increase in overall class attendance, said Jason Thunstrom, a spokesman.

"It's a situation of control what you can control," Thunstrom said. "Exercise is one of those things that's proven to make people feel better."



## Suffering from Allergies?

### Have you considered acupuncture?

Acupuncture is a branch of traditional Chinese medicine and has been practiced for more than 6,000 years. It involves inserting fine needles into the skin at certain key points in order to stimulate the circulation of energy. This stimulation helps to restore the balance between the yin and the yang (the two main forces of energy in the universe that manifest themselves in the body).

Acupuncture can be used to calm allergic rhinitis (nasal allergy), a nasal inflammation caused by pollen, mites and animal hair. According to Chinese medicine, allergic rhinitis stems from an over-reaction to natural substances or from the patient's inability to adequately deal with the changing seasons.

Scientific proof: based on two studies conducted in 1990 and 1994 on more than 200 individuals, acupuncture would yield results

at least equivalent to classic treatments. The allergy would improve in more than 90% of the cases in which acupuncture was administered, as compared to 75% of the cases in which an antihistamine was used.

In practice: three to five sessions within a short time span, then monthly or semimonthly sessions based on responsiveness. Allergic rhinitis is often reduced following one year of treatment.

# Chicken Chickpea and Apple Curry



- 1 tablespoon butter or canola oil
- 1 cup chopped peeled Granny Smith apple
- 1 onion, chopped
- 2/3 cup diced celery
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger or 1 teaspoon dry ginger
- 2 tablespoons all-purpose flour
- 1 tablespoon curry powder
- 1 cup 2% reduced-fat milk
- 1/2 cup golden raisins
- 1 cup can fat-free, less-sodium chicken broth
- 2 chicken breasts, diced
- 1 cup chickpeas
- 1 cup green peas, frozen
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

1. Melt butter in a large nonstick skillet over medium-high heat. Add apple, onion, celery, and garlic; sauté 5 minutes or until lightly browned.
2. Stir in ginger, flour and curry powder; cook 1 minute, stirring frequently.
3. Add chicken and sauté till lightly browned.
4. Gradually add the milk, raisins, and broth, stirring constantly with a whisk; bring to a boil, stirring frequently.

5. Reduce heat, add chickpeas and simmer until thick (about 10 minutes).
6. Stir in peas, salt, and pepper; cook 3 minutes or until thick enough.

Serve over rice and enjoy.

#### Notes:

If it isn't thick enough you can dissolve 1 teaspoon of cornstarch in a little milk and pour it in.

Other stuff you can add: red pepper, potatoes, tofu, carrots



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### Nathaniel Best

**Gym:** Downtown Chula Vista Active, Chula Vista, California

**Area of Expertise:** Making it hurt. (He's a former Marine and SWAT officer with a black belt in martial arts.)

**Favorite Warm-Up:** After doing a little stretching and light calisthenics, Best revs up the elliptical machine to level 14 and tries to burn 30 calories in 2 minutes. "When I was on the SWAT team, I had to be ready for action at a moment's notice," he says. "This helps simulate that."

**How He Trains:** Best lifts weight five to six times per week and does two additional intensive cardio workouts (i.e., 100-yard wind sprints, running bleachers, etc.)

**His Advice For You:** Besides getting to the gym at least three times per week, Best encourages you to sneak in some brief physical activity throughout the day. This could include a few sets of push-ups in the morning or some crunches before bed. Or

keep a dumbbell by your desk at work and do curls when you're on the phone. Short bouts of exercise like this help "keep the ball rolling," says Best, providing momentum and inspiration.

### Kelli Hein

**Gym:** Downtown Dallas Super Sport, Dallas, Texas

**Area of Expertise:** Distance running. A graduate of Purdue University with a degree in kinesiology, Hein qualified for the Boston Marathon and recently started a club at her gym called 24 Run.

**Favorite Running Trail:** Around White Rock Lake in Dallas

**How She Trains:** What started as a way to stay in shape for soccer when she was a kid has developed into a daily habit. Hein now runs 9 miles per day. In the last few years, she's also come to appreciate the value of strength training. She lifts twice per week in order to stay fit and injury-free. "It really makes a difference in the way you look and feel," she

says.

**Her Advice For You:** Don't try to do it alone. Her running club is geared to novices and the gentle pressure they put on each other to consistently advance toward a common goal is the reason more than 100 of its members competed in Dallas's annual 3-mile Turkey Trot. "Try and find a training partner—someone who'll make you accountable," says Hein. "It's hard to blow off a workout when you know someone else is waiting for you."

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