



The Club At Kruse Woods Health Links

Health Links

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May– June 2010

Club Notes for May/June

May 5th : Community Health Fair, 5300 Meadows Rd, in the lobby

May 29 –May 31: Closed for Memorial Day Weekend

May is National Physical Fitness and Sports Month!

Be a model of fitness for your family

Almost from the time they start to toddle, your kids want to imitate your every move — and as they grow, they'll likely imitate the lifestyle choices you make — including how physically active you are. You want your children to be fit and strong, and you know that you need to set a good example. Even if you've fallen into the habit of hitting the couch instead of the walking trail, take heart. It's not too late for the whole family to start enjoying the benefits of regular exercise.

It's easier to get everyone on board with physical activity if you ease into the idea. Think small changes, not boot camp. Plan a 10-minute family walk after dinner to start, and then let everyone involved have a say in choosing activities the whole family can enjoy. Here are some ideas:

- **Take it outside.** Walk to a nearby park or school to kick a soccer ball, shoot hoops, or just run and play. If your kids are young, consider walking while they ride a tricycle. Take the family on bike rides, and plan weekend hikes to explore parks and trails in town and in the

country. Area state parks are a great place to get outdoors, too.

- **Be your own motor.** Leave the car at home whenever you can, and stroll or bicycle to the library, grocery store or school instead.
- **Hit the gym at home.** There are many simple exercises that can be done at home. You might consider, for example, yoga or stretching exercises.
- **Give back.** Train together for a charity event, such as a 5K walk.
- **Explore a family sport.** Consider doubles tennis at a local park or school court. Make it vigorous activity by playing singles instead.
- **Celebrate with more than cake.** Include a game of family Frisbee or volleyball when planning birthdays and other occasions.

Unplug On average, kids between ages 8 and 18 spend four hours a day watching TV, videos, DVDs and prerecorded shows. Since too much time in front of the TV or computer can crowd out fitness, you may want to set limits on these sed-

entary pastimes.

Of course, most kids won't love the idea of less TV. So, why not offer active alternatives? For example, skip the cartoons and take the family bowling. Make the time you do spend watching TV more active by challenging your kids to a jumping jack contest during commercials.

It all adds up Each week, most healthy adults should aim for at least 2.5 hours of moderate aerobic activity, such as walking briskly. On two or more days a week, adults also need strengthening activities, such as working with resistance bands or light weights. Exercise recommendations for kids and teens include an hour of activity each day, mostly aerobic exercise.

Safety is a priority, so check with your doctor before significantly increasing your physical activity. Also, make sure everyone wears safety gear appropriate for their activities, such as helmets, knee-pads and elbow pads.

Before long, fitness can become a natural and fun part of family life. Chances are, you'll also make some treasured memories along the way.

Inside This Issue...

<i>Model of Fitness</i>	1
<i>Sticking to a Meal Plan</i>	2
<i>Class Schedule</i>	3
<i>Recipe Corner</i>	4
<i>Running Around</i>	4

• May •

Asthma and Allergy Awareness Month

Hepatitis Awareness Month

Clean Air Month

• June •

National Cancer Survivor's Day June 6

Hernia Awareness Month

Vision Research Month

Club Hours

M-R 5:30 am- 7:30 pm
F 5:30 am– 7:00pm
Sat 7:00 am– 1:00 pm

Contact Information

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Visit Us on the Web: www.theclubkw.com

The Simple Way to Stick to a Meal Plan

Diet is the biggest component to losing fat — you can burn 600 calories (for example) in a workout, but you can easily eat 2-3 times that much in one sitting if you're eating junk food. As they say, you can't out-exercise a bad diet. Regular cardio and strength training exercise is necessary for your general health, but if you really want to lose fat, you need to look at your diet.

So if diet is important, how do you stick to a good diet? The meal plan is often the simplest answer — plan out the foods you're going to eat, measured for your calorie goal, and then just eat those meals (for the most part). You don't have to track your eating because it's already planned out.

Sticking to the meal plan is often the hard part, though. Most people aren't used to it, and they often fail and feel guilty. Here are some tips to simplify the process and position you for success.

The Simple Method

1. Eat real, whole foods you love. Do NOT see this as a sacrifice. If you hate carrots or eggplant but you eat them because they're somehow "virtuous" or you think that sacrifice is the only way to lose that fat, you'll fail. You cannot stick to something you hate for very long. Instead, go for healthy foods you actually enjoy eating. Your list will be unique, and it could take some experimenting with different recipes you find online, in magazines or in cookbooks to find the healthy foods you like best. Just make sure it's real food, not packaged (not even "healthy" convenience foods), in as natural a state as possible — meaning, not processed or extracted, not fried or smothered with cream or sauces.

2. Improve your diet one step at a time. Rome wasn't built in a day, nor does your diet need to be revamped all at once. Try a meal plan that's a little better than the diet you've been eating for years — perhaps cutting out the liquid calories at first, or adding more fruits or veggies you love. Cut the calories just a little. This first meal plan doesn't have to be perfect — just a little better. Then, once you get used to that, make a meal plan that's a little better yet — maybe a couple hundred calories less, more veggies, less fatty stuff, less snack food, or more real food. With each iteration of your meal plan, get a little better.

3. Look ahead for bumps, and plan. We all have those bumps in our routines: an office party, someone's birthday dinner, going on a date with your honey, taking a trip, being on the road all day and not having access to your usual foods. The key is to think ahead — what's going on tomorrow? How will I deal with it? Should I pack food, or find out what the menu is at

the restaurant so I can pick something healthy, or should I use this as a cheat meal? Thing is, don't just do cheat meals all the time — then you're not on a meal plan anymore. More on that below. Again, plan ahead and prepare — as you keep doing this, you'll get good at packing snacks or meals so you're covered, no matter what the occasion.

4. Make it public. Use your blog or Twitter/Facebook or a public forum or just email to let people know how your meal plan is going. Or get a partner and report to each other. Making it public or having a partner gives you accountability and motivation, and works like a charm. Don't skip this step.

5. Cheat, & don't feel guilty. Guilt often derails people from meal plans — they indulge and then feel like they failed, and so they stop. Don't fall into this trap. You're not going to be 100% compliant to any plan — shoot for 90% and be happy if you come close to that. Know that you'll cheat sometimes, and make this part of your plan. However, learn to control the cheating: only do it a couple times a week, perhaps, and even then don't just pig out. Eat reasonable portions of things you'd consider cheating, eat them slowly and enjoy them, and then move on. Get back to your plan. Over the long term, a little cheating won't stall you, but a lot might.

A few warnings

1. Watch out for sneaky calories. Liquid calories are a good example — sodas, teas, coffees, sports drinks, vitamin waters and more, all contain calories that many people don't account for, and then wonder why they're not losing weight. Other examples include salad dressings, sauces, little bites of foods that "don't count", smoothies, candies or chips you snack on from the break room, meals that are bigger than you realize. There are many others, of course.

2. Do not make it extreme. This should be clear from the above method, but I have to say it explicitly. People will try any diet if they think it'll work — the Grapefruit Diet, the Cookie Diet, a liquid diet, a "cleanse" or "detox", an 800-calorie a day diet, the Cabbage Soup diet, the Lemonade detox. Please don't do these diets — they're not healthy and you won't get good nutrition. Remember: you're in this for the long term.

3. Don't starve yourself. A little hunger is OK, but if you feel like you're starving, you might be reducing too drastically. Again, it's best to reduce portions a little at a time, get used to that amount, and then reduce a little more.

Group Exercise Schedule and Descriptions

	<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THUR</i>	<i>FRI</i>
12:00– 1:00pm	<p>Pilates</p> <p>Sports Conditioning</p>	<p>Cardio Extra</p>	<p>Yoga</p>	<p>Strength Lab</p> <p>Sports Conditioning</p>	<p>Pilates</p>

Group Exercise Class Descriptions

• **Strength Lab:** Improve your muscle tone and increase your metabolism! Simple, safe and effective exercises designed to increase your muscle strength and endurance. Using dumbbells, resistance tubing and body weight, participants perform high repetitions of strength exercises for each major muscle group. Meet in the Group Exercise Room Building #5335, lower level/parking garage. •All fitness levels encouraged.

• **Pilates:** Based upon exercises developed by Joseph Pilates, this mat-based Pilates class is designed to improve core strength as well as flexibility. Meet in the Group Exercise Room, Building #5335, lower level/parking garage. •All fitness levels encouraged.

• **Yoga:** Take the knots out of those tight shoulders, strengthen your back and abdomen, and loosen up your legs in a fun and relaxing way with yoga instructor Jim Gillen. Meet in the Group Exercise Room, Building #5335, lower level/parking garage. •All fitness levels encouraged. • Fee Class

• **Sports Conditioning:** Challenge your limits and have fun at the same time. Class blends high intensity cardio intervals with strength conditioning intervals, then finishing out the class with the best core workout (Ab Lab) known to man. Dress for an outdoor workout as this class is held outside year-round in the lower level parking area near the gym. Meet at The Club. •Designed for intermediate to advanced fitness levels.

Quinoa with Asparagus and Spinach

INGREDIENTS:

- 1 1/2 cups quinoa
- 3 cups vegetable broth or water
- 6 cloves of garlic, diced
- 1 onion, diced
- 1/2 tablespoon olive oil
- 1 red pepper, diced
- 1 bunch asparagus
- paprika
- turmeric
- basil
- Red pepper flakes
- Salt



DIRECTIONS:

Saute 3 cloves of garlic with onion in olive oil in small deep pan until fragrant.

Add red bell pepper and red pepper flakes briefly.

Add quinoa and cover with broth.

Add lots of paprika and turmeric, to taste, with a big pinch of dried basil and salt.

Cover and let simmer ~ 25 minutes.

While quinoa cooks, rinse asparagus and break off the woody ends where they snap naturally.

In separate frying pan, heat oil and begin to saute asparagus.

About a minute before asparagus reaches desired doneness, add remaining garlic (Flash-heat spinach here).

Serve asparagus cut on top of quinoa and enjoy!

The Club Staff

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Liesa Phillips

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Jen Goodrick

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•Personal Trainers•

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Kristi Tauti

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Club Hours

M-R 5:30 am- 7:30 pm

F 5:30 am- 7:00pm

Sat 7:00 am- 1:00 pm

Contact Information

5300 Meadows Rd
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503-603-1899

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Our Location

We are located in the Shorestein Building parallel to Kruseway Drive behind the 5300 building, on Meadows Road. Look for the black awning over the entrance doors.

Website

CCM, Inc.
www.ccmwellness.com



Running Around Portland

Go to www.orrc.net/calendar to register online for one of these events and to see many more opportunities in the greater Portland area.



Monday, May 31

Up the Lazy River 10k Run/Walk

In West Linn

Saturday, June 5

Starlight Run

Downtown Portland