

THE PERSONAL TRAINER

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Quote Of The Week

"A workout is the badge of a winner - It is the mark of an organized, goal-oriented person who has taken charge of his or her own destiny."

F.Y.I

- The FDA recommends that individuals get all of their nutrients from a variety of foods in their diet. This is perfect advice in a perfect world. However, considering that the typical college student's diet is not always nutritionally sound, vitamin supplementation can help fill these nutritional deficiencies. A multi-vitamin is a great choice to begin supplementing one's diet with. We recommend that you choose your multi-vitamin with care. Put your multi-vitamin tablet through the "break and crush test." If you can break your vitamin in half with your fingers or crush it into a fine powder, it is probably a suitable vitamin. This means that it is less likely to contain unhealthy additives and is more easily digested.

- To increase the size and strength of the pectoral muscles, a flat bench press movement can be a highly effective free weight chest exercise. However, in order to fully reap the benefits of this movement, your arm length versus your torso size needs to be suitable for the bench. Because of varying body proportions, a flat bench movement may be less effective for some individuals. If you feel that you fall into this category, try placing two to three 45 lbs. plates under the bench to raise it to a modest incline. This slightly different angle may give your chest a more effective contraction. Give it a try, you may enjoy the feel and results this slight modification produces.

Q & A

Q - Elise writes to us from Japan concerning a question she has about lower back exercises. She does not have access to a fitness center but would like to know some exercises she can perform by herself at home to keep her lower back healthy and strong.

A - This is an excellent question and we thank you for taking the time to e-mail us with your personal health concern. There are a variety of exercises to strengthen your lower back if you do not have access to specific exercise equipment. One of the best exercises is called the "Superman." To perform this exercise begin lying face down on a comfortable surface with your arms extended overhead like Superman! Next, raise one arm and the opposite leg off the ground and pause at full contraction. Raise each limb as high as you can (greatest range of motion) while maintaining joint comfort and sound form. Perform 8-12 repetitions and then repeat with the opposite limbs. A more advanced version of this exercise calls for raising both arms and both legs simultaneously. Pausing in the contracted position for longer periods of time can increase the intensity of this movement. As with any exercise, make sure you take time to adequately warm up and stretch before hand.

CHUNKY APPLE OATMEAL PANCAKES

Ingredients:

3/4 cup whole wheat flour
1/8 cup oats
2 tablespoons oat bran
1 teaspoon cinnamon
2 teaspoons baking powder
1/4 teaspoon salt
1/4 cup raisins
1/2 cup chopped apple
1 cup apple juice

Directions:

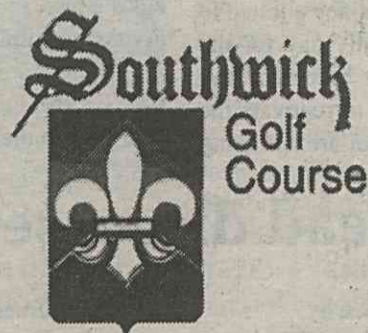
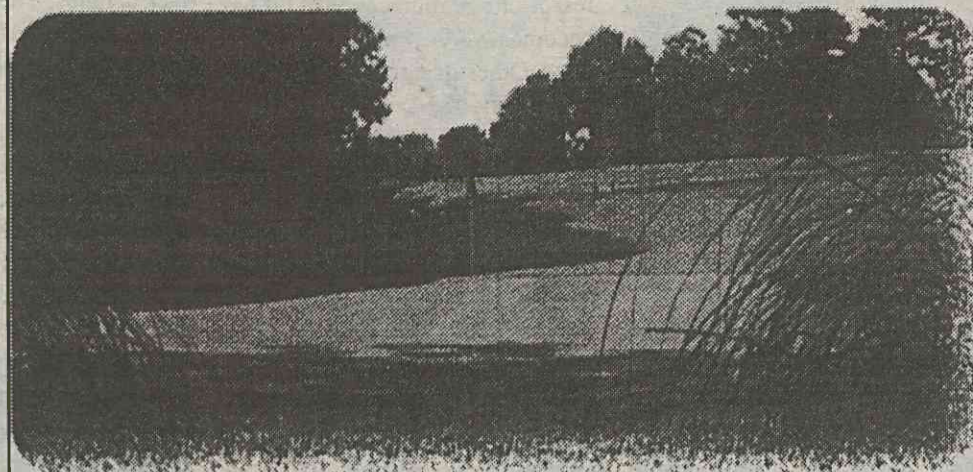
- 1.) Combine dry ingredients.
- 2.) Add raisins and apple.
- 3.) Gently stir in juice until dry ingredients are completely moistened.
- 4.) Pour batter by 1/4 cupfuls onto a nonstick skillet or griddle.
- 5.) Cook until bottom is brown and spatula slips easily underneath.
- 6.) Turn and cook other side.

Nutritional Info

Yields: 8 pancakes
Serving Size: 2 pancakes

Calories: 200
Carbohydrates: 55 grams
Protein: 4 grams
Fat: 2 grams

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