



The Bench Press

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www.seattlefitness.com

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~Contributors~

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Our many thanks to
long-standing
member and
proofreader of this
publication, **Margy**
Kotick!



How about a cigarette with that spa treatment?

Cigarettes kill an estimated **178,408 women**, annually, in the United States. On average, female smokers die 14.5 years **earlier** than nonsmokers. This is something R.J. Reynolds Company probably doesn't want to tell you. To fire up its launch of Camel No. 9, a **new product aimed at women**, the R.J. Reynolds Corporation sponsored a three-night "smoking spa" at a New York bar. Women were served **complimentary cigarettes** with their martinis, manicures, and blow dries. The event kicked off a 24-city promotional tour with a national ad campaign.
Got a light?

How about a gallon of milk with your massage?

Would you go to your **grocery store for a massage**? Well, you might just do that if you lived in Dallas, Texas. Whole Foods recently opened a 4,500 square foot **full-service day spa**, just upstairs from their supermarket. "ReFresh," the everyday spa at Whole Foods Market, entices customers with treatments like shiatsu, hot stone and prenatal massages, manicures, and pedicures. The technicians use only **plant-based and naturally derived ingredients**. Prices range from \$5 to \$220. For no additional fee, you can **fax or e-mail your grocery list** to the spa's concierge and the service will have your groceries ready for purchase when you have finished up.
Now **that's** a smoking hot deal!

Holiday Tips for Handling Turkey

Planning to **cook a turkey** for the holidays? No need to panic. Here are some **helpful tips** on handling turkey.

-Defrosting a turkey? The refrigerator is the safest method. Leave the bird in its original wrapping, place in a baking pan, breast side up. Allow 24 hours for each 5 pounds of bird.

-Using a fresh (raw) turkey, be sure to wash utensils, board, and your hands before touching other foods.

-Stuffing your turkey? Stuff the bird just before it goes into the oven. Remove the prepackaged giblets and rinse the cavity with cold water prior to stuffing. **Allow longer cooking time** for a stuffed bird.

-Roast the bird at a minimum of 325 degrees until the thickest part of the inner thigh reaches 180 degrees. (170 degrees for breast.) Stuffing should measure 165 degrees.

-Turkey cooking times:

Weight	Unstuffed	Stuffed
3-12 pounds	2-3/4 to 3 hours	3 to 3-1/2 hours
12-14 pounds	3 to 3-3/4 hours	3-1/2 to 4 hours
14-18 pounds	3-3/4 to 4-1/4 hours	4 to 4-1/4 hours
18-20 pounds	4-1/4 to 4-1/2 hours	4-1/4 to 4-3/4 hours
20-24 pounds	4-1/2 to 5 hours	4-3/4 to 5-1/4 hours

-Once the turkey is out of the oven, allow the turkey to rest 15-20 minutes prior to carving, to let the juices settle.

-More questions? Call the turkey hotline! Reynolds Turkey Tips:
1-800-745-4000 Open 24/7 through December 31.

Top 5 Fitness Facts

Exercise boosts brainpower. Exercise increases serotonin in the brain, which leads to improved mental clarity.

Movement melts away mental stress. Exercise produces a relaxation response that serves as a positive distraction, which in turn helps elevate your mood and keep depression at bay.

Exercise gives you energy. When endorphins are released into your bloodstream during exercise, you feel much more energized the rest of the day.

Exercise helps ward off disease. Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, osteoporosis, and loss of muscle mass.

Exercise pumps up your heart. Exercise creates a stronger heart—the most important muscle in the body. When your heart and cardiovascular system function more effectively, the heart builds up less plaque. The heart then becomes stronger, pumping more blood per beat, so at rest, the heart rate is lower.

~Statistics gathered from WebMD~

Staff Spotlight!

Andrew "Drew" O'Keefe

Drew was born in Atlanta, Georgia, in 1984. He is the second oldest of four children. When Drew was seven years old, his family moved to the Seattle area. Drew's mother was (and still is) a flight attendant and wished to relocate to Seattle so she could travel to Asia and Hawaii.

Drew attended St. Therese School in Madrona and graduated from O'Dea High School. He is currently attending the UW, majoring in accounting.

He hopes to someday work as a consultant in an acquisitions and mergers position. Drew has worked for Nordstroms in the almost every one of their departments since 2000 and joined the Seattle Fitness team in 2008. Having a mother who is a flight attendant allowed Drew to travel the world. He has been to China, Japan, Australia, Europe, the Caribbean, and all over the U.S. His favorite two places are Hong Kong and Sydney. Drew is incredibly active, especially in the out-of-doors: hiking, biking, skiing, and swimming. He loves football and track & field.

You can find Drew in our club working Wednesday and Thursday evenings and on Saturdays!

~Fun Facts~

In his senior year, Drew placed 2nd in state in the 110m hurdles and was the anchor leg on the 4 x 440 relay, placing 1st in state!

Fitness Trainer's Q & A

Q. What is a "second wind?"

A. The term "second wind" is used to describe a condition that can occur during a high-intensity aerobic exercise session. The person who feels **too tired and out of breath** to continue suddenly feels as if they can exercise longer, at a top pace, with less exertion. Most exercise specialists use the term "**hitting a steady state**" to describe the state when the body catches up to the demands of the exercise. At the beginning of a high-intensity cardiovascular session, the oxygen demand on a body is great. During exercise, the glucose stored in the muscles is converted to energy. Burning glucose produces lactic acid. Oxygen is needed to counteract lactic acid buildup. If the person does not take in enough oxygen, the result is increased heart rate, shortness of breath, and fatigue. As blood flow is increased, oxygen is transferred to the muscles. Oxygen counteracts the effects of lactic acid. When the body starts to use the oxygen to its fullest potential, the person gets their breath back and may experience a *second wind*. Documented experiences of a second wind go back over 100 years. A second wind has become a metaphor for continuing on with renewed energy.

Jerome Powell
Certified Personal Fitness Trainer & SF Fitness Director

What Is an ECG or EKG Test?

An electrocardiogram — abbreviated as ECG or EKG — is a noninvasive test that measures the **electrical activity of the heartbeat**. With each beat, an electrical impulse (wave) travels through the heart. This wave causes the muscle to squeeze and pump blood from the heart. A normal heartbeat on ECG will show **the timing of the top and lower chambers**.

An ECG gives two major kinds of information. First, by measuring time intervals on the ECG, a doctor can determine **how long** the electrical wave takes to pass through the heart. This measurement shows if the electrical activity is normal or slow, fast or irregular. Second, by measuring the **amount of electrical activity passing through the heart muscle**, a cardiologist may be able to find out if parts of the heart are **too large or are overworked**.

To sum up, an ECG will show your doctor **how fast** your heart is beating, whether the rhythm of your heart is **steady or irregular**, and the **strength and timing of electrical signals** as they pass through each part of your heart.

Tija Petrovich - Certified Personal Fitness Trainer

Group X News

-Heather Parsons, Group X Director

With the boomer population hitting an age where high-impact exercise may be **too hard on their bodies**, many are looking for more gentle forms of exercise. With its whole-body approach to health and exercise, yoga is stretching and toning bodies, quieting minds and reducing stress all across America. More than **17 million** of us were practicing yoga last year, in gyms, studios, or at home and we spent \$3 billion on yoga classes, videos, clothing, and equipment. Yoga, with regular participation, offers **fitness, flexibility, rehabilitation, balance, and relaxation**. No wonder so many enjoy yoga!

If you would like to try yoga, we offer **4 classes**.

Monday: 11:30 AM – 12:25 PM & 6:15 PM – 7:30 PM

Tuesday: 6:15 AM – 7:30 AM & **Wednesday:** 11:30 AM – 12:25 PM

Event Training Tips

Running the Seattle half or full marathon?

Maybe you'll be participating in another event. Perhaps you just enjoy a long weekend run. Below are some training tips for those long sessions to help you stay healthy, maximize your training, and prepare you for the event.

Proper Hydration and Nutrition is key!

Pre-event planning:

Eat a high-carb meal 90 minutes before a training session. Avoid hypoglycemia by snacking on a cracker or sipping a sport beverage every 15 minutes prior to your session.

Drink at least 16 oz. water 2 hours before your event.

During your event:
Drink 16 oz.–32 oz. of a 6%-8% carbohydrate sport beverage an hour.

Post event:
Restore glycogen by eating 50-100 grams of high-glycemic carbs immediately and for the first 2 hours. Eat medium-to-high-glycemic carbs the rest of the day, after the first 2 hours.

Drink enough water to restore body weight. (16oz. water = 1 pound)

General Tips:
Don't try anything new on race day! (Shoes socks, clothes, cutting your toenails, etc.)
Drink BEFORE you get thirsty.

Rest, eat plenty of carbs, and drink water. Layer your clothes to keep your core warm and minimize water loss through exposure and sweat.

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