



ROCK BOTTOM
trainers gym

SCRIBBLES

Fall 2011

Doug's Fall Schedule

Please see Doug to get approved for a group or to make sure there is space available.

M/W/F 5:30a, 6:30a, 8am, 9a, 10a, Noon (M)
T/Th 5:30a, 6:30a, 8:30a, 9:30a, 11:30a (W, 30 min),
T/Th 5:15p, 6:15p
Sat 7a, 8:30a (on MSU non-gamedays)

M - Men's Group

W - Women's Group

*New session times are subject to attendance
 Sessions run 60 Minutes unless otherwise noted*

RBG @ RBB?

... or should I say RBG @
7 Monks Tap Room!
Wed, Sep 14, 5:30-7:30p

At least for September, we are shifting our RBB night to 7 Monks to celebrate their opening and try all the great beer, wine, and food. Join us Wednesday, Sept 14 from 5:30-7:30p on Union Street downtown across from The Cantina between Front & State Streets. We will try to stick with the 2nd Wed of each month moving forward. As always, your first beer (or wine) is on me!

The Gym Isn't Enough

Like we all seem to have an aunt or a neighbor who won \$5,000 playing the slots at the casino, we all know of someone who lost 50 pounds by working out at the gym. By simply opening its doors and offering the latest fads in classes and equipment, the fitness industry acts as though it has God-like powers to get you fit. All you need to do is show up once, twice, or at most three times a week for no more than an hour and, regardless of how you've decided to live your life the rest of the week, you will, in fact, lose weight. After all, isn't that why most of us exercise? But here's the cold hard truth: You will not lose weight just going to the gym a few times a week, and you may in fact gain weight.

I'm not saying you don't benefit from your time in the gym. You do. But what you do — and eat — outside the gym in the remaining 165 waking hours of the week has a far more significant impact on your weight and on your health in general. Sitting in a chair all day, eating highly processed foods, and then expecting a few hours of effort at the gym to keep you fit isn't going to work over the long haul.

You might expect that next I will tell you that the extra 10 - 30 pounds you're carrying is okay, and that focusing on your weight is emotionally unhealthy. I've never said that, and I never will. Numerous studies reveal that, within reason, thinner is healthier, and that people who eat less, exercise more, and consequently weigh less, live longer. And they not only live longer, but they live healthier right up until their last breath. They are also less of a burden on society, needing fewer medical services and drugs as they age.

Here's the real issue when it comes to maintaining a healthy weight: Our bodies are literally wired to move, and to move a lot. In fact, researchers at Mayo Clinic, like Dr. James Levine, are finding that all 11 systems in the human body are healthier the more we move.

But here we are, it's 2011 and we've almost perfectly engineered movement out of our lives. We hit the remote, drive to work, sit in our cubicle, and text our house cleaner to contact the lawn guy. Then, only if we're so motivated, do we "hit the gym" in an attempt to replace our biological need for constant movement.

Making matters worse, going to the gym actually induces a physiological desire to eat. Large outputs of energy at the gym result in large

desires for energy input — meaning food. Besides sleep, hunger may be the most powerful physiological desire we experience. The problem isn't the hunger, nor is it the exercise. The problem is what you consume to appease that hunger.

Will power, that great human equalizer, isn't always on our side, and so you must plan that it won't be. You must anticipate that you will leave the gym and suddenly be overcome by a desire for a high fat sandwich or pastry or a calorie-laden shake. Here's where minor tweaks in your behavior can make a big difference: Don't just hope that you will make a good choice in the hour or two after exercise to sate that unavoidable desire to replace lost energy. Instead, plan to make a good choice. And then make it easy to follow through on that plan by having something healthy on hand.

Here's a suggestion: Add a new component to your workout routine. Prepare high-fiber, low-calorie, mostly plant-based foods and bring them with you to the gym. That way, if you experience a hunger attack after your workout, you'll have a healthy way to satisfy it. After all, why spoil all that hard work in the gym with a 500-calorie scone virtually void of any healthy nutrients?

Announcements

New BEE Space

You may have noticed work going on across the hall. If not, peek your head in (across from the women's bathroom) and check out our new cycling space. Brockmiller Elite Endurance (BEE) has a new home! This means the bikes will no longer be in the gym and you'll have a greater opportunity to get involved. Susan Vigland & Jason Whitiker will join Lauri in running 8-week training blocks organized in a very science based manner optimizing results. The first block, "8 Weeks to Iceman" starts September 12. Punch card access is available as well as power testing and 1:1 Coaching with Lauri. You can reach BEE at 231.313.6790.

Nutrition Resource

RBG has partnered with Grand Traverse Nutrition. Have a question or doubt about nutrition? Don't Google it, just ask Miranda! She is a nutrition expert with an office in Building 50. Here's a bit about her.

Miranda Monroe, a Registered Dietitian and Certified Diabetes Educator, is the founder of Grand Traverse Nutrition and is your nutrition coach. Expertise includes nutrition therapy for sports performance and rehab, diabetes, and weight management for all ages. She offers comprehensive nutrition assessments and personalized recipes for prevention, performance, and recovery to help you achieve your personal nutritional and health goals for improving your quality of life.

Miranda graduated with a Bachelor's degree in Dietetics from Michigan State University and completed 11 months of supervised practice at University Hospitals of Cleveland combined with a Master of Science Nutrition at Case Western Reserve University, School of Medicine. She is a member of the American Dietetic Association and the Sports, Cardiovascular, and Wellness Dietetic Practice Group.

Miranda is passionate about enjoying food to the fullest and nourishing a healthy balanced lifestyle through great food and fun fitness. She celebrates Michigan grown food and supports the use of local ingredients whenever possible to capture the best tasting and freshest foods for maximum nutritious value. Stop by her office in Building 50 (above Cuppa Joe, Room 113), call her at 231-632-1522, or email info@grandtraversenutrition.com.

Look for a list of her free, 20 minute, on-site small group Nutrition lectures in RBG to be posted right after Labor Day!

Physical Therapy

Pain is relative, but not necessary. If you're like me and suffer from lingering overuse issues, don't wait any longer to address the underlying problem. Andrew Gorecki, DPT is available at RBG. Schedule a consult with his wife Erin at the front desk or call 231.944.6541. Be sure to congratulate them on their Labor Day weekend wedding!

Member Hours

Spring/Summer Member Hours

Members please avoid using the gym during small group personal training sessions.

These times are designated for open member use:

M/W/F:	5-7a, 11a-12p, 1-10p
T/Th:	10:30-11:30a,
T/Th:	12:30-4:30p, 6:30-10p
Sat	9:30a-10p
Sun	10a-10p

Credit Cards!

Remember, RBG is accepting Visa & MasterCard! See Doug or Lauri to fill out the appropriate paperwork today. This way you won't have to remember your checkbook AND can accumulate credit card reward points! (for those with Credit Cards that do so)

Recipe of the Quarter Seafood Veggie Gumbo

- 1 Mix 4 TB flour in a bowl with the following seasonings: Cajun Creole Spice, Thyme, Cayenne, Paprika, Sea Salt, & Pepper. Coat Shrimp with spicy/flour mixture & cook in a large pot with olive oil
- 2 Sauté Vegetable Based Sausage (sliced thick) & add to pot with seasoned Shrimp
- 3 Sauté 4 Jalapeño Peppers, 1/2 Cup Diced Red Onion, 1/2 Cup Yellow Onion, 1 Red, 1 Orange, & 1 Green Pepper, & 1 Cup Celery. Add veggies to the large pot
- 4 Add 4-5 Cups of low-sodium Vegetable Broth along with 1 large can of no-sodium-added Diced Tomatoes and cook on low heat
- 5 (optional) Add uncooked Catfish and Clams with some additional spicing to pot
- 6 Cook 4-5 cups of Brown Rice to pour the gumbo over when served