



# The Bench Press

SPRING 2009

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

83 South King Street, Suite #100, Seattle, WA. 98104

(206) 467-1800

~Contributors~

**Tija Petrovich,**  
**General Manager**  
and co-owner of  
Seattle Fitness,  
is a Certified  
Personal Fitness  
Trainer and the  
author of "Lighten  
Up!," a best-selling  
low-fat cookbook.

**Heather Parsons,**  
our **Group Exercise**  
(X) **Director,** is an  
AFAA-Certified  
Personal Trainer  
and certified **Pilates**  
**Instructor.** She has  
been teaching  
aerobics and  
conditioning classes  
since 1989.

**Jerome Powell,** our  
**Fitness Director,**  
is an  
ACE-Certified  
Personal Trainer.  
He owns **Optimal**  
**Fitness.**

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



## Injured? Don't quit now!

You have been strength training on a regular basis, seeing some changes, and feeling the benefits exercise can provide. Then, the unexpected happens: **you experience an injury** or find out that **you need surgery**, potentially putting your work outs on hold.

Well, don't quit now! **Indirect transfer** may just be your ticket to early rehabilitation. Indirect transfer, or "**cross transfer**," is a training phenomenon where training a muscle on one side of the body improves both the muscle endurance and blood flow of the contra-lateral muscle (same muscle on the opposite side of the body).

In rehabilitative strength training, you could **still train one side of your body** or muscle group and **experience benefits on the injured side.** Let's say that you have sprained your wrist. While you obviously cannot strength train or pick up weights with the injured arm, you could still perform exercises with your other arm and obtain some improvements in endurance and blood flow for your injured side, thus speeding your recovery.

Statistics are not clear as to the exact percentage gain of the cross transfer effect, but the fact remains that **there are benefits** in training the non-injured side of the body and the effects are very real. Many of our Matrix machines are equipped with independent movement to train your limbs separately. If you prefer free weights, single-limb training can be performed with dumbbells. Even though an injury may have your spirits down, you're definitely not out of the game!

**Tija Petrovich - Certified Personal Fitness Trainer**

## ~Lemon Logic~

### Did you know?

It's spring and time for **fresh lemons!** Lemons are much more than just a side condiment for fish tacos or a fresh squeeze into your favorite beer.

In the 1800's experts actually advised using fresh lemon juice to clean ink stains from quill pens. While we don't really use quill pens anymore, there are many other ways to use lemons in your home. With an average cost of 50 cents per lemon, what do you have to lose?

**-Countertops:** Dip the cut side of a lemon half into baking soda. Scrub the countertop, wipe with a wet sponge. Do not use on delicate stone such as marble or stainless steel.

**-Dishes:** Increase your grease-cutting power of your dish detergent by adding a teaspoon of fresh lemon juice to your dishwasher.

**-Grout:** Spilled coffee in your grout? Add lemon juice to 1-2 teaspoons of cream of tartar to make a paste. Apply with a toothbrush, then rinse.

**-Laundry:** To brighten your whites, add ½ cup lemon juice to the rinse cycle of a normal load.

**-Stained plastic food containers:** Rub lemon juice on the stained areas, let dry in a sunny place, and then wash as usual.

**Hands:** Do your hands smell like fish after preparing seafood? Rub your hands in lemon juice to neutralize odor.

~Statistics gathered from Real Simple Magazine ~

## Guilt-free Carrot Cake

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1-½ cups flour                    | 3 egg whites                          |
| 1-½ tsp baking soda               | 1 cup firmly packed light brown sugar |
| 1 tsp. salt                       | ½ cup applesauce                      |
| 1 tsp. cinnamon                   | 1/3 cup low-fat buttermilk            |
| ¼ tsp allspice                    | 1 tsp. vanilla extract                |
| ¼ tsp. powdered ground ginger     |                                       |
| 1/8 tsp. nutmeg                   |                                       |
| 1-½ cups shredded carrots         |                                       |
| 8 oz. crushed pineapple, drained  |                                       |
| ¼ cup chopped walnuts             |                                       |
| 1-½ oz. raisins (snack pack size) |                                       |

- Preheat oven to 350 degrees.
- Spray an 8 x 8 x 2 inch pan with pan spray.
- Place the first seven ingredients in a large bowl. Whisk to combine.
- In a medium bowl, whisk the egg whites until foamy.
- Add brown sugar to egg whites, whisking to combine, followed by applesauce, buttermilk and vanilla.
- Add wet mixture to dry mixture and stir well to just combine.
- Stir in carrots, pineapple, walnuts, and raisins
- Pour batter into prepared pan.
- Bake for 35-40 minutes and cool on wire rack prior to glazing.

## Cream Cheese Glaze:

- 4 oz. low-fat cream cheese, or substitute, at room temperature.
- ½ tsp vanilla extract
- 1/8 tsp. lemon juice
- 1 cup powdered sugar
- Beat cream cheese with vanilla and lemon juice. Beat in powdered sugar until glaze is smooth. Spread over the top of cake and serve.

## Staff Spotlight!

### Danny Long

Danny comes to us all the way from Detroit, Michigan! He was born and raised in Detroit along with his bother and three sisters. Danny has a very large extended family with **30 nieces and nephews**. Family has always been incredibly important to Danny.

When Danny was 10 years old, he started taking dancing lessons.

His passion for dance grew and by the time he was 16, he was

**teaching modern ballet and jazz** with his parents as his biggest supporters. Danny had a brief stint in college but left to dance in a local Detroit dance company. Danny moved to Seattle this past August when his partner of 5 years secured employment here. Danny no longer dances professionally, but still teaches. On Saturdays, you can find him at the NW Tap Connection **teaching ballet and modern dance**. Danny loves to help build children's self-esteem through dance. He also has his hand in choreography with his small performance group. The group is **Color Lines** and you can view them on You Tube.

A friend and past employee of our club told Danny about Seattle Fitness. Danny is now part of our reception and fitness floor teams.

**~Fun Fact~**

In 2002-2004, Danny toured as the **Cookie Monster** in *Sesame Street Live*, performing all over the U.S.!

## Fitness Trainer's Q & A

**Q.** Jerome, I have heard of "natural steroids." Are there steroids that are natural, safe, and effective?

**A.** The plain and simple answer is "NO." There is only one difference between synthetic and natural steroids. Synthetic steroids are made and chemically altered in a laboratory. Natural steroids are sold over the counter and can produce **many of the same side effects** as synthetic steroids. Among these side effects are heart disease, liver damage, aggressive behavior, violent tendencies, acne, rage, and baldness. Men taking steroids have also been known to grow breasts while their testicles shrink. Women who use steroids can experience irreversible voice huskiness and loss of their menstrual cycle. While synthetic steroids are illegal without a prescription, natural steroids are marketed as dietary supplements and sold over the counter. The most popular of these are DHEA and Androstendione (andro), which are produced by the body's adrenal glands, testicles, and ovaries. **Natural and synthetic steroids are dangerous** if not taken as prescribed by a medical professional to treat abnormalities or certain illnesses.

-My suggestion: Train right, eat right, sleep well, and **don't take chances** with your health!

**Jerome Powell**

**Certified Personal Fitness Trainer & SF Fitness Director**

## Is Stretching Worthwhile?

It seems like everywhere you turn, you hear a different story about stretching. Stretch before you work out! No, stretch after you work out! Does stretching even help? Well, here's your **official scoop**. Stretching helps produce a physiological increase **in the length of the muscle fibers**. This is beneficial in decreasing strain on the joints and other tissues of the body. This helps to **prevent overuse injuries** (tendonitis, bursitis) as well as other injuries. The best time to gain that length is **when the muscle is warm**, which is usually after exercise. Length changes have been shown to happen when a stretch is held for as short as 10 seconds. Lasting effects are produced with a longer hold of at least 60 seconds. Stretching before exercise has actually shown to decrease muscle performance, therefore affecting overall physical performance. In most cases, power-producing muscles shorten in order to produce their desired action. When muscles are stretched before a training session or race, it can put the muscle at a disadvantage by requiring it to function from a lengthened position. The most important way to prevent injury, pre-exercise, is to warm up. Break a sweat before doing any weight lifting or high intensity exercise. The more your warm up a muscle in the manner you will be using it, the better it will perform. The bottom line: Always **stretch after exercise** and warm-up before!

**Carrie Johnson, P.T., Seattle Sports Physical Therapy**

## Group X News

### -Heather Parsons, Group X Director

Speaking of stretching (see article above) have we got a surprise for you! We know that most people just don't enjoy stretching. We also know that it is **hard to stretch alone** and without direction. Wouldn't it be nice to have a class you could attend where all stretches are done either **lying down or sitting**? Where the stretches are deep and held for 3 to 5 minutes? Where the instructor advises participants while encouraging them to perform all stretches correctly and to the best of their ability? Look no further! **Active Deep Stretch** is held on **Wednesday evenings from 5:30 PM – 6:45 PM**. We recently offered this class and received such amazing feedback from our members that **we are adding another stretch class on Sundays, 9:15 AM – 10:30 AM, starting in May**. We'd love to see you in class!

## Get Green, Get Smart

So, you started going green. You are a champion recycler, you don't run the water anymore while shaving or brushing your teeth, and you installed low-flow showerheads and faucet aerators. You even use your shower towel a few times before you launder it.

Those actions didn't cost you anything and added to the quality of the planet. Maybe next on your green plate is

to review your consumables, but you have heard that green and organic purchases can be expensive. Hey, you've seen how much organic food can cost! Well, here are a couple of hot tips to help save you some green cash.

**-Check out organic house brands.** Look at Safeway's O Organics, Whole Foods' 365 Organics, and Target's Archer Farms. These in-store organic brands can cost much less than other organic brands.

**-Go to a farmer's market near closing time.** The prices of many edibles are slashed when it comes time to close up shop.

**-Download coupons** for green products! Go to [www.ecobunga.com](http://www.ecobunga.com) and

[www.thedailygreen.com](http://www.thedailygreen.com) for green tips and money-saving coupons.

**-Remember the library?** Get a library card and check out books, CD's, and DVD's from your neighborhood library.

**-Stop your junk mail!** Go to

[www.proquo.com](http://www.proquo.com) and sign up to easily stop postal junk mail. Buy on-line and say no to catalog offers.