

## THE PERSONAL TRAINER



Certified Personal Trainer  
Certified Nutritional Consultant  
Elon College Fitness Center Staff



Certified Personal Trainer  
Certified Nutritional Consultant  
Certified Conditioning Specialist  
Assistant Strength & Conditioning  
Coach @ Elon College

## Quote Of The Week

"A workout is 25% perspiration and 75% determination."

## F.Y.I

• High protein diets such as the "Atkins Diet" and the "Zone Diet" are not recommended for healthy weight loss. High protein, low-carbohydrate diets cause people to lose their appetite; those who shed pounds on such regimens do so because they are eating so few calories. By limiting the amount of carbohydrates in your diet, your body goes into a mode known as ketosis, or starvation mode, and does not allow your body to run efficiently through the day. These diets are extremely popular because they do cause drastic initial weight loss. Unfortunately, this weight loss is not fat loss but rather water and muscle tissue loss. Losing this valuable muscle tissue slows down your body's resting metabolism. For every pound of muscle you lose, your body burns 35-50 less calories per day while at rest. When you end the high protein diet, and return to your normal eating habits, you end up eating as many calories as you did before the diet. However, now you have a slower metabolism. This is the reason why many individuals gain additional pounds of fat after ending one of these unhealthy diets. Diets such as these only prolong a vicious cycle of weight gain and weight loss otherwise known as yo-yo dieting. Eating a well balanced diet and adhering to a regular exercise program are the only ways to lose weight and keep it off in a healthy fashion.

## Q &amp; A

**Q** - I am so busy with my classes, homework and other commitments that I feel I don't have the time to workout on a regular basis. I want to live a healthy lifestyle but I do not have countless hours to spend in the gym. Do you have any suggestions for me?

**A** - It sounds to us like you have the desire to workout, which is excellent, but you feel as though you cannot fit it into your hectic schedule. First off, you do not need to spend hours in the gym to have an effective workout. The American College of Sports Medicine suggest that individuals acquire a minimum of 30 minutes of exercise three times per week. We know that even the busiest college student has 30 minutes to allocate towards physical fitness a couple times per week. This may mean that you have to get up a little earlier before classes, but the results produced by your healthy actions will definitely pay off in due time. Moreover, do not think that you always need to exercise in a fitness center to have a productive workout. With the temperature outside getting cooler, the early mornings are an ideal time to simply get out and take a brisk walk, jog or bicycle ride. If all the time you can allocate is 15 minutes in the morning and 15 minutes in the evening, use your time wisely, for it is better than not doing anything at all. We wish you the best of luck!

## CHOW TIME

## Tomato &amp; Feta Pizzas

Ingredients: 3 Roma tomatoes, finely chopped  
1 tablespoon crumbled feta cheese  
1 green onion, finely chopped  
2 teaspoons balsamic vinegar  
1 teaspoon olive oil  
1/4 teaspoon dried oregano leaves  
1/4 teaspoon pepper  
4 whole soft pitas

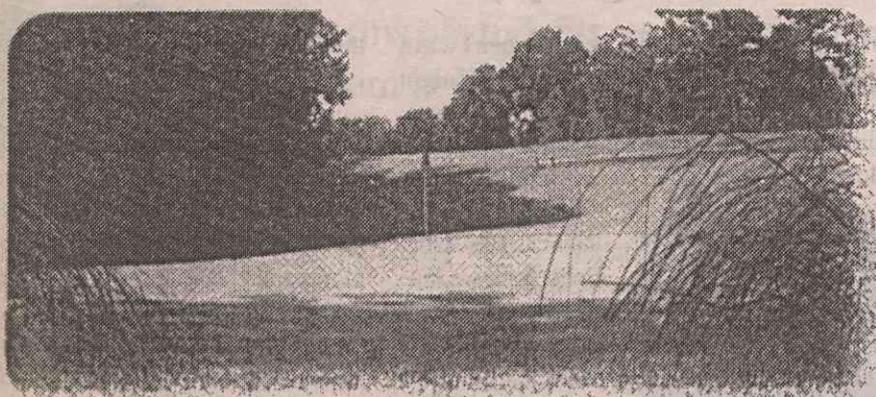
Nutritional Information:  
Serving Size: 2 wedges  
Calories: 99  
Calories from fat: 13  
Total Fat: 1 gram  
Total Carbohydrates: 18 grams  
Protein: 3 grams

Yields 8 servings

Step 1: Combine all ingredients, except pitas, in small mixing bowl. Cover with plastic wrap. Let stand for 20 minutes.

Step 2: Heat oven to 350 degrees Fahrenheit. Arrange pitas on baking sheet. Spread tomato mixture evenly over pitas. Bake for 10 to 12 minutes or until hot. Cut each pita into 4 wedges to serve.

We're Adding The Finishing Touches!



Reopening in October

3136 Southwick Drive  
Graham, NC 27253

(336) 227-2582

www.southwickgolf.com

## Southwick Amateur Championship XI

October 17 & 18

Prizes For Each of Eight Flights

1st Place: Set of Callaway X-12 Irons

2nd Place: Set of Callaway Great Big Bertha Woods, Driver, 3-wood & 5-wood

3rd Place: Callaway Staff Bag • 4th Place: Callaway Stand Bag

5th Place: Callaway Putter

## Entry Requirement

The fee for entry is \$110.00 if received by 5:00 p.m. on October 7, 1998. All entries following the deadline will pay \$125.00 to enter. The entry fee includes one complimentary green fee for the practice round (each participant must pay a cart fee), green & cart fee for the tournament, golf goody bag and lunch served by hickory hams on both days. FREE entry fees still available with corporate sponsorships.

## Official Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Age \_\_\_\_\_ Handicap or average score \_\_\_\_\_

♦ Enclosed is my check or money order made payable to *Southwick Amateur Championship XI*

♦ Please bill my credit card: \_\_\_\_\_ Visa \_\_\_\_\_ Master Card \_\_\_\_\_ American Express

Card # \_\_\_\_\_

Expiration date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Signature (required) \_\_\_\_\_

Name as it appears on the credit card (please print) \_\_\_\_\_

Preferred starting time (not guaranteed) shotgun 8:00 a.m. \_\_\_\_\_ 2:00 p.m. \_\_\_\_\_

Send to: Southwick Amateur Championship

c/o Southwick Golf Course

3136 Southwick Drive, Graham, North Carolina 27253

For more information please call (336) 227-2582

Monday - Friday 8 a.m. to 5 p.m.

Please submit entry early to avoid the \$15.00 late charge.