

# "FIT"... BY JANEL

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## Editor's Letter



Now that it is finally summertime, I am sure a lot of you are racing outside to play your outdoor sports. And I bet one of those sports is golf, am I right? Let's talk about golf. A mistake a lot of golfers make is starting their round of golf without a pre-game warm up. It's just like any other exercise, if we are going to perform it, we must warm up first.

Most experts recommend a 10-15 minute warm up for most amateur golfers. This can consist of practice swings at the tee, stretching exercises to get the muscles warmed up, and maybe just a light walk around the course. If we are good about warming up, the injuries will be prevented and performance will even be improved. Hope this reminds all of you to warm up with any sport or exercise you are going to do. Happy Golfing and exercising!

## Monthly Fitness Tips



Most of us out there are always looking for new ways to tone their abs. We see and hear exercise videos and infomercials all telling us different things. But what is the best, most efficient route to tighter abs? A study conducted by the Biomechanics Lab at San Diego State University has revealed the top ab exercises. Today I am going to share the top three with you.

The top ab exercise was found to be the Bicycle Maneuver. To do this one, lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head. Bring your knees up to about a 45-degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. Keep this even with relaxed breathing throughout.

The second top exercise was the Vertical Leg Crunch. To do this one, lie flat on the floor with your lower back pressed to the ground. Put your hands behind your head for support. Extend your legs straight up in the air, crossed at the ankles with a slight bend in the knee. Contract your ab muscles by lifting your torso toward your knees. Make sure to keep your chin off your chest with each contraction. Exhale as you contract upward, and inhale as you return to the starting position.

The third exercise was the Reverse Crunch. To do this one, lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head or extend them out flat to your sides, whatever feels most comfortable. Crossing your feet at the ankles, lift your feet off the ground to the point where

your knees create a 90-degree angle. Once in this position, press your lower back on the floor as you contract your ab muscles. Your hips will slightly rotate and your legs will reach toward the ceiling with each contraction. Exhale as you contract, and inhale as you return to the starting position.

If you haven't already, try these exercises for your abs. They are all very effective and that is what we all want, right? Happy toning:-)

ACE Fitness Matters. May/June 2001. Page 10.

## Monthly Nutrition Tips

This month we are going to talk about water. It is one of the most important things you can do for yourself, drink enough water that is. Everyone knows that we are supposed to drink eight glasses of water a day, that are eight ounces each. Well, do we know anything else? Here is some information that you might not know.

First of all, we are supposed to drink three glasses of fluid upon awakening. I bet a lot of us don't do that right now. Second of all, you should never wait until you are thirsty to drink water. We should instead be drinking something periodically throughout the day. Next tip, always drink more than your thirst demands. Something we all know already, when exercising we should consume more fluid than normal. Last tip, if you are one who consumes a high-protein diet, you should be drinking more.

Think about these tips and ask yourself if you are already doing them. A lot of us probably have at least a couple that we can start doing now. Exercise is very important, but drinking water is also important. Drink up:-)

ACE Fitness Matters. May/June 2001. Page 7.

## Monthly Schedule



For those of you who don't know, we are moving to Marion, Iowa the first week of June. Therefore, I would like to thank all of my Arizona clients for being so great. I will begin training in Iowa after our move. We are getting some more fitness equipment for our home there to allow me to train clients at home also. So, off to Iowa we go, I look forward to meeting and training new clients.

## Web Site

Just a friendly reminder for all of you computer users out there. You can go to my web site anytime. It is the following, [www.fitbyjanel.com](http://www.fitbyjanel.com). You can go to it to get fitness tips, contact information, and more. Have fun!